

# Activities for 6 to 16-year-olds at The Hummingbird Centre



*Share experiences and  
make friends*



*Receive support in a fun and  
friendly environment*

Supportive programmes available at  
The Hummingbird Centre  
for children and teens affected by cancer

# What we can offer

## Support for children and teens at The Hummingbird Centre

At The Hummingbird Centre we strongly believe everyone affected by cancer should receive as much support as possible. We realised there was a gap in the support available to children and teens; our aim is to help fill that gap.

### What we can offer

- Support for 6 to 16-year-olds affected by cancer (either personally or through a loved one).
  - Fun range of interactive arts and crafts.
  - A listening ear from our trained team.
  - 1:1 counselling (offered outside of Wednesday's sessions)
  - Fun sessions with Dojo Sports – including elements of children's yoga, pilates, judo, circuits and more!
- <http://www.dojosportsbicester.co.uk/>



**To find out more about our services, please contact us or ask at your school reception:**

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**Email:** [mechelle@thehummingbirdcentre.org.uk](mailto:mechelle@thehummingbirdcentre.org.uk)

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

**Registered Charity Number:** 1156595

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