

(B) – booking required, please speak to a team member



MAGGIE'S ABERDEEN PROGRAMME 2018

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MAGGIE'S

Monday	Tuesday	Wednesday	Thursday	Friday
<p>0900-1700 Drop in</p> <p>1000-1100 Qigong Drop in</p> <p>1000-1200 Stress Management Course (B)</p> <p>1000-1200 Sleep Workshop (B)</p> <p>1300-1500 (every 3 weeks) Talking Heads (B)</p> <p>1300-1500 Caring for Someone with Cancer Course (B)</p> <p>1530-1700 (monthly) Secondary Cancer Support Group (B)</p> <p>1630-1900 Where Now? Course (B)</p>	<p>0900-1700 Drop in</p> <p>1130-1230 Relaxation Drop in</p> <p>1400-1600 or 1800-2000 (fortnightly) Look Good Feel Better (B)</p> <p>1430-1600 (monthly) Friends & Family Group (B)</p> <p>1430-1600 (monthly) Haematology Support Group (B)</p> <p>1730-1900 (monthly) Prostate Cancer Networking Group (B)</p>	<p>0900-1700 Drop in</p> <p>1100-1200 Relaxation Drop in</p> <p>1230-1330 Qigong Drop in</p> <p>1300-1600 Getting Started Workshop (B)</p> <p>1330 – 1500 (monthly) Bereavement Groups (various) (B)</p> <p>1630-1800 (monthly) Skin Cancer Network Group (B)</p> <p>1600-1730 (monthly) Upper Gastrointestinal Network Group (B)</p> <p>1730-1930 Living With & Beyond Prostate Cancer Course (B)</p> <p>1800-1930 (monthly) Young Women's Group (B)</p>	<p>0900-1700 Drop in</p> <p>1000-1300 Where Now? Course (B)</p> <p>1300-1400 Will Writing Workshop (B)</p> <p>1300-1500 Supporting Your Maggie's Workshop (B)</p> <p>1500-1600 Relaxation Drop in</p>	<p>0900-1700 Drop in</p> <p>1000-1130 (monthly) Breast Cancer Networking Group (B)</p> <p>1000-1130 (monthly) Gynaecological Networking Group (B)</p> <p>1000-1200 (monthly) Nutrition Workshop (B)</p> <p>1300-1400 Mindfulness Practice Drop in</p>
				<p>Saturday/Sunday</p> <p>1000-1400 (quarterly) Kids' Day (B)</p>

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Benefits Advice- appointments available with Diana, please contact the Centre on 01224 645928 or speak to a member of the Maggie's team
Relaxation and Qi gong – These classes are all “drop in” - no need to book. The Qi gong class is a combination of gentle movement with a calm mental focus and regulated breathing so that the movements can help relax, strengthen and stretch the body. The Relaxation is guided imagery.

Mindfulness – Drop in class led by Jenny, our Psychologist this class helps you to focus on the “here and now” and offers a way of freeing yourself from unhelpful ways of thinking and responding.

Bereavement Support Group (B) – This support group is for anyone who has experienced bereavement due to cancer and is facilitated by our Psychologist.

Caring for Someone with Cancer Course (B) – a course for people caring for someone with cancer covering practical topics as well as learning ways to look after yourself.
Expressive Writing (B) – the aim is to help you get a better understanding of what you are going through using writing exercises

Getting Started Workshop (B) – a workshop to help you and your family better understand your cancer treatment, how to prevent or manage side effects and how to be as healthy in body and mind as possible, during and after cancer treatment.

Look Good Feel Better (B) – a lovely 2 hour session on skin care and the application of makeup . For ladies with cancer themselves (booking essential)

Nutrition Workshop (B) – a monthly workshop led by a Dietician to offer practical support about eating well for people with cancer and their families/friends.

Secondary Cancer Support Group (B) – this is a group facilitated by our Psychologist for people whose cancer cannot be cured or has spread to other parts of the body. It will allow you to talk about your thoughts and feelings in a supported way.

Sleep Workshop (B) – the focus of this course is to help you regain your normal sleep pattern which can often be disrupted due to a cancer diagnosis, treatment or caring for someone with cancer.

Stress Management (B) – This is a 5 week course during which you will have the opportunity to try out various methods of relaxation to help you become more resilient to future stressful events.

Talking Heads (B) – a workshop held every 3 weeks for anyone anticipating hair loss due to their treatment. It will give you an opportunity to share experiences and anxieties whilst gaining practical ways to manage this.

Where Now (B) – This 7 week course can help you find a new normality by addressing the physical, emotional and practical issues you might now be facing after cancer treatment. Topics covered are returning to work, exercise, healthy eating, keeping up the momentum and staying on track.

Young Women's Support Group (B) – this is a group facilitated by our Psychologist to reflect the issues facing young women with cancer. It will allow you to talk about your thoughts and feelings in a supported way.

Friends and Family Group (B) – a group to support you when caring for a family member or friend with a cancer diagnosis. Meets every 4 weeks. Please call for details.

Network Groups (B) – for people affected by these specific cancers. Meet every 4 weeks. Breast, Gynaecology, Upper Gastrointestinal, Prostate, Skin. Please call for details.

Haematology Cancer Support Group (B) – support group for anyone with leukaemia, lymphoma, myeloma. Meets every 4 weeks. Please call for details.

Cancer in the Workplace (B) – These bookable sessions, which run quarterly, have been developed for HR professionals and line managers and aim to share information and strategies for dealing with cancer challenges in the workplace

Supporting Maggie's (B) – Did you know that Maggie's is funded entirely by voluntary donations? These bookable sessions are run by our Fundraising team and outline the main sources of income for Maggie's Aberdeen and the various ways that you can get involved in supporting your Maggie's Centre.

Wills Writing Workshop (B) – Have you considered your will recently? If not you may find this bookable session useful. The workshop will be led by a local solicitor who will discuss the importance of writing a will and will offer help and guidance on this and related matters.

Kids' Day (B) - The day is suited to any child affected by cancer - this may be a parent or other caregiver currently receiving treatment for cancer, or even when this treatment may have finished. The format best suits children aged from 6 to 14 years. The aim of the day is to help families talk more confidently about cancer, to share feelings about cancer within their family, and for children to become more knowledgeable about cancer, the hospital and cancer treatment.