



December 2017

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 8th December**

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 15th December
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 December 2-3.30pm

Reflexology & Massage

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

WALK-IN SERVICES

No Appointment Necessary

MINDFULNESS & 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)

YOGA - TUESDAY

10am - Beginners and those with restricted movements.
11.15am - General Group

TAI CHI

Tuesdays @ 1.30pm

QI GONG - Wednesday Sessions

10.00am - 11.00am
11.30am - 12.30pm

BREAST CANCER SUPPORT GROUP

The next meeting will take place on **Wednesday 13th December, 7pm-8.30pm**. For new attendees please contact Aileen 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 December, 11am - 12.30pm.

MULTIPLE MYELOMA PATIENT SUPPORT GROUP

The next meeting of the Multiple Myeloma Group will take place on:
Wednesday 13th December from 3.30pm-5pm

CHRISTMAS FLOWER ARRANGING CLASS

Wednesday 6th December 2pm-4pm

If you love Christmas, one of its joys can be in the preparation. Taking a couple of hours out for yourself to make a natural flower arrangement is worth the effort as it will not only give you a sense of satisfaction but will fill your home with natural aromas. All materials are supplied on the day. Book early as places are limited.

FUNDRAISING

- Christmas Cards on Sale in Centre
- Pop-up Shop, Dyre Street, Drogheda

Open Every Thursday, Friday, Saturday & Sunday Afternoon
- Tuesday 5th December, Pub Quiz- Nolan's Bar, Cord Road, Drogheda
Table of 4- €20. Starts 8pm sharp.

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

CENTRE CLOSURES

The centre will operate as usual up to and including Thursday 21st December. A drop-in service is available on Friday 22nd December until 12 noon and the centre will then close for the festive period. The centre will reopen Tuesday 2nd January 2018.

The Board of Trustees, Staff, Therapists and volunteers wish all those who attend or support the Gary Kelly Centre a very Merry Christmas and best wishes for the New Year



Prosthesis & Lingerie Service

AWARDED UK/IRELAND SPECIAL CARE
RECOGNITION 2016

Friday 1st December 2017
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 Breast Cancer Counsellor is available for One-to-One consultation. Limited Bereavement Counselling is also available.

Lymphoedema Awareness

This one-day workshop aims to create an awareness of lymphoedema and will provide you with information and education on the condition.

Thursday 22nd February 2018.
All are welcome.

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 4th & 18th December 2017
Confidentiality assured
Appointments Only