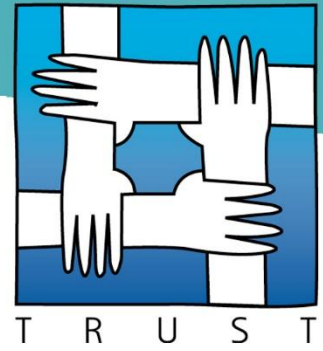


sara Lee



Stronger Together Socials

A regular social gathering for current and past Sara Lee Trust service users

What is Stronger Together Socials?

Finding someone to chat to who has a connection with cancer or other life-threatening illness can be reassuring.

At Stronger Together Socials we all know what it's like, whether you're still going through treatment or caring for someone who is, we can be a listening ear. You can have a moan or cry, but most of the time you will hear us having a good laugh and sharing stories – this is what Stronger Together Socials is all about.

When you feel up to it, please join us for a coffee, piece of cake, chat, a laugh, possibly, even a walk, depending on those able and willing to on the day. There is no pressure. We're here to help each other and be Stronger Together.

The group is run by members of our Service User Group on a volunteer basis.

No booking is required,
just turn up.

For more information, please contact our team on
01424 456608 or services@saraleetrust.org

Who are the socials for?

They are for both current and former Sara Lee Trust service users.

Where will the sessions take place?

At our Therapy Centre in Sidley, Bexhill-on-Sea. Our purpose designed hall provides a lovely calm, light and safe space.

Time and Dates

The socials are on the **first Tuesday** of every month between 2:00pm and 4:00pm.

For current days and times, please check our **Therapy Centre Timetable** on our website (saraleetrust.org).



Our therapies should not be regarded as an alternative to medical treatment prescribed by your doctor.