

# BUTTIES & BANTER MENS GROUP

THIRD FRIDAY OF EACH MONTH  
10.00AM - 12.00PM

West Essex Support Centre in Harlow Leisure Zone

Informal drop in session for a bacon butty and conversation with men who have currently or previously had a cancer diagnosis, or are caring for someone that does.

**For more information please call on 01279 413412**

**[www.helenrollason.org.uk](http://www.helenrollason.org.uk)**



**MACMILLAN  
CANCER SUPPORT**

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