

MOT



Men only Thursdays **Cancer Support Group**

**Are you a man? Have you or anyone else close to you been affected by cancer?
Would you like to meet other men in a similar position?**

What do we offer?

Regular meetings where you can chat with others and share experiences

Health and wellbeing therapies (relaxation, massage, reflexology)

Structured cancer related workshop - i.e. managing fatigue, stress and anxiety

Advice and tips on how to manage both practical and emotional issues

All activities and workshops are delivered by qualified and experienced practitioners.

We welcome men who are carers, family and friends (over 18 years) of people with cancer.

This project is targeted at, but not exclusive to, BME and marginalised men residing in Hulme, Moss Side, Whalley Range, Old Trafford, Levenshulme, Chorlton and surrounding areas.

Dates for MOT meetings

Day: Thursdays

Venue: Kath Locke Centre, 123 Moss Lane East, Manchester M15 5DD

Sessions will run from 1pm – 3pm

Refreshments and light lunch provided. Reasonable travel expenses paid

Thursdays in 2016

October 13th 27th

November 10th 24th

December 15th

Thursdays in 2017

January 12th 26th

February 9th 23rd

March 9th 30th

April 13th 27th

May 11th 25th



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

