

**Southport Macmillan Centre
Monthly Support Groups and Activities 2020**

Open to anyone affected by cancer

Mondays	Needles & Pins	10.00am	Macmillan Centre
Tuesday	Walking Group	10.30-12pm	Macmillan Centre, Stanley Street
	Keep Moving More **	1-2pm	Dunes Leisure Centre
1st Week of the month	Feeling Young and Fabulous support group	7.00pm	Call centre for venue and activity
2nd & 4th Wednesdays	Singing Group	1.30-2.30	Southport Centre for the Deaf
Thursdays	Craft & Natter	10.30 am	Parenting 2000/Macmillan Centre ***
	Gentle Yoga **	10.15am	Southport Community Fire Station
1st Friday of the month	Monthly Walking Group	11.30am	Contact Macmillan Centre for details

Unless otherwise specified, admission to groups is free although we welcome a £1 voluntary contribution to cover the cost of refreshments

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

* day of meeting may be subject to change – call the Centre for further details

** charge applies – call the Centre for further details

*** group meets at the Centre on the first Thursday of the month