



GARY KELLY CANCER SUPPORT CENTRE

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

MAY 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 10th May**

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 13th May 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 15th May 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 7th May, 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 28th May, 2pm-3.30pm**

MULTIPLE MYELOMA PATIENT SUPPORT GROUP

The next meeting of the Multiple Myeloma Group will take place on; **Wednesday 1st May 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 who are currently receiving or who have recently finished cancer treatment. Please join our skilled team of hair and beauty experts in a lovely relaxing space. **Thursday 16th May. Early booking advised.**

Invitation to Attend a Talk on;

THE ROLE OF EXERCISE AND THE CANCER JOURNEY

Tuesday 28th May 7pm – 8pm

Speaker: Ms. Kay Morris - Senior Physiotherapist, Our Lady of Lourdes Hospital

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 16th & 30th May
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 half- day workshop provides information and support around prevention and management of lymphoedema. Speakers include a physiotherapist, dietician 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.

Wednesday 1st & 15th May
Confidentiality assured
Appointments Only

CENTRE CLOSURE

The centre will be closed on
Monday 6th May