



# GARY KELLY CANCER SUPPORT CENTRE

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

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www.gkcancersupport.com

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## JANUARY 2022

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

**PLEASE NOTE THAT THERE MAY BE CHANGES MADE TO ACTIVITIES OR SESSIONS AS A RESULT OF CHANGING COVID GUIDELINES.**

### 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,  
Tuesday 11th January, 2-3pm*

*Multiple Myeloma Networking Group,  
Wednesday 12th January, 2-3pm*

*Mens Cancer Networking Group,  
Wednesday 19th January, 2-3pm*

*Secondary Cancer Networking Group,  
Thursday 20th January, 2-3pm*

*Carers Group - for those caring with someone  
with a cancer diagnosis  
Tuesday 25th January, 2-3pm*

### WHY SHOULD YOU EXERCISE ??????

*Join Kay Morris, Senior Physiotherapist  
online on Wednesday the 12th of January –  
11.30am-12.30pm and find out!!!!  
To book a place please call 041 98 05100*

### UNDERSTANDING CANCER-RELATED FATIGUE

Facilitated by Naomi Algeo, Registered Occupational Therapist  
Workshops Tuesday 18th of January, 13.15 – 14.45 and again 15.00 – 16.30  
To book a place please call 041 98 05100

### OPTIMISING SLEEP

*Find out how sleep can be beneficial during and after cancer treatment  
Join Motty Varghese, Respiratory & Sleep Physiologist  
Tuesday the 25th January, 11am-12noon  
To book an online place please call 041 98 05100*

### DESIGNING AND MAKING CARDS

Jackie is running two sessions on card making.  
Wednesday the 26th January and Thursday the 27th January, 10.30-12.30  
Five places for each session  
To book a place please call 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.

### 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