

<Name & Address>

<Date>

Dear Mr <Surname>,

Urology Department

Royal United Hospital
Combe Park
Bath
BA1 3NG

Tel: 01225 824250

www.ruh.nhs.uk

Introduction to Supported Self-Management appointment

Following your experience of prostate cancer, you have been under the care of the Urology team at the Royal United Hospital. Now that your prostate cancer is stable, your care will now be monitored remotely the specialist team. This means for as long as your prostate cancer remains stable, you are no longer required to attend clinic appointments at RUH. Your progress will still be monitored closely and as part of your continued follow up support we would like to invite you to attend a short course entitled: "An Introduction to Supported Self-Management".

Appointment: An Introduction to Supported Self-Management

Time: 10am - 2pm

Date: <Date>

Location: <Location>

The course is run in workshop format with a group of 8 to 12 men. The workshop will cover many aspects of living with and beyond prostate cancer, including: signs and symptoms of disease recurrence or progression, physical and emotional concerns, maintaining a healthy lifestyle and how the specialist team at RUH can support you. There will also be the opportunity to have extra support at the end of the workshop to discuss using the new IT system for your remote surveillance.

The workshop will be held in the <add location> situated on <add location> (please see map attached) on the <Date> starting at 10:00am and finishing at 14:00pm with a break for lunch. Refreshments will also be provided free of charge and please inform us if you have any dietary requirements. Free car parking will be provided and is located in the car park at the venue (please see directions attached). **If you have problems getting here on the day of the workshop please telephone <add number>.**

This workshop is an important part of your follow up care and we look forward to seeing you on <Date>. If you are unable to attend the workshop, please contact us as soon as possible to reschedule this appointment. If you have any questions regarding the workshop or supported self-management, please do not hesitate to contact me on <add number>.

Yours sincerely,

<add name>

