

B. Local Support Groups

Support Group	Details	Contact
Beating Bowel Cancer	Bowel cancer information and support for patients, family and friends from our nurses and people affected by bowel cancer through our online forum	www.beatingbowelcancer.org
Bosom Pals Breast Social Group	Day: 4 th Wednesday of every month Time: 19:00 onwards Location: Fort Stamford Health & Social Club	Bosompalsplymouth@gmail.com
Bladder Cancer Support Group	Day: Bi-monthly	If interested in attending please contact Vanessa with the following: Name, Preferred Contact Number and Email Tel: 01752 431534
Brain Tumour Support – Cornwall www.braintumoursupport.co.uk	Day: 2 nd Tuesday of the month Time: 11:30 – 13:00 Location: Truro Library, Union Place, Truro , TR1 1EP	David Haq/Support Team: 01454 422701 Mobile: 07711 597165 Email: david@braintumoursupport.co.uk
Brain Tumour Support – Devon www.braintumoursupport.co.uk	Day: First Friday of the month Time: 13:30 – 15:30 Location: FORCE Cancer Charity, Corner House, Barrack Road, Exeter, EX2 5DW	David Haq/Support Team: 01454 422701 Mobile: 07711 597165 Email: david@braintumoursupport.co.uk
Brain Tumour Support—Plymouth www.braintumoursupport.co.uk	Day: Last Friday of every second month Time: 11:00 – 12:30 Location: Plymouth Central Library, Armada Way, Plymouth , PL1 1HZ	David Haq/Support Team: 01454 422701 Mobile: 07711 597165 Email: david@braintumoursupport.co.uk
Breathe Easy Plymouth (British Lung Foundation) – Support Group	Day: First Tuesday of every month Time: 1:30pm—3:30pm Location: Tothill Community Centre, Knighton Road, Plymouth, PL4 9DA	Helpline: 03000 030 555
The Plymouth Prostate Support Group (Chestnut) www.chestnutappeal.org.uk	Day: Last Thursday of the month Time: 18:00—19:30 Location: Post Graduate Medical Centre, Derriford Hospital	Lesley-Ann—01752 792736 Email: chestnut.appeal@nhs.net
Cornwall Bowel Cancer Support Group www.cornwall-bowel-cancer-support-group.co.uk/	Day: Seasonal – online on bowel cancer site (Facebook: Cornwall Bowel Cancer Support Group closed page)	Claire Ferris & Candy Coombe – 01872 252693
Dashnet—Support Group for Male patients and carers affected by cancer	Day: Last Tuesday of the month Location: The Brook Inn, Plympton Time: 7pm to 9pm	For more information please visit: www.dashofsilver.co.uk
In The Bag	Run by a group of testicular cancer survivors with support from specialist NHS staff.	For more information please contact: Tel: 0117 3423472 Email: hello@itsinthebag.org.uk
Gynae Girls	Day: First Tuesday of the month Time: 18:30 onwards Location: The Invicta Hotel, Plymouth	Tel: 07754 665832 Email: gynaegirlscsg.plymouth@gmail.com
Derriford Chronic Lymphocytic Leukaemia (CLL) Support Group	Day: Last Wednesday of the month Time: 14:00 to 16:00 Location: Derriford Cancer for Health & Wellbeing	Sue Gilbert Tel: 01752 431206 Email: suegilbert2@nhs.net

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Men's Shed https://menssheds.org.uk/	Various locations in Devon and Cornwall. Meeting times and dates vary by location. Please see website for more details.	https://menssheds.org.uk/
Myeloma Support Group www.myeloma.org.uk	Day: First Friday of every month Time: 13:30 – 15:00 Location: Conference Room, Derriford Health and Wellbeing Centre	Sue Hurley – 07974 343928 Email@ suehurley7@outlook.com Lindsey STEWART - 01364 73201 Mobile: 07968 416234 Email: lyndseystewart@clara.co.uk Caroline Allen – 07800 789715 Email: carolallen@aol.com
NET Natter (Neuroendocrine Tumours Support Group)	Day: To be arranged Location: Mustard Tree Macmillan Cancer Support Centre, Derriford Hospital	Mustard Tree: 01752 430060 Lesley: 07854 429630 Email: nikie@netpatientfoundation.org Lesley.porch@hotmail.com
Plymouth & District Bowel Cancer Support Group	Meetings arranged in the different areas covered by the groups. Covering: Callington, Gunnislake, Ivybridge, Kingsbridge, Launceston, Liskeard, Looe, Modbury, Plympton, Salcombe, Saltash, South Brent, Tavistock, Yelverton	Wendy Tel: 07934 922156 Email: plymdistbcsg@mail.com Facebook: "Bowel Cancer Plymouth" - Closed group
The Plymouth Regional Head & Neck Cancer Support Group	Day: First Wednesday of every month Time: 10.30 a.m. – 12:30 Location: Mustard Tree Macmillan Centre, Level 03, Derriford Hospital	Geoff READ - 07745819828 text only or (01752) 563800 geoffnread@gmail.com Fiona & Ron Martin – 01752 786836 Mobile: 07855 176372 Email: firona1@hotmail.co.uk
Plymouth Lymphoma Support Group www.lymphomas.org.uk/	Day: Once a month on a Thursday Time: 15:00 – 16:30 Location: Derriford Cancer for Health & Wellbeing	Scott MILWAY - 01752 661035 Email: scott@meditationmaster.co.uk Pam: 01752 785094
Sarcoma Focus Group	Day: To Be Confirmed (twice a year) Time: To Be Confirmed Location: Mustard Tree Macmillan Centre and the Knowledge Spa Royal Cornwall	Liz Ridgway (CNS) - 01752 763674 Mobile: 08451 558 115 then pager 0290 Email: liz.ridgeway@nhs.net
South West Mesothelioma Group www.mesothelioma.uk.com/	Day: last Thursday of the month (Future Inn, Plymouth) or second Thursday of the month (Victoria Inn, Truro) Time: 10am to 12pm	Christine Jones (CNS) - 01752 432383 Plh-tr.Mesothelioma.Nurses@nhs.net
The Swallows Head and Neck Cancer Support Group www.theswallows.org.uk	National support group based in Blackpool	Tel: 07504 725059
Upper GI Cancer Support Group	Day: Last Friday of each month except June and December Time: 13:00 – 15:00 Location: Force Cancer Centre, Corner House, Barrack Road, Exeter, EX2 5DW	Alan Willson – 01626 891621 Email: alan@willson.com
Tamar Area Prostate Support (TAPS)	Day: First Wednesday of the month Time: 18:30 Location: Callington Health Centre	

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Primrose Foundation Breast Cancer Support Group & Coffee Morning	Day: First Wednesday of the month Time: 10:30am Location: Derriford Cancer for Health & Wellbeing	Email: madeleine@primrosefoundation.org
Kidney Cancer Support Group	Day: Varies each month Time: 11:30 to 13:00	Stephen Driscoll Tel: 07875 721380 Email: satatplymtree@blueyonder.co.uk