

help is at hand...



## Support Programmes

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



APRIL   MAY   JUNE		
<b>MONDAY</b>	Fortnightly Experienced Listening Weekly Advocacy / Peer Support Weekly Complementary Therapies Weekly Counselling	Creative Workshops
<b>TUESDAY</b>	Weekly Advocacy / Peer Support Weekly Welfare Benefits Advice Weekly Complementary Therapies Weekly Counselling Weekly Befriending Outreach (60yrs+)	Vital Nutrition Programme Male Wellbeing Event
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	Weekly Advocacy / Peer Support Weekly Complementary Therapies Weekly Counselling Weekly Befriending Outreach (60yrs+)	Fatigue Management Programme Wellbeing Event (60yrs+) Weekly Female Support Group
<b>FRIDAY</b>	Weekly Advocacy / Peer Support Weekly Counselling	Bimonthly Family Support Sessions Weekly Stress Management / Relaxation Sessions
<b>W/End</b>	Telephone Support	

● One-to-One Sessions    ● Group Sessions

JULY   AUGUST   SEPTEMBER		
<b>MONDAY</b>	Fortnightly Experienced Listening Weekly Advocacy / Peer Support Weekly Complementary Therapies Weekly Counselling	
<b>TUESDAY</b>	Weekly Advocacy / Peer Support Weekly Welfare Benefits Advice Weekly Complementary Therapies Weekly Counselling Weekly Befriending Outreach (60yrs+)	Vital Nutrition Programme
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	Weekly Advocacy / Peer Support Weekly Complementary Therapies Weekly Counselling Weekly Befriending Outreach (60yrs+)	Fatigue Management Programme Wellbeing Event (60yrs+) Weekly Female Support Group
<b>FRIDAY</b>	Weekly Advocacy / Peer Support Weekly Counselling	Bimonthly Family Support Sessions Weekly Stress Management / Relaxation Sessions
<b>W/End</b>	Telephone Support	Annual Female Support Group Residential

● One-to-One Sessions    ● Group Sessions

OCTOBER   NOVEMBER   DECEMBER		
<b>MONDAY</b>	Fortnightly Experienced Listening Weekly Advocacy / Peer Support Weekly Complementary Therapies Weekly Counselling	Creative Workshops
<b>TUESDAY</b>	Weekly Advocacy / Peer Support Weekly Welfare Benefits Advice Weekly Complementary Therapies Weekly Counselling Weekly Befriending Outreach (60yrs+)	Vital Nutrition Programme Male Wellbeing Event Annual Networking Event (60yrs+)
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	Weekly Advocacy / Peer Support Weekly Complementary Therapies Weekly Counselling Weekly Befriending Outreach (60yrs+)	Fatigue Management Programme Wellbeing Event (60yrs+) Weekly Female Support Group
<b>FRIDAY</b>	Weekly Advocacy / Peer Support Weekly Counselling	Bimonthly Family Support Sessions Weekly Stress Management / Relaxation Sessions
<b>W/End</b>	Telephone Support	

● One-to-One Sessions    ● Group Sessions

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

● 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.

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**CANCERlifeline**

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**PATRONS**  
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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.

