



LIVING WELL WITH AND BEYOND CANCER CONFERENCE 2019

Providing information and support
to enable people to live well after a
cancer diagnosis.

DUBLIN

Saturday 7th
September 2019

Red Cow Moran Hotel,
Naas Road, Dublin

This conference is kindly supported by



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Start Time	Workshop and Facilitator	Location
9.45	Registration	Pearse / Parnell Suite
10.30	Welcome Dermot Breen Chairman of the Irish Cancer Society	Pearse / Parnell Suite
10.35	Patient Story Elizabeth Morgan Cancer Patient and Survivor	Pearse / Parnell Suite
10.45	Research / Advances in cancer treatment Professor Michaela Higgins Consultant Medical Oncologist, Mater Misericordiae University Hospital	Pearse / Parnell Suite
11.05	Overcoming Adversity Sinead Kane Guinness World Record for being the first blind person to complete a Marathon on each of the seven Continents	Pearse / Parnell Suite
11.25	Q&A	
WORKSHOP SESSION A		
11.40	Exercise Throughout the Cancer Journey Lisa Loughney Clinical Exercise Physiologist	Galloway Suite
	Eating Well after a Cancer Diagnosis Noelle Coughlan, Oncology Dietitian	Normande Suite
	Cancer Related Fatigue and Sleep Challenges Mary Moriarty Clinical Nurse Specialist	Pearse / Parnell Suite
	Look Good Feel Better Margaret Heffernan	Ayreshire Suite
	The Breathing Space: Connecting Mind, Body and Spirit Through Mindfulness and Self-Care Ann-Marie Ireland Mindfulness and Self-Care Practitioner, Teacher and Author	Guernsey Suite
	Advances In Metastatic (Secondary) Cancer Treatments Dr Janice Walshe, Consultant Medical Oncologist, SVUH and Tallaght University Hospital	Jersey Suite
	Supporting Ourselves as Men for Health and Wellbeing: "Maybe I'll Definitely Start Tomorrow" Lorcan Brennan Training and Development Officer at the Men's Development Network	Freisian Suite
	Insurance and Cancer Stephen Lane Executive Underwriter	Barzona Suite
12.40	Lunch	Tom's Table / Hotel Bar



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WORKSHOP SESSION B

13.40	<p>Eating Well after a Cancer Diagnosis Noelle Coughlan, Oncology Dietitian</p> <p>Cancer Related Fatigue and Sleep Challenges Mary Moriarty Clinical Nurse Specialist</p> <p>Look Good Feel Better Margaret Heffernan</p> <p>Returning To Work After a Cancer Diagnosis Patricia Duffe Returning to Work Programme Trainer and Workshop Facilitator</p> <p>Living Life With Metastatic (Secondary) Cancer Aine Melinn, Senior Clinical Psychologist, Facilitator with the Living Life Group Co-Presenting with Rhona Nally, Elaine Kelly and Hazel Stephens</p> <p>Genetics and Cancer Carmel Nolan Cancer Genetics Nurse, Specialist St. James's Hospital</p> <p>Managing Lymphoedema Meadbh Mac Sweeney Clinical Director, The Lymph Clinic</p> <p>Supporting Ourselves as Men for Health and Wellbeing: "Maybe I'll Definitely Start Tomorrow" Lorcan Brennan Training and Development Officer at the Men's Development Network</p>	<p>Pearse / Parnell Suite</p> <p>Guernsey Suite</p> <p>Ayreshire Suite</p> <p>Normande Suite</p> <p>Jersey Suite</p> <p>Barzona Suite</p> <p>Galloway Suite</p> <p>Freisian Suite</p>
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WORKSHOP SESSION C

14.50	<p>Exercise Throughout the Cancer Journey Lisa Loughney Clinical Exercise Physiologist</p> <p>Look Good Feel Better Margaret Heffernan</p> <p>Intimacy and Sexuality after a Cancer Diagnosis Meg Fitzgerald Psychosexual Therapist, National Maternity Hospital Dublin</p> <p>Returning To Work After a Cancer Diagnosis Patricia Duffe Returning to Work Programme Trainer and Workshop Facilitator</p> <p>The Breathing Space: Connecting Mind, Body and Spirit Through Mindfulness and Self-Care Ann-Marie Ireland Mindfulness and Self-Care Practitioner, Teacher and Author</p> <p>Assisted Reproduction in Patients following Cancer Treatment Maebh Horan, Merrion Fertility Clinic</p> <p>Talking to Children about Cancer Yvonne O'Meara, Senior Medical Social Worker and Systemic Psychotherapist</p> <p>Singing for Wellbeing Fiona Sweeney, CÓRus</p>	<p>Galloway Suite</p> <p>Ayreshire Suite</p> <p>Barzona Suite</p> <p>Normande Suite</p> <p>Guernsey Suite</p> <p>Boardroom</p> <p>Jersey Suite</p> <p>Pearse / Parnell Suite</p>
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16.00	Closing Reception	Irish Cancer Society
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	Sea of Change Choir	Pearse / Parnell Suite
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Living Well With and Beyond Cancer, the National Conference for cancer patients and survivors, is an essential part of the Irish Cancer Society's work. This annual event aims to provide information and support to enable people to live well after a cancer diagnosis.

You will hear from a range of speakers who will share their experiences, stories and expert knowledge such as Consultant Medical Oncologist, Professor Michaela Higgins and Cancer Patient and Survivor, Elizabeth Morgan.

You will have selected three practical workshop sessions at registration and you can find your choices listed on your name badge which you will receive on the day of the conference.

We also have an exhibition area available throughout the day showcasing a diverse range of educational and practical exhibitors as well as representatives from local cancer support services. Don't forget to pay them a visit during the breaks.

We would like to thank our volunteers from our Dublin Daffodil Centres, from our Volunteer Driver Programme and our Living Life Group. They are here today to help make your day more enjoyable and are happy to assist you in any way possible.

We hope that you have an educational and enjoyable day and that you leave with a renewed sense of self and practical supports to sustain you over the next steps of your journey.

As always, the Irish Cancer Society is here to support you.

Donal Buggy
Head of Services



For more information:

Call: Cancer Nurseline on 1800 200 700

Visit: www.cancer.ie/livingwell

Email: support@irishcancer.ie

This conference is kindly supported by

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