

# 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 22 January


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

**11:00 - 14:30**  
Nutrition course  Weekly


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


## Tue 23 January


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

**10:00 - 11:00**  
Yoga (3-month course)  Weekly

**11:00 - 13:00**  
Stress Management  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  Weekly

## Wed 24 January

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


**10:30 - 12:00**  
Young Women's Support Group  Fortnightly


**12:30 - 14:00**  
Bladder cancer support group  Monthly


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

**15:30 - 16:30**  
Finding your voice - Choir group  Weekly


## Thu 25 January

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

**10:00 - 11:00**  
Yoga  Weekly

**14:00 - 15:00**  
Nordic walking - Advanced  Weekly

## Fri 26 January


**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](mailto:london@maggiescentres.org)  
w: [www.maggiescentres.org/west-london](http://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 29 January

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
11:00 - 14:30 Nutrition course		Weekly	<input type="checkbox"/>
14:30 - 16:00 Tai Chi (drop-in)		Weekly	<input type="checkbox"/>
16:30 - 19:00 Where Now?		Weekly	<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

## Tue 30 January

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
10:00 - 11:00 Yoga (3-month course)		Weekly	<input type="checkbox"/>
11:00 - 13:00 Stress Management		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		Weekly	<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

## Wed 31 January

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
10:30 - 12:00 Advanced cancer group		Fortnightly	<input type="checkbox"/>
15:30 - 16:30 Finding your voice - Choir group		Weekly	<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

## Thu 01 February

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 Nordic walking - Advanced		Weekly	<input type="checkbox"/>
14:00 - 15:15 Upper GI Support Group		Monthly	<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

## Fri 02 February

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"/>

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## Mon 05 February

<b>09:00 - 17:00</b> Cancer support – drop-in		Daily	<input type="checkbox"/>
<b>10:00 - 14:00</b> Individual Skin and Nail Care		Monthly	<input type="checkbox"/>
<b>14:30 - 16:00</b> Tai Chi (drop-in)		Weekly	<input type="checkbox"/>
<b>16:30 - 19:00</b> Where Now?		Weekly	<input type="checkbox"/>

## Tue 06 February

<b>09:00 - 17:00</b> Cancer support – drop-in		Daily	<input type="checkbox"/>
<b>10:00 - 11:00</b> Yoga (3-month course)		Weekly	<input type="checkbox"/>
<b>11:00 - 13:00</b> Stress Management		Weekly	<input type="checkbox"/>
<b>14:00 - 15:00</b> Drop-in relaxation group		Weekly	<input type="checkbox"/>
<b>14:00 - 15:00</b> Nordic walking for beginners		Weekly	<input type="checkbox"/>
<b>15:15 - 16:00</b> Gentle exercise		Weekly	<input type="checkbox"/>

## Wed 07 February

<b>09:00 - 17:00</b> Cancer support – drop-in		Daily	<input type="checkbox"/>
<b>10:30 - 12:00</b> Young Women's Support Group		Fortnightly	<input type="checkbox"/>
<b>14:00 - 16:00</b> Introduction to Mindfulness		One Off	<input type="checkbox"/>
<b>15:30 - 16:30</b> Finding your voice - Choir group		Weekly	<input type="checkbox"/>

## Thu 08 February

<b>09:00 - 17:00</b> Cancer support – drop-in		Daily	<input type="checkbox"/>
<b>10:00 - 11:00</b> Yoga		Weekly	<input type="checkbox"/>
<b>14:00 - 15:00</b> Nordic walking - Advanced		Weekly	<input type="checkbox"/>
<b>14:00 - 16:30</b> Wellbeing & recovery post-treatment workshop		Monthly	<input type="checkbox"/>
<b>17:15 - 18:30</b> Preparing for Radiotherapy		Fortnightly	<input type="checkbox"/>

## Fri 09 February

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

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## Mon 12 February

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
11:00 - 13:00 Nutrition		Weekly	<input type="checkbox"/>
14:30 - 16:00 Tai Chi (drop-in)		Weekly	<input type="checkbox"/>
16:30 - 19:00 Where Now?		Weekly	<input type="checkbox"/>

## Tue 13 February

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
10:00 - 11:00 Yoga (3-month course)		Weekly	<input type="checkbox"/>
11:00 - 13:00 Stress Management		Weekly	<input type="checkbox"/>
13:00 - 14:30 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		Weekly	<input type="checkbox"/>

## Wed 14 February

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
10:30 - 12:00 Advanced cancer group		Fortnightly	<input type="checkbox"/>
15:30 - 16:30 Finding your voice - Choir group		Weekly	<input type="checkbox"/>

## Thu 15 February

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
10:00 - 11:00 Yoga (3-month course)		Weekly	<input type="checkbox"/>
11:00 - 13:00 Cancer Networking Group for Chinese Speakers		Monthly	<input type="checkbox"/>
14:00 - 15:00 Nordic walking - Advanced		Weekly	<input type="checkbox"/>

## Fri 16 February

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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