To maintain ear post of experiences treatment around intervention and a section to the contract of the contrac

Brown, L. & Allan, J.:

ስሲያለው ou foldro isvak fischt, u urfants<u>ki so ቀውነት የ</u>ሚታለ<mark>ዊ የሚፈል ተመፈርና ትክት ትክም ነው ት</mark> Maggie's <mark>www.maggiescentres org</mark>



Background

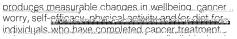
With more people living with and beyond cancer, innovative, person- is a seven week course designed to meet these holistic needs.

Maggie's multidisciplinary model of cancer care combines oncology expertise and information with evidence-hannel message and appear withis unique purpose-half building singular activities assentingly for social support.

by a range of health professionals and expert facilitators, aimed at helping people to improve their quality of life post-

about the future. Some individuals also reported that changes to their lifestyle.

Nearly a decade since introducing 'Where to the standard programme're same encafeithis study evisite to the standard programme to the same encafeithis study evisite to the standard programme to the same encafeithis study evisite to the standard programme to the standard program



Methodology

In a pre-post design two guestionnaires were used to assess changes in health behaviours; the International Physical Activity Questionnaire (IPAQ) and Healthy Eating Vital Signs Questionnaire (HEVS), with additional self-efficacy concerns the General Self-Efficacy Scale (GSE), Cancer Worry Scale (CWS) and the World Health assessed wellbeing and self-efficacy.

All and the same a

Reculte

Across three Maggie's Centres, 25 females and 2 males (mean age 51.7 years) completed pre- and postacross series (males and C./2014) and control of the co

Experiences of 'Where Now?' - Key themes Social support

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