

Maggie's West London

Weekly timetable

Monday to Friday
9am - 5pm (plus some evenings)

For one-off sessions, events, and groups on weekends, please check for updates on our Centre noticeboard or online.



Mon 19 June

09:00 - 17:00
Cancer support – drop-in  Daily

14:30 - 16:00
Tai Chi (drop-in)  Weekly

Tue 20 June

09:00 - 17:00
Cancer support – drop-in  Daily

10:00 - 11:00
Yoga  Weekly

14:00 - 15:00
Drop in relaxation group  Weekly

14:00 - 15:00
Nordic walking for beginners  Weekly

15:15 - 16:00
Gentle exercise session  Weekly

Wed 21 June


09:00 - 17:00
Cancer support – drop-in  Daily

15:00 - 16:15
Mindfulness practice  Monthly

Thu 22 June

09:00 - 17:00
Cancer support – drop-in  Daily

10:00 - 11:00
Yoga  Weekly

11:00 - 13:00
Cancer Networking Group for Chinese Speakers  Weekly

14:00 - 15:00
Nordic walking  Weekly

Fri 23 June


09:00 - 17:00
Cancer support – drop-in  Daily

10:00 - 12:00
Expressive Art Group  Weekly

12:00 - 15:00
Men at Maggie's  Weekly

13:00 - 15:00
Expressive Art Group  Weekly

Booking Key:  **Drop in session**
No need to book in advance.

 **Pre-booking required**
Please contact the Centre to book your place.

Contact us: t: 020 7386 1750
e: london@maggiescentres.org
w: www.maggiescentres.org/west-london

Charing Cross Hospital, Fulham Palace Road, London, W6 8RF

Maggie Keswick Jencks Cancer Caring Centres Trust (Maggie's) is a registered charity, no.SC024414

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Mon 26 June

09:00 - 17:00
Cancer support – drop-in Daily

14:30 - 16:00
Tai Chi (drop-in) Weekly

Tue 27 June

09:00 - 17:00
Cancer support – drop-in Daily

10:00 - 11:00
Yoga Weekly

14:00 - 16:00
Look Good Feel Better Monthly

14:00 - 15:00
Drop in relaxation group Weekly

14:00 - 15:00
Nordic walking for beginners Weekly

15:15 - 16:00
Gentle exercise session Weekly

Wed 28 June

09:00 - 17:00
Cancer support – drop-in Daily

Thu 29 June

09:00 - 17:00
Cancer support – drop-in Daily

10:00 - 11:00
Yoga Weekly

11:00 - 13:00
Cancer Networking Group for Chinese Speakers Weekly

14:00 - 15:00
Nordic walking Weekly

Fri 30 June

09:00 - 17:00
Cancer support – drop-in Daily

10:00 - 12:00
Expressive Art Group Weekly

12:00 - 15:00
Men at Maggie's Weekly

13:00 - 15:00
Expressive Art Group Weekly

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Mon 03 July

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
10:00 - 14:00 Individual Skin and Nail Care		Monthly	<input type="checkbox"/>
11:45 - 13:00 Prostate cancer support group		Monthly	<input type="checkbox"/>
14:30 - 16:00 Tai Chi (drop-in)		Weekly	<input type="checkbox"/>

Tue 04 July

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
10:00 - 11:00 Yoga		Weekly	<input type="checkbox"/>
14:00 - 15:00 Drop in relaxation group		Weekly	<input type="checkbox"/>
14:00 - 15:00 Nordic walking for beginners		Weekly	<input type="checkbox"/>
15:15 - 16:00 Gentle exercise session		Weekly	<input type="checkbox"/>

Wed 05 July

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
18:30 - 20:30 Young women with ovarian cancer group		Monthly	<input type="checkbox"/>

Thu 06 July

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
10:00 - 11:00 Yoga		Weekly	<input type="checkbox"/>
11:00 - 13:00 Cancer Networking Group for Chinese Speakers		Weekly	<input type="checkbox"/>
14:00 - 15:00 Nordic walking		Weekly	<input type="checkbox"/>
14:00 - 15:15 Wellbeing group - digestive cancers		Monthly	<input type="checkbox"/>

Fri 07 July

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
10:00 - 12:00 Expressive Art Group		Weekly	<input type="checkbox"/>
12:00 - 15:00 Men at Maggie's		Weekly	<input type="checkbox"/>
13:00 - 15:00 Expressive Art Group		Weekly	<input type="checkbox"/>

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Mon 10 July

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
14:30 - 16:00 Tai Chi (drop-in)		Weekly	<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

Tue 11 July

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
10:00 - 11:00 Yoga		Weekly	<input type="checkbox"/>
13:00 - 15:00 Brain tumour support group		Monthly	<input type="checkbox"/>
14:00 - 15:00 Drop in relaxation group		Weekly	<input type="checkbox"/>
14:00 - 15:00 Nordic walking for beginners		Weekly	<input type="checkbox"/>
15:15 - 16:00 Gentle exercise session		Weekly	<input type="checkbox"/>
18:00 - 20:00 CLIC @ Maggie's Young Persons' Support Group		Monthly	<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

Wed 12 July

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

Thu 13 July

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
10:00 - 11:00 Yoga		Weekly	<input type="checkbox"/>
11:00 - 13:00 Cancer Networking Group for Chinese Speakers		Weekly	<input type="checkbox"/>
14:00 - 15:00 Nordic walking		Weekly	<input type="checkbox"/>
16:00 - 18:30 Wellbeing & Recovery Post Treatment Workshop		Monthly	<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

Fri 14 July

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
10:00 - 12:00 Expressive Art Group		Weekly	<input type="checkbox"/>
12:00 - 15:00 Men at Maggie's		Weekly	<input type="checkbox"/>
13:00 - 15:00 Expressive Art Group		Weekly	<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

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