

Key: **Physical activities** / **Wellbeing and Support Groups** / **Self-management courses**

Day Month	Monday	Tuesday	Thursday	Friday
<b>July</b>	<b>Get Active</b> 2.00pm – 3.00pm <b>Every Monday</b>	<b>Qi Gong</b> 2.00pm – 3.00pm <b>Every Tuesday</b>		<b>Yoga Class</b> 2.30pm-3.30pm <b>13<sup>th</sup> only</b>
	<b>African Caribbean Support Group</b> 12.00pm – 2.00pm <b>9<sup>th</sup></b>	<b>Social Morning</b> 11.00am – 12.30pm <b>Singing Workshop</b> 12.30pm - 2pm <b>3<sup>rd</sup></b>		<b>Moving Meditation</b> 2.00pm-3.30pm <b>20<sup>th</sup> only</b>
		<b>Creativity Group</b> 11.00am – 1.00pm <b>10<sup>th</sup></b>		
		<b>Asian Support Group</b> 10.30am-12.30pm <b>31<sup>st</sup></b>		
<b>August</b>	<b>Get Active</b> 2.00pm – 3.00pm <b>Every Monday</b> <b>(no class on 27<sup>th</sup>)</b>	<b>Qi Gong</b> 2.00pm – 3.00pm <b>Every Tuesday</b>		<b>Moving Meditation</b> 2.00pm-3.30pm <b>fortnightly</b> <b>3<sup>rd</sup> 17<sup>th</sup> 31<sup>st</sup></b>
	<b>African Caribbean Support Group</b> 12.00pm – 2.00pm <b>13<sup>th</sup></b>	<b>Social Morning</b> 11.00am – 12.30pm <b>7<sup>th</sup></b> <b>No Singing Workshop</b>		<b>(No Yoga classes in August)</b>
		<b>Creativity Group</b> 11.00am – 1.00pm <b>14<sup>th</sup></b>		
		<b>Asian Support Group</b> 10.30am-12.30pm <b>28<sup>th</sup></b>		
<b>Sept</b>	<b>Get Active</b> 2.00pm - 3.00pm <b>Every Monday</b>	<b>Qi Gong</b> 2.00pm – 3.00pm <b>Every Tuesday</b>		<b>Yoga</b> 2.30pm – 3.30pm <b>7<sup>th</sup> only</b>
	<b>African Caribbean Support Group</b> 12.00pm – 2.00pm <b>10<sup>th</sup></b>	<b>Social Morning</b> 11.00am – 12.30pm <b>Singing Workshop</b> 12.30pm – 2.00pm <b>4<sup>th</sup></b> <b>Macmillan HOPE course 3-6pm</b> <b>4, 11, 18, 25 Sept</b> <b>2, 9 Oct</b>	<b>Move Dance Feel</b> <b>10.30am – 12.30pm</b> <b>27<sup>th</sup> Sept</b> <b>4, 11, 18, 25 Oct,</b> <b>1, 8, 15, 22, 29 Nov</b>	<b>Moving Meditation</b> 2.00pm-3.30pm <b>fortnightly</b> <b>14<sup>th</sup> 28<sup>th</sup></b>
		<b>Creativity Group</b> 11.00am – 1.00pm <b>11<sup>th</sup></b>		
		<b>Asian Support Group</b> 10.30am-12.30pm <b>25<sup>th</sup></b>		

# WELLBEING EVENTS

July 2018 – September 2018

**Mondays 2–3pm, Get Active classes with Mark Wild**

If you will be coming for the first time, please let us know in advance because you will need to have a short review with Mark before the class.

**Second Monday of the month 12-2pm, African & Caribbean Cancer Support Group with Sharon Godfrey.** For further information call the Support Team

**Tuesdays 2-3pm, Qi Gong with Marilyn Harvey**

Beginners and experienced practitioners equally welcome. Please call the Centre to express your interest in joining the class

**First Tuesday of the month 11am-12.30pm, Monthly social morning**

Come for a coffee and a chat with other Centre members.

**First Tuesday of the month 12.30–2pm, Singing workshop with Collette Parham**

No previous singing experience required – the sessions are fun and relaxing.

**Second Tuesday of the month 11am–1pm, Creativity Group**

Come and explore your creative side and meet like-minded people.

**Last Tuesday of the month 10.30am-12.30pm, Asian Support Group with Nazira Visram**

For further information call the Support Team

**Fridays fortnightly 2-3.30pm, Moving Meditation with Maria Black**

This class is open to anyone with an interest in meditation; you do not need any previous experience; if you already meditate, Maria's teaching will support you in deepening your practice.

**Fridays fortnightly 2.30-3.30pm, Yoga with Vicky Fox**

Beginners and experienced practitioners equally welcome. Please call the Centre to express your interest in joining the class.

**Macmillan HOPE course starts on Tuesday 4 September, 3-6pm.** A six week course providing information and practical advice about managing fatigue, improving sleep, setting goals and developing mindfulness skills. The dates are 4, 11, 18, 25 Sept and 2 and 9 October.

**Move Dance Feel starts on Thurs 27th September, 10.30am to 12.30pm with Emily Jenkins.**

A 10 week creative dance project designed to support women who are affected by cancer. For further information contact the Support Team. The dates are 27 Sept, 4, 11, 18, 25<sup>th</sup> Oct and 1, 8, 15, 22, 29 Nov. You are welcome to attend all ten weeks or drop in to individual sessions.

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