

WHERE?

**Maggie's - Velindre Cancer Centre, Velindre Road,
Whitchurch, Cardiff CF14 2TQ**

WHEN?

Usually the **1st Thursday of the month at 1.30pm - 3pm**

Dates for 2020:

16th January

7th May

3rd September

6th February

4th June

1st October

5th March

2nd July

5th November

2nd April

No meeting in August

3rd December

WHO and WHAT will be there?

Anyone affected in any way by a brain tumour diagnosis is welcome.

James and Steve, your Brain Tumour Support Workers, will be there to greet you. The group environment is relaxed and friendly, a mixture of chat, speakers and sharing of information and experience – with refreshments provided too!

Parking and Transport:

If you need directions, information about parking or public transport, or assistance in getting to the group, please contact us.

Who to contact for MORE INFORMATION?

James Bartlett - Brain Tumour Support Worker
(Cardiff and South East Wales)

Mobile: 07496 265122 / 01454 422701 (Support Team)

E-mail: james@braintumoursupport.co.uk

Steve Miller - Brain Tumour Support Worker
(Cardiff and South West Wales)

Mobile: 07510 591175 / 01454 422701 (Support Team)

E-mail: steve.miller@braintumoursupport.co.uk

In partnership with

**MACMILLAN
CANCER SUPPORT**

BLE?

**Maggie's – Canolfan Ganser Felindre, Heol Felindre,
Yr Eglwys Newydd, Caerdydd CF14 2TQ**

PA BRYD?

Fel arfer y **dydd lau cyntaf o bob mis yn 1.30pm - 3pm**

Dyddiadau ar gyfer 2020:

16 Ionawr

7 Mai

3 Medi

6 Chwefror

4 Mehefin

1 Hydref

5 Mawrth

2 Gorffennaf

5 Tachwedd

2 Ebrill

Dim grŵp yn Awst

3 Rhagfyr

PWY a BETH fydd yno?

Mae croeso i unrhyw un sy'n cael ei effeithio mewn unrhyw ffordd gan ddiagnosis o diwmor ar yr ymennydd. Bydd James a Steve, eich Gweithwyr Cefnogi Tiwmor ar yr Ymennydd yno i'ch croesawu. Mae awyrgylch y grŵp yn hamddenol ac yn gyfeillgar, cymysgedd o sgwrsio, siaradwyr a rhannu gwybodaeth a phrofiadau - a bydd dishgled neu ddwy ar gael hefyd!

Parcio a chluudiant:

Os ydych chi angen cyfeiriadau, gwybodaeth ynghylch parcio neu drafnidiaeth gyhoeddus, neu help i gyrraedd y grŵp, cofiwch gysylltu â ni.

Â phwy i gysylltu i gael RHAGOR O WYBODAETH?

James Bartlett - Gweithiwr Cefnogi Tiwmor yr Ymennydd
(Caerdydd a Ne Ddwyrain Cymru)

Ffôn: 07496 265122 / 01454 422701 (Gwasanaethau Cefnogi)

E-bost: james@braintumoursupport.co.uk

Steve Miller - Gweithiwr Cefnogi Tiwmor yr Ymennydd
(Caerdydd a Ne Orllewin Cymru)

Ffôn: 07510 591175 / 01454 422701 (Gwasanaethau Cefnogi)

E-bost: steve.miller@braintumoursupport.co.uk

Mewn partneriaeth â

**CYMORTH CANCER
MACMILLAN**