



TARACC CANCER SUPPORT SERVICES starting June 2024

The Association of Redbridge African Caribbean (TARACC) Cancer Support Project aims to meet the needs of our membership and provide opportunities for people of African and Caribbean descent in particular, and the wider Redbridge community in general, to have a safe space to speak freely about their experiences of living with cancer. To receive relevant information about local support services and to learn about important details such as their benefits entitlements where appropriate.

BI MONTHLY PEER SUPPORT MEETINGS

With external speakers sharing information on issues such as nutrition, relationships, finance, loss, employment and social networks.



To include other organisations sharing information, such as NE London Cancer Alliance, Macmillan, Maggie's, Errol Mekellar Foundation, Cancer Black Care and FromMeToYou.

Venue: Redbridge Sports & Leisure Centre, Norman Booth Building (1st Floor Bar), Forest Road, Barkingside, Ilford IG6 3HD (next to Fairlop Station)

WALK AND TALK GROUP

Weekly walks for 52 weeks in local parks, followed by coffee and light refreshment after the walks.

Mondays 10:00 am – 11:00 am

Saturdays 9.30am to 11:00am

Venue: Valentines Park, Ilford



Funded by

**MACMILLAN
CANCER SUPPORT**

GAMES NIGHT

A one-off dominoes tournament
Monthly scrabble, chess, dominoes sessions and quizzes



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