



GARY KELLY CANCER SUPPORT CENTRE

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

e: aileen@gkcancersupport.com
www.gkcancersupport.com
www.facebook.com/GKCancerSupport

FEBRUARY 2019

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 February**

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 8th February 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 20th February 2019 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
Thursday 10am-11am & 11.30am-12.30pm

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 10.00am -11.00am & 11.30am -12.30pm

BREAST CANCER SUPPORT GROUP

The next meeting will take place on **Tuesday 5th February, 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 19th February, 2pm-3.30pm.**

MULTIPLE MYELOMA PATIENT SUPPORT GROUP

The next meeting of the Multiple Myeloma Group will take place on;
Wednesday 6th February from 2pm-3.30pm
Guest Speaker: Mary Kelly - Chairperson, Multiple Myeloma Ireland

STRIDES FOR LIFE WALKING PROGRAMME

Are you feeling unfit after your cancer treatment? If so then please join our 16 week walking programme, structured to help you gradually increase your level of fitness over the 16 week period. The programme is individualised for each participant's level of fitness and is supervised by a cancer rehabilitation physiotherapist and cancer nurse specialist. The next course programme will commence on:
Monday 11th February, 10am- 11.30am.
For more information please contact the centre.

FUNDRAISING

Tuesday March 5th - Pancake day, d-hotel, Drogheda. 10am to 12noon
Sunday June 2nd - VHI Women's Mini Marathon.

Registration opens 28th February vhiwomensminimarathon.ie

Friday June 14th - Gary Kelly CSC Charity Golf Classic.

Seapoint Golf Club. Shotgun start.

Land of Legends 8k Challenge - watch this space - date to be confirmed.



Prosthesis & Lingerie Service

AWARDED UK/IRELAND SPECIAL CARE
RECOGNITION 2016

Thursday 14th & 28th February
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 25th 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.
Wednesday 6th & 20th February
Confidentiality assured
Appointments Only