



Everyone's home of cancer care

MAGGIE'S

“Above all what matters is not to lose the joy of living in the fear of dying”

Maggie Keswick Jencks





Here, we
care

Practical support



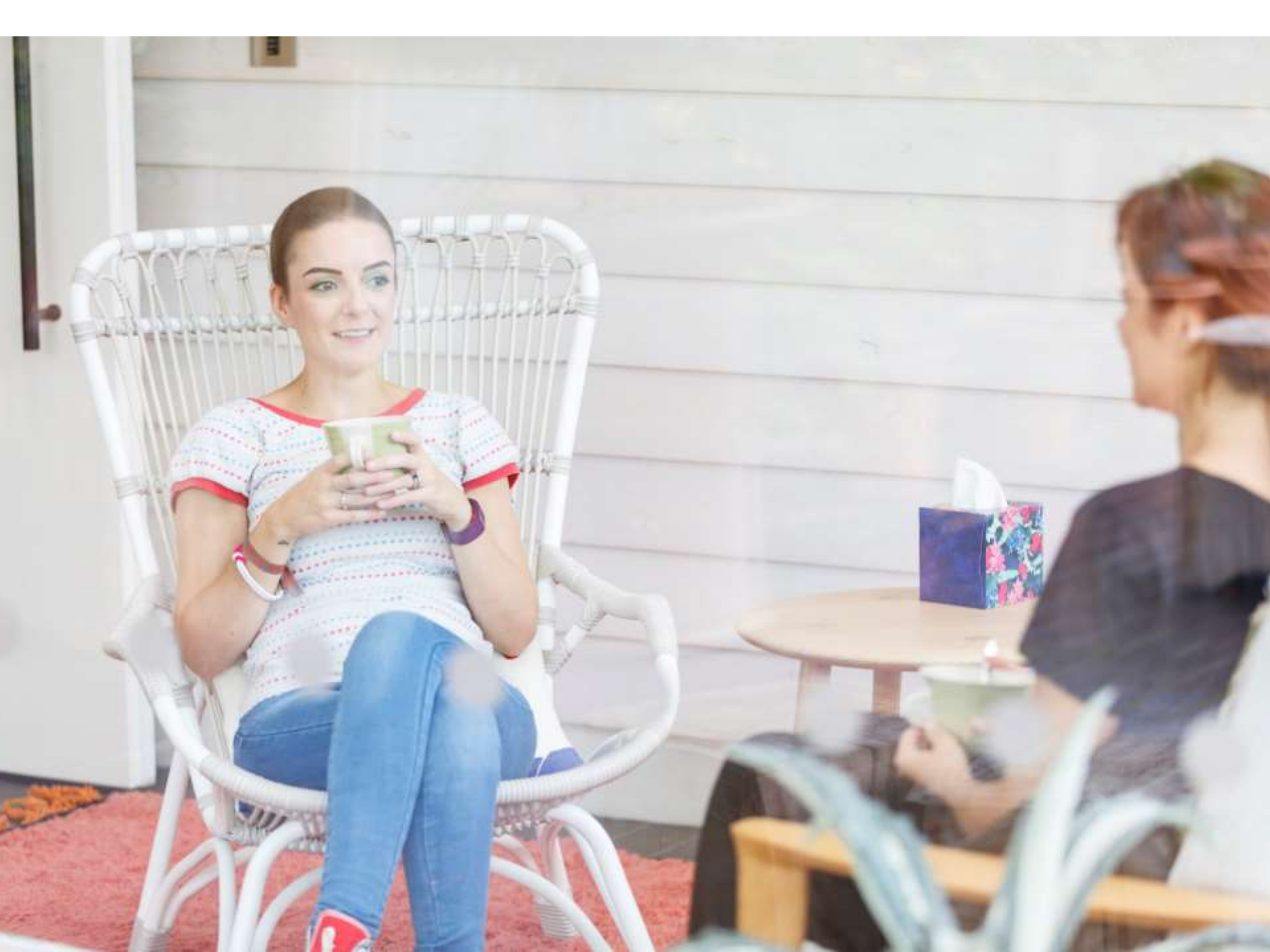
Emotional support



Social support











A day at Maggie's

10.00 – 11.00: Yoga (drop in)

11.15 – 12.30: Support Group for people with secondary cancer

13.00 – 15.00: Brain tumour support group (monthly)

13.00 – 15.00: Look Good Feel Better

14 00 – 15.00: Drop in Relaxation group

13.15 – 16.15: Managing Sleep Difficulties

14.00 – 15.30: Bereavement Group

18.30 – 20.30: Where Now? (7 week post treatment course)

Example group activity

Exercise

- Nutrition
- Getting Started
- Yoga
- Tai Chi
- Chair Exercise
- Walking/ Nordic walking
- Pilates

Stress Management

- Where Now?
- Mindfulness
- Relaxation

Men's

- Men's group
- Prostate cancer

Women's

- Young women's group
- Breast reconstruction support

Music

- Singing for well-being/ Choir

Hair

- Talking Heads
- Wig Clinic

Maggie's environment helps people to discuss complex issues

- Living with the after effects of cancer
- Emotional expression of the consequences of cancer
- Regaining self confidence and identity
- Living with uncertainty
- Sexuality and fertility
- Family communication and relationships
- Returning to work after cancer treatment
- Living positively with and beyond cancer

Working with others

- NHS - Clinical Nurse Specialists & Clinical Teams
- Other cancer Hospitals in the area
- Cancer Networks
- Department of Health
- Local Hospices
- Other cancer support organisations
- Support Groups running in the hospital
- A 'home' for local initiatives
- GP's



Our Centres

MAGGIE'S













Edinburgh - 1996



Dundee - 2003



Highlands - 2005



Fife - 2006



West London - 2008



Cheltenham - 2010



Swansea - 2011



Nottingham - 2011



Glasgow, Gartnavel - 2011



Newcastle - 2013



Aberdeen - 2013



Hong Kong - 2013



Merseyside - 2014



Lanarkshire - 2014



Oxford - 2014



Manchester - 2016



Tokyo - 2016



Forth Valley - 2017



Barts - 2017



Oldham - 2017



Online - 2008



Cardiff - 2019



Barcelona - 2019



Yorkshire - 2019



Royal Marsden - 2019

● Operational Maggie's



EUROPE



MIDDLE EAST AND ASIA

Maggie's centres

- 1 Edinburgh
- 2 Glasgow, Gartnavel
- 3 Dundee
- 4 Highlands
- 5 Fife
- 6 West London
- 7 Cheltenham
- 8 Nottingham
- 9 Swansea
- 10 Cambridge (interim)
- 11 Newcastle
- 12 Hong Kong
- 13 Aberdeen
- 14 Oxford
- 15 Merseyside (interim)
- 16 Lanarkshire
- 17 Royal Free (interim)
- 18 Manchester
- 19 Tokyo
- 20 Forth Valley
- 21 Oldham
- 22 Barts
- 23 Cardiff
- 24 Barcelona
- 25 The Royal Marsden (Sutton)

- Operational Maggie's
- Construction 2018/19



EUROPE



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Centres in development

- 26 Leeds
- 27 Southampton

- Operational Maggie's
- Construction 2018/19
- Planned Maggie's



EUROPE



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- 28 Northampton
- 29 Taunton
- 30 Coventry
- 31 Liverpool
- 32 Stavanger
- 33 Groningen

Ground Floor Plan



Park View Looking North



Approach Through the Orchard



View of Hearth Pavilion from Welcome Pavilion



The Kitchen and Hearth



First Floor Meeting Room & Office





“Maggie’s is a wonderful place...it’s a sanctuary which is bright, comfortable, welcoming, cathartic; it’s a provider of professional services and somewhere for social interaction or solitude depending on your mood.

Without the support and help of Maggie’s I have no doubt whatsoever that I would not be where I am today in terms of both my state of mind and physical health. I owe Maggie’s a huge debt of thanks”

Rob Elliott, Maggie’s Cheltenham





THANK
YOU

MAGGIE'S