

Ayrshire Cancer Support: Adult Services



Whats on	Frequency	Day/Time	Location	Booking Required?
Drop-in Centre	Daily	Monday - Friday, 9:00-17:00	Kilmarnock & Ayr	No
Bereavement Cafe	Fortnightly	Fridays, 10:00-12:00	Kilmarnock	No
Fear of Recurrence Course	Weekly (6-week blocks)	Thursdays, 13:30-15:30	Kilmarnock	Yes
Living Well with Prostate Cancer	Weekly (6-week blocks)	Wednesdays, 14:00-15:30	Alternate	Yes
Myeloma Group	Monthly	Thursdays, 11:30-12:30	Alternate	No
Navigating Loss & Grief Course	Fortnightly (6-week blocks)	Tuesdays, 14:00-16:00	Alternate	Yes
Look Good Feel Better Workshop	Monthly	Wednesdays, 10:30-12:30	Kilmarnock	Yes
Prostate Cancer Peer Support Group	Monthly	Fridays, 10:00-11:00	Alternate	No
Breast Cancer Peer Support Group	Monthly	Mondays, 13:00-14:30	Alternate	No
Prehabilitation Workshop	Monthly	Various	Alternate	Yes
Menopause & Cancer	6-week blocks	Various	Alternate	Yes
Living with Uncertainty	4-week blocks	Various	Alternate	Yes
Breast Cancer Now's Moving Forward Course	2-week blocks	Various	Kilmarnock	Yes

Contact Us: admin@ayrshirecs.org