

JANUARY 2026

Manchester Support Group - Online Event Thursday 1 January 7pm



Meet with the Manchester Support Group for a Chat (Peer to Peer) and have fun with a quiz about osteoporosis.



[Click here to book your place](#)

Wolverhampton Support Group - In-Person Event Tuesday 6 January 10.30am



CAMEO – “Come and Meet Each other”
Refreshments can be purchased from the café



Wolverhampton Art Gallery, WV1 1DU

[Click here to book your place](#)

Birmingham Support Group - In-Person Event Thursday 8 January 11AM



CAMEO – “Come and Meet Each other”
Refreshments can be purchased from the café



Cafe Nero, First Floor, Birmingham New Street Train Station

Burton on Trent Support Group - In-Person Event Friday 9 January 10am



Visit from Jacob Collier – Local MP



The Corner Opposite the Elim Church, DE14 3SU

Northampton Support Group - In-Person Event
Monday 12 January
2pm



Informal cuppa and chat.



Dobbies Garden Centre, Newport Pagnell Rd, NN4 6HP

Leicester Support Group - Online Event
Tuesday 13 January
10am



Deborah David will be giving a talk and answering questions on
"Nutrition for people living with Osteoporosis."



[Click here to book your place](#)

NW London Support Group - Online Event
Tuesday 13 January
7pm



Medications for Osteoporosis
Speaker - Jayshree Sharma delivering a Patient-Focused Overview of
Benefits, Risks, and Polypharmacy Considerations



[Click here to book your place](#)

Exeter Support Group – In-Person Event
Wednesday 14 January
2pm



Alex Clarke to talk and demonstrate to us "Living Movement" (Tai Chi)



St Leonard's Hall, Topsham Road, Exeter, EX2 4NG

Southampton Support Group – In-Person Event
Tuesday 20 January
2PM



Speaker: Marion Gealer, Saints Foundation
Suggested Admission including refreshments £3.00.



St Marks Church Hall, SO15 2LU

Essex Support Group – In-Person Event
Wednesday 21 January
10:30am



Dr W Wong - Consultant Rheumatologist, gives us the latest update on Fracture Liaison Services in Essex.



Life Community Church, SS4 3LN (opposite Ashingdon Primary Academy School)

Deal Support Group – In-Person Event
Wednesday 21 January
10.30am



CAMEO – “Come and Meet Each other”
Refreshments can be purchased from the cafe



The Garden Room, Age UK, 3 Park Street, Deal CT14 6AG

Brighton Support Group – In-Person Event
Saturday 24 January
10.20am



Walk and CAMEO coffee on Brighton Seafront (weather permitting)
Start by the bandstand at 10.20 to start walking at 10.30



Brighton Beach Bandstand, Seafront, BN1 2PQ

[Click here to book your place](#)

Kilmarnock Support Group - In-Person Event
Tuesday 27 January
2pm



Burns songs & poems – a special Scottish tea will be served.



*Central Evangelical Church Hall, John Finnie Street,
Kilmarnock KA1 1BL*

Norfolk & Suffolk Support Group – Online Event
Tuesday 27 January
7pm



Let's talk nutrition & osteoporosis.



[Click here to book your place](#)

Oxford Support Group - In-Person Event
Thursday 29 January
10am



CAMEO – Come and Meet Each Other.

*Millets Farmhouse Café, Millets Farm Centre,
Kingston Road, Frilford OX13 5HB*



FEBRUARY 2026

Cumbria Support Group In-Person Event
Tuesday 3 February
1pm



CAMEO – Come and Meet Each Other.

Zeffirellis, 2 Compston Road Ambleside LA22 9DJ



[Click here to book your place](#)



Manchester Support Group Online Event
Thursday 5 February
7pm

Let's chat about winter and osteoporosis.



[Click here to book your place](#)

Northampton Support Group In-Person Event
Monday 9 February
2pm



Informal Cuppa and Chat

Northampton Garden Centre, Newport Pagnell Rd, Wootton, NN4 6HP



Market Deeping Support Group - In-Person Event
Monday 9 February
2pm



Bimonthly walk (Depending on the weather!)



Eventus Sunderland Rd, Market Deeping, Peterborough PE6 8FD

Middlesborough Support Group In-Person Event
Tuesday 10 February
2pm



Function/Activity & Falls

Debbie Allison, Advanced Clinical Practitioner/Occupational Therapist
Fragility Fractures

Mr Andrew Gray, Consultant Trauma & Orthopaedic Surgeon



St Barnabas Church Hall, St Barnabas Road, TS5 6JR

Southampton Support Group – In-Person Event
Tuesday 17 February
2pm



Friendly Circle.

Suggested Admission including refreshments £3.00



St Marks Church Hall, SO15 2LU

Deal Support Group – In-Person Event
Wednesday 18 February
10.30am



CAMEO – “Come and Meet Each other”

Refreshments can be purchased from the cafe



The Garden Room, Age UK, 3 Park Street, Deal CT14 6AG

Kilmarnock Support Group - In-Person Event
Tuesday 24 February
2pm



Fascinating history of thread and weaving.
Clark Wallace from Paisley Thread Museum



Central Evangelical Church Hall in John Finnie Street, KA1 1BL

Oxford Support Group - Online Event
Thursday 26 February
7pm



Exercise and living well with osteoporosis
A physiotherapist working with the Fracture Liaison Team at the Royal
Berkshire Hospital

[BOOOKING LINK COMING SOON!](#)

MARCH 2026

Norwich Support Group – In-Person Event
Monday 2 March,
2pm



“The history of Eaton Park”.
Beverley Anne Hart and Lynn Peston



Oddfellows Hall, No 113a. Reepham Road, NR6 5AB

Burton on Trent Support Group - In-Person Event
Friday 6 March
10am



CAMEO – “Come and Meet Each other”



The Corner Opposite the Elim Church, DE14 3SU

Aberdeen Support Group - In-Person Event
Saturday 7 March
2pm



CAMEO “Come and Meet Each other”



Filo Coffee House 14-20 John St, Aberdeen AB25 1BT

[BOOOKING LINK COMING SOON!](#)

Northampton Support Group - In-Person Event
Monday 9 March
2pm



Speaker: Fahmeeda Makada, ISIS Chiropractic
Topic: Safe Chiropractic Treatment for Osteoporosis



The Abbey Centre, 10 Overslade Close, NN4 0RZ

Wirral Support Group - In-Person Event
Monday 9 March
2pm



CAMEO "Come and Meet Each other"



Maitland church, 15-17, Storeton Road, Oxton, CH43 5TL
