



GARY KELLY CANCER SUPPORT CENTRE

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

SEPTEMBER 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 21st September**

Gynae Cancer Support Group

This group provides women with an opportunity to meet other women with a similar diagnosis. Next meeting will take place on **Friday 14th September 11am- 12.30pm**

MEN'S CANCER SUPPORT GROUP

A safe, supportive environment to meet and chat with other men who currently or previously have had cancer. Next meeting takes place on **Wednesday 19th September 2018 2pm-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 4th September, 7pm - 8.30pm**
For new attendees please contact the centre beforehand.

LIVING WITH SECONDARY CANCER SUPPORT GROUP

If you have been recently diagnosed or living with a cancer recurrence for some time and would like to meet with others in a similar situation please come along to our next meeting on: **Tuesday 18th September, 2pm-3.30pm.**

MULTIPLE MYELOMA PATIENT SUPPORT GROUP

The next meeting of the Multiple Myeloma Group will take place on;
Wednesday 5th September from 2pm-3.30pm

MINDFULNESS-BASED CANCER RECOVERY PROGRAMME

This is an 8-week programme that provides practical application of meditative practices to people recovering from cancer treatment. Mindfulness-based practices can help reduce stress, improve coping and support people with cancer to live with greater ease on a day-to-day basis.

The course begins on Thursday 6th September. Booking is essential.

IMPROVING WELL-BEING THROUGH ART THERAPY

This 6-week programme will provide you with an opportunity to come together in a group to understand the connection between the mind and the body through the expressive medium of art. Art therapy is a healing art that can help to increase the ability to cope and improve the quality of life after cancer.

Commencing Monday 17th September. Booking is essential.

FUNDRAISING

Sun 2nd Sept. Land of Legends 8k challenge.
Registration www.landoflegends8k.com

Sun 9th Sept. Intercounty Golf Classic, Blackbush Golf Club, Co. Meath
Contact Gerry 0868777470 to book time.

Sun 16th Sept. Irish Symphonic wind Orchestra Concert in TLT
Ticket €20.00 available online thetlt.ie



Prosthesis & Lingerie Service

AWARDED UK/IRELAND SPECIAL CARE RECOGNITION 2016
Thursday 6th & 20th September
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 3rd 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 10th & 24th September
Confidentiality assured
Appointments Only