

GROUPS AND CLASSES September – December 2010

If you let us know that you plan to come to any of the events below, we will be able to alert you to any changes.

Gentle yoga with Caroline Cullinan:

Wednesdays 11 - 12.15pm 8, 15 & 22 September (other dates to follow – check website)

Qi Gong Chinese energy exercises with Gary Born:

Fridays 10.30 - 12 noon 3 & 17 September, 1 & 15 October, 5 & 19 November, 3 and 17 December

Meditation classes with Indaka Weerasakera:

Fridays 2 – 3.30pm 17 September (other dates to follow – check website)

The Monthly Support Group with Barbara Siddall:

All are welcome at this support group using visualisation, breath work and other self help methods, led by one of the most experienced holistic practitioners in the UK.

Fridays 2.30 - 4.45 pm 24 September, 22 October, 19 November; **Monday** 20 December

Creativity Group with Honor Brogan:

For anyone exploring their own creative expression

Tuesdays 11.00 am - 12.30 pm 7 September, 12 October, 2 November, 30 November

User Involvement Forum with Claire Morgan, Forum leader, Petra Griffiths, Centre Director (Services), and Beverley van der Molen, Macmillan Information Officer: **Monday 4 October 6 -7.30 pm – 3rd floor.** A chance to air your views and wishes and to discuss current Centre events and plans.

African and Caribbean Cancer Support Group

Monday evenings 6.30 - 8.30 pm, 3rd floor: 13 September, 8 Nov, 13 December

Monday afternoon 12 – 2pm, 4th floor: 11 October

FRIDAY 10TH SEPTEMBER *AFTERNOON OF GLAMOUR***** including haircare, skincare, makeup and FUN** for members of African and Caribbean communities affected by cancer

1pm – 6pm including lunch – book your place now by phoning Honor or Lynne on 020 7924 3924.

Asian Support Group with Nazira Visram:

Tuesdays 10.30 am - 12.30 pm. 28 September, 26 October, 30 November. Celebration lunch 14 Dec.

COURSES

The Healing Journey Programme – a developmental course giving participants strategies to reduce cancer stress, develop self care skills and move towards a more fulfilling life. **Tuesday evenings 6.30-8.30**, 14 September – 5 October. **Level 1: Reduce your Cancer Stress.** Leaders: Petra Griffiths and Beverley van der Molen. Advance booking essential. For course costs and booking form:

www.healingjourney.org.uk/london-level-1-booking or phone Pauline: 020 7801 2966

Mindfulness and Meditation – a special short course with benefits such as better concentration, improved sleep, and ability to relax. 5 Session evening course 6.30-8.45 Thursday evenings, starts January 2011. To register your interest, email paulinewb@paulscancersupportcentre.org.uk or phone.

Time for You. Afternoon social event with make-overs, massages, voice and art workshops, and lunch. For people with cancer and their carers – a fun time to connect with others. **Date to be arranged, autumn 2010. Check website or phone us.**