

WE ARE MACMILLAN. Monthly Activities - May 2018 CANCER SUPPORT

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Tuesday 1st	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 2nd	Haematology Support Group Melanoma Support Group Feeling Young and Fabulous support group	6.00pm 7.00 pm 6.00pm	Duke Street, Formby Southport Community Fire Station Call centre for venue
Thursday 3rd	Craft & Natter Seated Yoga ** Prostate Cancer Support Group YOGA **	10.30 am 10.30am 7.00 pm 1.00pm	Macmillan Centre, Stanley Street Community Fire Station Hurlston Hall Macmillan Upstairs Offices
Friday 4th	Monthly Walking Group Ladies Breast Cancer Swimming	1.00pm 7.30 pm	Botanic gardens Spinal Unit, Southport

Monday 7th	Needles & Pins Pilates Gardening Group	10.00am 2.00pm 2.00pm	Macmillan Upstairs Office Macmillan Upstairs Office Botanic gardens
Tuesday 8th	Weekly Walking Group Lung Cancer Support Group	10.30 am 2.00 pm	Macmillan Centre, Stanley Street Macmillan Centre, Stanley Street
Wednesday 9th	Singing Group	1.30 pm	Deaf Centre, 19a Stanley Street
Thursday 10th	Craft & Natter SEATED YOGA ** YOGA **	10.30 am 10.30 am 1.00pm	Parenting 2000, Mornington Road Community Fire Station Macmillan Upstairs Offices
Friday 11th	Colorectal Support Group Active Walk Sefton Spring Fayre	1.00pm 1.00pm 2.00pm	Grove Centre, Burscough Meet at the Centre Southport Conservative Club

Monday 14th	Needles & Pins Pilates	10.00am 2.00pm	Macmillan Upstairs office Macmillan Upstairs Office
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	Gardening Group	2.00pm	Botanic gardens
Tuesday 15th	Weekly Walking Group	10.30 am	Macmillan Centre, Stanley Street
Wednesday 16th			
Thursday 17th	Craft & Natter SEATED YOGA ** YOGA **	10.30 am 10.30 am 1.00 pm	Parenting 2000, Mornington Road Community Fire Station Macmillan Upstairs Offices
Friday 18th			

Monday 21st	Needles & Pins Pilates Gardening Group	10.00am 2.00pm 2.00pm	Macmillan Upstairs office Macmillan Upstairs Office Botanic gardens
Tuesday 22nd	Weekly Walking Group	10.30 am	Macmillan Centre, Stanley Street
Wednesday 23rd	Singing Group	1.30 pm	Deaf Centre, 19a Stanley Street
Thursday 24th	Craft & Natter SEATED YOGA ** YOGA**	10.30am 10.30am 1.00pm	Parenting 2000, Mornington Road Community Fire Station Macmillan Upstairs Offices
Friday 25th	Active Sefton Walk	1.00pm	Meet at the Centre

Monday 28th	Needles & Pins Pilates Gardening Group	10.00am 2.00pm 2.00pm	Macmillan Upstairs office Macmillan Upstairs Office Botanic gardens
Tuesday 29th	Weekly Walking Group	10.30 am	Macmillan Centre, Stanley Street
Wednesday 30th			
Thursday 31st	Craft & Natter SEATED YOGA ** YOGA**	10.30am 10.30am 1.00pm	Parenting 2000, Mornington Road Community Fire Station Macmillan Upstairs Offices

** 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