

September + October 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, 1 st Sept, 6 th October	Yoga (V) Weekly at 10am	Introduction to Pilates (C + B) First Wednesday of each month 10am - 10:45am, 3 rd Sept, 1 st October	Yoga (C + B) 8 week course, 10am-11am, 16 th October	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, 8 th Sept, 13 th October	Drop-in relaxation group (C) Weekly at 10am – 10:30am	Young Women's Group (C + B) Fortnightly 11.30 - 12.30pm 10 th + 24 th Sept, 8 th + 22 nd October	Look good feel better Headwrappers (C+B) Fourth Thursday of each month 11:30 – 12:30pm, 25 th Sept	Upper GI + Cancer of Unknown Primary (C + B) Please register your interest
Head and neck support group (C) Third Monday of each month 11.30am - 12.30pm, 15 th Sept, 20 th Oct	Nutrition workshop (C + B) First Tuesday of every other month, 10:30am – 12:30pm, 2 nd Sept, 4 th November	Friends and family group (C + B) Fortnightly 11.30 - 12.30pm 3 rd + 17 th Sept, 1 st , 15 th + 29 th October	Melanoma support group (C) Second Thursday of every other month 1pm – 2pm, 9 th October	Will writing workshop (C + B) Please register your interest
Anal Cancer & HIV+ Support Group (C) Fourth Monday of alternate months 12pm - 1pm, 27 th October, 22 nd December	Chinese cancer networking group (C) Fourth Tuesday of each month 11am – 1pm, 23 rd Sept, 28 th October	Look Good Feel Better (C + B) 1pm – 3pm, 17 th Sept	Skin cancer support group (C) Second Thursday of every other month 1pm – 2pm, 11 th Sept, 13 th Nov	Ongoing with cancer course (C + B) Please register your interest
Anal Cancer Support Group (C) Fourth Monday of each month 1pm - 2pm, 1 st + 29 th September, 27 th Oct	Nordic Walking (C) Weekly at 11.30am	Ovarian Germ Cell support group (V) Fourth Wednesday of each month 1.30pm - 3pm,	Fatigue workshops (C + B) Second and fourth of each month 1pm – 3pm, 11 th + 25 th Sept, 9 th + 23 rd October	Bereavement Course (C + B) 6 week course Please register your interest
Secondary breast cancer support group (C) Third Monday of each month 1pm - 2pm, 15 th September	Brain tumour support group (C) Second Tuesday of each month 12pm - 1.30pm, 9 th Sept, 14 th Oct	GTD on-treatment support group (V) First Wednesday, 1.30pm - 3pm	Laryngectomy support group (C) Last Thursday of each month 1.30pm - 2.30pm, 25 th Sept	Stoma workshop (C + B) Please register your interest
Cancer rehab programme (C + B) 8 week course, 2pm – 3pm 27 th October	Thyroid Cancer Support Group (C+V) Third Tuesday of each month 12pm – 1pm, 16 th Sept, 21 st October	Bowel cancer support group (C) First Wednesday of each month 2pm – 3pm, 3 rd Sept	Menopause & cancer workshop (C + B) First Thursday of every other month 2pm – 4.30pm, 2 nd October	Lymphoedema workshop (C + B) Please register your interest
Expressive Art Group (C) 2pm – 4pm, 8 th Sept, 6 th + 20 th October	Expressive Art Group (C) 10am – 12pm + 12:30pm – 2:30pm 9 th September, 7 th + 21 st October	Lung cancer support group (C) Second Wednesday of each month 2pm – 3pm, 10 th Sept	Androgen workshop (C + B) First Thursday of every other month 2pm – 4pm, 4 th September	Managing Stress Course (C + B) 6 week course, Thursdays Please register your interest
Men's group (C) Second + fourth Monday of each month 2:30pm - 4:30pm, 8 th + 22 nd September, 13 th + 27 th October	Living Alone with Cancer (C) First Tuesday of each month 1pm – 2pm, 2 nd Sept, 7 th October	Ongoing with cancer support group (C) Third Wednesday of each month 2pm – 3pm, 17 th September	Gynae cancer support group (C + V) Third Thursday of each month 2:30pm – 3:30pm, 18 th Sept	Getting started with treatment (C) Radiotherapy – Mondays 11am Chemotherapy & immunotherapy – Fridays 2pm
	Sleep Matters workshop (C + B) 2pm – 4pm Please register your interest	Bladder cancer support group (C) Fourth Wednesday of each month 2pm – 3pm, 24 th September	Secondary breast cancer support group (C) Second Thursday of each month 3pm – 4pm, 9 th October	Family day (C + B) Saturday 8 th November, 10am – 2pm
		Young men's group (V + B) Fortnightly Wednesday 3pm – 4pm 3 rd + 17 th September	LGBTIQ+ support group (V) First Thursday of each month 3pm – 4pm, 4 th September	
			GTD post-treatment support group (V) Every 6 weeks, 5:30pm – 7pm	



SUPPORTING MAGGIE'S WEST LONDON IN 2025

How to support Maggie's West London this year!

Please contact us at westlondonfundraising@maggies.org, or talk to our team in the centre about fundraising.



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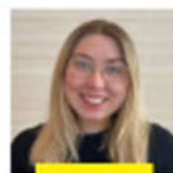
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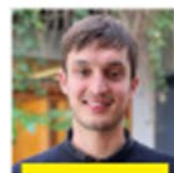
COME CHAT TO US IN
THE CENTRE!



AMY



KATE



LEON

CAROLS BY CANDLELIGHT

Monday 8th December, 7pm
All Saints Church, Fulham



Leadenhall Building Abseil



Take part in a running
event for Maggie's!



NIGHT HIKE

Friday 26th September. Join us
for an unforgettable walk from
West to East London.



Walk 100km
over a month
of your
choosing with
your furry
friend.



Bake and Brew, throughout
October



Bring people together over delicious cakes
and cuppas this October, and help be
there for people living with cancer.



MAGGIE'S TRIBUTE FUNDS OFFERS YOU,
YOUR FRIENDS AND FAMILY THE CHANCE
TO CELEBRATE AND REMEMBER THE LIFE
OF A LOVED ONE.

ON A DEDICATED ONLINE PAGE YOU CAN
SHARE PHOTOS, POST MESSAGES, LIGHT
CANDLES AND DONATE IN THEIR MEMORY.
CHAT WITH THE TEAM TO FIND OUT
MORE.

[muchloved](https://www.muchloved.org)



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