



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

NOVEMBER 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 15th November, 2pm - 3pm*

*Multiple Myeloma Networking Group,
Wednesday 10th November, 2pm-3pm*

*Mens Cancer Networking Group,
Wednesday 17th November, 2pm-3pm*

*Secondary Cancer Networking Group,
Thursday 18th November, 2pm-3pm*

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

ONLINE TALK - INSOMNIA: COGNITIVE BEHAVIOUR THERAPY WEBINAR

Speaker Motty Varghese, Senior Respiratory & Sleep Therapist
Tuesday 9th of November, 11am - 12noon
To book a place call 041 98 05100
Sponsored by Comic Relief



SKINCARE & MAKE-UP WORKSHOP

Tuesday 16th November, 11am - 12noon
Learn tips and techniques on how to care for your skin during and after treatment for cancer. Only five places as this will be held face to face in the centre.
To join call 041 98 05100 Early booking advised!

CHRISTMAS CRAFTS – DECOUPAGE FUN

Thursday 18th November, 10am - 12noon
Crafting for Christmas at the centre. Limited to five places.
To join call 041 98 05100 Early booking advised!

WHY SHOULD YOU EXERCISE?

*Join Kay (Senior Physiotherapist) for a Talk on Wednesday 24th
November, 10-11am to Find Out!*
To join call 041 98 05100 for Zoom link

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.

PHYSIOTHERAPY

We have a senior physiotherapist who can offer support for those with lymphoedema but also help with other cancer related issues e.g. following surgery or treatment

FUNDRAISERS

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

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