Accessing Support for People Affected by Cancer in East Renfrewshire during the Pandemic

At Macmillan East Ren we're still here to provide support for anyone affected by cancer in East Renfrewshire. That includes people with a current or past diagnosis, family, friends or carers.

While we're unable to offer face-to-face provision during the pandemic, you can access both our cancer information and support service and our Move More programme of physical activity remotely. We believe that our services are never more needed during this time.

Cancer Information and Support Calls

On Wednesdays and Fridays, our information and support volunteers provide a friendly listening ear for anyone affected by cancer. We also refer and signpost to other relevant services in the local community and beyond.

To find out more or to book a video call over Zoom or a phone call, please get in touch in one of the following ways:

Call, text or WhatsApp us on:	Conor	07867 441579 (Mon/Tues/Thurs)
	Vanessa	07867 441486 (Wed/Fri)
Email:	macmillan@ercultureandleisure.org	

Physical Activity through Move More

Our move more volunteers deliver a gentle movement class via Zoom every Thursday. After the class there's a chance to have a coffee and a chat. We also have an online circuits class on Wednesday evenings. To find out more and get tailored support, just get in touch with Helen, our Move More Coordinator on: 07867 441489 (Mon/Wed) or Helen.Harrison@ercultureandleisure.org

More about Macmillan East Ren

We're a partnership between Macmillan Cancer Support and East Renfrewshire Culture and Leisure, set up to provide physical activity and information and support to anyone in East Renfrewshire affected by cancer.

We have a dedicated team of trained volunteers who deliver a range of services. Prior to the Covid-19 pandemic, we provided weekly information and support drop-in sessions at Barrhead Foundry and Clarkston Library, and through our Move More programme, gentle movement classes, a circuits class, and cancer-friendly walking groups in libraries and community settings across East Renfrewshire. At the time of writing, our walking groups are suspended in line with current restrictions, and will be reinstated when it is safe to do so.