



Fighting All Cancers....Together!

FACT offers support for everyone affected by cancer in any way

Community Lunch Group

Every Thursday 12:30pm - 2:30pm



Everyone from the local community, those affected by cancer, their family, friends and carers are welcome to join us for a chat with sandwiches and refreshments in a relaxed friendly environment

Energise and Socialise

**Every Friday 1:00pm - 1:30pm followed by
Coffee and a Chat 1.30pm - 2:00pm**



A fun and friendly gentle exercise class incorporating the use of a chair and a variety of equipment

Held upstairs at 33 Park View, Whitley Bay, NE26 2TP

**To book your place or if you would like more information please contact
0191 917 7999 or visit our Facebook page @FACTNorthTyneside
www.fact-cancersupport.co.uk info@fact-cancersupport.co.uk**