



GARY KELLY CANCER SUPPORT CENTRE

Georges Street,
Drogheda, Co. Louth
© 041 98 05100

e: aileen@gkcancersupport.com

www.gkcancersupport.com

www.facebook.com/GKCancerSupport

DECEMBER 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 14th December**

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 December 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 12th December 2018 1pm-2.30pm**

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 4th December, 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 December, 2pm-3.30pm.**

MULTIPLE MYELOMA PATIENT SUPPORT GROUP

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

CHRISTMAS FLOWER ARRANGING CLASS

If you love Christmas, one of its joys can be in the preparation. Taking a couple of hours out for yourself to make a natural flower arrangement is worth the effort as it will not only give you a sense of satisfaction but will fill your home with natural aromas. All materials are supplied on the day. Book early as places are limited.
Thursday 13th December 2pm-4pm

FUNDRAISING

Christmas Cards Stands in Following Outlets:

Boots Pharmacy Drogheda - Friday 30th November & Saturday 1st December.
Laurence Shopping Centre, Drogheda - Monday 3rd through to Sunday 9th December.
Drogheda Town Centre - 28th & 29th November. 6th, 12th, 13th & 14th December.

Tesco's of Ashbourne - Friday 30th November, Saturday 1st December
Cards on sale in GKSC Monday to Friday. 12 assorted cards @ €6.00 per box

All proceeds in aid of Gary Kelly Cancer Support Centre.

To volunteer to work on our stands or sell cards- please contact
Ann: 041 9805100 / 0863870277

The Centre will operate up to and including Friday 21st December until 1pm and will then close for the festive period.

The centre will re-open on Wednesday 2nd January 2018.

The Board of Trustees, Staff, Therapists and Volunteers wish all who attend or support the Gary Kelly Centre a Merry Christmas and a Happy New Year.



Prosthesis & Lingerie Service

AWARDED UK/IRELAND SPECIAL CARE RECOGNITION 2016
Thursday 6th December
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 18th February 2019
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 3rd & 17th December
Confidentiality assured
Appointments Only