



GARY KELLY CANCER SUPPORT CENTRE

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

JANUARY 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 18th January**

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 11th January 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 16th January 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 8th January, 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 22nd January, 2pm-3.30pm.**

MULTIPLE MYELOMA PATIENT SUPPORT GROUP

The next meeting of the Multiple Myeloma Group will take place on; **Wednesday 9th January from 2pm-3.30pm**

COGNITIVE BEHAVIOURAL THERAPY FOR INSOMNIA (CBT-I)

Wednesday 30th January 2018, 7pm – 8pm

Speaker: Motty Varghese

Senior Respiratory and Sleep Physiologist, St. James Hospital
If you have difficulty falling asleep, staying asleep, experience restless sleep or awaken earlier than you would like to then you may suffer from insomnia? To find out how CBT-I can help with sleep problems please come along to this very helpful talk.
To book a place please contact the centre.

CANCER: THRIVING AND THRIVING

This 6 week programme given over 2½ hours once a week provides information and practical support to people recovering from cancer treatment. Topics covered are;
- **Coping with fatigue, frustration, pain, feeling isolated, poor sleep and living with uncertainty**
- **Nutrition and Exercise & Decision making about complementary therapies**
- **Communicating with healthcare professional and family members.**
Commencing Friday 18th January from 10am - 12.30pm.
Early booking advised as places are limited

FUNDRAISING

Pancake Tuesday - 5th March - d Hotel 10am-12noon

The centre will re-open on Wednesday 2nd January for drop-in service only. Full service will resume Monday 7th January.



Prosthesis & Lingerie Service

AWARDED UK/IRELAND SPECIAL CARE RECOGNITION 2016
Thursday 31st January
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 9th & 23rd January
Confidentiality assured
Appointments Only