



GARY KELLY
CANCER SUPPORT CENTRE

Georges Street,
Drogheda, Co. Louth

© 041 98 05100

e: nurse@gkcancersupport.com

www.gkcancersupport.com

www.facebook.com/GKCancerSupport

APRIL 2021

WIG SERVICE

available on request.
Contact the centre
for details.
Call 041 9805100

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: 041 9805100

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 12th April, 11am-12 noon

Multiple Myeloma Networking Group,

Wednesday 7th April, 2pm-3pm

Secondary Cancer Networking Group,

Thursday 15th April, 11am- 12 noon

Mens Cancer Networking Group,

Wednesday 21st April, 2pm-3pm

MINDFULNESS-BASED STRESS REDUCTION (MBSR) PROGRAMME

The aim of this on-line 6-week Mindfulness- based programme is
to help you reduce stress, improve coping and support you to live
with greater ease on a day-to-day basis.

The course commences on Tuesday 20th April.

Book early as places are limited.



Skincare and Make-up Workshop

Wednesday 28th April 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
041 9805100

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 041 9805100

ON-LINE TALK LYMPHOEDEMA, Prevention, Care & Management.

Wednesday 14th April 2021

10am-11.30pm

*Speaker: Kay Morris
Senior Physiotherapist*