

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

Day Month	Monday	Tuesday	Thursday	Friday
Oct	Get Active 2.00pm – 3.00pm Every Monday	Qi Gong 2.00pm – 3.00pm Every Tuesday		Yoga Class 2.30pm-3.30pm 5th, 19th
	African Caribbean Support Group 12.00pm – 2.00pm 8th	Social Morning 11.00am – 12.30pm Singing Workshop 12.30pm - 2pm 2nd	Move Dance Feel 10.30am – 12.30pm 4, 11, 18, 25 Oct,	Moving Meditation 2.00pm-3.30pm 12th 26th
		Creativity Group 11.00am – 1.00pm 9th		
		Asian Support Group 10.30am-12.30pm 30th		
Nov	Get Active 2.00pm – 3.00pm Every Monday	Qi Gong 2.00pm – 3.00pm Every Tuesday		Moving Meditation 2.00pm-3.30pm fortnightly 9th 23rd
	African Caribbean Support Group 12.00pm – 2.00pm 12th	Social Morning 11.00am – 12.30pm Singing Workshop 12.30pm – 2.00pm 6th	Move Dance Feel 10.30am – 12.30pm 1, 8, 15, 22, 29 Nov	Yoga Class 2.30pm-3.30pm 16th, 30th (No class on 2nd)
		Creativity Group 11.00am – 1.00pm 13th		
		Macmillan HOPE 3-6pm 6th 13th 20th 27th		
		Asian Support Group 10.30am-12.30pm 27th		
Dec	Get Active 2.00pm - 3.00pm Every Monday	Qi Gong 2.00pm – 3.00pm Every Tuesday		Yoga 2.30pm – 3.30pm 14th
	African Caribbean Support Group 12.00pm – 2.00pm 10th	Social Morning 11.00am – 12.30pm Singing Workshop 12.30pm – 2.00pm 4th		Moving Meditation 2.00pm-3.30pm fortnightly 7th 21st
		Creativity Group 11.00am – 1.00pm 11th		
		Macmillan HOPE 3-6pm 4th 11th		
		Asian Support Group 10.30am-12.30pm 18th		

WELLBEING EVENTS

October 2018 - December 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 Alecia May. 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 6th November, 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 6th, 13th, 20th 27th November & 4th, 11th December.

Move Dance Feel – Thursdays 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, 25th 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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