

MOT

Men Only Thursdays

Here to support you
through your cancer
journey



MOT: Check in. Tune up. Keep going.

A cancer support group for men affected by cancer – whether you're living with it, supporting someone, or adjusting after treatment. We know many men find it hard to talk. MOT offers a relaxed, supportive space where you can connect with others who understand – no pressure, no judgement. While we have a strong focus on supporting men from **African** and **Caribbean** backgrounds, we welcome *all men* affected by cancer.

Fortnightly on Thursdays
1pm to 3pm
Kath Locke Centre
123 Moss Lane East
Manchester M15 5DD

What to expect:

- **Real conversations in a safe, respectful space**
- **Peer support from men with shared experiences**
- **Practical advice and shared knowledge**
- **Wellbeing activities including light physical activity, mindfulness, and relaxation therapies**
- **A chance to connect, build friendships, and support each other**

We'll provide the refreshments and a light lunch. So pop in and join us for your fortnightly MOT!

Reasonable travel expenses paid upon production of a receipt.

You don't have to face cancer alone. We're here to support you.

To find out more:

Call **0161 232 1286**

Visit **can-survive.org.uk/mot**

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

or scan the QR code



Can-Survive UK is registered in England with the Charity Commission. No. 1166128

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