



Bowel Cancer UK
Beating bowel cancer together



Chat Together

Join us for Chat Together, our online meet up for people living with and beyond bowel cancer. It's a welcoming place to talk to others with bowel cancer and to meet new people.

Chat Together is a free, one hour weekly call on Zoom with a small group of people who have been affected by bowel cancer. The six week programme is a chance to share experiences in a friendly, supportive and warm environment.

To register for your free place and find out more visit [bowelcanceruk.org.uk/supportevents](https://www.bowelcanceruk.org.uk/supportevents) or email supportevents@bowelcanceruk.org.uk



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Beth am Gwrdd i Gael Sgwrs

Ymunwch â ni ar gyfer Cwrdd i Gael Sgwrs, ein cyfle i gwrdd yn rhithiol ar gyfer pobl yn byw gyda chanser y coluddion a thu hwnt iddo. Mae'n lle croesawgar ar gyfer siarad ag eraill a chanddynt ganser y coluddion a chwrdd â phobl newydd.

Mae Cwrdd i Gael Sgwrs yn alwad wythnosol awr o hyd rad ac am ddim ar Zoom gyda grŵp bach o bobl a gafodd eu heffeithio gan ganser y coluddion. Mae'r rhaglen chwe wythnos yn gyfle i rannu profiadau mewn amgylchedd cyfeillgar, cefnogol a chynnes.

Er mwyn cofrestru ar gyfer eich lle rhad ac am ddim a chael gwybod mwy ewch i [bowelcanceruk.org.uk/supportevents](https://www.bowelcanceruk.org.uk/supportevents) neu e-bostiwch supportevents@bowelcanceruk.org.uk