

WEEKLY ZOOM GROUPS TIMETABLE



Monday

No groups today

Groups are currently offered weekly from Tuesday to Friday. We would love to hear your thoughts about other groups or sessions you would find helpful.

TO JOIN ONE OF THE
DROP-IN GROUPS ON
ZOOM GO TO

WWW.ZOOM.US/JOIN

MEETING ID:
734 256 6947

Tuesday

10am-12noon

Memory & Concentration Call us for joining information

A 5-week cognitive rehab course aimed at anyone who is coping with post treatment cognitive changes such as memory challenges, brain fog, concentration and attention. Run jointly with the Psychologist at Maggie's.

Call us for the next course dates and to register interest.

11am-12noon

Men's Group Call us for joining information

An opportunity for male patients to meet together to gain support and share knowledge and interests.

2pm-3pm

Creative Group Drop-in via Zoom

A chance to discuss creativity and the arts. Join in with a simple art activity or just join and observe. All welcome.

Wednesday

11am-12noon

Women's Group Call us for joining information

An opportunity for female patients to meet together to gain support and share knowledge and interests.

2pm-3pm

Health and Wellbeing Drop-in via Zoom

A programme of interactive sessions, providing information, tools and techniques to support health and wellbeing, covering a variety of topics including managing symptoms, feeling good, staying active and planning ahead.

All welcome.

Thursday

10.30am-11.30am

Social Group Drop-in via Zoom

A social session where people can come along and have a blether, share interests and be with others.

All welcome.

2pm-3pm

Family and Friends Support Group Drop-in via Zoom

A group for those who are supporting and caring for someone with life-shortening illness.

We are here to offer friendship and peer support, share information, answer questions and provide any help we can.

All welcome.

Friday

11am-12.30pm

Let's Get Outdoors Group Drop-in via Zoom

A place to offer support and encouragement to one another to stay active, enjoy nature and the outdoors.

We'll share experiences and ideas to support and motivate each other.

All welcome.

TO FIND OUT MORE
ABOUT ANY OF THE
GROUPS PLEASE
CALL US:

01463 243132

ASK FOR THE REHAB
AND WELLBEING
TEAM