

## TUAM CANCER CARE SUPPORT SERVICES

### Drop in Centre

In accordance with guidelines from the NCCP (National Cancer Control Programme) we are not permitted to operate a Drop in service at this time.

New and existing clients may arrange individual conversations with our Coordinator, Kathy by prior appointment. These can be face to face, by phone or video call depending on your preference.

### Individual Support Service

Wednesday	Armchair Yoga & Meditation	Pauline Berkeley	By Zoom	11am - 11.50am
Wednesday	Manual Lymphatic Drainage Therapy (MLD)	Elaine Grehan	Ongoing by appointment	9am-1pm
Wednesday	Counselling	Connie Masterson	Remotely by appointment	10am-2pm
Please contact the centre	Post Mastectomy Care	Dr. Zita Fitzpatrick	Ongoing	

### Autumn/Winter 2020 Timetable of Programmes

Start Date	Subject	Facilitator	Time	Duration
Tuesday 17 <sup>th</sup> Nov	Physical Activity Programme Group 1	Christina Rushe & Orla Heneghan	10.30am by Zoom	5 weeks
Tuesday 17 <sup>th</sup> Nov	Physical Activity Programme Maintenance Group	Christina Rushe & Orla Heneghan	10.30am by Zoom	5 weeks
Thursday 24 <sup>th</sup> Sept	Strides for Life Walking Programme (small groups, social distancing will be observed)	Orla Heneghan	10.30am at TCC	14 weeks

**FOR FURTHER INFORMATION OR TO BOOK A PLACE**

**PLEASE CONTACT THE CENTRE ON 093 28522**

**ALL SERVICES ARE CONFIDENTIAL AND PROVIDED FREE OF CHARGE**