

# June + July 2025 Timetable of support groups and courses at Maggie's West London



Please contact us at: email: [london@maggies.org](mailto:london@maggies.org) • Telephone: 0207 386 1750 • Website: [www.maggies.org](http://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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Prostate cancer support group (C)</b> First Monday of each month 10.30am - 12.00pm, 2<sup>nd</sup> June, 7<sup>th</sup> July</p> <p><b>Primary breast cancer support group (C)</b> Second Monday of each month 11am – 12pm, 9<sup>th</sup> June, 14<sup>th</sup> July</p> <p><b>Head and neck support group (C)</b> Third Monday of each month 11.30am - 12.30pm, 16<sup>th</sup> June, 21<sup>st</sup> July</p> <p><b>Anal Cancer &amp; HIV+ Support Group (C)</b> Fourth Monday of alternate months 12pm - 1pm, 2<sup>nd</sup> June, 1<sup>st</sup> September</p> <p><b>Anal Cancer Support Group (C)</b> Fourth Monday of each month 1pm - 2pm, 23<sup>rd</sup> June, 28<sup>th</sup> July</p> <p><b>Secondary breast cancer support group (C)</b> Third Monday of each month 1pm - 2pm, 16<sup>th</sup> June, 21<sup>st</sup> July</p> <p><b>Cancer rehab programme (C + B)</b> 8 week course, 2pm – 3pm 16<sup>th</sup> June, 1<sup>st</sup> September</p> <p><b>Expressive Art Group (C)</b> 2pm – 4pm, 2<sup>nd</sup>, 16<sup>th</sup> + 30<sup>th</sup> June, 14<sup>th</sup> + 28<sup>th</sup> July</p> <p><b>Men's group (C)</b> Second + fourth Monday of each month 2:30pm - 4:30pm, 9<sup>th</sup> + 23<sup>rd</sup> June, 14<sup>th</sup> + 28<sup>th</sup> July</p> <p><b>Testicular cancer support group (C + V)</b> First Monday of each month 3pm – 4pm, 2<sup>nd</sup> June, 7<sup>th</sup> July</p>	<p><b>Yoga (V)</b> Weekly at 10am</p> <p><b>Drop-in relaxation group (C)</b> Weekly at 10am – 10:30am</p> <p><b>Nutrition workshop (C + B)</b> First Tuesday of every other month, 10:30am – 12:30pm, 3<sup>rd</sup> June</p> <p><b>Chinese cancer networking group (C)</b> Fourth Tuesday of each month 11am – 1pm, 24<sup>th</sup> June, 22<sup>nd</sup> July</p> <p><b>Nordic Walking (C)</b> Weekly at 11.30am</p> <p><b>Brain tumour support group (C)</b> Second Tuesday of each month 12pm - 1.30pm, 10<sup>th</sup> June, 8<sup>th</sup> July</p> <p><b>Thyroid Cancer Support Group (C+V)</b> Third Tuesday of each month 12pm – 1pm, 17<sup>th</sup> June, 15<sup>th</sup> July</p> <p><b>Expressive Art Group (C)</b> 12:30pm – 2:30pm, 3<sup>rd</sup> + 17<sup>th</sup> June 10am – 12pm &amp; 12:30pm – 2:30pm 1<sup>st</sup>, 15<sup>th</sup> + 29<sup>th</sup> July</p> <p><b>Living Alone with Cancer (C)</b> First Tuesday of each month 1pm – 2pm, 3<sup>rd</sup> June, 1<sup>st</sup> July</p> <p><b>Sleep Matters workshop (C + B)</b> 2pm – 4pm Please register your interest</p>	<p><b>Introduction to Pilates (C + B)</b> First Wednesday of each month 10am - 10:45am, 4<sup>th</sup> June, 2<sup>nd</sup> July</p> <p><b>Young Women's Group (C + B)</b> Fortnightly 11.30 - 12.30pm 18<sup>th</sup> June, 2<sup>nd</sup> + 16<sup>th</sup> + 30<sup>th</sup> July</p> <p><b>Friends and family group (C + B)</b> Fortnightly 11.30 - 12.30pm 11<sup>th</sup> + 25<sup>th</sup> June, 9<sup>th</sup> + 23<sup>rd</sup> July</p> <p><b>Look Good Feel Better (C + B)</b> 1pm – 3pm, 18<sup>th</sup> June, 16<sup>th</sup> July</p> <p><b>Ovarian Germ Cell support group (V)</b> Fourth Wednesday of each month 1.30pm - 3pm, 25<sup>th</sup> June, 23<sup>rd</sup> July</p> <p><b>GTD on-treatment support group (V)</b> First Wednesday, 1.30pm - 3pm</p> <p><b>Bowel cancer support group (C)</b> First Wednesday of each month 2pm – 3pm, 4<sup>th</sup> June, 2<sup>nd</sup> July</p> <p><b>Lung cancer support group (C)</b> Second Wednesday of each month 2pm – 3pm, 11<sup>th</sup> June, 9<sup>th</sup> July</p> <p><b>Ongoing with cancer support group (C)</b> Third Wednesday of each month 2pm – 3pm, 18<sup>th</sup> June, 16<sup>th</sup> July</p> <p><b>Bladder cancer support group (C)</b> Fourth Wednesday of each month 2pm – 3pm, 25<sup>th</sup> June, 23<sup>rd</sup> July</p> <p><b>Young men's group (V + B)</b> Fortnightly Wednesday 3pm – 4pm 11<sup>th</sup> + 25<sup>th</sup> June, 9<sup>th</sup> + 23<sup>rd</sup> July</p>	<p><b>Yoga (C+ B)</b> 8 week course, 10am-11am 26<sup>th</sup> June, 21<sup>st</sup> August</p> <p><b>Look good feel better Headwrappers (C+B)</b> Fourth Thursday of each month 11:30 – 12:30pm, 26<sup>th</sup> June, 24<sup>th</sup> July</p> <p><b>Melanoma support group (C)</b> Second Thursday of every other month 1pm – 2pm, 12<sup>th</sup> June, 14<sup>th</sup> August</p> <p><b>Skin cancer support group (C)</b> Second Thursday of every other month 1pm – 2pm, 10<sup>th</sup> July, 11<sup>th</sup> September</p> <p><b>Laryngectomy support group (C)</b> Last Thursday of each month 1.30pm - 2.30pm, 26<sup>th</sup> June, 31<sup>st</sup> July</p> <p><b>Menopause &amp; cancer workshop (C + B)</b> First Thursday of every other month 2pm – 4.30pm, 5<sup>th</sup> June, 7<sup>th</sup> August</p> <p><b>Androgen workshop (C + B)</b> First Thursday of every other month 2pm – 4pm, 3<sup>rd</sup> July, 4<sup>th</sup> September</p> <p><b>Lymphoedema workshop (C + B)</b> 2pm – 4pm 10<sup>th</sup> July</p> <p><b>Gynae cancer support group (C + V)</b> Third Thursday of each month 2:30pm – 3:30pm, 19<sup>th</sup> June, 17<sup>th</sup> July</p> <p><b>LGBTIQ+ support group (V)</b> First Thursday of each month 3pm – 4pm, 6<sup>th</sup> June, 3<sup>rd</sup> July</p> <p><b>GTD post-treatment support group (V)</b> Every 6 weeks, 5:30pm – 7pm</p>	<p><b>Where Now? Course (C + B)</b> 6 week course, 9:15am - 11:45am Please register your interest</p> <p><b>Fatigue workshops (C + B)</b> Second and fourth Friday of each month 11am – 1pm 13<sup>th</sup> + 27<sup>th</sup> June, not in July</p> <p><b>Managing Stress Course (C + B)</b> 6 week course, Thursdays Please register your interest</p> <p><b>Upper GI + Cancer of Unknown Primary (C + B)</b> Please register your interest</p> <p><b>Will writing workshop (C + B)</b> Please register your interest</p> <p><b>Ongoing with cancer course (C + B)</b> Please register your interest</p> <p><b>Bereavement Course (C + B)</b> 6 week course Please register your interest</p> <p><b>Stoma workshop (C + B)</b> Please register your interest</p> <p><b>Family day (C + B)</b> Please register your interest</p> <p><b>Getting started with treatment (C)</b> Radiotherapy – Mondays 11am Chemotherapy &amp; immunotherapy – Fridays 2pm</p>