

North Lancashire and South Lakeland Support Groups

CANCERCARE SLYNEDALES

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	Last Friday of every month	Elly Waterworth/Sandra & Alan Platt ellywaterworth@gmail.com	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 th 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	Slynedales
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 (except July and August) 6pm-7.30pm	Den Bray 07989 232039	The Bay Prostate Cancer Support Group www.tbpcsg.org
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	Second Thursday of every month 2pm-4pm	Ian Hay 07926047519	"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 of every month 2pm - 3.30pm	Karen Bonel 07710393891 01695422047	Support for Lymphoma and other blood cancers
Phoenix Cancer Group (Younger Adult support group)	Social media based	Andrea Partridge (facebook) Volunteer & Engagement coordinator 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 01539 731803	
Gynaecological Group	Third Tuesday of every month 1.30pm-3.30pm	Rhona Barton 015395 58636?	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
Leukaemia and Lymphoma Cancer Support Group	Last Tuesday of every month 6.30pm-7.30pm	Barbara Miller 01539 727404	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 01524 382538 Any client with an email address will be notified in this manner
Lancaster Drop-In	Every Tuesday 10am-12pm	Overseen by Andrea Partridge 01524 381820	Bowerham UR Church Hall
Milnthorpe Drop-In	Second Thursday of every month 2pm-3:30pm	Ruth Taylor 01539 728180 Age UK	Milnthorpe Methodist Church Hall Run by Age UK
			Bare Institute, Morecambe 01524 413980
Morecambe Friendship Drop-In	Every Tuesday 10am-12pm	Church Secretary Debra debra_young@christchurchbroadway.co.uk Telephone 01524 851531 Overseen by Andrea Partridge	Christ Church Broadway, Morecambe

WINDERMERE/AMBLESIDE/KENDAL/GRANGE AREA

Name	Day and Time	Contact	Details
Ambleside Drop In	Every Monday 2pm-4pm	Joan Newby 015394 33062 Overseen by Andrea Partridge	Kelsick Centre, Ambleside
Paddlers for Life	April-Oct Every Sunday 10.00am 'till late Nov- Mar Activities and dates vary	Paddlers for Life Dragon Boat Team Rowena Pryor, Secretary: Mobile: 07547 373591 Email: Rowenapryor@hotmail.com enquiries@paddlersforlife.co.uk Website: www.paddlersforlife.co.uk	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 Low Wood Marina and Watersports Centre, Low Wood Bay, Ambleside Road, Windermere LA23 1LP
St Mary's Hospice Friendship and Support Group	Every Friday 2pm- 4pm	Marie 015395 33279	St Charles RC Church, Kents Bank Road, Grange-Over-Sands, LA11 7EU. Once a month - Relaxation with Complementary Therapist from St. Mary's Hospice
Kendal Drop-In	Every Thursday 10am-12pm	Joyce Harris 01539 723750 Run by volunteers and overseen by Andrea Partridge	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 crcabmac@googlemail.com	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)	Denise Hardy 01539 735111 Denise.hardy@kendal-lymphology.org	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 01229 840299	Ramsden Hall, Abbey Road, Barrow
CARDS - Cumbria Asbestos Related Disease Support	Third Monday of every month 2pm-4pm	Bob Pointer 01229 470616 poyntz1@sky.com	Barrow & District Disability Association, Margaret Burrow Centre, 71-77 School Street, Barrow-in-Furness, Cumbria, LA14 1EJ
Furness Cancer Support Group Drop-In	Every Wednesday 1:30pm-3:30pm	Elaine Lewis 01229 834016 Sheila Batty 01229 208355 Anne Berry 01229 827554	Drop-in centre for patients, carers and those who are bereaved. Hindpool Community Centre, Nelson Street, Barrow-in-Furness, LA14 1NF
Ulverston Friendship and Support Group	Every Monday 2pm-4pm	Adrienne Slater St Mary's 01229 580305	St Mary's Hospice, Ulverston
Head and Neck Cancer Support Group	Third Friday of every month 2pm-4pm	Isobel Quinn (Clinical Nurse Specialist) 07717344668	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 01229 582901? 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	01229 869694 or 01229 583504 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
Recover & Rediscover	Every two weeks, Thursdays 2pm - 4pm	Joanne Jagger 07710 250183 randcove@yahoo.com	A support group for all types of cancers. Meet at Barrow & District Disability Association, Margaret Burrow Centre, 71-77 School Street, Barrow-in-Furness, Cumbria, LA14 1EJ
The Chronic Obstructive Pulmonary Disease Support Group	Wednesdays 1pm - 3pm	Mo 07715 876435 Peter 07840 810756	St Marks Vestry Hall, Carlisle Street, Barrow-in-Furness LA14 1QT