

Activities

Talking Heads: A workshop for anyone anticipating hair loss - share experiences whilst learning practical ways to manage.

Where Now?: A 7-week course to help you find a new normality after cancer treatment. Topics include managing emotions, healthy eating, physical activity and post treatment challenges.

Look Good, Feel Better: An informative, lively and fun workshop to teach women who have a cancer diagnosis how to manage some of the visible side-effects of treatment.

Prehabilitation: Getting Yourself Ready: Sessions aim to help you to stay well before and during treatment.

Relaxation: Sessions use different relaxation exercises to help ease stress, including imagery, muscle relaxation and meditation.

Tai Chi/Qi-Gong*: This combines deep breathing and relaxation with slow and gentle movements.

Yoga*: Yoga is an enjoyable way of gently stretching, encouraging good posture and practicing calming breathing techniques.

Finding Your Calm*: A 6-week course to help you manage the stresses associated with the cancer journey.

Introduction to Mindfulness*: An 8-week course that introduces the practice of mindfulness meditation practice.

*Courses open to anyone affected by a diagnosis of cancer.

Twitter: [@maggiesforthval](#)
Instagram: [maggiesforth](#)
Facebook: [Maggie's Forth Valley](#)

Maggie's Forth Valley Timetable

All of our services are free. You can drop in to the Centre any time between 9am and 5pm Monday to Friday. Activities are available online or in person.

Address: [Maggie's Forth Valley, Nina Barough Building, off Quintinshill Drive, Larbert, FK5 4SG](#)

Tel: 01324 868 069

E-mail: forthvalley@maggiescentres.org

Arriving at the centre, you will be welcomed by one of our volunteers before you meet one of our staff members.

Pre-booking is required for some sessions, so please ask the team or call for further information.

Centre Head: Yvonne McIntosh 07554 403 800

Centre Psychologist: Natalie Rooney

Cancer Support Specialists: Rosie Small & Roma Martineau

Benefits Advisor: Kirsty-Ann Slater

Fundraising Team: Cristina Pouso 01324 868 078

Supporting Maggie's: If you would like to support your local Maggie's but don't know how, contact the fundraising team to find out how you can get involved from fundraising to volunteering at our events. **E-mail:** forthvalleyfundraising@maggies.org



ALSO AVAILABLE: PLEASE ASK US ABOUT OUT REFERRAL TO A FREE WILL WRITING SERVICE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Wig Fitting Sessions 10:00-13:00 1ST & 3RD Monday of the month. Speak to the team to book</p> <p>Talking Heads 12:00-14:00 Last Monday of the month (Looking after yourself with hair loss). Speak to the team to book</p> <p>Relaxation (In the centre) 11:00-11:45 Weekly</p> <p>Creative Writing Group 14:00 – 16:00 *8-week block (Next block in the Autumn) Speak to the team to book</p> <p>Look Good Feel Better Workshop 14:00-16:00 Monthly Speak to the team to book (NEXT SESSION – 5/9/22)</p> <p>LIVING WITH LESS STRESS 13:00-15:00 6 WEEK BLOCK SPEAK TO THE TEAM TO BOOK</p>	<p>Qi-Gong 10:00 – 11:00 Weekly</p> <p>Brain Tumour Support Group 11:00 – 12:30 2nd Tuesday of the MONTH. Speak to the team to book</p> <p>Breast Cancer Support Group 12:30 – 14:00 3RD TUESDAY OF THE MONTH. Speak to the team to book</p> <p>Men's Group 11:00-12:30 Last Tuesday of the month. Speak to the team to book</p> <p>Haematology Network Group 15:00-16:00 Next group 30/8/22 – FURTHER INFO TO FOLLOW.</p> <p>Family & Friends Support Group 13:30 – 15:00 FORTNIGHTLY Speak to the team to book</p> <p>Expressive Art Group 14:30-16:00 6-week block (next block in the Autumn)</p>	<p>Nordic Walking 11:00 – 12:00 13:30 – 14:30 Weekly</p> <p>Where Now? (Following treatment) 12:30-14:45 *7-week block (Next block starts 27/7/22) Speak to the team to book</p>	<p>Yoga 11:15 – 12:15 Weekly</p> <p>Living with Cancer Support Group 10:30 – 12:00 Fortnightly Speak to the team to book (NEXT SESSION 01/09/22)</p> <p>Women's Group 13:00 – 14:30 1ST Thursday of the month Speak to the team to book</p> <p>ON HOLD - Neuroendocrine Group 15:00 – 16:30 3RD week of each month</p>	<p>Prehabilitation: Getting Ready for Treatment For those newly diagnosed 10:00 – 11:30 Weekly Speak to the team to book</p> <p>Scotland Wide Mesothelioma Network (ONLINE) 1st Friday of every Month 12:00 – 13:00</p> <p>Prostate Support Group 13:00 – 14:30 1ST Friday of the month</p> <p>Relaxation (In the Centre) 15:00-15:45 Weekly</p>