

For cancer support



JUST
COME
IN

MAGGIE'S

Everyone's home of cancer care

If you or someone you care about is diagnosed with cancer, we can help

Our centres are warm, welcoming places on hospital grounds, where you can meet people who are experiencing the same things you are, find support groups specific to your needs and get advice and information from our professional staff.

Coming to Maggie's can help you to make positive changes to your lifestyle. Our psychological and emotional support has been shown to significantly reduce anxiety and depression.

You don't need an appointment and all our support is free.

Find out more about Maggie's on our website **maggiescentres.org**

Our cancer support

Cancer and treatment information

Cancer-specific support groups

Help with understanding
and claiming benefits

Exercise and nutrition groups

Support for family and friends

Bereavement support

Relaxation and stress management

“Maggie’s made me feel
normal at a time when
everything in my life was
far from normal.”

Cassie, Maggie’s centre visitor





“I am delighted to be able to signpost patients and their families to the Maggie’s centre at Velindre. Maggie’s offers a warm, informal, supportive and welcoming space for anyone with cancer to drop in and experience their creative programme of support.”

Michele Pengelly, Supportive Care Lead Nurse,
Velindre Cancer Centre

Maggie's is the corrugated building opposite the exit from the one way system at Velindre Cancer Centre.

We're open Monday–Friday, 9am–5pm.

No referral necessary–just come in.



Maggie's Cardiff

at the Chris McGuigan building,
Velindre Cancer Centre,
Velindre Road, Whitchurch,
Cardiff, CF14 2TQ

Centre Head: Samantha Holliday
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029 2240 8024

To view our privacy notice, please visit
maggiescentres.org/privacy

Maggie's is a charity funded entirely by the kindness of our donors, fundraising and gifts in wills.
Maggie Keswick Jencks Cancer Caring Centres Trust (Maggie's) is a registered charity, No.SC024414



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