

Southport Macmillan Centre Newsletter

Welcome to the autumn edition of our Newsletter which we hope will keep you all up to date with new developments at the Centre.



We've had a busy summer but already planning lots of activities for the coming months so here's a little taste of what to look out for in September and October...



Meet the team!

Julia, Steve, Bev, Justine, Helen, Donna and Kate



Latest News!!!

- If you have a **Formby GP** why not pop along to **Formby Library** on the **2nd Wednesday** of the month between **1.30pm and 3.30pm** to have a chat with Bev?
- And for **Ainsdale & Birkdale GP** patients, there's a drop in on the **last Tuesday** of the month between **10am and 2pm** at **Ainsdale Lunch & Leisure** where Donna or Helen will be on hand to offer advice and support.
- On **Thursday 14th September** we're launching our new breast cancer support group here at the **Centre** between **7pm and 9pm** – following meetings will always take place on the **2nd Thursday** of the month and the group is open to anyone who has had breast cancer in the past, going through treatment now or living with a secondary diagnosis.
- On **Friday 29th September** we'll be holding a **Macmillan World's Biggest Coffee Morning** at **Holy Trinity Parish Hall**, Hoghton Street from **2pm to 3.30pm** - donations of raffle & tombola prizes gratefully received....oh, and cakes too!
- And if you like **Christmas**, save the afternoon of **Friday 24th November** for a rather lovely event.....more details in the next issue!!!

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Southport Macmillan Information & Support Centre

NEWSLETTER

AUTUMN 2023

Southport Macmillan Centre, 29 Wright Street, Southport, PR9 0TL
01704 533024



Southport Macmillan Centre Newsletter

For a full list of our support groups, checkout our website by using the QR code on the front page of this newsletter or by following this link <https://southportmacmillancentre.org.uk/>

Our featured group for this edition is our fantastic singing group led by Mandy and Maggie. The group meet on the 2nd and 4th Wednesday of the month at Southport Deaf Centre, Stanley Street, Southport from 1.30pm to 2.30pm. The group sing music of most genres from the 50's to present day and we would defy anyone not to leave the group without a huge smile on their face. If you need your soul lifting, then this is the group for you!



Joy

Joy does not arrive with a fanfare on a red carpet strewn with the flowers of a perfect life

Joy sneaks in as you pour a cup of coffee watching the sun hit your favourite tree just right

And you usher joy away because you're not ready for it.

Your house is not as it must be for such a distinguished guest. But joy cares nothing for your messy home, or your bank balance, or your waistline you see.

Joy is supposed to slither through the cracks of your imperfect life, that's how joy works.

You cannot invite her – you can only be ready when she appears and hug her with meaning.....because in that moment...

...Joy chose you!

Donna Ashworth

DATES FOR YOUR DIARY!

Wednesday 6th September, 2pm – coffee & chat at the Centre

Friday 22nd September, 1pm – A walk around Freshfield, meet at the station

Tuesday 26th September, 7pm – FY&F Ten Pin Bowling (booking req)

Friday 29th September, 2pm – World's Biggest Coffee Morning at Holy Trinity

Wednesday 4th October, 2pm – coffee & chat at the Centre

Tuesday 24th October, 7pm – FY&F Halloween Hot Pot Supper (booking req)

Friday 27th October, 1pm – Botanic Gardens Walk, meet outside main ent.

All information correct at time of writing – please call the Centre on 01704 533024 for more details 😊

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