

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

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<b>Monday 2nd</b>	Needles & Pins Pilates Gardening Group	10.00am 2.00pm 2.00pm	Macmillan Upstairs Office Macmillan Upstairs Office Botanic gardens
<b>Tuesday 3rd</b>	Weekly Walking Group Myeloma Support Group Firm Roots Prayer Group	10.30 am 2.00 pm 6.30 pm	Macmillan Centre, Stanley Street Parenting2000, Mornington Rd, Southport St Johns Church Hall. Burscough
<b>Wednesday 4th</b>	Haematology Support Group Feeling Young and Fabulous support group Melanoma Support Group	6.00pm 6.00pm 7.00 pm	Duke Street, Formby Call centre for venue  Southport Community Fire Station
<b>Thursday 5th</b>	Craft & Natter Seated Yoga ** Prostate Cancer Support Group	10.30 am 10.30am 7.00 pm	Macmillan Centre Community Fire Station Hurlston Hall
<b>Friday 6th</b>	Monthly Walking Group	11.30am	MeCycle, Ainsdale

<b>Monday 9th</b>	Needles & Pins Pilates Gardening Group	10.00am 2.00pm 2.00pm	Macmillan Upstairs Office Macmillan Upstairs Office Botanic gardens
<b>Tuesday 10th</b>	Weekly Walking Group Lung Cancer Support Group	10.30 am 2.00 pm	Macmillan Centre, Stanley Street Macmillan Centre, Stanley Street
<b>Wednesday 11th</b>	Singing Group	1.30 pm	Deaf Centre, 19a Stanley Street
<b>Thursday 12th</b>	Craft & Natter SEATED YOGA **	10.30 am 10.30 am	Parenting 2000, Mornington Road Community Fire Station
<b>Friday 13th</b>	Active Walk Sefton Colorectal Support Group	1.30pm 1.00pm	Meet at the Centre Grove Centre, Burscough

<b>Monday 16th</b>	Needles & Pins Pilates Gardening Group	10.00am 2.00pm 2.00pm	Macmillan Upstairs office Macmillan Upstairs Office Botanic gardens
<b>Tuesday 17th</b>	Weekly Walking Group	10.30 am	Macmillan Centre, Stanley Street
<b>Wednesday 18th</b>			
<b>Thursday 19th</b>	Craft & Natter SEATED YOGA ** Health and Well Being Event	10.30 am 10.30 am 2.00pm	Parenting 2000, Mornington Road Community Fire Station Royal Clifton Hotel
<b>Friday 20th</b>			

<b>Monday 23th</b>	Needles & Pins Pilates Gardening Group	10.00am 2.00pm 2.00pm	Macmillan Upstairs office Macmillan Upstairs Office Botanic gardens
<b>Tuesday 24th</b>	Weekly Walking Group	10.30 am	Macmillan Centre, Stanley Street
<b>Wednesday 25th</b>	Singing Group	1.30 pm	Deaf Centre, 19a Stanley Street
<b>Thursday 26th</b>	Craft & Natter SEATED YOGA **	10.30am 10.30am	Parenting 2000, Mornington Road Community Fire Station
<b>Friday 27th</b>	Active Sefton Walk	1.30pm	Meet at the Centre

<b>Monday 30th</b>	Needles & Pins Pilates Gardening Group	10.00am 2.00pm 2.00pm	Macmillan Upstairs office Macmillan Upstairs Office Botanic gardens
<b>Tuesday 31st</b>	Weekly Walking Group	10.30 am	Macmillan Centre, Stanley Street

\*\* 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)