

FACT offers support services to people affected by cancer. This support is available to the person diagnosed with cancer and their family, friends, carers, colleagues etc. Support can be offered on a one to one basis or as a group or family unit in addition to the many support sessions, events and programmes that FACT delivers. If the support you require is not covered by any of FACT's current events then please get in touch and we will endeavour to help.

FACT's services include:

- Counselling
- Talking therapies
- Coffee mornings
- Men's group
- Ladies that lunch
- Afternoon tea
- Cookery demonstrations
- Craft sessions
- Floristry
- Sing a long group
- Exercise sessions
  - \* Over 50's exercise
  - \* Pilates
  - \* Yoga
  - \* High intensity interval training
  - \* Walking group
- Mastectomy wear/bra fitting service
- Wig service
- Complementary therapies
- Nutritional advice
- Travel insurance advice
- Chemotherapy support
- Coping with pain and fatigue
- Breast reconstruction information
- Coping with terminal illness
- Family sessions and services
- And much more..

Call 0191 4420833 for further details and to book.

## Contact us

**Fighting All Cancers Together,**  
Denise Robertson House, Clasper Way,  
Swalwell, Newcastle upon Tyne,  
NE16 3BE.



**0191 4420833**

**[www.fact-cancersupport.co.uk](http://www.fact-cancersupport.co.uk)**

**Email: [info@fact-cancersupport.co.uk](mailto:info@fact-cancersupport.co.uk)**



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Charity No. 1130258 Company No. 06913360

**Fighting all cancers...together!**



Charity Number 1130258

**Local Cancer Support, Awareness & Education for Local People, in Local Communities**



**Help, support and social opportunities for people going through the cancer journey and their friends and families.**

## About FACT

**FACT is unique** in the north east. It offers a range of services to benefit and support cancer patients and their family, friends and carers. No referral is necessary and you do not have to be the patient to benefit from **FACT**.

**FACT** was set up in 2008 by a breast cancer patient who had been looked after extremely well by local medical teams and services, however, once outside hospital, she found there was no practical or emotional support for her, or her family, or friends. She wanted to make sure that everyone affected by cancer, could find the help they needed easily, in good time and free of charge. **FACT** offers support, awareness and social interaction in a happy, friendly, home from home environment for anyone who needs it.

**FACT** has grown into a regional charity operating from a dedicated Cancer Support Centre and exists to create a platform for the exchange of experiences, views and information, providing facilities to improve conditions of life and providing support and guidance for cancer sufferers and their friends, family and carers.

If **FACT** doesn't have, or can't find, what people are looking for it will fill the gap itself – either as a one off, or by developing a programme of regularly accessible support.

## Social & Fundraising

**FACT** fundraising can be FUN!



*There is always something going on from coffee mornings, pamper days to fitness events and our annual ball.*



As well as raising money, we have a great opportunity to raise awareness and engage with communities. We would love you to come along to one of our events, details can be found on our website, Facebook or by calling 0191 4420833.

*Do you know anyone who is taking part in any events or challenges?*



FACT can supply sponsor forms and posters to anyone who would like to help support our work.



**Donate your unwanted gifts**

Donate any unwanted gifts to **FACT**. We can use them to raise money to support cancer patients. We also visit local hospitals and hospices to give presents to patients at special times of the year.

*Please contact us for more information about our events, fundraising and volunteering and/or follow us on Facebook - [FACTCancerSupport](#)*



## Get Involved

**Volunteering with FACT**

**FACT** are always looking for volunteers who can help us for an hour, a day or more regularly. We can also accommodate groups who want to volunteer together.

**Regular and occasional help is needed:**

- ◆ **In FACT's charity shops**
- ◆ **Preparing for events**
- ◆ **Stewarding events**
- ◆ **In the office**
- ◆ **Fundraising**
- ◆ **Managing donation boxes**
- ◆ **Driving**
- ◆ **Providing therapies**
- ◆ **Professional services**
- ◆ **Marketing & PR**
- ◆ **Service development**
- ◆ **Community liaison etc, etc, etc.**

## Shops

**You can donate unwanted clothes, household items, bric a brac, CD's, toys, games, teddies etc at our charity shops at:**

**Blaydon** - Upper Precinct, NE21 5BT

**Gateshead** - Interchange Centre, NE8 1BH

**Low Fell** - 572 Durham Road, NE9 6HX

**Sunderland** - 35 Blandford Street, SR1 3JH

**Gosforth** - 14 Wansbeck Road S, NE3 3HQ

**Kenton** - 177b Kirkwood Drive, NE3 3RX

or at

**Head Office** – Swalwell, NE16 3BE

**We can also collect furniture or more than 8 bags of donations.**