

Supporting your wellbeing following a diagnosis of cancer



Taking care of your wellbeing following a cancer diagnosis is really important

There's now a site to help guide and coach you towards small changes which might improve your quality of life



Assess your current wellbeing level and track changes over time



Create your own improvement plan with simple steps you can take



Return to your plan, update it, print it out or share with others

Find out more at bit.ly/CDDcoach

The wellbeing coach has been designed by experts and people with experience of cancer to guide you towards a better quality of life

Your Cancer Team