

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 14th January – 18th February 4th March – 8th April Booking required		11am – 12:30pm Brain Tumour Support Group 1st Wednesday of the month Drop-in		1pm – 2:30pm Bereavement Support Group 1st Wednesday of the month Booking required
1pm – 3pm Look Good Feel Better Booking required	11:30am – 1pm Leukaemia (A.L.L.) Support Group 1st Monday of the month Drop-in	11:30am – 1pm Bereaved Parents Support Group 1st Tuesday of the month Booking required		12:30pm – 2:30pm Young Women’s Primary Cancer Support Group 3rd Wednesday of the month Booking required		11am – 12.30pm Secondary Breast Cancer Support Group 2nd Wednesday of the month Booking required
		12:30pm – 1:30pm Lung Support Group 3rd Tuesday of the month Drop-in	1:30pm – 3pm Friends & Family Support Group 3rd Tuesday of the month Booking required	10am – 11am Boxing 4-week course TBA Booking required		1:30pm – 3pm Sarcoma Support Group 12th February, 4th June, 3rd September, 3rd December Drop-in
1:00pm – 2:30pm NET Support Group 3rd February, 7th April, 2nd June, 4th August, 6th October, 1st December Drop-in		12:30pm – 2pm Prostate Cancer Support Group 4th Tuesday of the month Drop-in	2pm - 4pm Sleep Workshop 2-part workshop TBA Booking required	11am – 12:30pm Upper GI Support Group 19th March, 18th June & 17th September Drop-in		

THURSDAY	FRIDAY	
9am – 5pm Cancer Support	9am – 5pm Cancer Support	
9am – 5pm Benefits Advice	9am – 5pm Benefits Advice	
<p>10am – 12pm</p> <p>Creative Writing 4-week course</p> <p>6th March – 27th March</p> <p>Booking required</p>	<p>10am – 12:30pm</p> <p>Treatment-Related Menopause Workshop 2-part workshop</p> <p>7th & 14th March</p> <p>Booking required</p>	
<p>12:30pm – 1:45pm</p> <p>Men's Support Group</p> <p>Chat with other men affected by cancer</p> <p>Drop-in</p>	<p>1pm – 3pm</p> <p>Bladder Cancer Support Group</p> <p>21st February, 11th April, 20th June, 15th August, 17th October, 19th December</p> <p>Drop-in</p>	
<p>10am – 11:30am</p> <p>Gynae Support Group</p> <p>3rd Thursday of the month</p> <p>Drop-in</p>	<p>1pm – 2pm</p> <p>Urostomy Society Support Group</p> <p>Last Friday of the month</p> <p>Booking required</p>	<p>1pm – 3pm</p> <p>Baltic Art Workshop (Baltic)</p> <p>3rd Friday of the month</p> <p>Booking required</p>

FUTURE COURSES & SUPPORT GROUPS

Living With and Beyond Prostate Cancer Course

Managing Uncertainty Workshop

Mindfulness Virtual Drop-In (via Zoom)

Fatigue Workshop

Living with Uncertainty Course

Managing Stress

Young Women's Secondary Breast Cancer
Support Group

Tai Chi

Yoga

Mindfulness

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