

Support Programmes

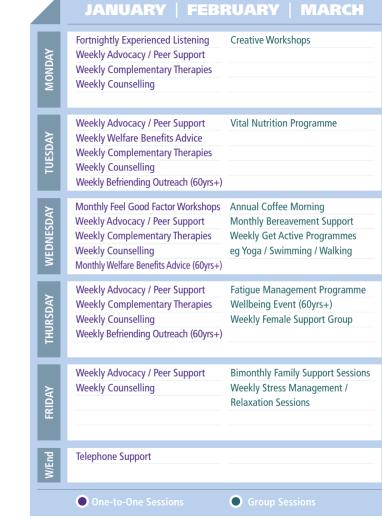
Please contact Cancer Lifeline to find out more details on any of the Support Programmes listed.



MONDAY	Fortnightly Experienced Listening Weekly Advocacy / Peer Support Weekly Complementary Therapies Weekly Counselling	Creative Workshops
TUESDAY	Weekly Advocacy / Peer Support Weekly Welfare Benefits Advice Weekly Complementary Therapies Weekly Counselling Weekly Befriending Outreach (60yrs+)	Vital Nutrition Programme Male Wellbeing Event
WEDNESDAY	Monthly Feel Good Factor Workshops Weekly Advocacy / Peer Support Weekly Complementary Therapies Weekly Counselling Monthly Welfare Benefits Advice (60yrs+)	Carers Support Programme Monthly Bereavement Support Weekly Get Active Programmes eg Yoga / Swimming / Walking
THURSDAY	Weekly Advocacy / Peer Support Weekly Complementary Therapies Weekly Counselling Weekly Befriending Outreach (60yrs+)	Fatigue Management Programme Wellbeing Event (60yrs+) Weekly Female Support Group
FRIDAY	Weekly Advocacy / Peer Support Weekly Counselling	Bimonthly Family Support Sessions Weekly Stress Management / Relaxation Sessions
W/End	Telephone Support	

4	JULY AUGUST	SEPTEMBER
MONDAY	Fortnightly Experienced Listening Weekly Advocacy / Peer Support Weekly Complementary Therapies Weekly Counselling	
TUESDAY	Weekly Advocacy / Peer Support Weekly Welfare Benefits Advice Weekly Complementary Therapies Weekly Counselling Weekly Befriending Outreach (60yrs+)	Vital Nutrition Programme
WEDNESDAY	Monthly Feel Good Factor Workshops Weekly Advocacy / Peer Support Weekly Complementary Therapies Weekly Counselling Monthly Welfare Benefits Advice (60yrs+)	Monthly Bereavement Support Weekly Get Active Programmes eg Yoga / Swimming / Walking
THURSDAY	Weekly Advocacy / Peer Support Weekly Complementary Therapies Weekly Counselling Weekly Befriending Outreach (60yrs+)	Fatigue Management Programme Wellbeing Event (60yrs+) Weekly Female Support Group
FRIDAY	Weekly Advocacy / Peer Support Weekly Counselling	Bimonthly Family Support Sessions Weekly Stress Management / Relaxation Sessions
W/End	Telephone Support	Annual Female Support Group Residential
	One-to-One Sessions	Group Sessions





Cancer Lifeline supports people affected by cancer and their families/carers living in North Belfast, Shankill and Newtownabbey. The organisation is managed by individuals who have experience of cancer.

help is at hand...

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JOHN LINEHAN JIM 'THE KING' BROWN MARK SIDEBOTTOM RACHEL KELLY | JOHNNY HERO



Cancer Lifeline would like to acknowledge the partner organisations / individuals, both statutory, voluntary and community involved in the delivery of the listed Support Programmes.

























