

Arklow Cancer Support Group Spring 2015.



Winter is over and here we are now in Spring. A time when we can all begin to feel rejuvenated after the cold weather. As you will see later in our newsletter we have a lot of events coming up and there is sure to be something to suit everyone.

It has come to our attention that relatives of patients going through their cancer journey are reluctant to come to us for support. Let me assure you all that the services are available for everybody affected in any way by cancer and are totally confidential.

Bereavement is a very challenging process and we are committed to helping those who have suffered a loss. We run one to one counselling sessions here at Arklow Cancer Support Group. Anyone wishing to avail of this service do not hesitate to contact us.

We provide a much needed and practical Transport Service to the people of Arklow and the surrounding area. This service takes patients for their daily radiation therapy. Please contact our office for further information. The Irish Cancer Society provides a Care to Drive service taking patients to specific hospitals for their chemotherapy. If you require any further information on this service please contact our office or the Social Worker at the hospital you are attending.

A very special thank you to all our friends, supporters and fundraisers. Your support enables us to continue to help the people of Arklow and the surrounding area.

Services Provided

- ◆ Monthly meetings the last Wednesday of each month with speakers on various topics
- ◆ Our Volunteer to drive team, taking our patients for their daily radiation therapy.
- ◆ One-To-One counselling is available by appointment only-and is provided by highly qualified professional counsellors..
- ◆ Reflexology & massage are available by appointment.
- ◆ Art Classes each Monday morning @ 10.30 with Tutor Bernie Fitzgerald.
- ◆ Meditation each Wednesday at 10.30 a.m with Olive Sheridan
- ◆ A drop in coffee morning each Friday morning

Upcoming events

Feb 25th Monthly Meeting Detective Inspector John Gill Presentation on Security in the home.

March 10th. Professor Joe O' Sullivan lecture in the Arklow Bay Hotel at 7.30 pm.

March 13th . Brighter Days, Beautiful Ways.

March 25th AGM

March 28th Social Outing "OKLAHOMA " Bord Gais Theatre

March 28th. Jimmy Reid Charity Shave at the Harbour Bar

April 3rd Roosters Round Ireland Trip

April 4th Charity Dance at the Arklow Bay Hotel

April 5th Return of Roosters and entertainment at the Arklow Rocks Club.

April 17th. East Coast F M Annual coffee morning for Cancer Supports throughout the County @ Bridgewater.

April 18th. Bag Packing at Tesco Arklow.

April 25th . Jigs & Reels at the Arklow Bay Hotel

Arklow Cancer Support Group
25 Kingshill
Arklow
Co. Wicklow
Telephone: 0402/23590
Mobile 085/1100066

Other Services provided at Arklow Cancer Support

- ◆ Creative writing
- ◆ Mindfulness
- ◆ Solar Healing
- ◆ Health & Wellbeing
- ◆ Wig Fitting
- ◆ Library on all types of cancer.
- ◆ Lymphotoedema assistance
- ◆ Telephone assistance

Professor Joe O'Sullivan MD, FRCPI, FFRCSI, FRCR Professor of Radiation Oncology, Queen's University Belfast



Clinical Director of Oncology, and Consultant Clinical Oncologist, Northern Ireland Cancer Centre, Belfast.

Professor Joe O' Sullivan will be giving a lecture in conjunction with Arklow Cancer Support Group in the Arklow Bay Hotel on Tuesday 10th March at 7.30 pm. Everybody is welcome to attend.

Joe is originally from Scarnagh, Inch and was educated at Coolgreany National School and Gorey CBS. He studied Medicine at University College Dublin graduating in 1993. After a number of general medical posts in Dublin, he joined the Radiotherapy Training scheme at St. Luke's Hospital in Dublin in 1995.

When you hit bottom,
that's when you can start
on your way up, with
God's help.



Find Us...
www.arklowcancersupport.com



Arklow Cancer Support Group