

## MAGGIE'S NEWCASTLE PROGRAMME

## JANUARY 2026 – MARCH 2026

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

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