

BLACKBURN AND EAST LANCASHIRE BREAST CARE SUPPORT GROUP

www.breastcancereastlancs.org



Meetings in the Dining Room at
Blackburn Golf Club,

Beardwood Brow, off Revidge Road, Blackburn BB2 7AX

USUALLY THE FIRST TUESDAY OF THE MONTH - 7pm-9pm

PROGRAMME 2023

The group is run for our members and we always appreciate their input.

Please contact us for further information about speakers and topics.

In previous years we have welcomed speakers on all kinds of topics and enjoyed a Summer party and a Christmas party.

JANUARY 10

Annual General Meeting

FEBRUARY 7

"Surprises with Prizes" Games led by Maggie

MARCH 7

Talk by Jeanette Smalley from
CancerHelp, Preston

"CancerHelp - a local cancer support
centre"

APRIL 4 To be confirmed

MAY 2

Party night to celebrate the Coronation
of King Charles III

MAY 11 - Thursday

Theatre night at Blackburn Empire
Theatre - "Calamity Jane" presented by
Blackburn Musical Theatre Company

JUNE 6

Talk by Catherine Farmer,
Macmillan Cancer Information and
Support Service Manager

JULY 4

Talk by Hilda Rawcliffe "New York - The
First Lady of Construction"

AUGUST 1

Talk by Paul Grundy: "Blood Bikers"

SEPTEMBER 5

Alison Hartley, Active Ageing
Service Manager, Age UK
Blackburn with Darwen. A talk about
Keeping Fit and a bit of exercise

OCTOBER 3

"Christmas Crafts" with members

NOVEMBER 7 Chat night

DECEMBER 5 Christmas party

ABOUT OUR MONTHLY SUPPORT GROUP MEETINGS

A WARM WELCOME awaits at our meetings. We understand about waiting for results, receiving a cancer diagnosis and the treatments involved. We hope we can help by inviting you to a meeting where you will meet others in a similar situation.

SUPPORT is essential, whether it is from family members, friends or a specialist group. No matter how confident we may feel a lot of the time, there are always those times when we feel the need for a bit of help. Just knowing there are others who have felt like us and gone through the same anxieties, really does help.

MEETINGS: Usually the first Tuesday of each month.

In the Dining Room at Blackburn Golf Club, Beardwood Brow, off Revidge Road, Blackburn BB2 7AX. A small donation is requested. Refreshments available.

CONTACTS

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| Val Lovell (Treasurer) | 01254 698716 | v.lovell142@btinternet.com |
| Michelle Farnworth (Committee Member) | 01254 53216 / 07866 060617 | MAHJfarn20@yahoo.co.uk |
| Maggie Dixon (Committee Member) | 07719 709503 | magsdixon@hotmail.com |
| Ruth Loft (Secretary) | 01254 262324 | ruth.loft@btinternet.com |

Website: www.breastcancereastlancs.org

Facebook: www.facebook.com/EastLancsBreastCareSupportGroup/



Breast Care Nurses: Tel. 01282 804779 (Burnley General Hospital)

If the answerphone is on, please leave a message and the nurses will return your call.

ABOUT OUR WEEKLY KEEP FIT GROUP

Meets at East Lancashire Hospice, Park Lee Road, Blackburn BB2 3NY

We are the Monday Movers! WEEKLY LADIES' KEEP FIT GROUP

Gentle Exercise, Easy Circuits, Dancercise and Tai Chi
Get Fit after Cancer

Come and join us for exercise and friendship!

We are all at different stages of the cancer journey with different fitness levels depending on ages and cancer treatments.

The group is known as the Monday Movers and the sessions are run by group members.



For further information about the Keep Fit Group which meets at the East Lancashire Hospice on Mondays at 7pm (session is followed by cuppa and chat in the restaurant), contact [Michelle Farnworth](#) or [Maggie Dixon](#) (contact details as above).