

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Drop in all day  *Individual Support Sessions	Drop in all day  *Individual Support Sessions *Massage Therapy Exercise Class 10.30am-12pm	Drop in all day  *Individual Support Sessions Relaxation Class (11am-12pm) T'ai Chi (12.30-1.30pm) *Nutrition Workshop (10.30-12.30pm)	Drop in all day  *Individual Support Sessions *Benefits advice (10.30am - 12.30pm) Yoga (10.30am-12.30pm) *Reflexology	Drop in all day  *Individual Support Sessions
Afternoon	Yoga (2.45pm - 4.15pm)	*Mindfulness (2pm-4.30pm) An eight week course	Therapeutic Writing Group (2.00-4.00pm) Expressive Art Group (2.30-4.30pm)	*Managing Stress Course (2.00-4.30pm) A four week course	*Almacare breast care fitting service monthly
Evening		Prostate Cancer Support Group 2nd Tuesday of every month (7.30-9.00pm)	Patient and Carers Support Group 3rd Wednesday of every month (7.30-9.00pm)	Brain Tumour Support Group 2nd Thursday of every month (7.30-9.30pm)	

 Cancer Care Line 9am - 1pm Monday to Friday

\* Requires Pre-Booking