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 – 9pm	By Appointment Only
	*Chair Yoga & Mediation	Charlotte	7.45pm – 8.45pm Starting 18th January	Group Setting or Zoom By Appointment Only
Tuesday	**Coffee Morning**	Support Volunteers	1st Tues of the Month 10am – 12pm	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
	*Chair Yoga & Mediation	Charlotte	2pm - 3pm Starting 21st January	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	Starting Jan 15th 10.15am	By Appointment Only
	*CanReact Physical Activity Programme	Christina & Orla	Starting Feb 12th 11.15am	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 Date TBC	6 Week Programme By Appointment Only
	*Look Good Feel Better	Trained Facilitators	TBC	Half Day Programme By Appointment Only
	A Gentle Evening of movement, breathwork & sound healing	Charlotte	Fri 29th Jan 7.30pm - family members. February TBC - Clients	Booking is Essential
	Survive & Thrive Programme	in assoc with Marie Keating	TBC	6 week programme 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.

In partnership with Irish Cancer Society

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 Programme 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.

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.