

Southport Macmillan Centre Newsletter

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

This time it's all about the summer and, for us, it's usually a little quieter than normal due to people having well deserved holidays...including the staff! Just as well really as the next edition will be hopefully be jam-packed with things to look forward to in the autumn months!



Summer Reflections

The warmth of sun upon my face,
A season filled with gentle grace.
Lazy days and skies so blue,
Bring a peace that feels brand new.
The laughter shared, the moments
sweet,
Time well spent, a joy complete.
As summer fades, the heart holds
tight,
The memories of its pure delight.

Catherine Pulsifer

Did you know that 61% of Brits say that the smell of a BBQ is what **characterises** summer?

Latest News!!!

- For those who are struggling to get their lives back on track after having cancer treatment, we're planning on running another **HOPE Course** in the autumn – if you'd like to take part then give us a call. This six week course aims to help you overcome some of the many issues that a cancer diagnosis can leave us with. We're also planning another **Alchemy Course** for people who are living with advanced or non-curative cancer so please get in touch if you think this would help you.
- Our weekly and monthly walking groups are always very popular but we do acknowledge that some people haven't the range of mobility to keep up! We certainly don't want anyone to miss out so on **Tuesday 30th June at 7pm** we're going to meet outside the main entrance to **Botanic Gardens** for a gentle stroll around the park before stopping off at the Hesketh Arms for refreshments. If you'd like to join us you'll be very welcome 😊
- Don't forget that the **Centre** will be closed on **Monday 24th August** as it's a Bank Holiday.....next one's Christmas! For anyone needing support over the holiday weekend, the **Macmillan Support Line** will be open and can be called **FREE on 0808 808 0000**.

Dates and events featured in the newsletter are correct at the time of writing

MACMILLAN
CANCER SUPPORT

Southport Macmillan Information & Support Centre

NEWSLETTER

Summer 2026

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

Southport Macmillan Centre

MACMILLAN
CANCER SUPPORT

Southport Macmillan Centre opened to the public in 2012 fulfilling **Dr Graeme Allan's** dream of having a community-based Information & Support Centre offering help and support to local people affected by cancer. The Centre has gone from strength to strength and now works closely with our local **Integrated Care Board** and **Primary Care Network** – at present we have 8 members of staff and all the GP practices in Southport and Formby have a designated '**Cancer Navigator**' who can offer a range of practical and emotional support. As many of you will know, we have support groups, events, a physical activity programme, counselling, courses and much more – we really are here to help in whatever way we can.

And all of this is possible because of Dr Allan which is why we were absolutely thrilled to hear that he has been awarded the **British Empire Medal** in the New Year honours list. Dr Allan will be heading off in June to receive his award so we'll hopefully be able to show you a photo in the next edition!!!

DATES FOR YOUR DIARY!

- **Wednesday June, 2pm 'Coffee & Chat' at the Centre.** Come along to chat about Carers' Week and the support available to you if you are a carer – **Sefton OPERA** will also be here to offer complementary therapies.
- **Friday 26th June, 1pm – 'Further Afield Friday' Scarisbrick Canal Walk** – meet at Scarisbrick Marina.
- **Tuesday 30th June, 7pm – 'Botanic Bimble'** – come along for a gentle walk around the Botanic Gardens meeting outside the main entrance – after the walk, we'll decamp to the Hesketh for refreshments.
- **Wednesday 1st July, 2pm – 'Coffee & Chat'** come along to the Centre for a chat and a cream scone!
- **Friday 31st July, 1pm – 'Further Afield Friday', Longton Brickcroft** – call the Centre for details of how to join.
- **Friday 28th August, 1pm – 'Further Afield Friday'** – Ince Blundell, meeting outside the village Hall..

OUTREACH EVENTS

Wednesday 3rd June, 10.30am – 'Chatty Café' at Formby Wetherspools for anyone with a Formby GP. Come along to speak to Bev about the support available for people affected by cancer.

Wednesday 8th July*, 10.30am – 'Chatty Café' at Formby Wetherspools for anyone with a Formby GP. Come along to speak to Bev about the support available for people affected by cancer.

Wednesday 5th August, 10.30am – 'Chatty Café' at Formby Wetherspools for anyone with a Formby GP. Come along to speak to Bev about the support available for people affected by cancer.

*July date is a week late due to Bev being on holiday 😊

*****Please note that some of our groups do not meet in August. Also, both the swimming and aqua aerobics groups do NOT operate during Sefton MBC school holidays! Please call the Centre if you're unsure*****

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