

WE ARE MACMILLAN. Monthly Activities - February 2018 CANCER SUPPORT

v2

Thursday 1st	In Stitches group Prostate Cancer Support Group YOGA ** Healthy Eating Course *	10.30 am 7.00 pm 1.00pm 10.00 am	Macmillan Centre, Stanley Street Hurlston Hall Macmillan Upstairs Offices The Atkinson
Friday 2nd	Monthly Walking Group Ladies Breast Cancer Swimming	1.00pm 7.30 pm	Dobbies, Birkdale Spinal Unit, Southport

Monday 5th	Carer's Coffee Group	2.00pm	Macmillan Centre, Stanley Street
Tuesday 6th	Myeloma Support Group Weekly Walking Group Firm Roots Prayer Group	2.00 pm 10.30 am 6.30 pm	Parenting2000, Mornington Rd, Southport Macmillan Centre, Stanley Street St Johns Church Hall. Burscough
Wednesday 7th	Haematology Support Group Melanoma Support Group Feeling Young and Fabulous support group	No meeting 7.00 pm 6.00pm	Duke Street, Formby Southport Community Fire Station Call centre for venue
Thursday 8th	In Stitches group YOGA ** Healthy Eating Course * SEATED YOGA **	10.30 am 1.00pm 10.00 am 10.30 am	Macmillan Centre, Stanley Street Macmillan Upstairs Offices The Atkinson Community Fire Station
Friday 9th	Ladies Breast Cancer Swimming Colorectal Support Group	7.30 pm 1.00 pm	Spinal Unit, Southport Grove Centre, Burscough

Monday 12th			
Tuesday 13th	Weekly Walking Group Lung Cancer Support Group	10.30 am 2.00 pm	Macmillan Centre, Stanley Street Macmillan Centre, Stanley Street
Wednesday 14th	Singing Group	1.30 pm	Deaf Centre, 19a Stanley Street
Thursday 15th	Healthy Eating Course * In Stitches group YOGA ** Healthy Eating Course * Coffee and Chat SEATED YOGA **	10.00 am 10.30 am 1.00pm 10.00 am 10.30 am 10.30 am	Parenting 2000, Mornington Road Macmillan Upstairs Offices The Atkinson Macmillan Centre, Stanley Street Community Fire Station
Friday 16th			

Monday 19th			
Tuesday 20th	Weekly Walking Group	10.30 am	Macmillan Centre, Stanley Street
Wednesday 21st			
Thursday 22nd	In Stitches group Healthy Eating Course * YOGA ** Coffee and Chat SEATED YOGA **	10.30 am 10.00 am 1.00 pm 11.00am 10.30 am	Parenting 2000, Mornington Road The Atkinson Macmillan Upstairs Offices Macmillan Centre, Stanley Street Community Fire Station
Friday 24th			

Monday 26th			
Tuesday 27th	Weekly Walking Group	10.30 am	Macmillan Centre, Stanley Street
Wednesday 28th	Singing Group	1.30 pm	Deaf Centre, 19a Stanley Street

* please call 0151 934 2352 to book the Healthy Eating Course

** YOGA / SEATED YOGA are £2.50 / £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