

MAGGIE'S NEWCASTLE

AT THE FREEMAN HOSPITAL

Maggie's is for anyone affected by cancer, including family and friends. You can make yourself a cup of tea in our kitchen, find a peaceful spot in our gardens or speak with our team of experts.

Our cancer support specialists offer a daily drop-in. You don't need an appointment or referral, you can just call in anytime Monday to Friday, 9am-5pm

98% of visitors said they were in a better position to be able to speak to the medical team about their treatment plan because of visiting Maggie's.

"There's a special feeling you get when you walk through the door at Maggie's. Even though I was just over the road, I felt a million miles away from the hospital."

Centre Visitor, Maggie's Newcastle





Our in-house team includes:

Three cancer support specialists - experienced oncology nurses available every day.

A clinical psychologist who can work with individuals, couples or families.

A benefits advisor who will assess your financial situation and make applications.

Since opening in 2013, our benefits advisor has secured over £6million for people with cancer in the North East and Cumbria.

Our programme of support groups, courses and workshops include:

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| Stress management | • Mindfulness |
| Skin care and hair loss | • Tai Chi |
| Cancer specific support groups | • Yoga |
| Living With and Beyond courses | • Exercise |
| Post treatment 'Where Now?' | • Walking |
| Bereavement support | • Nutrition |

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