

# Timetable of Services & Supports

New & existing clients may arrange individual support sessions with our Client Support Team by prior appointment, by calling 093 28522 or 087 274 2500

	Service/Support	Facilitators	Date & Time	Notes
Monday	Drop In Centre	Support Volunteers	6.30pm – 9pm	Tea & Chat
	Reflexology/Massage	Christina	6pm – 8pm	By Appointment Only
	*Armchair Yoga & Mediation	Charlotte	7.45pm – 8.45pm Starting Mon 19th Jan	Group Setting or Zoom By Appointment Only
Tuesday	Coffee Morning	Support Volunteers	1st Tues of the Month 10am – 12pm Starting Tues 6th Jan	Drop In
	Counselling	Connie	10am – 1.30pm	By Appointment Only
Wednesday	*Lymphoedema Service	Elaine	9am – 1pm	By Appointment Only
	Counselling	Connie	10am – 1.30pm	By Appointment Only
Thursday	Drop In Centre	Support Volunteers	10.30am – 2pm	Tea & Chat
	Reflexology/Massage	Orla	10am – 1pm	By Appointment Only
	*Armchair Yoga & Mediation	Charlotte	2pm - 3pm Starting Thurs 15th Jan	Group Setting or Zoom By Appointment Only
Friday	Drop In Centre	Support Volunteers	10.30am – 2pm	Tea & Chat
	Reflexology	Karen	10am – 1pm	By Appointment Only
	*Physical Activity Programme	Christina & Orla	10.30am – 11.30am Starting Fri 16th Jan	By Appointment Only
	*CanReact Physical Activity Programme	Christina & Orla	11.30am – 12.30pm Starting Fri 13th Feb	By Appointment Only
Other Services	**Child/Adolescent Therapy 5 – 18 year old	Aline	Contact the Centre	By Appointment Only
	Couples Counselling	Marie	Contact the Centre	By Appointment Only
	*Post Mastectomy Care	Dr Zita	Contact the Centre	By Appointment Only
Programmes	CLIMB © Programme	Trained Facilitators	Tuesday 21st April	6 Week Programme By Appointment Only
	*Look Good Feel Better	Trained Facilitators	Tuesday 19th May	Half Day Programme By Appointment Only
	Talking to Children about Cancer	Aline O’Connell	Thursday 12th March	Register to attend

\*For a person with a cancer diagnosis only

\*\*Child/Adolescent therapy is for children and adolescents affected by a cancer diagnosis of a parent or sibling  
Medical Consent is required for Massage, Reflexology, Yoga, Lymphoedema Service & both Physical Activity Programmes

## Complementary Therapies & Support Services

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 four 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.

### 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 parts of the body. Each session is adapted to the needs of the individual.

### 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. We offer adult individual and couples counselling. Our child & adult psychotherapist is available to 5 to 18 year olds. Counselling is part-funded through the Irish Cancer Society



### Lymphoedema Service

Lymphoedema therapy is available to people who have developed lymphoedema as a result of cancer treatment. The four cornerstones of lymphoedema therapy are covered including skincare, exercise, fitting compression garments and manual lymph drainage (the treatment may include complete decongestive therapy).

### Can React Physical Activity Programme

CanREACT is a 12 week exercise programme specifically designed for people that have had a cancer diagnosis and assists with improving fitness, strength and balance. The programme has been researched and developed by the University of Galway. Individual assessments are conducted at the start and end of the programme. It is suitable for all fitness levels for people that meet the programme criteria.

### 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.

### 6 Week CLIMB® Programme

CLIMB® is a programme for children aged 6-12 who are experiencing the impact of a parent's cancer diagnosis. The CLIMB® programme is an enjoyable, sharing, interactive experience and a time for the children to come together to deal with their feelings.

### Look Good Feel Better

A half day workshop for women who have undergone treatment, facilitated by qualified beauty therapists that have received training for this workshop. Look Good Feel Better workshops offer a multitude of benefits for individuals undergoing cancer treatment. These transformative workshops provide practical skills and techniques to manage appearance-related changes, instilling a renewed sense of confidence and self-esteem.

### LACES Workshop

The Irish Cancer Society, Life and Cancer – Enhancing Survivorship (LACES) programme is for clients who have finished

treatment or who are on maintenance therapy and living well with advanced cancer. The LACES workshop can help you to adjust, live well, and feel your best, physically and emotionally. Please contact the Centre for more details.

### Dr Zita Post Mastectomy Care Clinic

Dr Zita facilitates a free bra fitting service for all ladies that have had breast surgery. There is a wide range of Prostheses, Bras, Lingerie & Swimwear to choose from. Medical Cards & Private Insurance accepted.