



OUR AIM

- We aim to provide friendship, help, information and support, and a range of complementary therapies for our visitors.
- We aspire to be inclusive of those who may be living with cancer or who are in remission, whatever your beliefs.
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MY 'MCHC' CALENDAR 2020

<i>January 2020</i>					
<i>DATE</i>	<i>7th</i>	<i>14th</i>	<i>21st</i>	<i>28th</i>	<i>Outside MCHC</i>
<i>11:00 - 12:15</i>	<i>'Relaxation through Exercise' Guided by Claire Waling</i>	<i>'Routes to Relaxation' Group</i>		<i>'Relaxation by Meditation' Group</i>	
<i>My Other appointments</i>					
<i>February 2020</i>					
<i>DATE</i>	<i>4th</i>	<i>11th</i>	<i>18th</i>	<i>25th</i>	<i>Outside MCHC</i>
<i>11:00 - 12:15</i>	<i>'Writing for Fun' Guided by Judi Goodwin</i>	<i>'Routes to Relaxation' Group</i>	<i>'Decluttering' - Guided by Babs Bray</i>	<i>'Relaxation by Meditation' Group</i>	
<i>My Other appointments</i>					<i>Saturday 22nd Mindful Compassion Partnership 'Simply Meditation'</i>
<i>March 2020</i>					
<i>DATE</i>	<i>3rd</i>	<i>10th</i>	<i>17th</i>	<i>24th</i>	<i>31st</i>
<i>11:00 - 12:15</i>		<i>'Routes to Relaxation' Group</i>		<i>'Betty & Belle - All about Lingerie' Guided by Geraldine Hurd</i>	<i>'Relaxation by Meditation' Group</i>
<i>My Other appointments</i>			<i>Outside MCHC 27th - 29th March, Sheffield Mindful Compassion Partnership 'A Weekend of Being Peaceful'</i>		

PROMOTING EXERCISE -- EVERY TUESDAY from 2:45pm - 3:45pm -In the 'CLUB ROOM', Prestbury Village Hall.



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MY 'MCHC' CALENDAR 2020

April 2020					
DATE	7 th	14 th	21 st	28 th	Outside MCHC
11:00 - 12:15		'Routes to Relaxation' Group		'Relaxation by Meditation' Group	
My Other appointments				28 th April - 3 rd May - Holy Island 'Cultivating Calm in The Body and Mind' facilitated by David and Hatha Yoga Teacher Tina Gilbert	
May 2020					
DATE	5 th	12 th	19 th	26 th	Outside MCHC
11:00 - 12:15		'Routes to Relaxation' Group		'Relaxation by Meditation' Group	
My Other appointments					Saturday 16 th Mindful Compassion Partnership 'Creating Space'
JUNE 2020					
DATE	2 nd	9 th	16 th	23 rd	30 th
11:00 - 12:15		'Routes to Relaxation' Group			'Relaxation by Meditation' Group
My Other appointments					

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MY 'MCHC' CALENDAR 2020

JULY 2020					
DATE	7 th	14 th	21 st	28 th	Outside MCHC
11:00 - 12:15		'Routes to Relaxation' Group		'Relaxation by Meditation' Group	
My Other appointments					Saturday 11 th July Mindful Compassion Partnership 'Touching Peace'
AUGUST 2020					
DATE	4 th	11 th	18 th	25 th	Outside MCHC
11:00 - 12:15		'Routes to Relaxation' Group		'Relaxation by Meditation' Group	
My Other appointments					
SEPTEMBER 2020					
DATE	1 st	8 th	15 th	22 nd	29 th
11:00 - 12:15		'Routes to Relaxation' Group			'Relaxation by Meditation' Group
My Other appointments			Outside MCHC Saturday 19 th Mindful Compassion Partnership 'Loving Kindness'	Outside MCHC Week of 20 th - 24 th , Scotland Mindful Compassion Partnership 'Being Peaceful' facilitated by David	

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MY 'MCHC' CALENDAR 2020

OCTOBER 2020					
DATE	6 th	13 th	20 th	27 th	Outside MCHC
11:00 - 12:15		'Routes to Relaxation' Group		"Relaxation by Meditation" Group	
My Other appointments					
NOVEMBER 2020					
DATE	3 rd	10 th	17 th	24 th	
11:00 - 12:15		"Routes to Relaxation" Group	Jewellery Workshop Guided by Fiona Reynolds	"Relaxation by Meditation" Group	
My Other appointments					
DECEMBER 2020					
DATE	1 st	8 th	15 th	22 nd	29 th
11:00 - 12:15		'Routes to Relaxation' Group	Christmas Coffee Morning		'Relaxation by Meditation' Group
My Other appointments	Outside MCHC Saturday 14 th 'Mindful Compassion Partnership' Retreat - 'Letting Go - New Beginnings'				

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