



“ Here to help  
here to listen ”

People who have **personal experience** of cancer offer **support** to each other at regular meetings across North Wales.

They may focus on certain activities such as exercise or singing, have talks from different speakers, offer complementary therapies, learn new skills, fundraise or arrange social outings.

Most cancer self-help groups in North Wales are run on a voluntary basis.

They all welcome new members so please contact them directly or visit the North Wales Cancer Patient Forum website for more information.

## Bowel Cancer

### Bowel Cancer Support North Wales

07592 538 690  
 enquiries@bowelcancersupport.co.uk  
 www.bowelcancersupport.co.uk

## Breast Cancer

### Treasure Chest (Rhyl)

Mai 01745 590 850 (10am – 7pm)

### Wrexham

Pauline 01978 350 788 (6pm – 9pm)  
 Barbara 01978 750 370 (10am – 4pm)  
 bgeorgeoct@yahoo.co.uk

### Secondary Breast Cancer Support

Breast Cancer Care 0345 077 1893  
 secondaryservices@breastcancercare.org.uk

## Complementary Therapies

### Clwb Seren Wen Criccieth

Martha 01766 522 641

### Holyhead - Anglesey

Heather 01407 860 794  
 Anne 01248 723 071  
 ogrowlands@yahoo.co.uk

### North Wales Cancer Care

Sheila 07851 792 014 / 01286 830 007  
 info@health-matters.biz  
 www.northwalescancercare.org.uk

## Exercise

### Caernarfon

Debbie 01286 676 945

### Tywyn

Rachel 01654 710 167

## Head & Neck Cancer

### Brain Tumour

Michelle 07436 102 652  
 michelle.herbert@thebraintumourcharity.org

### Laryngectomy Club Bodelwyddan

Peter 01492 544 167

## Lymphoma

### Lymphoma Group Bangor

John 01248 722 221  
 Karen 07710 393 891

## Oesophagus & Stomach Cancers

### Gutsy

Freephone 0800 707 6907 (Volunteers)  
 patients@gutsy-group.org.uk  
 www.gutsy-group.org.uk

## Prostate Cancer

### North Wales Glan Clwyd

John 01745 823 822  
 David 01745 344 131  
 Dmaitland131@aol.com

### Llangollen

Mike 01978 869 285  
 mike.law@froncastell.co.uk

### North East Wales Wrexham

07591 969 192  
 pcnewsgroup@outlook.com  
 www.pcnewsgroup.org.uk

## Sing With Us

### Bangor | Llandudno | Wrexham

Tenovus Cancer Care 0808 808 1010  
 sing@tenovuscancercare.org.uk

## Social

### Cancer Chums

Gillian 01745 823 312  
 gillyevs@gmail.com  
 Pam 07702 101 657  
 pam.macdonald@btinternet.com

### SWAGG Working Age Guys & Girls (Chester)

Koren 01244 364 948

