



# GARY KELLY CANCER SUPPORT CENTRE

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

## MARCH 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 March**

### 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 11th March 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 March 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 5th March, 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 26th March, 2pm-3.30pm.**

### MULTIPLE MYELOMA PATIENT SUPPORT GROUP

The next meeting of the Multiple Myeloma Group will take place on;  
**Wednesday 6th March from 2pm-3.30pm**

### 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.

**Thursday 7th March. Places are limited, early booking advised.**

### MINDFULNESS-BASED STRESS REDUCTION (MBSR) PROGRAMME

The aim of this 6-week Mindfulness-based programme is to help you reduce stress, improve coping and support you to live with greater ease on a day-to-day basis.  
**The course commences on Thursday 4th April. Booking is essential.**

### FUNDRAISING

Pancake Tuesday - 5th March - d Hotel 10am-12noon  
Sunday June 2nd – VHI Women's Mini Marathon.  
Registration open- vhiwomensminimarathon.ie  
Friday June 14th- Gary Kelly CSC Charity Golf Classic.  
Seapoint Golf Club. Shotgun start.  
Sunday August 25th - Land of Legends 8K Challenge



### Prosthesis & Lingerie Service

AWARDED UK/IRELAND SPECIAL CARE RECOGNITION 2016  
Thursday 7th & 28th March  
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 27th May 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 March**  
Confidentiality assured  
Appointments Only

### CENTRE CLOSURE

**The centre will be closed on Monday 18th March**