

Living with and beyond cancer in Solihull

Date	What's happening?	Venue	Contact	Details
Tuesdays & Thursdays from	Cancer Rehabilitation Group Exercise Classes	Tudor Grange Leisure Centre, Blossomfield Road, Solihull, B91 1NB (Exercise Studio: 2-3pm)	Kim Dunger on 0121 704 6942 or the Solihull Active team on 0121 704 8207	An opportunity all cancer survivors to get back into and benefit from physical activity. Health professional referral required.
Wednesday & Friday	Cancer Rehabilitation Group Exercise Classes	North Solihull Sports Centre, Conway Road, Chelmsley Wood, B37 5LA (Exercise Studio: Wed 2-3pm, Fri 12.30-1.30pm)	Kim Dunger on 0121 704 6942 or the Solihull Active team on 0121 704 8207	An opportunity all cancer survivors to get back into and benefit from physical activity. Health professional referral required.
2nd & 4th Thursday of each month	Solihull Cancer Support Group	Marie Curie Hospice, Marsh Lane, B91 2PQ (7:30pm)	Patricia Hill on 0121 711 1966	This support group is open to anyone affected by cancer and looking for support
2nd Tuesday of each month	Breastfriends Support Group	West Midlands Bridge Club, 909 Warwick Road, Solihull, B91 3EP (7:15pm)	Breast Friends Solihull on 0800 1313 500 b.friends@blueyonder.co.uk	The group helps local ladies from the initial diagnosis, when much seems frightening and unknown, all through treatment and recovery.
Last Tuesday of every month (except Dec)	Solihull Prostate Cancer Support Group	Solihull Methodist Church, Blossomfield Road, Solihull B91 1LG(6:30pm)	Aidan Adkins 07593514686 Solihull.pscg@gmail.com	This support group is open to anyone affected by Prostate Cancer.
This service offers support between 09.00 - 19.00 Monday to Friday	Macmillan Direct Volunteer Support Scheme	N/A	Hayley Wright, Direct Volunteering Service Co-ordinator on 07473613712 (09.00 - 17.00 Monday to Friday) hawright@macmillan.org.uk	Volunteers provide practical & emotional support to people over the age of 18 living with or affected by cancer, including family and carers. The type of support volunteers provide could be: shopping, housework, respite support, helping somebody get to an appointment or having a cup of tea and a chat.
This service offers booked appointments on Fridays 9.30am -2.00pm & Mondays 4.30 - 7.30pm	Relate Macmillan Counselling Service in Solihull	The Core Library (Solihull) on the Lower Ground Floor, entrance at the side of the building.	Macmillan Relate 0121 643 1638	Cancer and its treatment can have a big impact on your relationships with your partner, family, and on your sexual relationship too. Free counselling sessions to people with cancer, their family or carers.
This service offers support between 9.00am and 4.00pm Monday to Friday	Citizens Advice Macmillan Benefits Helpline	Appointments available at Solihull hospital, Spires Parkway Hospital, Chelmsley Wood Citizens Advice and Breast Cancer Haven.	Macmillan Helpline 0121 683 5601	When you or someone close to you has been diagnosed with cancer, money might not be one the first things you think about. But having cancer can be expensive. Free, confidential benefit advice service. Advice on what benefits you could claim, help with application forms and assist with appealing decisions.
This service offers support on Mon – Fri 9am -5pm and anyone no appointment or a referral necessary	Help Harry Help Others Drop in Cancer Support Centre. Supporting families throughout Solihull and Birmingham.	HHHO Drop in Cancer Support Centre, 8 Midland Croft, Birmingham, B33 0AW	Georgie Moseley 0121 783 5407	This is a free service to patients, family & friends. We help adults and children affected by any type of Cancer. On site we offer every inch of support outside of treatment that you may need due to Cancer diagnosis. Emotional support, Counselling, benefits advice, financial & debt advice, Support Groups, bra fitting, wig fitting, a range of holistic therapies, workshops, coffee mornings & lots social activities too
Drop in or make an appointment	Breast Cancer Haven, West Midlands	1 St. Bernards Road, Solihull, B92 7AU	Main Reception 0121 726 9570	Breast Cancer Haven is a national charity offering free emotional, physical and practical support to anyone affected by breast cancer. No referral needed.

If you require any information please contact: samantha.scagell@solihull.gov.uk, Macmillan Cancer Information Officer, SMBC. Tele: 0121 704 6608