

June + July 2025 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

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