



GARY KELLY CANCER SUPPORT CENTRE

Georges Street,
Drogheda, Co. Louth
© 041 98 05100
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www.gkcancersupport.com
www.facebook.com/GKCancerSupport

APRIL 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 12th April**

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 **Monday 8th April 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 April 2019 2pm-3.30pm**

Reflexology & Massage

These treatments induce relaxation and reduce stress, appointments are necessary.

WALK-IN SERVICES

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

YOGA NIDRA (Yogic sleep)

Friday 10am - 11am & 11.15am - 12.15pm

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 2nd April, 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 23rd April, 2pm-3.30pm**

MULTIPLE MYELOMA PATIENT SUPPORT GROUP

The next meeting of the Multiple Myeloma Group will take place on: **Wednesday 3rd April from 2pm-3.30pm**

CANCER: THRIVING AND SURVIVING

This 6 week education 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, frustration, pain. Feeling isolated, poor sleep and living with uncertainty. Nutrition and Exercise. Decision making about complementary therapies. Communicating with healthcare professionals and family members.

Commencing Friday 3rd May from 10am - 12.30pm.
Early booking advised as places are limited

FUNDRAISING

June 2nd: VHI Women's Mini Marathon.

T shirts and cards available from centre.

June 14th: Gary Kelly CSC Charity Golf Classic

Seapoint Golf Club. Shotgun start. €360 team of 4.

June 19th: Big Summertime Show - Carrickdale Hotel, Dundalk.

June 22nd: Combines 4 Charity Country Show.

Treacys Hotel Carrickmacross (originally Oasis)

August 25th: Land of Legends 8k Challenge.

Registration www.landoflegends8k.com

Contact centre for tickets or information 041 9805100

Ann 0863870277



Prosthesis & Lingerie Service

AWARDED UK/IRELAND SPECIAL CARE RECOGNITION 2016
Thursday 11th & 25th April
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.

PUBLIC TALK

DIET & CANCER Wednesday 17th April 7pm - 8pm

Speaker:
Niamh Devlin, Oncology Dietician,
Our Lady of Lourdes Hospital

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.

Wednesday 3rd & 17th April
Confidentiality assured
Appointments Only

CENTRE CLOSURE

The centre will be closed on Good Friday 19th April & Easter Monday 22nd April