

CANCER SUPPORT



We're so pleased to be able to offer advice, guidance, and support to individuals and families who are affected by cancer - no matter who's had the diagnosis.

Informal monthly drop-ins are available at Howdon Community Hub, so come along and have a chat. We know it's already a difficult time; we're here to ease the burden of finding information and support. We'll guide you through it and advise you on your next steps.

In partnership with:



**Confidence
and self-care**



**Signposting
and advice**



**Monthly drop-in
sessions**

If you or your family would like more information,
please contact us on 0191 209 0092.