

LOUGHBOROUGH 3rd Thursday every month



16th Jan, 20th Feb, 20th Mar, 17th Apr 15th May, 19th Jun, 17th Jul, 21st Aug 18th Sept, 16th Oct, 20th Nov, 18th Dec

> The Arc Community Centre 22 Knox Road, Loughborough **LE11 2UP**

> > 10AM-12PM

Our Hub

Provides a focal point for the local community affected by cancer

Our cancer hub acts as a public space set within the local community, providing access to information and support for people affected by any type of cancer from diagnosis, through treatment and beyond.

There will be opportunities to connect with other charities, community groups and healthcare professionals to offer a wide range of information, activities and services tailored to support cancer patients and their families, or for everyone to simply come together and share experiences, knowledge and speak with others in similar situations over a cup of tea.

So do not struggle alone, the cancer hub is here to provide a listening ear, friendship and social support whenever you may need it.

Who are we?

As Cancer Active Recovery Support (C.A.R.S.) provides alternative ways to connect with others facing similar challenges, offering a supportive and informative network. We promote social, physical, and mental well-being through condition-specific programs, workshops, support services, and fun activities. We support individuals on their road to recovery, enhancing their confidence, self-esteem and quality of life.

CANCER SUPPORT **HUBS**

Funded by

MACMILLAN CANCER SUPPORT

LOCATION OF SUPPORT HUBS

HINCKLEY

Hope Community Church Deveron Way, Hinckley LE10 0XD

6th Jan 7th Jul 3rd Feb 4th Aug 3rd Mar 1st Sept 7th Apr 6th Oct 12th May* 3rd Nov 2nd Jun 1st Dec

*Please note the date in May is out of sequence due to a Public Holiday

UGHBOROUGH

The Arc 22 Knox Road Loughborough LE11 2UP

16th Jan 17th Jul 20th Feb 21st Aug 20th Mar 18th Sep 17th Apr 16th Oct 15th May 20th Nov 19th Jun 18th Dec

MOIRA

Moira Village Hall Ashby Road, Moira Swadlincote DE12 6DZ

3rd Jan 4th Jul
7th Feb 1st Aug
7th Mar 5th Sept
4th Apr 3rd Oct
2nd May 7th Nov
6th Jun 5th Dec

EICESTER

African Caribbean Centre Maidstone Road Leicester LE2 OUA

8th Feb 9th Aug 8th Mar 13th Sept 12th Apr 11th Oct 10th May 8th Nov 14th Jun 13th DeC 12th Jul

MARKET ARBOROUGH

Market Harborough Congregational Church Centre Bowden Lane, Leicestershire, LE16 7JD

8th Jan 9th Jul 12th Feb 13th Aug 12th Mar 10th Sept 9th Apr 8th Oct 14th May 12th Nov 11th Jun 10th Dec

MELTON

Hope Centre 42-44 Nottingham Street Melton Mowbray, LE13 1NW

28th Mar 22nd Aug 25th Apr 26th Sept 23rd May 24th Oct 27th Jun 28th Nov 25th Jul 19th Dec*

*Please note the date in December is out of sequence due to a Public Holiday

What do our hubs offer?

- Supportive network meeting participants in a similar position
- Fun activities including exercise, sports and more
- ✓ Informative workshops learning and developing skills
- Ondition specific programmes aiding your needs, the best we can

