

MEN'S CANCER SUPPORT WALKING GROUP

Taking Steps Together - A men's walking support group specifically for individuals who have been diagnosed with or are living with Cancer



Dates: 21st July, 25th August, 29th September, 20th October, 24th November, 15th December, 26th January
Time: 2-4pm
Meeting Point: Wendover Woods Cafe

"I didn't realise other people felt the way I do"

"There needs to be more groups like this for men"

"It was so nice just walking and talking"

Sign up today



Connect with other men affected by Cancer, share experiences, challenges, and stories
Bring comfortable walking shoes, water and weather appropriate clothing

For more information please contact: 01296 322207 or email bht.cancerpsychology@nhs.net