

Safe Start Foundation Cancer Activity Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TIME	Alperton Irish Centre	Alperton Irish Centre	Alperton Irish Centre	Alperton Irish Centre	Alperton Irish Centre
9:00 - 9:30					
9:30 - 10:30	1 - 1 Support	10am - 11am Self Help Group 11.30am - 1pm 1- 1 Support	1 - 1 Support	1 - 1 Support	1 - 1 Support
10:30 - 11:00					
11:00 - 11:30					
11:30 - 12:00					
12:00 - 12:30					
12:30 - 1:00					
1:00 - 1:30	1pm - 2pm Lunch	1pm - 2pm Lunch	1pm - 2pm Lunch	1pm - 2pm Lunch	1pm - 2pm Lunch
1:30 - 2:00					
2:00 - 2:30	1 - 1 Support	1 - 1 Support	1 - 1 Support	2pm - 4pm Carers Support Group	1 - 1 Support
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00					
4:00 - 4:30					
4:30 - 5:00					

Employment Support and Elders Activities are shown on separate timetable
 To get an appointment for Cancer Support please contact Susannah on 0208 900 0001

