



GARY KELLY CANCER SUPPORT CENTRE

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

JANUARY 2020

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

Friday 17th January

Reflexology & Massage

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

Entitlements

A community welfare officer attends
the centre to provide guidance and
advice about benefits and entitlements.

*Tuesday 8th & 22nd January
By Appointment Only*

WALK-IN SERVICES

MINDFULNESS MEDITATION

Tuesday 7pm - 8pm

RELAXATION & VISUALISATION

Thursday 11.30am - 12.30pm

YOGA

Tuesday 10am - 11am Beginners & those with restricted movement

Tuesday 11.15am - 12.15pm - Advanced Group

YOGA NIDRA (Yogic sleep)

Friday 10am - 11am & 11.30am - 12.30pm

TAI CHI

Tuesdays @ 1.30pm

QI GONG

Wednesday 10.00am - 11.00am & 11.30am - 12.30pm

CANCER SUPPORT GROUP DATES

Gynae Cancer Support Group:

Monday 6th January: 11am-12.30pm

Breast Cancer Support Group:

Tuesday 7th January: 7pm-8.30pm

Multiple Myeloma Support Group:

Wednesday 8th January: 2pm-3.30pm

Secondary Cancer Support Group:

Tuesday 14th January: 2pm-3.30pm

Men's Cancer Support Group:

Wednesday 15th January: 2pm-3.30pm

STRIDES FOR LIFE WALKING PROGRAMME

Commencing Thursday 6th February 2020

Are you feeling unfit after your cancer treatment? If so then please join our 16 week walking programme, structured to help you gradually increase your level of fitness over the 16-week period. The programme is individualised for each participant's level of fitness and is supervised by a cancer rehabilitation physiotherapist and cancer nurse specialist.

For more information please contact the centre.

Prosthesis & Lingerie Service

AWARDED UK/IRELAND SPECIAL
CARE RECOGNITION 2016/2019

Thursday 30th January

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.

GYM PROGRAMME

Exercise plays a key role
in recovery after cancer.
This 12-week gym programme
involves a combination of
aerobic and resistance training
for people who have recently
completed cancer treatment.
This is a physiotherapist led
programme commencing;

**Monday 20th January.
Limited places available.**

FUNDRAISING

Combines 4 Charity 10th year Mega Raffle.

Tickets available from Centre - €50 each or €45 for two or more. Draw on 11th January, Knightsbrook Hotel Trim
All Welcome.

The Celtic Camino

End of May 2020 for 5 days. Further information Contact: Ann 041 9805100 or 086 3870277 - Places Limited.
Information evening January, date to be confirmed.