



GARY KELLY CANCER SUPPORT CENTRE

Georges Street,
Drogheda, Co. Louth
© 041 98 05100
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www.gkcancersupport.com
www.facebook.com/GKCancerSupport

MAY 2018

WIG SERVICE

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

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 18th May**

Gynae Cancer Support Group

This group provides women with an opportunity to meet other women with a similar diagnosis. The next meeting will take place on: **Friday 11th May 11am - 12.30pm**

MEN'S SUPPORT GROUP

If you have been diagnosed with cancer and would like the opportunity to meet, chat and share with other men in a similar situation then please join us here on: **Wednesday 16th May 2-3.30pm**

Reflexology & Massage

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

WALK-IN SERVICES

No Appointment Necessary

MINDFULNESS MEDITATION

Tuesday 7pm - 8.30pm - Mindfulness Meditation
Thursday 11.30am - 1pm - Mindfulness Meditation

YOGA

Tuesday 10am - 11am Beginners & those with restricted movement
Tuesday 11.15am - 12.15pm - Advanced Group
Friday 11am - 12.15 Yoga Nidra (Yogic Sleep)
Yoga Nidra can help to reduce stress, relieve fatigue, improve sleep, improve your mood and overall well-being.

TAI CHI

Tuesdays @ 1.30pm

QI GONG

Wedsnesday (2 sessions)
10.00am - 11.00am
11.30am - 12.30pm

BREAST CANCER SUPPORT GROUP

The next meeting will take place on **Tuesday 1st May, 7pm-8.30pm.**
For new attendees please contact the centre beforehand

LIVING WITH SECONDARY CANCER SUPPORT GROUP

If you are living with secondary cancer and would like to meet others in a similar situation please come along to the next group meeting **Tuesday 15th May, 2pm - 3.30pm**

MULTIPLE MYELOMA PATIENT SUPPORT GROUP

The next meeting of the Multiple Myeloma Group will take place on: **Wednesday 2nd May, 2pm - 3.30pm**

LOOK GOOD - FEEL GOOD

This half-day workshop provides a comprehensive guide to skincare, make-up application, wigs and head coverings for people currently receiving or who have finished cancer treatment. Please come along and join our skilled team of skin and hair-care experts in a lovely relaxing space. **Thursday 24th May. Places are limited so early booking advised.**

LECTURE

THE ROLE OF EXERCISE AND THE CANCER JOURNEY

Wednesday 17th May, 7pm - 8pm

Speaker: Dr. Noel Mc Caffrey, Sports and Exercise Expert/ Lecturer DCU
Dr. Mc Caffrey will talk about the importance of exercise, before, during and after cancer treatment and will be happy to respond to any questions you may have.
Booking essential as places are limited

FUNDRAISING

Sunday 26th May - Male Voice Choir Concert. Venue: Barbican Centre

Friday 22nd June - Charity Golf Classic, Seapoint Golf Club.
Team Registration €340 per team of 4

Sunday 3rd June - VHI Women's Mini Marathon. Registration now open

Friday 3rd August (Evening) - Start of Coast to Coast Walk - 220k over 8 days

Sunday 2nd September at 11am. Land of Legends 8k Challenge.
Registration now open.

For further details of any of the above contact Ann on Tel: 041 9805100 / 086 3870277



Prosthesis & Lingerie Service

AWARDED UK/IRELAND SPECIAL CARE
RECOGNITION 2016
10th & 24th May 2018
To make appointment please contact Mary Downey on 01 5240413 or 086 4170600

Counselling

We provide a Counselling Service to people diagnosed with cancer and their family members. A Cancer Nurse Counsellor is available for One-to-One consultation. Limited Bereavement Counselling is also available.

LYMPHOEDEMA EDUCATION WORKSHOP

Monday 14th May

This one-day workshop will provide you with information and education about lymphoedema prevention and management. The workshop is facilitated by a physiotherapist, dietitian and breast care nurse. To book a place please contact the centre.

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 10th & 24th May 2018**
Confidentiality assured
Appointments Only

CENTRE CLOSURE

The centre will be closed on **Monday 7th May**