

# North Lancashire and South Cumbria Support Groups

## Cancercare Slynedaes

All support groups listed below are peer support groups and are not run by CancerCare: therefore we are not in a position to recommend them.

NAME	DAY	CONTACT	DETAILS
Breast Care Support Group	Second Tuesday of every month 2pm-4pm	Sheila Suthers 01524 702533	
CancerCare Walking Group	First Friday of every month	Sandra & Alan Platt 01524 736471 sunnyplatt@yahoo.co.uk	The organisers contact the participants with details of timings and place etc.
Allsorts Cancer Support Group	Last Monday of every month 1.30 pm-3.30pm	Lesley Jackson Chairperson Barbara Alton (AM's only)	07990723874 01524 65944
Bladder Support Groups	4 <sup>th</sup> Thursday of the month 2pm - 4pm	Lorraine Rigg bladder CNS	01524512226/7 07773160128
Multiple Sclerosis Society Group	Third Wednesday of every month 2pm-4pm	Steve Parrack 07710889686 Ken Capewell 01524 380026	Slynedaes
The Bay Prostate Cancer Support Group	Second Tuesday of every month 7.30pm-9pm	Den Bray 07989 232039	Often attended by specialist. Urology/Oncology nurses and/or speakers at meetings
The Bay Prostate Cancer Support Group Committee	Second Tuesday of every month 6pm-7.30pm	Den Bray 07989 232039	The Bay Prostate Cancer Support Group <a href="http://www.tbpcsg.org">www.tbpcsg.org</a>
Thyroid Cancer Support Group	Every 8 weeks on a Wednesday 6pm-8pm	Christine 07450 229289 Isobel Quinn (Clinical Nurse Specialist) 07717344668	A support group for patients who have had or have Thyroid cancer
The Windbags Lung Cancer Support Group	First Wednesday of every month 1pm-3pm	Jayne Potter 01524 516462 (Clinical Nurse Specialist)	
SOS (formerly SLOP) Cancer Support Group	Third Thursday of every month 2pm-4pm	Ian Hay 07926047519  Phil Carey 01524 761693	"This is a group for Stomach, Oesophageal Support including Liver and Pancreatic Cancers, their families and friends also is attended by an Upper GI Clinic Nurse Specialist."
Lymphoma Support Group	First Thursday bimonthly month 2pm - 3.30pm	Karen Bonell 07710393891 01695422047	Support for Lymphoma and other blood cancers
Phoenix Cancer Group (Younger Adult support group)	Social media based	Alison Dixey at CancerCare 01524 381820	A facebook group meeting for social events & support

## Cancercare Lakes Centre

NAME	DAY	CONTACT	DETAILS
South Lakeland Breast Care Support Group	Occasional Thursdays 7pm-9pm	Sue Chapman <b>01539 731803</b>	
Gynaecological Group	Third Tuesday of every month 1.30pm-3.30pm	Rhona Barton <b>015395 58636</b>	CancerCare Kendal
Lymphoedema Support Group	Meet approximately three times a year	Denise Hardy 01539 735111	Any client with an email address will be notified in this manner
Blood Cancer Support Group	Last Tuesday bimonthly 6.30pm- 7.30pm	Karen Bonell 07710393891 01695422047 (please ring for further details of the dates)	This group is for patients with Leukaemia or Lymphoma and their carer's. Small friendly group with occasional keynote speakers

## Carnforth/Lancaster/Morecambe Area

NAME	DAY AND TIME	CONTACT	DETAILS
Lancaster Lymphoedema Support Group	Group meets approximately three times a year	Denise Hardy 01539 735111	St. Johns Hospice <b>01524 382538</b> Any client with an email address will be notified in this manner
Lancaster Drop-In	Every Tuesday 10am-12pm	Alison Dixey <b>01524 381820</b>	Bowerham UR Church Hall
Morecambe Friendship Drop-In	Every Tuesday 10am-12pm	Church Secretary Debra <a href="mailto:debra_young@christchurchbroadway.co.uk">debra_young@christchurchbroadway.co.uk</a> Telephone <b>01524 851531</b>	Christ Church Broadway, Morecambe

## Windermere/Ambleside/Kendal/Grange area

Name	Day and Time	Contact	Details
Ambleside Drop In	Every Monday 2pm-4pm	Richard Cogger 01539 735800	Kelsick Centre, St Mary's Lane, Ambleside, LA22 9DG
Windermere Drop In	Every Wednesday 10.30am-midday	Pam Parsons 07811 660619	Ladyholme Centre, Lake Road, Windermere, LA23 2JA
Paddlers for Life	April-Oct Every Sunday 10.00am 'till late Nov- Mar Activities and dates vary	<b>Paddlers for Life Dragon Boat Team</b> Rowena Pryor, Secretary: Mobile: 07547 373591 Email: <a href="mailto:Rowenapryor@hotmail.com">Rowenapryor@hotmail.com</a> <a href="mailto:enquiries@paddlersforlife.co.uk">enquiries@paddlersforlife.co.uk</a> Website: <a href="http://www.paddlersforlife.co.uk">www.paddlersforlife.co.uk</a>	Charity aiming to improve health and wellbeing of anyone with an experience of cancer (especially Breast cancer) through physical activity and dragon boat racing on Windermere. Offering support and friendship for all once treatment is completed <b>Low Wood Marina and Watersports Centre, Low Wood Bay, Ambleside Road, Windermere LA23 1LP</b>
Grange Cancer Drop-in	Every Friday 2pm- 4pm	Marie 015395 33279	St Charles RC Church, Kents Bank Road, Grange-Over-Sands, LA11 7EU.
Kendal Drop-In	Every Thursday 10am-12pm	Joyce Harris 01539 723750 Joan Barnes 01539560681	CancerCare Black Hall Road Kendal
Aquasize Session (ladies only)	Fortnightly, alternate Wednesdays 7.30pm-8.30pm	Sue Chapman 01539 731803	Sandgate Hydrotherapy Pool, Kendal
Macmillan/CAB Benefits Advice Service	Offer a home visiting service	Sharon Addison, Macmillan/CAB Benefits Caseworker, Windermere Library, Ellerthwaite Road LA23 2AJ 015394 47185 or 07854157822 <a href="mailto:crcabmac@googlemail.com">crcabmac@googlemail.com</a>	Drop-in at the Grizedale Unit at Westmorland General Hospital every second Wednesday of the month 10.30am-1pm

## Furness Area

Name	Day and time	Contact	Details
Furness Breast Cancer Support Group	First Monday of every month 2pm-4pm (bank holidays on the second Monday)	Anne 01229 827554 Sheila 01229 208355 Christine 01229 431550	Green room, Forum 28, Duke Street, Barrow-in-Furness, LA14 1HH
Barrow Macmillan/CAB Benefits Advice Service	Do home visits	mac@barrow.cabnet.org.uk <b>01229 840299</b>	Ramsden Hall, Abbey Road, Barrow
CLASAG - Cumbria and Lancashire Asbestos Support Advice Group	Third Monday of every month 1pm-3pm	Carol Reid <b>01253 472201</b> or <b>07702 180341</b> carolreid@disabilityfirst.org	Barrow & District Disability Association, Margaret Burrow Centre, 71-77 School Street, Barrow-in-Furness, Cumbria, LA14 1EJ
Furness Cancer Support Group Drop-In	First and third Wednesday of every month 1:30pm-3:30pm	Sheila Batty <b>01229 208355</b> Anne Berry <b>01229 827554</b>	Drop-in centre for patients, carers and those who are bereaved. CancerCare. Furness Centre, Trinity Church Centre, Warwick Street, Barrow, LA14 5HT
Ulverston Friendship and Support Group	Every Monday 2pm-4pm	Adrienne Slater St Mary's <b>01229 580305</b>	St Mary's Hospice, Ulverston
Head and Neck Cancer Support Group	Third Friday of every month 2pm-4pm	Isobel Quinn (Clinical Nurse Specialist) <b>07717344668</b>	This is a support group for patients with Head and Neck cancer attended by the Clinical Nurse Specialist, British Legion, Holker Street, Barrow in Furness, LA14 5RQ
Lung Cancer Support Group	Third Wednesday of every month 2pm-4pm		This social support group meets and discusses personal experiences with the support of a Nurse Specialist. Royal British Legion, Holker Street, Barrow, LA14 5RQ
Barrow and District Myeloma Support Group	No structured meetings	Pat/ Frank Cartmel <b>01229 582901</b> patcartmell@talktalk.net	The Group does not meet regularly for a formal meeting but occasionally arranges outings or events
Furness Prostate Cancer Support Group	Second Monday of every month 1pm till 3pm	<b>01229 869694</b> or <b>01229 583504</b> ralph.wilson128@icloud.com	This is a support group for Prostate cancer patients, their families and friends. It provides information and the chance to talk about their condition. Held at Hawcoat Park Sports Club (Vickers Sports Club), Hawcoat Lane, Barrow-in-Furness, LA14 4HF
Looking Good & Feeling Great	Facebook Group	lookinggoodandfeelinggreat@gmail.com	We are a group of local ladies with a common interest of highlighting the warning signs of spotting cancer and raising money for charity along the way
The Chronic Obstructive Pulmonary Disease	Wednesdays 1pm - 3pm	Mo <b>07715 876435</b> Peter <b>07840 810756</b>	St Marks Vestry Hall, Carlisle Street, Barrow-in-Furness LA14 1QT

Support Group			
---------------	--	--	--