

WE ARE MACMILLAN. Monthly Activities - March 2018 CANCER SUPPORT

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Thursday 1st	In Stitches group Seated Yoga ** Prostate Cancer Support Group YOGA ** Healthy Eating Course *	10.30 am 10.00am 7.00 pm 1.00pm 10.00 am	Macmillan Centre, Stanley Street Community Fire Station Hurlston Hall Macmillan Upstairs Offices The Atkinson
Friday 2nd	Monthly Walking Group Ladies Breast Cancer Swimming	1.00pm 7.30 pm	Ainsdale Train Station 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, Morningson 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	6.00pm 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	Colorectal Support Group	1.00 pm	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	Health and Wellbeing Event Healthy Eating Course * In Stitches group YOGA ** Healthy Eating Course * Coffee and Chat SEATED YOGA **	2.00pm 10.00 am 10.30 am 1.00pm 10.00 am 10.30 am 10.30 am	Royal Clifton Hotel, Southport The Atkinson Parenting 2000, Morningson Road Macmillan Upstairs Offices The Atkinson Macmillan Centre, Stanley Street Community Fire Station
Friday 16th	Active Sefton Walk	1pm	Macmillan Centre, Stanley Street

Monday 19th			
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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
Thursday 29th	YOGA ** Healthy Eating Course * SEATED YOGA **	1.00pm 10.00am 10.30am	Macmillan Upstairs Offices The Atkinson Community Fire Station
Friday 30th	GOOD FRIDAY – CENTRE CLOSED		

* 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