



## Agenda: Cardiff Conference Thursday 23rd January 2020

**Theme: “Psychological support and mental wellbeing”**

**Venue: HILTON CARDIFF KINGSWAY, GREYFRIARS RD,  
CARDIFF, CF10 3HH TEL: +44-2920-646-300**

Map and Directions:

<https://www3.hilton.com/en/hotels/united-kingdom/hilton-cardiff-CWLHITW/maps-directions/index.html>

10:00 - Registration

10:30 - Welcome and Introductions

10:45 - **Patient Stories**

11:05 - The importance of mental wellbeing for Cancer patients. Dealing with anxiety, stress, depression related to the condition

**Janice Rees, Macmillan Consultant Clinical Psychologist**

11:50 - On improving mental wellbeing for patients and supporters alike.

**John Perkins - Ret'd GP**

12:30 - Round Table Discussion

12:45 - Lunch

13:45 - The importance of good Nutrition

**Sarah Draper, Specialist Oncology Dietitian. Haematology  
Royal Gwent Hospital, Newport.**

14:15 - Keynote:

**“What does a diagnosis of CLL actually mean for patients and  
what are the essential steps for patients to take?”**

**Professor Chris Fegan, MB, MD, FRCP, FRCPATH  
Consultant Haematologist School of Medicine Cardiff University**

15:45 - CLL Support News and Updates

15:55 - Wrap Up and Close