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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 adviceNo appointment needed **10.00-11.30**Walking group**10.30 – 11.30** Restorative yoga 8-week courseBooking 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 courseBooking required   |  **9.00 – 16.30**Daily drop-in Cancer Support or Benefits adviceNo appointment needed **10.30 – 12.00** Men’s group **13.00-15.00**Fatigue workshopMonthly |
| **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 groupFortnightly  |  **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 workshopMonthly  |  **14.00 – 15.30**Family and Friends group Monthly  **Courses at Maggie’s**Booking required Where Now? Post treatment Activate your life Sleep workshopNutrition workshopBereavement 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