



# GARY KELLY CANCER SUPPORT CENTRE

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

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www.gkcancersupport.com

www.facebook.com/GKCancerSupport

www.instagram.com/g.k.cancersupport

## OCTOBER 2021

**IMPORTANT: DROP IN OPTION NOT CURRENTLY AVAILABLE. PHONE 041 98 05100 FOR AN APPOINTMENT**

### Wig Service

Wig Service available on request.

Contact the centre for details 041 98 05100

### LEGAL ADVICE

Free legal consultation service to current clients of the centre with a cancer diagnosis.

Appointments are arranged through the centre.  
041 98 05100

### Entitlements

A community welfare officer is available for telephone consultations.

To arrange a telephone consultation please contact the centre  
041 98 05100.

**Please phone  
041 98 05100  
to book a  
class or service**

### 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 11th October, 2pm - 3pm*

*Multiple Myeloma Networking Group,  
Wednesday 13th October, 2pm-3pm*

*Mens Cancer Networking Group,  
Wednesday 20th October, 2pm-3pm*

*Carers Group - for those caring with someone  
with a cancer diagnosis  
Tuesday 26th October, 2pm-3pm*

*Secondary Cancer Networking Group,  
Thursday 28th October, 2pm-3pm*

### MINDFULNESS COURSE

*To Run For Five Sessions. October the 7th, 14th & 21st.*

*November 4th & 11th 2pm -4pm each session.*

Facilitated by Eileen McCarney, MSc Registered Mindfulness Teacher

**Strive to Focus on the Present;**

Reflect on stress and anxiety (particularly post covid) and learn ways of responding to these challenges. Appreciate the benefits to health and well-being by practising mindfulness. Learn how to integrate mindfulness into your life

To join online please register through the centre on; 041 98 05100

### WORK AND CANCER

*Two Online Workshops - Tuesday 12th and Tuesday 19th October 19.00 to 20.45*

Facilitated by Naomi Algeo, Registered Occupational Therapist

Have you recently been diagnosed with cancer? When you were diagnosed were you working? Are you unsure about where you stand with employment?

Have you returned to work and feel you are struggling?

To join online please register through the centre on; 041 98 05100

### THE MANAGEMENT OF LYMPHOEDEMA

*Management of early or established lymphoedema:*

*Speaker Kay Morris, Senior Physiotherapist*

*Wednesday 20th October, 10-11.30am*

To join online please register through the centre on; 041 98 05100

### PROSTHESIS & LINGERIE SERVICE

For breast prosthesis and lingerie services information contact the centre on 041 98 05100

### Counselling

We provide a counselling service to people diagnosed with cancer and their families.

A cancer nurse is available for one to one consultation.

### FUNDRAISERS

**November Challenge -  
Be a Bro, Grow a Mo**  
*Sponsorship cards available  
from centre 041 9805100  
Ann 0863870277*

**Monster Bash  
for Cancer Cash**  
*Halloween weekend -  
details to follow on FB  
& Social media*

**2021 Christmas cards  
now on sale -  
€6 pack of 12  
assorted cards in box**  
*Call to or phone centre  
041 9805100 /  
Ann mobile 0863870277*