WHERE NOW

A one-day wellbeing programme for people navigating life after cancer treatment



09:15 - 16:30

23rd October 2026 | Llys- Y- Fran

30th October 2026 | HAHAV Ceredigion

In collaboration with Maggie's South West Wales & Hywel Dda University Health Board & kindly sponsored by Withybush Hospital Cancer Day Unit Appeal.

www.maggies.org

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

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Hywel Dda University Health Board

MAGGIE'S

This workshop offers a supportive, uplifting space to help rebuild confidence, strengthen wellbeing, and navigate life after cancer treatment through practical tools, expert guidance and emotional support. The workshop will be facilitated and delivered by Maggie's clinical psychologist Alkiviadis Fasoulis alongside expert guest speakers.

What's included:

- Welcome refreshments
- Physical activity & movement with exercise specialist.
- Nutrition & connection: Healthy eating discussion over a shared lunch (provided)
- Psychological wellbeing : Strategies and tools to support your emotional health.
- Medical follow-up: Informal Q&A with an oncology expert.
- Moving forward and closing: reflections and closing discussions to support you moving forward

23rd October | Board room
Llys-Y-Fran Lake, Clarbeston Road, SA63 4RR

30th October | HAHAV living well centre
Plan Antaron, Southgate, Aberystwyth, SY23 1SF

Special thanks to Withybush Hospital Cancer Day Unit Appeal for sponsoring room hire and refreshments in Pembrokeshire, and HAHAV Ceredigion for generously donating their venue in Aberystwyth.

HAHAV
Ceredigion
Byw'n dda, nawr a bob amser
Living well when it matters most

For more information or to book a space please contact: swansea@maggies.org

