



# GARY KELLY CANCER SUPPORT CENTRE

Georges Street,  
Drogheda, Co. Louth  
© 041 98 05100

e: aileen@gkcancersupport.com  
www.gkcancersupport.com  
www.facebook.com/GKCancerSupport

## OCTOBER 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*

### ONLINE TALK

#### *Sleep Seminar for Cancer Survivors*

*Tuesday 13th October, 11am-12 noon*

If you have problems falling asleep, staying asleep or awoken early you may be interested in joining this online talk.

Speaker: Motty Varghese, Sleep Physiologist, the Sleep Therapy Clinic



look good feel better  
SUPPORTING WOMEN WITH CANCER

### SKINCARE AND MAKE-UP WORKSHOP

*Wednesday 14th October 2pm-3pm*

Learn tips and techniques on how to disguise the visible effects of cancer.

To join call 086 8202447. Places are limited, early booking advised.

### 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 CLASS

#### *B-FIT WITH BRENDA*

*Weekly Exercise Class,  
Monday 11am-12 noon  
To join call 086 8202447*