

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 23 October

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

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

Tue 24 October

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 25 October


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

16:00 - 18:00
Bladder cancer support group  Monthly

Thu 26 October

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 27 October


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 30 October

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 31 October

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"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

Wed 01 November

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"/>
			<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 02 November

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"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

Fri 03 November

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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Mon 06 November

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 07 November

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 08 November

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

Thu 09 November

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"/>

Fri 10 November

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 13 November

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"/>

Tue 14 November

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"/>

Wed 15 November

09:00 - 17:00 Cancer support – drop-in		Daily	<input type="checkbox"/>
15:00 - 16:15 Mindfulness practice		Monthly	<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 16 November

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 - 15:30 Stomach/oesophageal/liver cancer support group		Monthly	<input type="checkbox"/>
14:00 - 15:00 Nordic walking		Weekly	<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

Fri 17 November

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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