



Blackburn & East Lancs
Breast Care Support Group



Blackburn & East Lancs Breast Care Support Group

www.breastcancereastlancs.org

We would like to give a warm welcome to all our visitors to our group. We are a friendly bunch of ladies and hope that we may be of some help to you, whether you are newly diagnosed, mid-treatment or post-treatment. We meet on the **first Tuesday** of each month in the dining room at **Beardwood Hospital, Blackburn BB2 7AE** at 7pm.

PROGRAMME 2026

6th January No meeting in January	7th July Summer Party
3rd February AGM	4th August Jane Wadsworth from Nightsafe
3rd March Police – Scam Awareness	1st September BLS/AED training with North West Ambulance Service
7th April Resin workshop (Additional charge)	6th October Yvonne Stott (Rosemere)
5th May Pottery Painting with Space2Make (Additional charge)	3rd November Seasonal Crafts/Quiz
2nd June Rev Mike Kirkby - History/Medicine at Rosemere	1st December Christmas Party

GROUP CONTACTS FOR INFORMATION:

Maggie Dixon, 07719 709503
magsdixon@hotmail.com

Michelle Farnworth, 07866060617
MAHJFARN20@yahoo.co.uk

Val Lovell, 01254 698716
v.lovell142@btinternet.com





Gentle exercise, Easy circuits, Tai Chi and Dancercise

Ladies'

Keep Fit Group

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 the group

We meet on Mondays at East Lancashire Hospice, from 7pm-8.30pm, except for the week when we meet at Beardwood on the Tuesday. Exercise is followed by tea/coffee and chat. We charge £1.50 a week, pay as you go!

Prior to joining class, please contact:

Maggie Dixon, 07719 709503 maqsdixon@hotmail.com

or

Michelle Farnworth, 07866060617 MAHJfarn20@yahoo.co.uk

The exercise group is part of the Blackburn and East Lancashire Breast Care Support Group, which meets monthly on the first Tuesday in the month at The Beardwood Hospital, Preston New Road, Blackburn, BB2 7AE from 7.00-9.00pm where we have speakers and occasional parties.

