

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

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<b>Friday 1st</b>	Monthly Walking Group Ladies Breast Cancer Swimming	1.00pm 7.30 pm	Hillside Hike, Hillside Station Spinal Unit, Southport
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<b>Monday 4th</b>	Needles & Pins Pilates Gardening Group	10.00am 2.00pm 2.00pm	Macmillan Upstairs Office Macmillan Upstairs Office Botanic gardens
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<b>Tuesday 5th</b>	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
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<b>Wednesday 6th</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 Call centre for venue
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<b>Thursday 7th</b>	Craft & Natter Seated Yoga ** YOGA ** Prostate Cancer Support Group	10.30 am 10.30am 1.00pm 7.00 pm	Macmillan Centre Community Fire Station Macmillan Upstairs Offices Hurlston Hall
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<b>Friday 8th</b>	Colorectal Support Group	1.00pm	Grove Centre, Burscough
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<b>Monday 11th</b>	Needles & Pins Pilates Gardening Group	10.00am 2.00pm 2.00pm	Macmillan Upstairs Office Macmillan Upstairs Office Botanic gardens
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<b>Tuesday 12th</b>	Weekly Walking Group Lung Cancer Support Group	10.30 am 2.00 pm	Macmillan Centre, Stanley Street Macmillan Centre, Stanley Street
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<b>Wednesday 13th</b>	Singing Group	1.30 pm	Deaf Centre, 19a Stanley Street
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<b>Thursday 14th</b>	Craft & Natter SEATED YOGA ** YOGA **	10.30 am 10.30 am 1.00pm	Parenting 2000, Mornington Road Community Fire Station Macmillan Upstairs Offices
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<b>Friday 15th</b>	Active Walk Sefton	1.00pm	Meet at the Centre
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<b>Monday 18th</b>	Needles & Pins Pilates Gardening Group	10.00am 2.00pm 2.00pm	Macmillan Upstairs office Macmillan Upstairs Office Botanic gardens
<b>Tuesday 19th</b>	Weekly Walking Group	10.30 am	Macmillan Centre, Stanley Street
<b>Wednesday 20th</b>			
<b>Thursday 21st</b>	Craft & Natter SEATED YOGA ** YOGA **	10.30 am 10.30 am 1.00 pm	Parenting 2000, Mornington Road Community Fire Station Macmillan Upstairs Offices
<b>Friday 22nd</b>			

<b>Monday 25th</b>	Needles & Pins Pilates Gardening Group	10.00am 2.00pm 2.00pm	Macmillan Upstairs office Macmillan Upstairs Office Botanic gardens
<b>Tuesday 26th</b>	Weekly Walking Group	10.30 am	Macmillan Centre, Stanley Street
<b>Wednesday 27th</b>	Singing Group	1.30 pm	Deaf Centre, 19a Stanley Street
<b>Thursday 28th</b>	Craft & Natter SEATED YOGA ** YOGA **	10.30am 10.30am 1.00pm	Parenting 2000, Mornington Road Community Fire Station Macmillan Upstairs Offices
<b>Friday 29th</b>	Active Sefton Walk	1.00pm	Meet at the Centre

\*\* 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)