

MAGGIE'S SWANSEA TIMETABLE OF ACTIVITIES, COURSES AND GROUPS

SEPTEMBER 2026

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Open Mon-Fri 09:00 – 17:00 (closed on bank holidays)

Monday	Tuesday	Wednesday	Thursday	Friday
Cancer Support 10:00 – 16:00 Benefits Drop In 09:30 – 13:00 Look Good Feel Better (booking required) 09:30 – 11:30 Sept 21 st Wig service (booking required) 09:30 – 13:00 Sept 7 th Memory & Concentration (booking required) 10:00 – 12:00 Sept 7 th – Oct 12 th Bowel cancer support group (Monthly, 3 rd Monday) 11:00 – 12:15 Sept 21 st Men's brunch (Monthly, 4 th Monday) 11:00 – 12:15 Sept 28 th Menopause workshop (booking required) 13:00 – 15:00 Sept 28 th Ongoing with Cancer support group (Monthly, 2 nd & 4 th Monday) 15:00-16.15 Sept 14 th & 28 th Friends & Family support group (Monthly, 1 st & 3 rd Monday) 15:00-16.15 Sept 7 th & 21 st Exercise (Weekly, Drop In) 14:45 – 15:45 Where now? (booking required) (7-week course) 13:30 – 16:30 Sept 7 th – Oct 19 th	Cancer Support 10:00 – 16:00 Benefits Drop In 09:30 – 13:00 Yoga (Weekly, Drop In) 10:30 – 11:30 Not on Sept 1 st Help me Quit (Weekly, booking required) 13:30 – 16:30 Stoma support group (Monthly, 4 th Tuesday) 15:00 – 16:15 Sept 22 nd Nutrition workshop (Booking required) 15:00 – 16:30 Sept 29 th	Cancer Support 10:00 – 16:00 Benefits Drop In 09:30 – 13:00 Free Will Writing (booking required) (Monthly, 3 rd Wednesday) 12 – 15:30 Sept 16 th Menopause workshop (booking required) 10:00 – 12:00 TBC Androgen Workshop (Monthly, 2 nd Wednesday) 10:00-11:00 Sept 9 th Prostate support group (Monthly, 2 nd Wednesday) 11:00 – 12:30 Sept 9 th Mindfulness Relaxation (Weekly, Drop In) 14:00 – 14:45 Getting Ready for treatment (pre-hab) (Weekly) 15:00 – 16:15 Breast cancer support group (2 nd Wednesday – for this month only) 13:30 – 14:45 Sept 9 th	Cancer Support 10:00 – 16:00 Benefits Drop in 09:30-13:00 Mindfulness Relaxation (Weekly, Drop In) 10:00 – 10:45 Tai– Chi (5-week course, booking required) 11:00 – 12:00 Sept 17 th – Oct 15 th Anal cancer support group (Quarterly) 11:00 – 12:15 Oct 15 th Getting started: Neuro Radiotherapy (1 st & 3 rd Thursday) 10:30 – 11:30 3 rd & 17 th Sept Haematology support group (Monthly, 2 nd Thursday) 11:00 – 12:15 Sept 10 th Brain tumour support group (Monthly, 4 th Thursday) 11:00 – 12:00 Sept 24 th Getting started: Prostate Radiotherapy (Weekly) 14:00 – 15:30	Cancer Support 11:00 – 16:00 Getting started: Head & Neck Radiotherapy (Weekly) 09:15 – 10:00 Loss of adult child (Monthly, 1 st Friday) 11:00 – 12:30 Sept 4 th Bra fitting clinic (booking required) 10:30 – 17:00 October 2 nd Head & Neck support group (Monthly, 2 nd Friday) 11:00 – 12:15 Sept 11 th Neuroendocrine support group (Monthly, 1 st Friday) 13:30 – 15:00 Sept 4 th Young Persons' Group (Monthly, 4 th Friday) 14:00-15:30 Sept 25 th Loss of a partner (Monthly, 4 th Friday) 13:30 – 15:00 Sept 25 th PIP Workshop (Monthly, 3 rd Friday) 13:00 – 16:00 Sept 18 th

WEDNESDAY EVENINGS (IN CENTRE)	MAGGIE'S FROM HOME (ONLINE SUPPORT)				
	Monday	Tuesday	Wednesday	Thursday	Friday
Teen Space (Monthly) 17:30 – 18:45 Sept 9 th Look good feel better* (Bi-monthly) 17:30 – 19:30 Oct 7 th Bereavement - Loss of a parent/sibling (Monthly, 2nd Wed – for this month only) 18:00 – 19:30 Sept 9 th	Cancer Support 11:00 – 16:00 Help me Quit (Weekly, booking req) 13:30 – 16:30	Cancer Support 10:00 – 16:00 Benefits Advice 09:30 – 13:00	Cancer Support 10:00 – 16:00 Benefits Advice 09:30 – 13:00	Cancer Support 10:00 – 16:00 Benefits Advice 09:30 – 13:00 Relaxation (Weekly) 10:00 – 10:45 LGBTIQ+ support group (zoom) (Monthly, 1 st Thursday) 15:00 – 16:00 Sept 3 rd Sign up on: outpatients.org.uk/support/	Cancer Support 10:00 – 16:00

LOOK GOOD FEEL BETTER
Scan below to book



NICOLA JANE BRA FITTING
Scan below to book



* WILL WRITING APPOINTMENTS: PLEASE EMAIL SWANSEAFUNDRAISING@MAGGIES.ORG *