



# NOVEMBER 2020

## COVID-19 CORONAVIRUS RESTRICTIONS

The Gary Kelly Cancer Support Centre remains closed but continues to provide services remotely via telephone and on-line.

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

For Finance and Events enquiries call Ann 086 3870277

## WIG SERVICE

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

## 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*

## Prosthesis & Lingerie Service

For Breast Prosthesis and Lingerie Services please contact the centre on 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

## ON-LINE CANCER SUPPORT GROUPS

*Womens Cancer Support Group,  
Monday 2nd November, 11am-12 noon*

*Multiple Myeloma Support Group,  
Wednesday 4th November, 2pm-3pm*

*Secondary Cancer Support Group,  
Tuesday 10th November, 11am-12 noon*

*Mens Cancer Support Group,  
Wednesday 11th November, 2pm-3pm*

## 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

## Entitlements

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

## Introduction to Mindfulness

*A 2-day online course  
Tuesday 3rd & 10th November, 2pm-3.30pm*

During this 2-day course you will be;  
- introduced to and practice a variety of mindfulness practices  
- look at stress and new ways of responding to the challenges we all face with greater kindness and compassion. To join contact 086 8202447

## ONLINE TALK

## Lymphoedema, Prevention, Care & Management

*Wednesday 9th December  
10am-11.30am  
Speaker: Kay Morris  
Senior Physiotherapist*