



SEPTEMBER 2020

WIG SERVICE

available on request.
Contact the centre
for details.
Call 086 8202447

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

Entitlements

A community welfare officer
is available for telephone
consultations. To arrange
a telephone consultation
please contact the centre.
Tel: 086 8202447

COVID-19 Coronavirus Restrictions

Although the Gary Kelly Cancer Support Centre remains closed for visits, we are here and continue to provide our services remotely via telephone and on-line.

To speak with a cancer nurse/counsellor or access any of our support services call 086 8202447

For Finance and Events enquiries call Ann 086 3870277

WEEKLY ONLINE CLASSES

Yoga with Sonia

Tuesday 11am-12noon

Qi Gong with Deirdre

Wednesday 11am-12noon

Meditation with Sonia

Thursday 11am-12 noon

Yoga Nidra with Alison

Friday 11am-12 noon

B-FIT WITH BRENDA

Weekly Exercise Class 11am- 12 noon

Are you feeling unfit and want to become more active?
How about joining an on-line zoom workout! Brenda will take you through a range of cardio and resistance moves to help increase your fitness level.
To join the class call 086 8202447

STRIDES FOR LIFE WALKING PROGRAMME

Commencing Thursday 17th September

Are you feeling unfit after cancer treatment? If so, please consider joining our 15- week programme, tailored to suit each individual's level of fitness and supervised by a cancer rehabilitation physiotherapist and cancer nurse. For more information call 086 8202447

Prosthesis & Lingerie Service

For Breast Prosthesis and Lingerie Services please contact the centre on 086 8202447

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. Please note, during COVID-19 counselling is only available on line or by telephone. Call 086 8202447

ONLINE TALK LYMPHOEDEMA TALK

Prevention, Care & Management
On- line Meeting
Wednesday 23rd September
10am-11.30am
Speaker: Kay Morris,
Senior Physiotherapist
To book a place
call 086 8202447