



## TIMETABLE OF SUPPORT SERVICES Autumn/Winter 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	*Armchair Yoga & Meditation	Pauline Berkeley	Group Setting	4 Week Programme
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 By Appointment	

**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**

## COMPLEMENTARY THERAPIES

Complementary Therapies have been found to greatly enhance the emotional and physical well-being of people with a cancer diagnosis. The treatments can reduce stress and improve one's sense of wellbeing.

*Tuam Cancer Care are delighted to offer clients and their families a programme of six complementary therapy sessions. The sessions are free of charge. Clients may avail of a taster session of each therapy before choosing a programme of sessions.*

Complementary Therapies offered at Tuam Cancer Care:

### **Massage**

Massage can help reduce stress, anxiety and pain in people who have been diagnosed with cancer.

During the massage session, therapists use their hands to manipulate the body's muscles and soft tissue. Each session is adapted to the health and needs of the individual

### **Reflexology**

Reflexology can help give relief to cancer related symptoms such as anxiety, pain, nausea and lethargy, thus improving the quality of life.

Reflexology involves applying pressure to points on the feet which correspond to various parts of the body. Each session is adapted to the individual needs.

## COUNSELLING

A counsellor may help you by providing emotional support and allowing you to express your feelings and fears during this difficult and traumatic time. They will not tell you what to do but may help you to see things differently and enable you to make decisions when you are feeling fearful and distressed.

Counselling is provided in the Centre by an experienced accredited psychotherapist. Tuam Cancer Care provides up to six one-to-one counselling sessions by appointment per client free of charge. Counselling is part funded through a grant provided by the Irish Cancer Society.

## MLD THERAPY

Manual Lymph Drainage (MLD) is a gentle but very specialised form of massage for both men and women who suffer from Lymphoedema after cancer treatment.

## PROGRAMMES

### CAN REACT PHYSICAL ACTIVITY PROGRAMME

Tuam Cancer Care are delighted to invite suitable participants to take part in this 12-week exercise programme specifically designed for people that have had a cancer diagnosis.

Participants will receive an individual personalised exercise plan for the 12-week programme. They will also be assigned to one of the programme facilitators (either Christina or Orla). Participants can decide to complete the programme in their own time without participating in group sessions, or they can participate in a weekly group session as part of their exercise plan. All participants will have a weekly check in by phone with their assigned facilitator, and all participants will be expected to exercise by themselves outside of the weekly group sessions.

### Physical Activity Programme

Tuam Cancer Care offers a Physical Activity Program for men and women who have or have had a cancer diagnosis.

The Physical Activity Programme aims to improve aerobic fitness, strength, flexibility and functional ability in everyday life. In doing so, it helps to improve ones' body image and restore self-confidence. There is also a healthy social dynamic to the programme.

### Chair Yoga

Yoga is a holistic healing system creating harmony and balance on all levels: body, mind, emotions and spirit. It encourages the development of the inner resources that help in dealing with a life-changing illness, promotes relaxation and leads to a greater sense of well-being through gentle exercises.

Gentle Armchair Yoga Sessions are held on Wednesday mornings through Zoom.

We are also holding a 4-week, Face to Face group yoga session, please contact the Centre to pre-book a place in this programme as numbers are limited.

**\*\*Medical Consent is required for Complementary Therapies, MLD and Physical Activity Programmes\*\***