



GARY KELLY CANCER SUPPORT CENTRE

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

e: nurse@gkcancersupport.com

www.gkcancersupport.com

www.facebook.com/GKCancerSupport

www.instagram.com/g.k.cancersupport

JULY 2021

Have you recently completed treatment for Cancer?

Leading a healthy lifestyle can help speed up your recovery, emotionally & physically after cancer treatment and this includes;

- Being a healthy weight
- Eating a balanced diet
- Getting active
- Stopping smoking
- Avoiding alcohol
- Protecting yourself in the sun
- Getting any screening tests or health checks, vaccinations and other healthcare recommended for you.

Our Experienced Nurse is available to provide support and information during this stage of your cancer journey.

Please contact the Centre to speak to Gráinne.

Entitlements

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

WEEKLY ONLINE CLASSES

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

*Multiple Myeloma Networking Group,
Wednesday 7th July, 2pm-3pm*

*Womens Cancer Networking Group,
Monday 12th July, 2pm - 3pm*

*Secondary Cancer Networking Group,
Thursday 15th July, 2pm-3pm*

*Mens Cancer Networking Group,
Wednesday 21st July, 2pm-3pm*

ONLINE HORTICULTURE TALK & PRESENTATION

Tuesday 6th July 11am-12noon

Niamh Browne, Horticulturist, will lead this online event to tell us about the history and origins of plants

FATIGUE

Are you experiencing fatigue related to your cancer treatment and tired of being tired?

Tuesday 20th July 11am to 12 noon

Please join us for an on line talk by

Gráinne Kerr Oncology Physiotherapist for information and advice on how to manage your fatigue.

Please contact the Centre to join this important talk

ON-LINE TALK - LYMPHOEDEMA,

Prevention, Care & Management

Wednesday 7th July 2021 10am-11.30pm

Speaker: Kay Morris: Senior Physiotherapist

FUNDRAISER

Sunday 5th September.

Intercounty Golf Classic Black Bush Golf Club time sheet open August

Phone 01 8250021 or Gerry 0868777407 to book your team place.

Friday 24th September.

Gary Kelly CSC Golf Classic, Seapoint Golf Club, time sheet in place

Phone 041 9822333 or Mark 0862670460 to book your team place.

Please phone 041 980 5100 to book a class or service

Counselling and Emotional & Psychological Support

Counselling is available to people with a diagnosis of cancer, their carer's and family.

Our Nurse is also available for telephone support. Please contact the Centre to ask about Counselling or to speak to our Nurse.

LEGAL ADVICE

Free legal consultation service to current clients of the centre with a cancer diagnosis. Appointments are arranged through the centre.

Wig, Prosthesis & Lingerie Service

For Wig, Prosthesis & Lingerie Service Please contact the Centre.