

# 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**

### When do we meet?

We meet on the last Thursday of every month, 1.00pm–3.00pm at Kath Locke Centre, 123 Moss Lane East, M15 5DD

**First meeting: Thursday 30 June 2016**

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

Activities are free and refreshments are provided.

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

**For more information contact Marcella:**

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**Email: [info@cansurvive.org.uk](mailto:info@cansurvive.org.uk)**

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.



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



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