



GARY KELLY CANCER SUPPORT CENTRE

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

JUNE 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 14th June

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 10th June
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 19th June 2019
2pm-3.30pm**

Reflexology & Massage

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

WALK-IN SERVICES

MINDFULNESS MEDITATION

Tuesday 7pm - 8pm

RELAXATION & VISUALISATION

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 4th June, 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 June, 2pm-3.30pm**

MULTIPLE MYELOMA PATIENT SUPPORT GROUP

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

6-WEEK ASSERTIVENESS COURSE

Assertiveness is a healthy way of communicating and is based on balance. It is the ability to speak up for ourselves in a way that is honest and respectful and that doesn't infringe on the rights of others. Assertiveness is a skill that takes practice. This course will provide an understanding of assertiveness and examine the hidden beliefs we have about our worth and the worth of other people.
Commencing Monday 17th June. Booking required.

FUNDRAISING

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

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 6th & 27th June
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.

Cancer & Fatigue:

Are you tired of being tired?

To find out more about the causes and management of cancer related fatigue please come along to this talk.

**Date: Tuesday 18th June
7pm-8pm**

Speaker:
Mary Keane, Oncology Nurse

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 5th & 19th June
Confidentiality assured
Appointments Only**

CENTRE CLOSURE

**The centre will be closed on
Monday 3rd June**