

Younger Women with Secondaries Together

15 April 2016

10.00 – 10.30	Registration
10.30 – 11.00	Welcome and Introduction to the Event including Icebreaker
11.00 – 12.30	Medical Update - Management of secondary breast cancer in younger women
12.30 – 13.30	Lunch
13.30 – 15.00	First Break Out Group <ul style="list-style-type: none"> • Adjusting / adapting to a life-limiting illness • Palliative care • Relationships and communication
15.00 – 15.15	Refreshment Break
15.15 – 16.15	Well-being session <ul style="list-style-type: none"> • Laughter workshop • Make up demo • Exercise
16.15	Free time / social time
19.00	Dinner and social time

16 April 2016

09.30 – 11.00	Clinical research / trials / new treatments
11.00 – 11.30	Refreshment break
11.30 – 13.00	Second Break Out Group <ul style="list-style-type: none"> • Talking with/ supporting children • Adjusting/ adapting to a life-limiting illness • Sexuality and intimacy
13.00 – 14.15	Lunch
14.15 – 14.45	Other services and support Staying in touch – Social Media
14.45 – 15.15	Mindfulness
15.15	Closing Session. Tea and coffee for those who wish to stay a while and chat with each other following the event