



GARY KELLY CANCER SUPPORT CENTRE

Georges Street, Drogheda, Co. Louth

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February 2012

Reflexology & Massage

These treatments induce relaxation and reduce stress, appointments are necessary.

Breast Cancer Support Group

Thursday 16th February 2012 - 2pm
The topic this month is Fatigue. Low energy and Fatigue are common after cancer treatments. Find out what makes it different to 'normal fatigue'. Learn to recognise fatigue and its symptoms.

Gynae Group

This is a support group for those with gynae cancers. Next meeting on Wednesday 8th February 2012, 11am.
For further information please call the centre at 041 9805100

WIG SERVICE

available every Monday 10am-1pm (excluding Bank Holidays)

STRESS MANAGEMENT WORKSHOP

March 2012

This is a one day workshop providing information about stress and how it affects the body and specifically stress and cancer, incorporating open discussion and various relaxation and meditation methods.

WALK-IN SERVICES

No Appointment Necessary

Relaxation

Tuesdays @ 7.00pm - Breathing Exercises & De-stressors

Tuesdays @ 7.30pm - Relaxation

Wednesdays @ 11.30am - Breathing exercises and De-stressors

Wednesdays @ 12.00noon - Relaxation

Thursdays @ 11.00am - 12.30 - Relaxation - Extended Session

Fridays @ 11.00am - Relaxation

Yoga

Tuesdays @ 11.00am

Tai Chi

Tuesdays @ 1.30pm

NEW BEGINNINGS

This six week course is for those who have completed treatments. It provided an opportunity to meet others, share experiences, gain insights about treatments and learn about self care.

All those with a cancer diagnosis and those who have completed treatments are welcome.

Due to commence mid February 2012. Please contact the centre for further information - 041 9805100

YOUNG WOMEN WITH BREAST CANCER

To meet Tuesday 7th February 2012 at 6.30pm

Have you been diagnosed with cancer or are you currently receiving treatment for breast cancer. If so, perhaps you are interested in giving and receiving support to and from others in a similar position. All enquiries welcome.

COUNSELLING

Counselling Service Available One-to-One Private Consultation
Limited Bereavement Counselling

Experienced Counsellors, Breast Care Nurse Counsellors and Nurse Counsellor available for one-to-one private counselling.

LIVING WITH SECONDARY BREAST CANCER

To meet Tuesday 17th April 2012 at 11.00am

If you are newly diagnosed with secondary breast cancer or living with the disease for some time and are interested in becoming involved in a support group please contact Aileen at 041 9805100

Men's Support Group

Wednesday 15th Feb. 2012

2.00pm - 3.30pm

Any man that wishes to share his experiences of cancer or meet others who have had similar experiences is always welcome

Prosthesis & Lingerie Services

provided by

Almacare - Monday

13th & 27th February 2012

To make appointment please contact 01 5240413

Entitlements

Are you unsure of your entitlements or would you like some help to get through the paperwork, a community welfare officer attends the centre to offer advice and guidance, please contact the centre for further information. This service is particularly for those with a cancer diagnosis or a family member acting on their behalf.

Monday 6th & 20th February
Confidentiality assured

Lymphoma Support Group

Support group for those with a diagnosis of Lymphoma
Tuesday 21st February 2012 at 7.30pm

All Welcome

Lymphoedema Awareness Workshop

Wednesday 28th March 2012
10.00am - 2.00pm

This workshop creates an awareness of lymphoedema, what it is and how to help reduce the risk of developing lymphoedema.

Enquiries welcome

LIMITED CAR PARKING AVAILABLE IN THE CENTRE.

For more information please contact the Centre - All services "FREE OF CHARGE"