

**Maggie's Merseyside at The Clatterbridge** **Monday to Friday**  
9am to 5pm

Weekly timetable

For one-off sessions, events, and groups on weekends, please check for updates on our Centre noticeboard or online.



**Mon 19 February**

- 09:00 - 17:00  
Cancer support – drop-in Daily

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- 10:30 - 12:30  
Living With and Beyond Prostate Cancer Every 1 Weeks

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- 15:00 - 16:00  
Tai Chi Weekly

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**Tue 20 February**

- 09:00 - 17:00  
Cancer support – drop-in Daily

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- 10:15 - 11:15  
Yoga Weekly

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- 14:00 - 16:30  
Where Now? Weekly

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**Wed 21 February**

- 09:00 - 17:00  
Cancer support – drop-in Daily

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- 10:00 - 13:00  
Wig fitting service Every 2 Weeks

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- 10:30 - 12:30  
Expressive Art Weekly

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- 14:00 - 16:00  
Living with Less Stress Weekly

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**Thu 22 February**

- 09:00 - 17:00  
Cancer support – drop-in Daily

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- 10:00 - 12:30  
Mindfulness at Maggie's Clatterbridge Weekly

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- 13:00 - 14:00  
Relaxation Weekly

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- 14:00 - 16:00  
Look Good Feel Better Weekly

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**Fri 23 February**

- 09:00 - 17:00  
Cancer support – drop-in Daily

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- 10:00 - 11:30  
Nutrition Course Weekly

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**Booking Key:** **Drop in session**  
No need to book in advance.

**Pre-booking required**  
Please contact the Centre to book your place.

**Contact us:** t: 0151 334 4301  
e: [clatterbridge@maggiescentres.org](mailto:clatterbridge@maggiescentres.org)  
w: [www.maggiescentres.org/merseyside-at-the-clatterbridge](http://www.maggiescentres.org/merseyside-at-the-clatterbridge)

The Clatterbridge Cancer Centre, Clatterbridge Road, Bebington, Wirral, CH63 4JD

Maggie Keswick Jencks Cancer Caring Centres Trust (Maggie's) is a registered charity, no.SC024414


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9am to 5pm

Weekly timetable


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**Mon 26 February**

- 09:00 - 17:00  
Cancer support – drop-in  Daily


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- 10:30 - 12:30  
Living With and Beyond Prostate Cancer  Every 1 Weeks


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- 15:00 - 16:00  
Tai Chi  Weekly


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- 18:00 - 20:00  
Gynaecology Support Group  Monthly


**Tue 27 February**

- 09:00 - 17:00  
Cancer support – drop-in  Daily


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- 10:15 - 11:15  
Yoga  Weekly


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- 11:30 - 13:00  
Head and Neck Cancer Support group  Monthly


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- 14:00 - 16:30  
Where Now?  Weekly


**Wed 28 February**

- 09:00 - 17:00  
Cancer support – drop-in  Daily


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- 10:30 - 12:30  
Expressive Art  Weekly


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- 14:00 - 16:00  
Living with Less Stress  Weekly


**Thu 01 March**

- 09:00 - 17:00  
Cancer support – drop-in  Daily


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- 10:00 - 12:30  
Mindfulness at Maggie's Clatterbridge  Weekly


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- 13:00 - 14:00  
Relaxation  Weekly


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- 14:00 - 16:00  
Look Good Feel Better  Weekly

**Fri 02 March**

- 09:00 - 17:00  
Cancer support – drop-in  Daily

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- 10:00 - 11:30  
Nutrition Course  Weekly

**Booking Key:**  **Drop in session**  
No need to book in advance. 

**Pre-booking required**  
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## Mon 05 March

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
09:30 - 11:00 Monday Mornings for Men		Monthly	<input type="checkbox"/>
10:30 - 12:30 Living With and Beyond Prostate Cancer		Every 1 Weeks	<input type="checkbox"/>
15:00 - 16:00 Tai Chi		Weekly	<input type="checkbox"/>

## Tue 06 March

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
10:15 - 11:15 Yoga		Weekly	<input type="checkbox"/>
14:00 - 16:30 Where Now?		Weekly	<input type="checkbox"/>

## Wed 07 March

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
10:00 - 13:00 Wig fitting service		Every 2 Weeks	<input type="checkbox"/>
10:30 - 12:00 Unknown primary cancer support group		Monthly	<input type="checkbox"/>
10:30 - 12:30 Expressive Art		Weekly	<input type="checkbox"/>
14:00 - 16:00 Living with Less Stress		Weekly	<input type="checkbox"/>

## Thu 08 March

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
10:00 - 12:30 Mindfulness at Maggie's Clatterbridge		Weekly	<input type="checkbox"/>
13:00 - 14:00 Relaxation		Weekly	<input type="checkbox"/>
14:00 - 16:00 Look Good Feel Better		Weekly	<input type="checkbox"/>
14:30 - 15:30 Colorectal Support Group		Monthly	<input type="checkbox"/>

## Fri 09 March

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
10:00 - 11:30 Nutrition Course		Weekly	<input type="checkbox"/>

**Booking Key:** **Drop in session**  
No need to book in advance.

**Pre-booking required**  
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**Mon 12 March**

- 09:00 - 17:00  
Cancer support – drop-in Daily
- 10:30 - 12:30  
Living With and Beyond Prostate Cancer Every 1 Weeks
- 15:00 - 16:00  
Tai Chi Weekly

**Tue 13 March**

- 09:00 - 17:00  
Cancer support – drop-in Daily
- 10:15 - 11:15  
Yoga Weekly
- 14:00 - 16:30  
Where Now? Weekly

**Wed 14 March**

- 09:00 - 12:00  
Cancer in the workplace workshop One Off
- 09:00 - 17:00  
Cancer support – drop-in Daily
- 10:30 - 12:30  
Expressive Art Weekly
- 14:00 - 16:00  
Living with Less Stress Weekly
- 14:00 - 15:30  
Drum Therapy Monthly

**Thu 15 March**

- 09:00 - 17:00  
Cancer support – drop-in Daily
- 10:00 - 12:30  
Mindfulness at Maggie's Clatterbridge Weekly
- 13:00 - 14:00  
Relaxation Weekly
- 14:00 - 16:00  
Look Good Feel Better Weekly
- 14:30 - 16:00  
Haematology Support Group Monthly

**Fri 16 March**

- 09:00 - 17:00  
Cancer support – drop-in Daily
- 10:00 - 11:30  
Nutrition Course Weekly

**Booking Key:** **Drop in session**  
No need to book in advance.

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