



TIMETABLE OF ACTIVITIES, COURSES AND GROUPS AT **MAGGIE'S** HIGHLANDS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| <p>Daily Telephone Cancer Support 9am – 5pm Benefits advice by phone/email daily</p> <p>Relaxation (via zoom) Weekly 11:00 – 12:00pm</p> <p>Haematology Network Group 1:00 – 2:00pm (via zoom) (Monthly 3rd Monday)</p> <p>Lymphoedema Group 1:00 – 2:00pm (via zoom) (Monthly last Monday)</p> <p>Managing Hair Loss 2pm– 3pm (via zoom) (Monthly last Monday)</p> <p>Bowel Cancer Network Group 1:00 – 2:00pm (via zoom) (Monthly 2nd Monday)</p> <p>Creative Writing For Wellbeing 2:30 – 4:00pm (via zoom) (Monthly 2nd Monday)</p> <p>Parents Support Group 3:30 – 4:30pm (via zoom) (Monthly 1st Mon)</p> | <p>Daily Telephone Cancer Support 9am – 5pm</p> <p>Benefits advice by phone/email daily</p> <p>Mindfulness (via zoom) Weekly 10am – 11am</p> <p>Young Womens Support Group (via zoom) Weekly 1:00 – 2:00pm.</p> <p>Getting Started with Radiotherapy Weekly 3:00 – 4:00pm (via zoom)</p> | <p>Daily Telephone Cancer Support 9am – 5pm</p> <p>Benefits advice by phone/email daily</p> <p>Free Will Writing Service with Harper MacLeod Phone/virtual Appointments available (Contact us to book)</p> <p>Virtual Kitchen Table Weekly 1:00 – 2:00pm (via zoom)</p> <p>Where Now Seven week post treatment course starts Feb 3rd (via zoom) 2:00 – 4:30pm</p> <p>Gynae Cancer Network Group 3:30 – 4:30pm (via zoom) (Monthly 3rd Wednesday)</p> <p>Bereavement Support Group 5:30 – 7:00pm (via zoom) (Fortnightly 2nd & 4th Wednesday)</p> | <p>Daily Telephone Cancer Support 9am – 5pm</p> <p>Benefits advice by phone/email daily</p> <p>Breast Cancer Network Group 10:30 – 11:30am (via zoom) (Monthly 1st Thursday)</p> <p>Living with Advanced Cancer Support Group 11:00 – 12:00pm (via zoom) (Fortnightly 2nd & 4th Thursdays)</p> <p>Family Support Group 11:00 – 12:00pm (via zoom) (Fortnightly 1st & 3rd Thursdays)</p> <p>Relaxation (via zoom) Weekly 12:00 – 1:00pm</p> <p>Brain Tumour Network Group 1:00 to 2:00pm (via zoom) (Monthly 2nd Thursday)</p> <p>Prostate Cancer Network Group 5:00 – 6:00pm (via zoom) (Monthly last Thursday)</p> | <p>Daily Telephone Cancer Support 9am – 5pm</p> <p>Benefits advice by phone/email daily</p> <p>Art Therapy (via Zoom) Weekly 10.25-12 noon (contact us for invite link)</p> <p>Virtual Kitchen Table 11:00 – 12:00pm (via zoom)</p> <p>Scottish Mesothelioma Network Patient and Carer Support Group 12:00 – 1:00pm (via zoom) (Monthly 1st Friday)</p> <p>Men's Support Group Weekly 2:00 – 3:00pm (via zoom)</p> <p>Childrens Support Group 3:30 – 4:30pm (via zoom) (Fortnightly 2nd & 4th Friday) Jan 2021 22nd Feb 12th and 26th</p> |

All of our groups are run via the online platform Zoom

To join one of these groups, get in touch by email or telephone so that we can send you the link to join. If you've never used Zoom before, here's a useful link to help you get started (just copy and paste into your web browser):

<https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting->

Face to face appointments at Maggie's Highlands

Pre-booked face to face appointments are available in the centre, call or email us to book one of these.



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highlands@maggiescentres.org



Maggie's Highlands, Old Perth Road, Inverness, IV2 3FL

Our team:

Centre Head – Seonaid Green, Psychologist – Linda Hayward, Cancer Support Specialists – Eilidh Wilson & Pamela Wright