

Younger Women Together Programme

Day 1

09.30 – 10.15	Registration
10.15 – 10.45	Welcome and Introduction
10.45 – 11.15	Break
11.15 – 12.45	Medical update – Management of breast cancer in younger women
12.45 – 13.45	Lunch
13.45 – 15.00	Break out groups <ul style="list-style-type: none"> ▪ Breast surgery and reconstruction ▪ Menopausal symptoms ▪ Relationships and communication
15.00 – 15.30	Refreshment break
15.30 – 16.30	Wellbeing sessions <ul style="list-style-type: none"> ▪ Laughter workshop ▪ Mindfulness
16.30	Free time / social time
19.30	Dinner and social time

Day 2

09.00 – 09.45	Welcome back Services from Breast Cancer Care
09.45 – 11.00	Break out groups <ul style="list-style-type: none"> ▪ Intimacy and sexuality ▪ Fertility after treatment ▪ Lymphoedema
11.00 – 11.30	Refreshment break
11.30 – 12.30	Healthy eating and diet myths
12.30 – 13.30	Lunch
13.30 – 14.30	Exercise
14.30 – 14.45	Refreshment break
14.45 – 15.45	Breast cancer as a younger woman – a personal perspective
15.45 – 16.15	Closing session
16.15	Tea and coffee for those who wish to stay and chat following the forum