

Available to all

Can-Survive UK's services are available to people over 18 from all parts of the community, regardless of ethnic background, gender, faith or sexual orientation.

Contacting us

Office opening times, 10am to 5pm, Monday to Friday. In the event we are not available, please leave a message and we will get back to you as soon as possible.

Alternatively, please call **07496 089310**.

Website

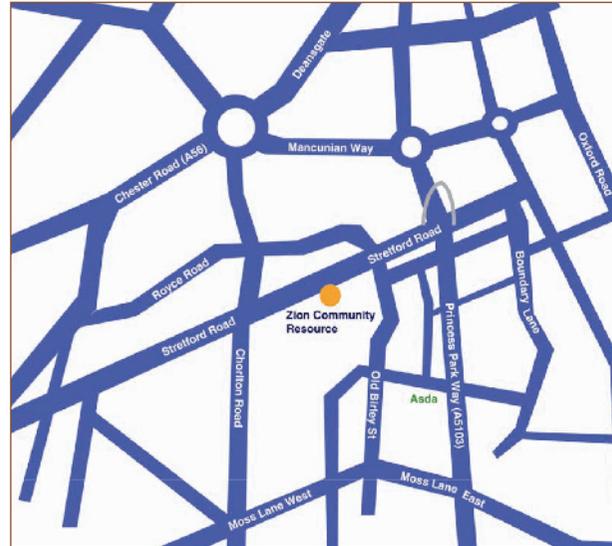
For up-to-date information on all our activities, services and projects visit:

www.can-survive.org.uk

“ WoW! is handy for me, as it's local, five minutes from my house. I love the massages and it also gives me a chance to speak to other women who are going through the same thing as me ”

Service user

Where to find us



Buses from Manchester Piccadilly; 250, 256, 290, 291 (Subject to GMPTE time tables. Always check your journey before setting out)

Can-Survive UK
Zion Community Resource Centre
339 Stretford Road, Hulme, Manchester M15 4ZY

Tel: **0161 226 5412**

Email: **info@can-survive.org.uk**

Website: **www.can-survive.org.uk**

 **@CanSurviveUK**

Registered Charity number 1166128



Providing culturally sensitive support and information for people with cancer, their families and carers

CanSurviveUK



CanSurviveUK

enabling, empowering, educating

Can-Survive UK provides culturally sensitive support and information for people with cancer, their families and carers.

We enable people affected by cancer to participate in the programme of regular activities and attend the support groups, thereby encouraging service users to socialise, increase confidence and reduce isolation.

We empower people to take control and better manage cancer to enhance their emotional, psychological and physical wellbeing, as well as their resilience.

We educate by delivering cancer awareness sessions highlighting the signs and symptoms of cancer, particularly those that disproportionately affect BME people.

At Can-Survive UK we recognise that everyone is an individual, that's why we aim to provide you with support that is person centred, culturally sensitive – whatever your background or need.

“ Can-Survive is a much needed service in the community ”

Service user

We offer...

Support groups

WOW! Women only Wednesdays

MOT – Men only Thursdays

One-to-one services

- **Counselling and life coaching**
- **Massage therapies**
- **Relaxation therapies**

Group activities

- **Meditation classes**
- **Breathing and movement**
- **Creativity**

Structured workshops

- **Healthy Diet and Cooking**
- **Coping with Cancer**
- **Health and Wellbeing**



Information service

We have access to culturally appropriate resources and information from Macmillan, Breast Cancer Care, Prostate Cancer UK and other mainstream cancer organisations.