

# July + August 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
<b>Prostate cancer support group (C)</b> <b>First Monday of each month</b> <b>10.30am - 12.00pm, 7<sup>th</sup> July, 4<sup>th</sup> August</b>	<b>Yoga (V)</b> <b>Weekly at 10am</b>	<b>Introduction to Pilates (C + B)</b> <b>First Wednesday of each month</b> <b>10am - 10:45am, 2<sup>nd</sup> July, not in August</b>	<b>Yoga (C + B)</b> <b>8 week course, 10am-11am</b> <b>21<sup>st</sup> August</b>	<b>Where Now? Course (C + B)</b> <b>6 week course, 9:15am - 11:45am</b> <b>Please register your interest</b>
<b>Primary breast cancer support group (C)</b> <b>Second Monday of each month</b> <b>11am – 12pm, 14<sup>th</sup> July, 11<sup>th</sup> August</b>	<b>Drop-in relaxation group (C)</b> <b>Weekly at 10am – 10:30am</b>	<b>Young Women's Group (C + B)</b> <b>Fortnightly 11.30 - 12.30pm</b> <b>2<sup>nd</sup> + 16<sup>th</sup> + 30<sup>th</sup> July, 13<sup>th</sup> + 27<sup>th</sup> August</b>	<b>Look good feel better Headwrappers (C+B)</b> <b>Fourth Thursday of each month</b> <b>11:30 – 12:30pm, 24<sup>th</sup> July, 28<sup>th</sup> August</b>	<b>Fatigue workshops (C + B)</b> <b>Second and fourth Friday of each month</b> <b>11am – 1pm, not in July or August</b>
<b>Head and neck support group (C)</b> <b>Third Monday of each month</b> <b>11.30am - 12.30pm, 21<sup>st</sup> July, not in August</b>	<b>Nutrition workshop (C + B)</b> <b>First Tuesday of every other month,</b> <b>10:30am – 12:30pm, 1<sup>st</sup> July</b>	<b>Friends and family group (C + B)</b> <b>Fortnightly 11.30 - 12.30pm</b> <b>9<sup>th</sup> + 23<sup>rd</sup> July, 6<sup>th</sup> + 20<sup>th</sup> August</b>	<b>Melanoma support group (C)</b> <b>Second Thursday of every other month</b> <b>1pm – 2pm, 14<sup>th</sup> August, 9<sup>th</sup> October</b>	<b>Managing Stress Course (C + B)</b> <b>6 week course, Thursdays</b> <b>Please register your interest</b>
<b>Anal Cancer &amp; HIV+ Support Group (C)</b> <b>Fourth Monday of alternate months</b> <b>12pm - 1pm, 1<sup>st</sup> September</b>	<b>Chinese cancer networking group (C)</b> <b>Fourth Tuesday of each month</b> <b>11am – 1pm, 22<sup>nd</sup> July, 26<sup>th</sup> August</b>	<b>Look Good Feel Better (C + B)</b> <b>1pm – 3pm, 16<sup>th</sup> July, 20<sup>th</sup> August</b>	<b>Skin cancer support group (C)</b> <b>Second Thursday of every other month</b> <b>1pm – 2pm, 11<sup>th</sup> September, 13<sup>th</sup> November</b>	<b>Upper GI + Cancer of Unknown Primary (C + B)</b> <b>Please register your interest</b>
<b>Anal Cancer Support Group (C)</b> <b>Fourth Monday of each month</b> <b>1pm - 2pm, 28<sup>th</sup> July, 1<sup>st</sup> September</b>	<b>Nordic Walking (C)</b> <b>Weekly at 11.30am</b>	<b>Ovarian Germ Cell support group (V)</b> <b>Fourth Wednesday of each month</b> <b>1.30pm - 3pm, 23<sup>rd</sup> July, 27<sup>th</sup> August</b>	<b>Laryngectomy support group (C)</b> <b>Last Thursday of each month</b> <b>1.30pm - 2.30pm, 31<sup>st</sup> July, 28<sup>th</sup> August</b>	<b>Will writing workshop (C + B)</b> <b>Please register your interest</b>
<b>Secondary breast cancer support group (C)</b> <b>Third Monday of each month</b> <b>1pm - 2pm, 21<sup>st</sup> July, not in August</b>	<b>Brain tumour support group (C)</b> <b>Second Tuesday of each month</b> <b>12pm - 1.30pm, 8<sup>th</sup> July, 12<sup>th</sup> August</b>	<b>GTD on-treatment support group (V)</b> <b>First Wednesday, 1.30pm - 3pm</b>	<b>Menopause &amp; cancer workshop (C + B)</b> <b>First Thursday of every other month</b> <b>2pm – 4.30pm, 7<sup>th</sup> August, 2<sup>nd</sup> October</b>	<b>Ongoing with cancer course (C + B)</b> <b>Please register your interest</b>
<b>Cancer rehab programme (C + B)</b> <b>8 week course, 2pm – 3pm</b> <b>18<sup>th</sup> August</b>	<b>Thyroid Cancer Support Group (C+V)</b> <b>Third Tuesday of each month</b> <b>12pm – 1pm, 15<sup>th</sup> July, not in August</b>	<b>Bowel cancer support group (C)</b> <b>First Wednesday of each month</b> <b>2pm – 3pm, 2<sup>nd</sup> July, 6<sup>th</sup> August</b>	<b>Androgen workshop (C + B)</b> <b>First Thursday of every other month</b> <b>2pm – 4pm, 4<sup>th</sup> September</b>	<b>Bereavement Course (C + B)</b> <b>6 week course</b> <b>Please register your interest</b>
<b>Expressive Art Group (C)</b> <b>2pm – 4pm</b> <b>14<sup>th</sup> + 28<sup>th</sup> July</b>	<b>Expressive Art Group (C)</b> <b>10m – 12pm or 12:30pm – 2:30pm</b> <b>1<sup>st</sup>, 15<sup>th</sup> + 29<sup>th</sup> July,</b> <b>1<sup>th</sup> + 12<sup>th</sup> + 26<sup>th</sup> August</b>	<b>Lung cancer support group (C)</b> <b>Second Wednesday of each month</b> <b>2pm – 3pm, 9<sup>th</sup> July, not in August</b>	<b>Lymphoedema workshop (C + B)</b> <b>2pm – 4pm, 10<sup>th</sup> July</b>	<b>Stoma workshop (C + B)</b> <b>Please register your interest</b>
<b>Men's group (C)</b> <b>Second + fourth Monday of each month</b> <b>2:30pm - 4:30pm, 14<sup>th</sup> + 28<sup>th</sup> July, 11<sup>th</sup> August</b>	<b>Living Alone with Cancer (C)</b> <b>First Tuesday of each month</b> <b>1pm – 2pm, 1<sup>st</sup> July, 5<sup>th</sup> August</b>	<b>Ongoing with cancer support group (C)</b> <b>Third Wednesday of each month</b> <b>2pm – 3pm, 16<sup>th</sup> July, not in August</b>	<b>Gynae cancer support group (C + V)</b> <b>Third Thursday of each month</b> <b>2:30pm – 3:30pm, 17<sup>th</sup> July, not in August</b>	<b>Getting started with treatment (C)</b> <b>Radiotherapy – Mondays 11am</b> <b>Chemotherapy &amp; immunotherapy – Fridays 2pm</b>
	<b>Sleep Matters workshop (C + B)</b> <b>2pm – 4pm</b> <b>Please register your interest</b>	<b>Bladder cancer support group (C)</b> <b>Fourth Wednesday of each month</b> <b>2pm – 3pm, 23<sup>rd</sup> July, 27<sup>th</sup> August</b>	<b>LGBTIQ+ support group (V)</b> <b>First Thursday of each month</b> <b>3pm – 4pm, 3<sup>rd</sup> July, 7<sup>th</sup> August</b>	<b>Family day (C + B)</b> <b>Saturday 8<sup>th</sup> November, 10am – 2pm</b>
		<b>Young men's group (V + B)</b> <b>Fortnightly Wednesday 3pm – 4pm</b> <b>9<sup>th</sup> + 23<sup>rd</sup> July, 6<sup>th</sup> + 20<sup>th</sup> August</b>	<b>GTD post-treatment support group (V)</b> <b>Every 6 weeks, 5:30pm – 7pm</b>	