

# WE ARE MACMILLAN. Monthly Activities - April 2018 CANCER SUPPORT

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<b>Monday 2nd</b>	CENTRE CLOSED		EASTER MONDAY
<b>Tuesday 3rd</b>	Myeloma Support Group Weekly Walking Group Firm Roots Prayer Group Gardening Group	2.00 pm 10.30 am 6.30 pm 2.00pm	Parenting2000, Mornington Rd, Southport Macmillan Centre, Stanley Street St Johns Church Hall. Burscough Botanic gardens Fernery
<b>Wednesday 4th</b>	Haematology Support Group Melanoma Support Group Feeling Young and Fabulous support group	Next month 7.00 pm 6.00pm	Duke Street, Formby Southport Community Fire Station Bingo! Call centre for venue
<b>Thursday 5th</b>	Craft & Natter Seated Yoga ** Prostate Cancer Support Group YOGA **	10.30 am 10.00am 7.00 pm 1.00pm	Macmillan Centre, Stanley Street Community Fire Station Hurlston Hall Macmillan Upstairs Offices
<b>Friday 6th</b>	Monthly Walking Group Ladies Breast Cancer Swimming	1.00pm 7.30 pm	Scarisbrick Canal Walk Spinal Unit, Southport

<b>Monday 9th</b>	Needles & Pins Pilates *	10.00am 2.00pm	Macmillan Upstairs Office Macmillan Upstairs Office
<b>Tuesday 10th</b>	Weekly Walking Group Lung Cancer Support Group Gardening Group	10.30 am 2.00 pm 2.00pm	Macmillan Centre, Stanley Street Macmillan Centre, Stanley Street Botanic Gardens Fernery
<b>Wednesday 11th</b>	Singing Group	1.30 pm	Deaf Centre, 19a Stanley Street
<b>Thursday 12th</b>	Craft & Natter YOGA ** Coffee and Chat SEATED YOGA **	10.30 am 1.00pm 10.30 am 10.30 am	Parenting 2000, Mornington Road Macmillan Upstairs Offices Macmillan Centre, Stanley Street Community Fire Station
<b>Friday 13th</b>	Colorectal Support Group	1.00pm	Grove Centre, Burscough

<b>Monday 16th</b>	Needles & Pins	10.00am	Macmillan Upstairs office
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	Pilates *	2.00pm	Macmillan Upstairs Office
<b>Tuesday 17th</b>	Weekly Walking Group Gardening Group	10.30 am 2.00pm	Macmillan Centre, Stanley Street Botanic gardens Fernery
<b>Wednesday 18th</b>	Hope Course (booking essential)	1.30 pm	Southport Community Fire Station
<b>Thursday 19th</b>	Craft & Natter YOGA ** SEATED YOGA **	10.30 am 1.00 pm 10.30 am	Parenting 2000, Morningson Road Macmillan Upstairs Offices Community Fire Station
<b>Friday 20th</b>	Active Sefton Walk	1.00 pm	1.00 pm

<b>Monday 23rd</b>	Needles & Pins Pilates *	10.00am 2.00pm	Macmillan Upstairs office Macmillan Upstairs Office
<b>Tuesday 24th</b>	Weekly Walking Group Boots Pamper Session (booking essential) Gardening Group	10.30 am 10.00am + 2.00pm 2.00pm	Macmillan Centre, Stanley Street Macmillan Centre, Stanley Street  Botanic gardens fernery
<b>Wednesday 25th</b>	Singing Group Hope Course (booking essential)	1.30 pm 1.30pm	Deaf Centre, 19a Stanley Street Community Fire Station
<b>Thursday 26th</b>	Craft & Natter YOGA** SEATED YOGA **	10.30am 1.00pm 10.30am	Parenting 2000, Morningson Road Macmillan Upstairs Offices Community Fire Station
<b>Friday 27th</b>			

<b>Monday 30th</b>	Needles & Pins Pilates*	10.00am 2.00pm	Macmillan Upstairs office Macmillan Upstairs Office
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\* Pilates classes are free but space is limited so booking essential.

\*\* YOGA / SEATED YOGA are £3 per session - please call the centre on 01704 533024 to book as numbers are strictly limited

Whilst we make every effort to ensure that this information is correct, there may be occasions when groups or events are cancelled due to circumstances beyond our control.

To find out more contact Southport Macmillan Information & Support Centre on 01704 533024 or email [sfccg.macmillancic@nhs.net](mailto:sfccg.macmillancic@nhs.net)