

MUSTARD TREE EVENTS CALENDAR – July 2019

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/ Sun
1 <u>10:00 – 12:00</u> Knitting Group	2 <u>10:00 – 16:00</u> Kingsbridge Outreach Centre <u>10:30 – 11:45</u> Yoga with Venita <u>14:00 – 16:00</u> Art Group <u>20:45 – 21:45</u> Hibiscus Swim & Gym at the Life Centre	3	4 <u>10:00 – 16:00</u> Liskeard Outreach Centre <u>9:15 – 10:15</u> Hibiscus Swim & Gym at the Life Centre	5 <u>10:00 – 16:00</u> Tavistock Outreach Centre <u>11:00 – 12:00</u> Walking Football <u>13:00 – 14:00</u> Hibiscus Swim & Gym at the Life Centre	6/7
8 <u>10:00 – 12:00</u> Knitting Group	9 <u>10:00 – 16:00</u> Kingsbridge Outreach Centre <u>10:30 – 11:45</u> Yoga with Venita <u>15:00 – 16:00</u> Book Group <u>20:45 – 21:45</u> Hibiscus Swim & Gym at the Life Centre	10	11 <u>10:00 – 16:00</u> Liskeard Outreach Centre <u>9:15 – 10:15</u> Hibiscus Swim & Gym at the Life Centre	12 <u>10:00 – 16:00</u> Tavistock Outreach Centre <u>11:00 – 12:00</u> Walking Football <u>13:00 – 14:00</u> Hibiscus Swim & Gym at the Life Centre	13/14
15 <u>10:00 – 12:00</u> Knitting Group	16 <u>10:00 – 16:00</u> Kingsbridge Outreach Centre <u>10:30 – 11:45</u> Yoga with Venita <u>14:00 – 16:00</u> Art Group <u>18:00 – 19:30</u> Therapeutic Singing Group <u>20:45 – 21:45</u> Hibiscus Swim & Gym at the Life Centre	17	18 <u>10:00 – 16:00</u> Liskeard Outreach Centre <u>9:15 – 10:15</u> Hibiscus Swim & Gym at the Life Centre	19 <u>10:00 – 16:00</u> Tavistock Outreach Centre <u>11:00 – 12:00</u> Walking Football <u>13:00 – 14:00</u> Hibiscus Swim & Gym at the Life Centre	20/21
22 <u>10:00 – 12:00</u> Knitting Group	23 <u>10:00 – 16:00</u> Kingsbridge Outreach Centre <u>10:30 – 11:45</u> Yoga with Venita <u>15:00 – 16:00</u> Book Group <u>20:45 – 21:45</u> Hibiscus Swim & Gym at the Life Centre	24	25 <u>10:00 – 16:00</u> Liskeard Outreach Centre <u>9:15 – 10:15</u> Hibiscus Swim & Gym at the Life Centre <u>10:00 – 12:00</u> Kath's Funky Headwear	26 <u>10:00 – 16:00</u> Tavistock Outreach Centre <u>11:00 – 12:00</u> Walking Football <u>13:00 – 14:00</u> Hibiscus Swim & Gym at the Life Centre	27/28
29 <u>10:00 – 12:00</u> Knitting Group	30 <u>10:00 – 16:00</u> Kingsbridge Outreach Centre <u>10:30 – 11:45</u> Yoga with Venita <u>15:00 – 16:00</u> Art Group <u>20:45 – 21:45</u> Hibiscus Swim & Gym at the Life Centre	31			

Black = Exercise Green = Activities/Drop in Sessions Orange = Workshops Red = By Appointment Only Blue = Outreach Centres

MUSTARD TREE EVENTS & ACTIVITIES

Events and Activities in and around the Mustard Tree

KNITTING GROUP: Mondays 10:00 – 12:00

Come along and join the “Material Girls” on Monday mornings in the Mustard Tree. These lovely ladies meet each week and create knitted and crochet items which are donated to wards within the Hospital and surrounding areas, such as knee blankets and twiddlemuffs. You can also come along and work on your own individual items if you prefer.

ART GROUP: Tuesday 2nd, 16th & 30th July 14:00 - 16:00

The Art Group is led by David, a volunteer in the Mustard Tree, usually held in Rooms 10 & 11. The Art Group is more social and fun, where you will can come along and engage with others and re-kindle your love for art. You just need to bring your ideas and we'll show you how to create them. **ALL MATERIALS SUPPLIED. *No need to book – just drop in on the day.***

BOOK CLUB: Tuesday 9th & 23rd July 15:00 – 16:00

We are starting a book club to encompass both fiction and non-fiction books which we will be discussing as a group. So come along with a book that you have recently read and would like to share your thoughts with the group. We hope to have a relaxed and informative discussion.

THERAPEUTIC SINGING GROUP: Tuesday 16th July 18:00 – 19:30

The Therapeutic Singing Group is for patients affected by cancer, family members/carers. We meet once a month to sing together. The emphasis is very much on singing just for fun and pleasure. If you are interested in coming along, please contact Mary Anderson on 01752 430060 or pop into the Mustard Tree

KATH'S FUNKY HEADWEAR: Thursday 25th July 10:00 - 12:00

For attractive and funky headwear, just pop into the Mustard Tree on Thursday 25th July 10:00 and 12:00. Come along for help, advice or to try on different types of headwear and see a demonstration of different tying techniques. ***No need to book, just drop in!***

TRIANGLE OUTREACH DROP IN CANCER SUPPORT CENTRES

Outreach Centres for Support Closer to Home

The Triangle Centres are staffed by experienced cancer nurses, therapists and trained volunteers. We are here to help cancer patients and their families navigate through their treatment and recovery.

We do this by: - Time and privacy to explore what matters to you – explanation and aims of treatments – help to understand information given to you from the hospital and other health care professionals and help with making sense of the options offered – strategies for coping with side effects – emotional and practical support for carers – referral for complementary therapies, benefits advice and counselling – access to recovery packages for those living with and beyond cancer – advice on talking to children when an adult has cancer – support with the impact of a cancer diagnosis and treatment upon relationships, sexuality and intimacy – information and support when treatment is no longer wanted or is possible – liaison with GPs, hospital teams and other agencies in your local area – opportunity to meet other patients and carers

Kingsbridge Triangle Centre

Tuesday 10am to 4pm
South Hams Hospital, Plymouth Road
Kingsbridge, TQ7 1AT, Tel: 01548 852349

Liskeard Triangle Centre

Thursday 10am to 4pm
Clemo Road, Liskeard, PL14 3XD
Tel: 01579 373500

Tavistock Triangle Centre, Tavistock Clinic,

Friday 10am to 4pm
70 Plymouth Road, Tavistock, PL19 8BX
Tel: 01822 615935



EXERCISE OPPORTUNITIES

WALKING FOOTBALL - GOALS FOOTBALL CENTRE OUTLAND ROAD: Fridays 11:00 – 12:00

We are able to offer Walking Football sessions at the Goals Football Centre on Fridays from 11:00 -12:00. No membership required, just Turn Up and Play! The session is open to anyone aged 16+, both men and women are welcome and you don't have to have a medical condition to attend. The session is £2 per player. For more information please call Tony: 07531 017133

HIBISCUS REDUCED RATE GYM & SWIM

The **Hibiscus Gym & Swim** sessions are open to anyone who has or has had cancer. Membership with either Everyone active (Plymouth) or Fusion Leisure (Meadowlands) needed, then let someone at the Mustard Tree know, the discount applied to your membership. There is discrete swimming sessions listed on the calendar, or use the gym or swimming pool whenever you would like.

For more information or to update your membership, please call Kai on: 01752 431464 or email: k.hajaree@nhs.net

MARJON 4 WEEK EXERCISE PROGRAMME – WAITING LIST AVAILABLE FOR NEXT PROGRAMME STARTING JULY

Small group-based exercise programme which runs for 4 weeks consecutively and offers patients the chance to work with an instructor and a 3rd year sports student at Marjon. There are various activities available for you to try and a personal fitness programme tailored to your needs. There are also options for you to progress once the programme has finished.

If you are interested, please contact me on the details below: Tel: 01752 431464 or email k.hajaree@nhs.net

GENTLE YOGA CLASSES: Tuesdays 10:30 to 11:45

Venita offers gentle, restorative yoga available each Tuesday from 10.30 - 11.45. Join our friendly group at Morgan's Wellbeing (Christian Mill Business Park) in the downstairs studio. No previous yoga experience necessary and we can adapt postures where needed. Please bring a mat (there are some mats available if you don't have your own), water and a blanket for relaxation. It is £7 a session or a 10 class pass for £65. Please phone Venita on 07745 521069 if you have any questions.

12 WEEK REDUCED RATE ACCESS AT ST MELLION

A wonderful opportunity has come about with St Mellion. They have been wonderful and have offered patients access to their gym and swimming pool facilities for £2.50 a visit for 12 weeks from their first visit. St Mellion has also offered reduced rate monthly and annual memberships for patients only.

For more information please contact Kai on: 01752 431464 or email: k.hajaree@nhs.net

SUPPORT GROUPS

Support Group	Date	Time	Location
Myeloma Support Group	Friday 5 th July	1:30pm to 3pm	Conference Room, Derriford Health & Leisure Centre
British Lung Foundation – Breathe Easy Support Group	Tuesday 2 nd July	1:30pm to 3:30pm	Tothill Community Centre, Knighton Road, St Judes, Plymouth
The Plymouth Regional Head & Neck Cancer Support Group			No meeting – August will be the next meeting
Gynae Girls	Monday 29 th July	6:30pm onwards	The Invicta Hotel, Plymouth
Plymouth Lymphoma Support Group	Thursday 11 th July	3pm to 4:30pm	Conference Room, Derriford Health & Leisure Centre
Brain Tumour Support Group DEVON	Friday 5 th July	Contact David for more information Tel: 07711 597165/ 01454 422701 Email: david@braintumoursupport.co.uk	FORCE Cancer Charity, Corner House, Barrack Road, Exeter
Brain Tumour Support Group CORNWALL	Tuesday 9 th July		Truro Library, Union Place, Truro
Brain Tumour Support Group PLYMOUTH	Friday 26 th July		Plymouth Central Library, Armada Way, Plymouth
Bosom Pals	Wednesday 24 th July	7pm to 9pm	Fort Stanford Health & Social Club
Plymouth Prostate Cancer Support Group (Chestnut)	Thursday 25 th July	6:30pm to 7:30pm	Post Graduate Medical Centre, Derriford Hospital
NET Natter (Neuroendocrine Tumours Support Group)	Thursday 1 st August	2pm to 4pm	Mustard Tree Cancer Support Centre
Dashnet – For men affected by cancer	Tuesday 30 th July	7pm to 9pm	The Brook Inn, Plympton
Plymouth & District Bowel Cancer Support Group	Saturday 20 th July	10am to 1pm	The Invicta Hotel, Plymouth
Bladder Cancer Support Group	Wednesday 10 th July	12:30pm to 2pm	Mustard Tree Cancer Support Centre
Mesothelioma Support Group	Dates to be confirmed – for more information please contact Christine Jones 01752 432383		Future Inn, Plymouth Victoria Inn, Truro
Derriford Chronic Lymphocytic Leukaemia (CLL) Support Group	Wednesday 24 th July	2pm to 4pm	Derriford Health & Leisure Centre
Tamar Area Prostate Support (TAPS)	Wednesday 3 rd July	6.30pm	Callington Health Centre
Primrose Foundation Breast Cancer Support Group & Coffee Morning	Wednesday 3 rd July	10:30am	Derriford Centre for Health & Wellbeing