

It's Official 😊 Come and Join Us 😊 We're Open Again 9/22



GARY KELLY

CANCER SUPPORT CENTRE

SEPTEMBER

George's Street,

Drogheda, Co. Louth

Tel: 041 9805100

nurse@gkcancersupport.com

www.gkcancersupport.com

www.facebook.com/GKCancerSupport

www.instagram.com/g.k.cancersupport

Charity Number CHY 15163

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

FOR ALL CLASSES & GROUPS, PLEASE PHONE 041 9805100 TO BOOK YOUR PLACE

WIG SERVICE

Wig Service available on request. Contact the centre for details 041 9805100

WEEKLY CLASSES IN THE CENTRE AND ALSO AVAILABLE BY ZOOM

Yoga with Clodagh
Tuesday 11.00am – 12 noon

Qi Gong with Deirdre
Wednesday 10am – 11am

Yoga Nidra with Alison
Friday 11am – 12 noon

PROSTHESIS & LINGERIE SERVICE

For breast prosthesis and lingerie services information contact the centre on 041 9805100

LEGAL ADVICE

Free legal consultation service to current clients of the centre with a cancer diagnosis. Appointments are arranged through the centre. Please phone 041 9805100

CANCER NETWORKING GROUPS IN THE CENTRE

Networking Group Sessions are suspended for September only. They will return in October

COUNSELLING

We provide a counselling service to people diagnosed with cancer and their families. A cancer nurse is also available for one to one consultation

ENTITLEMENTS

A community welfare officer is available for telephone consultations. To arrange a telephone consultation please contact the centre 041 9805100

FUNDRAISERS

Vintage Car / Bike Run

Sunday 18 September – Dolly Mitchells

Dunleer Coffee Morning

Sunday 18 September – Market House, Dunleer

Gary Kelly CSC Golf Classic

Friday 23 September – Seapoint Golf Club

Mini Meal Night €25pp

Friday 23 September – PJ Byrnes Bar, Castlebellingham

Dublin City Marathon

Sunday 30 October

For further information contact Ann or Emer
041 9805100 or 086 3870277

*****2022 CHRISTMAS CARDS WILL BE AVAILABLE FROM MID OCTOBER*****

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

Please See Reverse

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DROP IN OPTION BY APPOINTMENT ONLY – PHONE 041 9805100

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SEPTEMBER ACTIVITIES

PLEASE PHONE 041 9805100 TO BOOK YOUR PLACE

RETURN TO WORK

**THURSDAY 8 SEPTEMBER
2 – 5PM**

Facilitated by Naomi Algeo
Occupational Therapist

MINDFULNESS FOR MEN

**THURSDAY 15 SEPTEMBER
2 – 3.30PM**

Facilitated by Mike Egan – MSc
Registered Mindfulness
Teacher MBSR Trained

MINDFULNESS FOR LADIES

**Wednesday 21 September
2 – 3.30pm**

Facilitated by Sarah Carroll
MBSR Trained MTAI Registered

DECOUPAGE

**TUESDAY 27 SEPTEMBER
2 – 4PM**

Facilitated by Jackie Gavin

CANCER THRIVING & SURVIVING PROGRAM

**WEDNESDAY 28 SEPTEMBER
10 – 12.30PM**

Facilitated by Morag
Robertson & Suzanne Barrett

LIMITED CAR PARKING AVAILABLE IN THE CENTRE. For more information, please contact the Centre
All services "FREE OF CHARGE" Counselling Services within the Gary Kelly Centre are part funded by the Irish
Cancer Society

Please See Reverse