

Welcome

We extend a warm welcome to all people, their families, and their carers.

- **Heart conditions** - (stents, angina, heart attack, open heart surgery etc.)
- **Respiratory** - (lung conditions eg chronic bronchitis, emphysema, asthma, Asbestosis.
- **Cancer** - anyone touched by cancer
- **Breast Cancer** - (Young ones)
- **Parkinson's** - anyone living with Parkinson's.
- **Stroke** - anyone who has experienced stroke.
- **Arthritis** - anyone affected by Arthritis and Osteoporosis
- **Carer Support** - someone providing unpaid care for family members or friends with care/support needs.

The groups offer:

- Support for people affected by cancer, arthritis, stroke, Parkinson's, heart conditions, lung conditions and the many carers
- Encouragement, empathy, and understanding
- Mutual support
- The opportunity to discuss feelings and concerns
- Social outings and friendship
- Access to relevant information and related topics
- Guest speakers with specialist knowledge

Meeting times

Respiratory support group

1st Tuesday of each month

2pm to 4pm

Carer's support group

1st Thursday of each month

2pm to 4pm

Cancer support group

2nd Tuesday of each month

2pm to 4pm

Parkinson's support group

3rd Tuesday of each month

2pm to 4pm

Cardiac support group

3rd Thursday of each month

2pm to 4pm

Arthritis Peer support group

4th Tuesday of each month

2pm to 4pm

Stroke support group

4th Wednesday of each month

2pm to 4pm

Breast Cancer support group

3rd Wednesday of each month

7-9pm

'Young Ones'

1st Wednesday of each month

From 10.15am

@ Café on Gray



"The flower that blooms in adversity is the rarest and most beautiful of all."
- Walt Disney Company
(Mulan)

Updated 31/10/13

Support groups provide opportunities for mutual support and understanding.

You can become involved by attending a Support group meeting at Frances Hewett Community Centre

There is a small fee if afternoon tea provided by the centre.

For further information
Contact:
Frances Hewett Community Centre
2 Roberts Street
Hamilton 3300
Telephone: 5551 8450

This material has been developed in partnership with consumers.



SUPPORT GROUPS



Website: www.wdhs.net