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| **As a registered charity Maggie’s relies solely on the generosity of our supporters, through fundraising activity, donations and gifts in wills. If you have any questions or want a confidential chat about a special**  **way of giving, please call us** | | |
| If you are thinking about doing some fantastic fundraising for Maggie’s Cardiff and would like to discuss this, collect any fundraising materials, purchase merchandise or would like to drop off a donation – just come in. |  | Tel: 02922408024 centre  Tel 02922408025 fundraising  Tel 02922408026 benefits advice  Website: maggies.org/southeastwales  Facebook/Twitter/Instagram: @maggiescardiff |

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **AM** | **9.00 – 16.30**  Daily drop-in Cancer Support or Benefits advice.  No appointment needed  **9.00-10.00**  Gynae pre-habilitation group  **11.15--12.15**  Gynae pre-habilitation group  (booked only) | **9.00 – 16.30**  Daily drop-in Cancer Support or Benefits advice  No appointment needed  **10.00-11.30**  Walking group  **10.30 – 11.30**  Restorative yoga 8-week course  Booking required | **9.00 – 16.30**  Daily drop in Cancer Support  No appointment needed  **11.00 – 13.00**  Art therapy group  Booking required | **9.00 – 16.30**  Daily drop in Cancer Support  No appointment needed  **9.00-10.00**  Gynae pre-habilitation group (booked only)  **11.00 – 12.00**  Tai Chi 8-week course  Booking required | **9.00 – 16.30**  Daily drop-in Cancer Support or Benefits advice  No appointment needed  **10.30 – 12.00**  Men’s group  **13.00-15.00**  Fatigue workshop  Monthly |
| **PM** | **13.00-14.00**  **Fatigue workshop (follow up)**  **14.00 – 15.00**  Gynae Cancer Support Group  Last Monday of the month | **14.00 – 16.00**  Look good feel better course  Every 1st 2nd 3rd week of the  month  Booking required  **14.00 – 16.00**  Brain tumour support group  Last week of the month  Booking required  **14.00 – 15.30**  Secondary cancer group  Fortnightly | **14.00 – 15.00**  Relaxation session  Online  **14.00 – 15.00**  Head and Neck support group | **14.00 – 17.00**  Will writing  2nd Thursday every Month  Booked appt  **14.30 – 16.00**  Emotional resilience in Cancer workshop  Monthly | **14.00 – 15.30**  Family and Friends group  Monthly    **Courses at Maggie’s**  Booking required  Where Now? Post treatment  Activate your life  Sleep workshop  Nutrition workshop  Bereavement group  Young Women’s group |

Maggie’s Cancer Caring Charity provides free practical, emotional and social support for anyone affected by cancer and their family & friends. The Centre is based in the grounds of Velindre Hospital Cardiff; Maggie’s offers a warm welcome in a nurturing environment. Maggie’s is open Monday – Friday, 09:00-17:00 just drop in, no appointment is necessary, and the professional team are here to help. Maggie’s programme of support has been proven to improve physical and emotional wellbeing of people with cancer and their family and friends. 99% of people who come to Maggie’s find the support helpful. Maggie’s is overseen by a professional advisory board of leading cancer specialists, we review our evidence-based programme of support regularly to ensure standards are maintained through feedback, audit and a three yearly external review by cancer experts.

**Maggie’s Team**

**Sam** - Centre Head & Cancer Support **Erin** - Cancer Support Specialist **Chloe** – Benefits Advisor

**Jo** – Clinical Psychologist **Sarah** – Clinical Psychologist **Rachael** – Centre Fundraising Manager **Eleanor** – Centre Fundraising organiser