

What's On at the Cove? July 2024

On-going psychology, counselling, dietician and physio appts
by referral only - and drop-in anytime for coffee &/or a chat

Community

Outreach Events

Please contact Julia at
the Cove for information

3rd

Walking Group
St Mawes 10.45am

9th

Redruth - Information &
Support Group
10 am - 12 pm

10th

Falmouth Information &
Support Group
10am-12pm

16th

Penzance -
Information & support
Group
10am - 12pm

17th

Newquay - Information &
Support Group
10am - 12pm

18th

Tregony- Information &
Support Group
1pm-3pm

Tue

HOPE course

Resumes in September

Free six-week course to
support those post-cancer
treatment & surgery.

Regain your confidence learn
relaxation techniques to help
cope with anger anxiety &
depression plan for the future
share experiences with others
use your potential to make the
most of your life.

For further information or to
book a place on the next
course please contact The
Cove

Wed

3rd

Parent's Session

10am-12 noon

New support group for adults who
care for a child affected by someone
close to them receiving a cancer
diagnosis. In collaboration with
Penhaligon's Friends.

10th

Friends, Family & Carers

Support Group

1pm - 2.30pm

10th, 24th

Complimentary Therapy
with Verity

Thu

4th

Tai-Chi
5.30pm-6.30pm

Complimentary Therapy
with Verity Evening

4th, 11th, 18th, 25th

Reiki Treatments
with Annie

11th

Yoga with Aimee 10-11

Look Good Feel Better
Make-up & Skincare workshop

Complimentary Therapy with
Nikki

25th

New Diagnosis Information &
Support Session
*online only 1pm-3.30pm

Fri

5th, 12th, 19th, 26th

Reiki Treatments
with Annie

Please call us on 01872 256 363 to find out more, or to book onto any of our sessions

THE COVE
MACMILLAN
SUPPORT
CENTRE
WE ARE
MACMILLAN
CANCER SUPPORT