


Sefton Cancer Support Group

1 Duke St

Formby L37 4AL



HELPING TO RELIEVE STRESS

Sefton Cancer Support Group is a registered charity run solely by Volunteers, many of whom have been touched by cancer in one way or another. The aim of the charity is to have one of the group available to talk to you, your relatives and friends, in complete confidence, whenever you need it.

THIS IS SEFTON CANCER SUPPORT GROUP...

- Friendship and a listening ear
- Emotional Support
- Experience of Cancer and being a carer
- After hours-emergency telephone contact, not by answer phone, but by a friendly voice

SOCIAL EVENTS

Throughout the year include bi-monthly group lunches, light refreshments during the week, day trips out and other events.

ADDITIONAL THERAPIES

Aromatherapy, Auricular Acupuncture and Relaxation Therapy, Reiki, Reflexology, Pedicure, manicure (Call for availability).

NHS ASSOCIATION

The Sefton Cancer Support Group work collaboratively with NHS Merseyside, complimenting the services within the NHS by providing holistic care for those touched by Cancer. Together with exchange of information comments by past and present users of facilities include...

"Safe and sincere" "Peaceful environment"
"Easy to talk to" "Support when I needed it most"
"Help always available"

Contact Details Overleaf

MAIN OFFICE LINE
01704 879352


AFTER HOURS HELP LINE
01704 876613

After hours helpline will be answered by a volunteer whenever possible.

CALL IN TO THE CENTRE
1, Duke Street, Formby, Merseyside. L37 4AL.
Office Hours: Monday to Thursday 10.00am till 4.00pm
Friday 10.00am till 1.00pm.

Although we are based in Formby, our network encompasses Bootle to Southport.

Visit us online: www.seftoncancersupport.org.uk
Email us: hello@seftoncancersupport.org.uk



Southport Approach: Take the A565 toward Liverpool, at the traffic lights by Tesco Superstore turn right, at the T-junction turn left, keep the Cross House Inn on your right and take the second left off the roundabout and continue along Duke St. (follow map from here).

Liverpool Approach: As you drive down the A565 you will pass through Ince woods and then come to a double set of traffic lights. Go through both sets of lights passing The Squirrel Pub on your left and Weid Blundell on your right. You will then approach a roundabout where you will take the 1st exit onto Liverpool Road. (follow map from here).

By Rail: From Liverpool direction at Formby Train Station, exit up the stairs, cross the road, descend down the steps - we are at the bottom. From Southport direction, exit the station under the road bridge - we are almost opposite the Railway Pub.

Final Directions: When approaching the Sefton Cancer Support Group Centre as the map shows turn left and park on the Railway Pub car park.

The Sefton Cancer Support Group is a registered charity, based in Formby, and serves the population of Sefton. We give support to Cancer Sufferers and their Carers. There is little support available once people are discharged from hospital and we attempt with other voluntary groups to fill that gap.

The Support Group is available as a resource for information, financial advice, and support. We also offer a social opportunity away from the stress of dealing with cancer, providing aromatherapy and relaxation, acupuncture, chiropody, reflexology, and Reiki to unwind the client and re energise them. Socially activities go out for meals, and provide day trips so people can re-socialise after the trauma of Cancer.

For those who need a human voice to talk to especially at night an out of hours hour helpline is open and manned whenever we can.