

PAUL D'AURIA CANCER SUPPORT CENTRE

020 7924 3924 or www.pauldauriacentre.org.uk

GROUPS AND CLASSES January-March 2010

1. Gentle yoga with Caroline Cullinan:

Wednesdays - 13 Jan, 20 Jan, 27 Jan, 10 Feb, 17 Feb, 24 Feb, 10 March, 17 March, 24 March
- 11.00am – 12.15pm

NB Note new times

2. QiGong Chinese energy exercises with Gary Born:

Fridays - 8 and 22 January, 5 and 19 February, 5 and 19 March

10.30 – 11.30am – general **drop-in class** for all levels. On the same dates a **6 week course**: 11.30am - 12.30pm – advanced developmental course – Please book ahead £30 (£15 concessions) by giving a cheque (made out to PDCSC) or cash to the Support Officers.

3. Meditation Classes with Sud Ubayasiri:

Fridays - 5 Feb, 12 March - 2.30 - 4 pm

4. Monthly Support Group with Barbara Siddall

Support group using visualisation, breathwork and other self help methods

Fridays - 22 January, 19 February, 19 March - 2.30 - 4.45 pm

5. Creativity Group with Honor Brogan

For anyone exploring their own creative expression

Tuesdays - 12 January, 16 February, 16 March - 11.00am – 12.30pm

6. Peer Support Group with Claire Morgan and Julia Wright

For those who have come to the end of their cancer treatment – a confidential space to talk and get support

Wednesdays - 3 Feb, 3 March - 2.30 -4 .00pm

7. User Involvement Forum with Claire Morgan, Forum leader, Petra Griffiths, Centre Director, and Beverley van der Molen, Macmillan Information Officer

Monday 15 March – 6.00 - 7.30 pm

A chance to air your views and wishes and to discuss current Centre events and plans.

8. Carers' Group with John White and Jo Rogers

Supportive group for anyone with a partner, relative or friend with cancer

Tuesdays - 12 January, 16 February, 9 March - 7-9 pm

9. New Direction after Cancer, support for African and Caribbean people affected by Cancer with Comfort Mante

Second Monday evening of the month - 11 January, 8 February, 8 March - 6.30 – 8.30 pm

10. Asian Support Group with Nazira Visram

Last Tuesday of the month - 26 Jan, 23 Feb, 23 March - 10.30am – 12.30 pm