



# GARY KELLY CANCER SUPPORT CENTRE

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

## AUGUST 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 16th August**

### Invitation to a Talk Benefits and Entitlements

Speaker: Niall Reynolds,  
Community Welfare Officer  
**Tuesday 27th August  
7pm 8pm.**  
To book a place please  
contact the centre.

### Reflexology & Massage

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

### WALK-IN SERVICES

#### MINDFULNESS MEDITATION

Tuesday 7pm - 8pm

#### RELAXATION & VISUALISATION

Thursday 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

### MAKING IT WORK: RETURNING TO WORK AFTER CANCER WORKSHOP

Are you considering returning to work after cancer treatment and unsure about what your next step is in relation to employment? If so, then please come along to this 2-day workshop on Thursday 22nd and 29th August. Topics covered will include your rights as an employee; Communicating with your employer and colleagues; readiness to return to work and practical strategies to help with Fatigue Management; Chemo-brain and your mental health. **Limited Places Available.**  
**Facilitator: Naomi Algeo, Occupational Therapist**

### STRIDES FOR LIFE WALKING PROGRAMME

Are you feeling unfit after your cancer treatment? If so then please join our walking programme, structured to help you to gradually increase your level of fitness over a 16-week period. The programme is individualised to suit each participant's level of fitness and is supervised by a cancer rehabilitation physiotherapist and cancer nurse.  
The next programme commences;  
**Thursday 15th August, 10am- 11am.**

### FUNDRAISING

**August 10th: Sean Conlon Memorial Cycle, Castlebellingham**

**August 25th: Land of Legends 8k Challenge.**

**Registration [www.landoflegends8k.com](http://www.landoflegends8k.com)**

**Marshals and volunteers needed on day.**

**Sept 15th: Intercounty Golf Classic - Blackbush Golf Club,  
Co. Meath. Time sheet in place.**

**Contact centre for tickets or information 041 9805100**



### Prosthesis & Lingerie Service

AWARDED UK/IRELAND SPECIAL CARE  
RECOGNITION 2016  
Thursday 1st & 15th August  
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 23rd September**

This half-day workshop will provide 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 7th & 21st August  
Confidentiality assured  
Appointments Only

**CENTRE CLOSURE**  
**The centre will be closed on  
Monday 5th August**