



# GARY KELLY CANCER SUPPORT CENTRE

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

## JUNE 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 15th June**

### 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 8th June  
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 20th June 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

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

### BREAST CANCER SUPPORT GROUP

The next meeting will take place on **Tuesday 5th June, 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 19th June, 2pm - 3.30pm**

### MULTIPLE MYELOMA PATIENT SUPPORT GROUP

The next meeting of the Multiple Myeloma Group will take place on:  
**Wednesday 6th June, 2pm - 3.30pm**

### 6 WEEK ASSERTIVENESS COURSE

Assertiveness is a healthy way of communicating and is based on balance. It is the ability to speak up for ourselves in a way that is honest and respectful and that doesn't infringe on the rights of others. Assertiveness is a skill that takes practice. This course will provide an understanding of assertiveness and examine the hidden beliefs we have about our worth and the worth of other people.

**To commence Friday 15th June. Booking required**

### FUNDRAISING

**Friday 6th July - Charity Golf Classic, Seapoint Golf Club.  
Team Registration €400 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.**

**Sunday 16th September: Irish Symphonic Wind Orchestra - TLT**

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  
7th & 21st June 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 WORKSHOP

**Monday 17th September**  
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 11th & 25th June 2018**  
Confidentiality assured  
Appointments Only

**CENTRE CLOSURE**  
The centre will be closed on  
**Monday 4th June**