

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 2024

JANUARY 9

Meeting cancelled - AGM postponed to February

FEBRUARY 6

Annual General Meeting (Short) followed by Seated Keep Fit with Donna Pope

MARCH 5

Talk by Keith Boothman about The Guide Dogs for the Blind Association

APRIL 2

Craft Evening

MAY 7

Talk by Brian Topping
"Tales of a Customs Officer"

MAY 9 - Thursday

Theatre night at Blackburn Empire Theatre - "Sunshine on Leith" presented by Blackburn Musical Theatre Company

JUNE 4

Talk by Mr Jeyaram Srinivasan, Consultant Plastic, Reconstructive Surgeon. Breast Recon: An update on Plastic Surgery

JULY 2

Summer Party

AUGUST 6

Talk by Phil Boulding - "Secret Santa"

SEPTEMBER 3

Talk by Sarah Horne - Air Ambulance

OCTOBER 1

Talk by Dorothy Bolton -
"The History of Afternoon Tea"

NOVEMBER 5

Craft evening

DECEMBER 3

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. A donation of £2 is requested and refreshments are available.

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.

CONTACTS

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

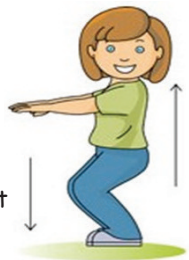
We are the Monday Movers! WEEKLY LADIES' KEEP FIT GROUP

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).