



GARY KELLY CANCER SUPPORT CENTRE

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

e: phil@gkcancersupport.com
www.gkcancersupport.com

www.facebook.com/GKCancerSupport

SEPTEMBER 2016

WIG SERVICE

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

Mindfulness Based Stress Reduction

For those supporting a family member
or friend with a cancer diagnosis

Monday 17th October.
10.30am – 3.00pm
Booking essential.

LEGAL ADVICE

Free legal consultation service
to current clients of the
centre with a cancer diagnosis.
Appointments are arranged
through the centre at
041 9805100 for the second
Friday of every month,
Friday 9th September

MEN'S SUPPORT GROUP

Wednesday 21st September at 2.00pm

An opportunity to meet and
share with other men who have
experienced a cancer diagnosis.

Reflexology & Massage

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

WALK-IN SERVICES

No Appointment Necessary

RELAXATION

Tuesdays @ 7.00pm - De-stressors & Mindfulness (30 mins)
Tuesdays @ 7.30pm - Relaxation (1 hr)
Thursdays @ 11.30am - De-stressors & Mindfulness (30 mins)
Thursdays @ 12.00pm - Relaxation (1 hr)
Fridays @ 11.00am - Relaxation (1 hr)

YOGA - TUESDAY

To resume Tuesday 6th September
10am - Beginners and those with restricted movements.
11am - General Group

TAI CHI

Tuesdays @ 1.30pm, no session on Tuesday 20th September.

QI GONG - Weekly sessions

No session on Wed 3rd August but sessions available weekly thereafter
10.30am - 11.15am

SOMETHING TO SING ABOUT (STSA)

Music Therapy is increasingly recognized as beneficial for cancer patients. STSA brings cancer survivors together to meet, to sing and to have some fun. The centre plans to start music rehearsals in the coming weeks. If you have an interest in music or perhaps you just like singing then please get in touch by contacting Phil at 041 9805100.
Sessions are at 2.30pm every Friday

BREAST CANCER SUPPORT GROUP

If you have been diagnosed with breast cancer and would like to meet and talk with other women in a similar position then please come along to our support group meeting on
Tuesday 6th September, 7pm – 8.30pm.
It is advised to contact Aileen or Phil before joining the group

MULTIPLE MYELOMA

Have you or a family member been diagnosed with Multiple Myeloma. We plan to establish a support group for those with Multiple Myeloma in the Autumn. If you have an interest in being part of the group or have some suggestions your thoughts and feedback are very welcome.
Please contact Phil at 041 9805100 for further information.

STRIDES FOR LIFE

Are you interested in keeping active and improving your physical and mental wellbeing? Strides for Life is a sixteen week walking programme developed to help those recovering from cancer treatments to improve their level of fitness. To commence Thursday 1st September.

LIVING WITH SECONDARY CANCER.

If you are newly diagnosed or living with secondary cancer then consider joining this group.
Tuesday 20th September at 7.00pm

LIVING WITH PROSTATE CANCER

This is a six week course open to those who have completed treatments for prostate cancer. The group meets once a week and topics covered include exercise and diet, sexuality, psychological aspects and self-care.
This course commences in October, please contact Phil at 041 980510 if you are interested in attending.

MENOPAUSE WORKSHOP

Are you experiencing the menopause or Menopausal type symptoms as a result of cancer Treatments? This workshop provides information on current medical and holistic approaches to alleviate symptoms.
Wednesday 19th October, booking required.

FUNDRAISING

Inter County Golf Classic

Sunday 11th September, Blackbush Golf Club, Co Meath.
T: 01 8250021 for details/bookings.

Odd Sock Record Breaker

Friday 16th September, sponsored by Tullyallen Pharmacy.
Contact: 041 9837760 for details. All welcome on the day.

Drogheda to Galway Cycle

Saturday 24th, Sunday 25th September,
For further details contact 087 2075815

Prosthesis & Lingerie Service

provided by **Almacare** -

Monday 12th & 26th September
To make appointment
please contact Mary Downey on
01 5240413 or 086 4170600

Counselling

Counselling Service Available
One-to-One Private Consultation
Limited Bereavement Counselling
Experienced Counsellors, Breast Care
Nurse Counsellors and Gynae and
Cancer Nurse Counsellor available for
one-to-one private counselling.

Look Good Feel Good

A half day workshop providing
guidance on skin care, make-up
application, hair loss and scalp
care. This service is provided by
Boots, Drogheda and Rapunzels
Hair Care. Booking required.

Thursday 20th October

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 12th & 26th September
Confidentiality assured
Appointments Only