



# FEBRUARY 2021

## 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

## WEEKLY ONLINE CLASSES

- B-Fit with Brenda - Monday 11am- 12 noon*
- Yoga with Sonia - Tuesday 11.00am-12 noon*
- Qi Gong with Deirdre - Wednesday 10am-11am*
- Meditation with Sonia - Thursday 11.30am-12.30pm*
- Yoga Nidra with Alison - Friday 11am-12 noon*

## ON-LINE CANCER NETWORKING GROUPS

- Womens Cancer Networking Group,  
Monday 1st February, 11am-12 noon*
- Multiple Myeloma Networking Group,  
Wednesday 3rd February, 2pm-3pm*
- Secondary Cancer Networking Group,  
Thursday 11th February, 11am-12 noon*
- Mens Cancer Networking Group,  
Wednesday 17th February, 2pm-3pm*

## ON-LINE TALK

- Cognitive Behavioural Therapy for Insomnia (CBT-I)  
Monday 22nd February 2021, 11am – 12 noon*  
*Speaker: Motty Varghese*  
*Senior Respiratory and Sleep Physiologist, St. James Private Clinic*  
If you have difficulty falling asleep, staying asleep, experience  
restless sleep or awaken earlier than you would like to then you  
may suffer from insomnia? To find out how CBT-I can help with  
sleep problems please join Motty for this very helpful talk.  
**To book a place call 041 9805100 / 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

## Skincare and Make-up Workshop On-Line



**Tuesday 9th February 2pm-3pm**  
Learn tips and techniques on how to  
disguise the visible effects of cancer.  
**To book a place call  
086 8202447.**  
**Places are limited,  
early booking advised.**