

MAGGIE'S NEWCASTLE PROGRAMME

JANUARY 2026 – MARCH 2026

MONDAY		TUESDAY		WEDNESDAY		
9am – 5pm Cancer Support		9am – 5pm Cancer Support		9am – 5pm Cancer Support	9am – 10:30am Staff Meeting	9am – 5pm Benefits Advice
9am - 5pm Benefits Advice		9am - 5pm Benefits Advice				
10am – 11:30am Maggie’s Monday Morning for Men Chat with other men affected by cancer Drop-in		10am – 12:30pm Where Now 6-week course 13th January – 13th February Booking required		11am – 12:30pm Brain Tumour Support Group 1st Wednesday of the month Drop-in		
10am – 12:00pm Mindfulness for Cancer 8-week course 26th January – 23rd March Booking Required	11:30am – 1pm Leukaemia (A.L.L) Support Group Commencing in March 1st Monday of the month Booking Required	11:30am – 1pm Bereaved Parents Support Group 1st Tuesday of the month Booking required	12:30pm – 1:30pm Lung Support Group 3rd Tuesday of the month Drop-in	11am – 12:30pm Secondary Breast Cancer Support Group 2nd Wednesday of the Month Booking required	11am – 12:30pm Upper GI Support Group 2026 11th March, 17th June, 16th Sept Drop in	
12:30pm – 2:30pm Sleep and Fatigue workshops TBA 3 – week course Booking required	1pm – 2:30pm NET Support Group 1st Monday of the month (alternative from February) Drop-in	12:30pm – 2pm Prostate Cancer Support Group 4th Tuesday of the month Drop-in		1pm – 2:30pm Bereavement Support Group 3rd Wednesday of the Month Booking required	1:30pm – 3pm Surgical Lung Cancer Support Group Last Wednesday of the month Drop in	
1pm – 2:30pm Primary Breast Cancer Support Group Last Monday of the Month Booking required	1pm – 3pm Look Good Feel Better Booking required	1:30pm – 3pm Friends & Family Support Group 3rd Tuesday of the month Booking required		1:30pm – 3pm Sarcoma Support Group 4th March, 3rd June, 2nd September, Drop-in	2.30pm – 3.30pm Yoga 5-week course 14th January – 11th February Booking required	

THURSDAY		FRIDAY	
9am – 5pm Cancer Support		9am – 5pm Cancer Support	
9am – 5pm Benefits Advice		9am – 5pm Benefits Advice	
10am – 11:30am Gynae Support Group 3rd Thursday of the month Drop-in	10am – 12pm Creative Writing 6-week course 15th January – 19th February Booking required	10am – 12pm Mindful Creativity at Maggie's 1st Friday of the month Drop-in	10am – 12pm Managing Stress and Uncertainty 6-week course 27th February – 17th April Booking Required
10:30am – 2pm Bra Clinic 22nd January, 19th February, 12th March Booking required	Auricular Acupuncture for Hot Flashes 8-week course 8th January – 5th March Booking required	12:30pm – 2pm Young Women's Primary Cancer Support Group Last Friday of the Month Booking Required	1pm – 2pm Urostomy Society Support Group Last Friday of the month Drop-in
12:30pm – 1:45pm Men's Support Group Chat with other men affected by cancer Drop-in		1pm – 3pm Bladder Cancer Support Group 20th February, 24th April, 19th June, 9th October Drop-in	1pm – 3pm Baltic Art Workshop (Baltic) 3rd Friday of the month Booking required

FUTURE COURSES & SUPPORT GROUPS

Young Women's Secondary Breast Cancer Support Group

Menopause Workshop

Acupuncture for Fatigue

Mindfulness Self Compassion

CONTACT US

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