

Redcar & Cleveland ROC's Information and Shopmobility Service

October 2009 HOT DESK PARTNERS

DATE	TIME	ORGANISATION
Thurs 1st Oct Thurs 8th Oct Thurs 15th Oct Thurs 22nd Oct Thurs 29th Oct	10.00—12.00	Routes To Employment
Wed 21st Oct	10.00—11.30	Carers Together
Wed 21st Oct	1.00-3.00	Redcar and Cleveland Mind



Breast Cancer Awareness Month October 2009

Unfortunately, breast cancer is now the most common cancer in the UK and almost 46,000 new cases are diagnosed every year.

The good news is that the number of women dying from breast cancer has fallen to less than 12,000 for the first time in almost 40 years.

Thanks to improved detection and better treatments, more people are beating breast cancer than ever before.

www.cancerresearchuk.org/breastcancer

Service open 10a.m. to 5 p.m. Tuesday to Saturday

(Excluding Bank Holidays)

3 - 4 Pybus Place Redcar TS10 3AE

Just off the Esplanade Near Pacitto's and Blue Badge Parking

Phone/Fax & Voicemail: **01642 498894**

Text **07918 698700**

www.redcarroc.org.uk



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Themed Information Weeks October 2009

Do you have any questions, queries or concerns about the topics below that you need answers to?

3rd —11th October 2009

World Mental Health Day and Get Moving Week

Information Available for anyone affected by Mental Health Issues

Find out about your local mental health support services

Information available for friends and families

Challenge stigma and discrimination and promote the benefits of being active for mental wellbeing

Call Redcar and Cleveland Mind on (01642) 296052 for further information including local events www.randcmind.org

World Mental Health Day Saturday 10th October 2009

www.time-to-change.org.uk

Monday 12th—19th October 2009

World Arthritis Week

Information available for anyone affected by Arthritis

What is Arthritis?

Learn about the importance of Diet and Arthritis

Information available for families and friends

How complimentary therapies could help

www.arthritiscare.org.uk

World Arthritis Day Monday 12th October 2009



Alcohol Concern
Making Sense of Alcohol

19-23 October 2009

Alcohol Awareness Week

Can we afford the cost of drinking too much?

Information available for anyone affected by Alcohol

Know your recommended alcohol intake

What is Alcoholism?

Information for families and friends

Organisations to contact

www.alcoholconcern.org.uk

There will be an information stand available at our Information and Shopmobility service with all the relevant leaflets and contact details as well as helpful, friendly support