hccn

Hunts Community Cancer Network

Living your best life **despite cancer**

Sawtry Mondays
Wellness every Monday

Who We Are

At **Hunts Community Cancer Network (HCCN)**, we believe that a cancer diagnosis is just one chapter of your story. Our mission is to help individuals 18+ and their families in the Huntingdonshire area navigate life with and beyond cancer. Whether you're recovering, living with the ongoing impact, or supporting a loved one, we offer a community of care designed around you.

We provide a variety of **free, personalised activities**, resources, and support groups to help build strength, resilience, and connection. Here, you're more than your diagnosis—you're part of a compassionate network where your well-being is at the heart of everything we do.

Where

Old School Hall, 37 Green End Road, Sawtry, PE28 5UY

Can't Make it?
We're Still Here for You!

If you can't attend, HCCN offers a range of support services, from online groups to one-to-one befriending service by phone. Email us at **info@hccnthecharity.org** to explore support tailored to you.

Alternatively—view our website to learn more: **www.hccnthecharity.org**

What To Expect

☕ **Monthly Drop-In (1st Monday)**
Everyone is welcome to join us for a cuppa and a chat in a relaxed, friendly atmosphere. No booking needed—just turn up!

🎨 **Bring Your Arts & Crafts**
Feel free to bring along your projects, share ideas, or simply enjoy some creative time in good company

💪 **Weekly Activities (Other Mondays)**
Balance & Strength, Core Strength, Tai Chi and RightStart sessions are available on other Mondays throughout the month. These sessions are led by qualified Instructors.

✉️ To find out more, email:
info@hccnthecharity.org

⬇️ **Here's what's happening each week:**

Week	Activity	Times
1st	Drop-in Morning	10am - 1pm
2nd	Balance & Strength	12pm - 1pm
-	Core Strength	1pm - 2pm
3rd	Tai Chi - Seated	12pm - 1pm
-	Tai Chi	1pm - 2pm
4th	RightStart - Seated	12pm - 1pm
-	RightStart - Circuit	1pm - 2pm

www.hccnthecharity.org

CHARITY NUMBER: 1163051