



GARY KELLY CANCER SUPPORT CENTRE

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

MARCH 2020

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

Friday 20th March

Reflexology & Massage

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

Entitlements

A community welfare officer attends the centre to provide guidance and advice about benefits and entitlements.

Monday 9th & 23rd March
By Appointment Only

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 & 11.30am - 12.30pm

TAI CHI

Tuesdays @ 1.30pm

QI GONG

Wednesday 10.00am - 11.00am & 11.30am - 12.30pm

Prosthesis & Lingerie Service

AWARDED UK/IRELAND SPECIAL CARE RECOGNITION 2016/2019

Thursday 5th & 19th 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.

CANCER SUPPORT GROUP DATES

Gynae Cancer Support Group:

Monday 2nd March: 11am-12.30pm

Breast Cancer Support Group:

Tuesday 3rd March: 7pm-8.30pm

Multiple Myeloma Support Group:

Wednesday 4th March: 2pm-3.30pm

Men's Cancer Support Group:

Wednesday 18th March: 2pm-3.30pm

LOOK GOOD- FEEL GOOD

Hair & Beauty Workshop - Thursday 5th March

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. Places are limited, early booking advised.

STRESS MANAGEMENT WORKSHOP

Tuesday 10th March

This one-day workshop will provide insights into stress and teach you ways to cope better under stressful situations. Early booking advised.

Invitation to attend a Talk on; Diet and Cancer

*Tuesday 24th March,
7pm - 8pm*

Speaker:
Niamh Devlin
Oncology Dietician
Our Lady of Lourdes Hospital

CENTRE CLOSURE

*The centre will be closed on
Tuesday 17th March*

FUNDRAISING

Saturday 21st March Concert - Birmingham Pub Navan

Sunday 31st May VHI Women's Mini Marathon Registration opens 4th March. T-shirt, sponsorship cards available from centre
All enquiries to 041 9805100 or drop in to centre.

Sun 19th April - Skim Your Rocks - Men only fundraiser - watch this space