**April & May 2023 Timetable of support groups and courses at**

**Maggie’s West London**

**Please contact us at: email: london@maggies.org • Telephone: 0207 386 1750 • Website: www.maggies.org to talk to our team about joining a group.**

**Please add your telephone number to your enquiry email (V) – virtual (C) – centre, face to face (B) – booking required**

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Hair loss support with Headwrappers**  **(V + B)**  **First Monday of each month**  **11am – 12pm**  **April 3rd, May 3rd (Wednesday)**  **Prostate cancer support group (C)**  **First Monday of each month**  **10.30am - 11.30am**  **April 3rd, May 15th**  **Primary breast cancer support group (C)**  **Second Monday of each month**  **11am – 12pm**  **April 17th, May 15th**  **Head and neck support group (C)**  **Third Monday of each month**  **Midday-1pm**  **April 17th, May 15th**  **Men’s group (C)**  **Fortnightly 2:30pm – 4:30pm**  **April 3rd, 17th, May 22nd**  **Decluttering workshop (C + B)**  **Please register your interest for the next course**  **Fatigue workshops (C + B)**  **2 - week course**  **Please register your interest for our next course** | **Yoga (V)**  **Weekly at 10am**  **Drop-in relaxation group (C)**  **Weekly at 11am**  **Nutrition workshop (C + B)**  **Please register your interest for the next course**  **Online introduction to mindfulness (B)**  **Please register your interest**  **Brain tumour support group (C)**  **Second Tuesday of each month**  **12.00pm - 1.30pm**  **April 11th, May 9th**  **Living Alone with Cancer (C + B)**  **First Tuesday of each month**  **1-2pm**  **April 4th, May 2nd**  **Thyroid Cancer Support Group**  **Third Tuesday of each month**  **12- 1pm**  **April 18th, May 16th**  **Introduction to mindfulness (C + B)**  **Please register your interest**  **Mindfulness course – 8 weeks (C + B)**  **Please register your interest**  **Chinese Cancer Networking Group**  **4th Tuesday of each month**  **2-4pm** | **Young Women’s Group (C + B)**  **Fortnightly 11.30-12.30**  **Ovarian Germ Cell Support group (V)**  **Fourth Wednesday of each month**  **1.30-3pm April 26th, May 24th**  **GTD on-treatment support group (V)**  **First Wednesday of each month**  **1.30-3pm**  **GTD post-treatment support group (V) Third Wednesday of each month**  **1.30-3pm**  **Look Good Feel Better (C + B)**  **Third Wednesday of each month**  **1pm – 3pm**  **April 19th, May 17th**  **Lung cancer support group (C)** **Second Wednesday of each month 2pm - 3pm**  **April 12th, May 10th**  **Bladder cancer support group (C)** **Fourth Wednesday of each month 2pm – 3pm**  **April 26th, May 24th**  **Young men’s group (V + B)** **Fortnightly 3pm – 4pm**  **April 5th, May 3rd + 17th**  **Secondary breast cancer support group (C)**  **Third Wednesday of each month**  **3:30pm – 4:30pm April 19th, May 17th** | **Yoga (C + B)**  **Weekly at 10am – 8-week course**  **Cancer Rehab programme (C+B)**  **Weekly at 12.30-1.30pm – except April 20th**  **Laryngectomy support group (C)**  **Last Thursday of each month**  **1.30pm - 2.30pm**  **April 27th, May 25th**  **Nordic walking (C)**  **Weekly at 2pm- except April 20th**  **Menopause & cancer workshop (C + B)**  **First Thursday of each month**  **2pm – 4.30pm**  **April 6th, May 4th**  **Gynae cancer support group (C)**  **Third Thursday of each month**  **2:30pm – 3:30pm**  **April 20th, May 18th**  **LGBTIQ+ support group (V)**  **First Thursday of each month**  **3pm – 4pm**  **April 6th, May 4th**  **Where Now? (C + B)**  **6 - week course**  **Please register your interest for the next course**  **Intimacy Workshop**  **Please register your interest for the next course** | **Expressive art group (C)**  **Weekly at**  **10am – 12pm or 12.30pm – 2.30pm**  **(Taking place only once in April - 28th)**  **Introduction to Pilates (C + B)**  **First Friday of each month**  **11.30am – 12:15pm**  **May 5th**  **Friends and family group (C + B)**  **(C + B)**  **Weekly 1-2pm**  **Bereavement Course (C + B)**  **Please register your interest for the next 6-week course**  **Upper GI + Cancer of Unknown Primary (C)**  **First Friday of each month**  **3.30pm- 4.30pm**  **April 14th, May 5th**  **Will writing workshop (C + B)**  **Please register your interest for the next course**  **Sleep workshop (C + B)**  **Please register your interest for the next course**  **Managing Stress- 6-week course (C + B)**  **Please register your interest for the next course** |

Supporting Maggie's in 2023 maggies.west.london maggieswlondon maggieslondon



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**Kitchen table day**

**King’s Coronation on the 6 May or any other day in May**

With your family and friends, host a coffee morning, BBQ, garden party or dinner party to celebrate the King’s coronation and support people with cancer.

Email to find out more: [imogen.dalrymple@maggies.org](mailto:imogen.dalrymple@maggies.org)

**The Leadenhall abseil**

**Friday 16 June**

Abseil down one of London's tallest skyscrapers with spectacular views over the capital. Take on the 'Cheesegrater' with friends and colleagues and raise money to support people with cancer.

To find out more, email: [caroline.buckland@maggies.org](mailto:caroline.buckland@maggies.org)

A group of people posing for a photo

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**Do your own fundraising**

Knit, bake, skydive or hike, cycle, run...! Whatever your talent, and whatever you love doing, you can help us continue to give people the support they need to find their way to cancer.

To find out more, visit: [www.maggies.org/do-your-own-fundraising](http://www.maggies.org/do-your-own-fundraising)

**FREE WILL WRITING service**

We want to make it as easy as possible for you to write or update your Will, so we’ve partnered with local solicitors so you can write or update a basic Will for free.

For more details, please ask a member of staff or visit [www.maggies.org/legacy](http://www.maggies.org/legacy)

For more information about any of our events, ask to speak to a member of our fundraising team (Caroline, Emily or Imogen)

or contact us at: [westlondonfundraising@maggies.org](mailto:westlondonfundraising@maggies.org)

**Maggie’s** is a national charity; we rely on the kindness and generosity of our local communities to fund each

of our Centres across the country, including Maggie’s West London. Any support is very gratefully received.

Text ‘MaggiesCHX’ to 70007 to donate £3.