

## Cancer Focus Northern Ireland

40-44 Eglantine Avenue  
Belfast BT9 6DX

Freephone Nurse Line

T: 0800 783 3339

T: 028 9066 3281

E: [care@cancerfocusni.org](mailto:care@cancerfocusni.org)

[www.cancerfocusni.org](http://www.cancerfocusni.org)



## Covid 19 Protocols

We will be adhering to all PHA Covid 19 protocols however we would ask participants to not attend the event if they have:

- A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- A new, continuous cough – this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- Anosmia - the loss or a change in your normal sense of smell or taste
- In the last 10 days been in contact with someone with coronavirus.

## Live Streaming

There will be virtual access provided for anyone who cannot attend the event. If you are interested in following the live stream then please contact Cancer Focus using the details above.

# Head & Neck Cancer

## Support and Information Day

Staying Connected With Others

**Tuesday 16th November 2021,  
Dunadry Hotel & Gardens**

*2 Islandreagh Drive, Dunadry, Antrim, BT41 2HA*

**Registration at 9.15am**

**For Head & Neck  
Cancer Patients  
and Carers**



## Staying Connected With Others

9.15am - 9.45am

### Registration

9.45 am - 10.00am

### Welcome & Introduction:

Dervilia Kernaghan (Head of services at Cancer Focus NI)

Kar-Lee Brown (Clinical Specialist Radiographer )

10.00am - 10.30am

### Oral health advice after treatment

Ciaran Moore (Specialty Registrar in Restorative

Dentistry at the School of Dentistry)

10.30am - 11.00am

### Eating with family & friends - promoting social eating after treatment

David Doran (PhD Researcher at Ulster University)

11.00am - 11.30am

### Comfort break

11.30am - 12.00noon

### Coping with head & neck cancer: 'Staying balanced - lessons from a three legged stool'

David Rodgers

12.00noon - 12.45pm

### Vital Nutrition for Living Well (includes cookery demo)

Jane McClenaghan (Nutritional Therapist & founder of Vital Nutrition Ltd)

12.45pm - 1.00pm

### Audience and panel Q&A

1.00pm - 1.10pm

### Closing remarks

1.10pm - 2.00pm

### Lunch & Stalls

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### Head & Neck Cancer Information Session

This event is free of charge to patients and carers. Lunch and documentation are included. In addition to the morning sessions, there will be information stands on the day.

Please return completed forms to Lauren Swain at Cancer Focus NI, 40-44 Eglantine Avenue, Belfast BT9 6DX, laurenswain@cancerfocusni.org or T: 028 9068 0751

by Friday 5th of November 2021