



TIMETABLE OF SUPPORT SERVICES SPRING/SUMMER 2022

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, Margaret, by prior appointment. These can be face to face or by phone depending on your preference.

Individual Support Service

Monday	Reflexology/Massage	Christina Rushe	By Appointment only	6.30 pm – 8.30pm
Tuesday	*Physical Activity Programme	Christina & Orla	By Zoom	9.30 am – 10.30am
Wednesday	*Armchair Yoga & Meditation	Pauline Berkeley	By Zoom	11am - 11.50am
Wednesday	*Manual Lymphatic Drainage Therapy (MLD)	Elaine Grehan	Ongoing by appointment	9am-1pm
Thursday	Reflexology/Massage	Orla Heneghan	By Appointment Only	10am – 12pm
Friday	Reflexology	Aine Commins	By Appointment Only	10am – 12pm
Please contact the Centre	*Can REACT Physical Activity Programme	Christina & Orla	Remote or Group Setting	12 Week Programme
Please contact the Centre	Counselling	Connie Masterson	Remotely or Face to Face by appointment	
Please contact the centre	*Post Mastectomy Care	Dr Zita Fitzpatrick	Ongoing	

Supports marked with * are for a person with a diagnosis only

**FOR FURTHER INFORMATION OR TO BOOK A PLACE
PLEASE CONTACT THE CENTRE ON 093 28522 OR 087 274 2500
ALL SERVICES ARE CONFIDENTIAL AND PROVIDED FREE OF CHARGE**