

What's on in November

Unless otherwise stated, all meetings take place at The White House

Tuesday 10th November, 2pm	Breast Cancer Care Group	Guest speaker will be Ruckie Kahlon , Principal Pharmacist in Cancer Services from Russells Hall Hospital
Thursday 12th November, 11am	Skin Cancer Group	Open support meeting - specialist nurses attend most meetings.
Tuesday 17th November, 2pm	Prostate Cancer Group	Open support meeting.
Thursday 19th November, 10.30am	Rainbow Breast Reconstruction Group	Open support meeting for ladies who have had, or are considering, breast reconstruction.
Wednesday 25th November, 2pm	Gynae Cancer Group	Mary Martin will give a flower arranging demonstration
Wednesday 25th November, 6.30pm	The Dudley Haematology Support Group	Informal support for anyone affected by leukaemia, lymphoma, myeloma and other associated conditions. If you would like to attend please contact the CARE team on 08088 010444.

Branch Group Meetings

Monday 2nd November, 7.30pm	Sedgley & Gornal Branch Group, St Peter's Church Hall, Kent Street, Upper Gornal	Mr J Attwood will tell us ' Where did my bag go? ' - a tale of lost luggage!
Tuesday 3rd November, 10am	Brierley Hill Branch Group, Room 014, 1st Floor, Brierley Hill Health & Social Care Centre, Venture Way, DY5 1RU	Open support meeting
Monday 23rd November, 7.30pm	Stourbridge Branch Group, Stourbridge Health and Social Care Centre, John Corbett Drive, DY8 4JB	Poems and mince pies
Every other Wednesday, 2pm-4pm (11th, 25th November)	Halesowen Branch Group, United Church, Hagley Road, B63 4PX	Open support meeting

Group therapies & activities

Drop in - no appointment needed

Relaxation, Monday & Thursday, 2pm - 3pm
 Art Therapy, Wednesday, 2pm - 4pm
 Gentle Exercise, Wednesday, 10am - 11am
 Craft Group, Friday, 10.30am - 12.30pm

By appointment only

Reflexology
 Aromatherapy
 Indian Head Massage
 One-to-one Counselling
 Bereavement support

Reiki
 Massage
 Hopi Candles