

Extra Tuesdays

January 24th: Dr Kumar of Northumbria University - Talk and Discussion on Support Groups for Cancer.

May 22nd:

Eva Atherton - Benefits Adviser to Macmillan at the CAB will share the evening with a speaker from Carers Northumberland.

July 24th:

Christine Dapone of Emmanuel House is coming to talk to us.

October 23rd:

Kate "Make" will show us how to make simple Christmas presents.

Christmas Party: TBA.

There will be no meetings on Tuesday, December 25th or January 1st, 2013.



Northumberland Cancer Support Group

Registered Charity No. 519373



We offer support and friendship to people affected by cancer and their families.

Website:

www.northumberlandcancersupportgroup.co.uk

Email:

info@northumberlandcancersupportgroup.co.uk

Meetings are held weekly on Tuesday evenings at 7 for 7.30 p.m.

in Ward I,
Hexham General Hospital,
Corbridge Road,
Hexham,
Northumberland,
NE46 1QJ.

Contact:

Mary Miller - 01661 842029
Jim & Dee Townshend - 01434 230398

Programme for 2012

We offer a rolling programme:

1st Tuesday of the month:

Open Evening and Sale of Vitamins (discounted prices).

2nd Tuesday:

Gentle Yoga and Relaxation with Sheila Anderson.

3rd Tuesday:

Speaker's Night.

4th Tuesday:

Meditation and Chat.

If the month has a 5th Tuesday, it will be used for meditation and the 4th Tuesday will be used for an additional speaker or activity.

Refreshments are available.

We have an excellent library with relevant information.

A complementary therapist is normally available to offer treatments.

Shepherd's Dene Retreat - June 22nd to 24th.

Speakers for 2012

January 17th: Bridget Enever - Simple Life.

February 21st: Barbara Ellis - Chinese Medicine.

March 20th: Maria Labon - Bach Flower remedies.

April 17th: A.G.M.

May 15th: Jeanette Bacon - Hypnotherapy.

June 18th: Catherine Russell - Lead Nurse, Tynedale Hospice at Home.

July 17th: Dr. Elizabeta Mukaetova - Supporting People in Hospital with Cancer.

August 21st: An Evening with Andy Hunt.

September 18th: Dr. Rona McMenemin, Consultant Oncologist, Freeman Hospital.

October 16th: Relaxation and Meditation with Liz and Fiona.

November 20th: Sheila Matheson - Aspects of Documentary Making.

Christmas Party: To be arranged.

Closed on December 25th and January 1st, 2013.