

Trekstock

Trekstock are a charity that support people in their 20s or 30s who are living with cancer, cancer treatment, after-effects or late effects of childhood cancer.

Whatever type of cancer, whatever stage you've been diagnosed at, they can help you meet others in a similar situation, to get you moving and staying active, to look after your mental health, and empower you with information on the trickiest things you might be facing. From exercise to friendships, sex to nutrition – they provide all kinds of support.

They have one venue in Newcastle: Healthworks, Unit 1A, The Adelaide Centre, NE4 8BE

They also have a venue in North Shields: YMCA, YMCA Gym, Church Way, NB29 0AB

Last updated: November 24, 2023

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Facebook: <https://www.facebook.com/trekstock>

Youtube: <https://www.youtube.com/user/Trekstock>

Cost: Free

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