



NOVEMBER 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 16th November**

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 9th November 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 21st November 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 - 8pm - 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 6th November, 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 20th November, 2pm-3.30pm.**

MULTIPLE MYELOMA PATIENT SUPPORT GROUP

The next meeting of the Multiple Myeloma Group will take place on;
Wednesday 7th November from 2pm-3.30pm

CANCER: THRIVING AND SURVIVING PROGRAMME

This 6-week programme, given over 2½ hours once a week provides information and practical support to people recovering from cancer treatment. Topics covered include;
- Coping with fatigue, pain, feeling isolated, poor sleep & living with uncertainty
- Nutrition and Exercise
- Decision making about complementary therapies
- Communicating with healthcare professional and family members.
Commencing Friday 2nd November from 10am - 12.30pm.
Early booking advised as places are limited.

PROSTATE CANCER EDUCATION PROGRAMME

The aim of this 6 week programme is to enhance your understanding of prostate cancer and the impact of treatment on the physical, emotional, vocational, relationship and practical aspects of your everyday living.
Commencing Wednesday 8th November.
Places are limited. Early booking advised.

FUNDRAISING

November No Shave Month - Sponsorship cards available from the centre Pop Up Shop - date & location to be confirmed. Watch this space.
Christmas cards available from the centre -
Please encourage family & friends to support the campaign
Handmade Quilt created by Drogheda Quilters, priceless. 1st prize in Christmas raffle. Tickets €5.00 for 2 strips. On sale from November in centre.

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
Thursday 1st & 22nd November
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 26th November
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 5th & 19th November
Confidentiality assured
Appointments Only