

Me Again CIC are delighted to announce the launch of their Nantwich Coffee Morning

Me Again CIC is a non for profit, Community Interest Company supporting women who have had a cancer diagnosis. Based at Brimstage, Wirral, Me Again are now expanding their services into the Nantwich area.

The Me Again team offer practical and emotional support to cancer patients from the point of diagnosis, throughout their treatment, and ongoing into the post treatment recovery period -there is no time limit. They also provide opportunity for socialization and education centred on well-being and boosting mental health, to encourage friendship formation, peer support and stimulation to combat the loneliness and low mental health often experienced whilst going through treatment and in the recovery period.

Me Again find that some women want, or indeed need, ongoing support for many years after active treatment has finished and enjoy interaction with others who have experienced cancer and understand the traumatic affect it can have on wellbeing and mental health.

Prior to the COVID 19 pandemic, Me Again experienced rapid growth in the uptake of their services. The pandemic forced a revision of Me Again's strategy to enable remote online support and expand the range and diversity of their offerings. A phone app has also been developed for their community to facilitate easy communication and access to courses and services.

Me Again now offer online zoom courses on health, wellbeing, nutrition, meditation, yoga classes and outdoor activities such as organic gardening and walking groups have been planned to begin when Covid 19 restrictions allow.

The Coffee Mornings are a great opportunity for socialization for women of all ages who share the experience of a cancer diagnosis and subsequent treatment. Me Again aim to help ladies relax, make new friends, enjoy a bit of time out, and have some fun. Designed to be an informal learning platform, there will be a different guest every month covering subjects such as nutrition, wellbeing, and body image, and vocational activities such as sugarcraft and floristry.

Until it is safe to meet as a group, The Nantwich Coffee Mornings will be held online on the last Friday of every month, 10am -12 noon, starting on Friday 28 May 2021. To register for the Coffee Morning Zoom details please contact Kay Maple on 07453 870602.

Me Again CIC wish to establish links with health services and G.P practices in the Nantwich area to establish referral pathways to enable patients to access their services at the most appropriate time for maximum psychological, physical, and emotional benefit. For further information about Me Again CIC, please access www.meagain.org.uk or contact Deborah Alfa on 0151 342 5903.