



GARY KELLY CANCER SUPPORT CENTRE

Georges Street,
Drogheda, Co. Louth
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www.facebook.com/GKCancerSupport

OCTOBER 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 19th October**

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 19th October 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 17th October 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 2nd October, 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 16th October, 2pm-3.30pm.**

MULTIPLE MYELOMA PATIENT SUPPORT GROUP

The next meeting of the Multiple Myeloma Group will take place on;
Wednesday 3rd October 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.

LOOK GOOD- FEEL GOOD

This half-day workshop provides a comprehensive guide to skincare, make-up application, wigs and head coverings for people currently receiving or who have finished cancer treatment. Course facilitated by our skilled team of skin and hair-care experts in a lovely relaxing space on **Thursday 18th October.** Early booking advised.

FUNDRAISING

Pop Up Shop - Early November. Watch this space for details.
Christmas Cards - on sale 1st November. €6 per pack of 12 assorted cards.

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

CENTRE CLOSURE - Bank Holiday Monday 29th October



Prosthesis & Lingerie Service

AWARDED UK/IRELAND SPECIAL CARE RECOGNITION 2016
Thursday 18th October
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 8th & 22nd October
Confidentiality assured
Appointments Only