



GARY KELLY CANCER SUPPORT CENTRE

Georges Street,
Drogheda, Co. Louth
© 041 98 05100
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www.gkcancersupport.com
www.facebook.com/GKCancerSupport

JUNE 2018

WIG SERVICE

available every
Monday 10am-1pm
(excluding Bank Holidays)

LEGAL ADVICE

Free legal consultation service to current clients of the centre with a cancer diagnosis. Appointments are arranged through the centre at 041 9805100 for the second Friday of every month, **Friday 15th June**

Gynae Cancer Support Group

This group provides women with an opportunity to meet other women with a similar diagnosis. The next meeting will take place on;
**Friday 8th June
11am - 12.30pm**

MEN'S SUPPORT GROUP

If you have been diagnosed with cancer and would like the opportunity to meet, chat and share with other men in a similar situation then please join us here on:
Wednesday 20th June 2-3.30pm

Reflexology & Massage

These treatments induce relaxation and reduce stress, appointments are necessary.

WALK-IN SERVICES

No Appointment Necessary

MINDFULNESS MEDITATION

Tuesday 7pm - 8.30pm - Mindfulness Meditation
Thursday 11.30am - 1pm - Mindfulness Meditation

YOGA

Tuesday 10am - 11am Beginners & those with restricted movement
Tuesday 11.15am - 12.15pm - Advanced Group
Friday 11am - 12.15 Yoga Nidra (Yogic Sleep)
Yoga Nidra can help to reduce stress, relieve fatigue, improve sleep, improve your mood and overall well-being.

TAI CHI

Tuesdays @ 1.30pm

QI GONG

Wednesday (2 sessions)
10.00am - 11.00am
11.30am - 12.30pm

BREAST CANCER SUPPORT GROUP

The next meeting will take place on **Tuesday 5th June, 7pm-8.30pm.**
For new attendees please contact the centre beforehand

LIVING WITH SECONDARY CANCER SUPPORT GROUP

If you are living with secondary cancer and would like to meet others in a similar situation please come along to the next group meeting
Tuesday 19th June, 2pm - 3.30pm

MULTIPLE MYELOMA PATIENT SUPPORT GROUP

The next meeting of the Multiple Myeloma Group will take place on:
Wednesday 6th June, 2pm - 3.30pm

6 WEEK ASSERTIVENESS COURSE

Assertiveness is a healthy way of communicating and is based on balance. It is the ability to speak up for ourselves in a way that is honest and respectful and that doesn't infringe on the rights of others. Assertiveness is a skill that takes practice. This course will provide an understanding of assertiveness and examine the hidden beliefs we have about our worth and the worth of other people.

To commence Friday 15th June. Booking required

FUNDRAISING

Friday 6th July - Charity Golf Classic, Seapoint Golf Club.
Team Registration €400 per team of 4

Sunday 3rd June - VHI Women's Mini Marathon. Registration now open

Friday 3rd August (Evening) - Start of Coast to Coast Walk - 220k over 8 days

Sunday 2nd September at 11am. Land of Legends 8k Challenge.
Registration now open.

Sunday 16th September: Irish Symphonic Wind Orchestra - TLT

For further details of any of the above contact Ann on Tel: 041 9805100 / 086 3870277



Prosthesis & Lingerie Service

AWARDED UK/IRELAND SPECIAL CARE
RECOGNITION 2016
7th & 21st June 2018
To make appointment please contact Mary Downey on
01 5240413 or 086 4170600

Counselling

We provide a Counselling Service to people diagnosed with cancer and their family members. A Cancer Nurse Counsellor is available for One-to-One consultation. Limited Bereavement Counselling is also available.

LYMPHOEDEMA WORKSHOP

Monday 17th September

This one-day workshop will provide you with information and education about lymphoedema prevention and management. The workshop is facilitated by a physiotherapist, dietitian and breast care nurse. To book a place please contact the centre.

Entitlements

Are you unsure of your entitlements or would you like some help to get through the paperwork, a community welfare officer attends the centre to offer advice and guidance, please contact the centre for further information. This service is particularly for those with a cancer diagnosis or a family member acting on their behalf.
Monday 11th & 25th June 2018
Confidentiality assured
Appointments Only

CENTRE CLOSURE

**The centre will be closed on
Monday 4th June**