Arklow Cancer Support Group Summer 2015.



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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
- Roches Positive appearance & Well Being announce Wig and Breast Care Clinic @Arklow Cancer Support Group on Last Wednesday of each month from 11—4 pm

An Evening of Poetry and music in ald of Arklow Cancer Support Group



Wicklow-based poet Shirley McClure invites you to join her and guest poets, Jane Clarke and Katie Donovan for the launch of

> Spanish Affair a CD of poetry and music.

Poetry readings by Shirley and guests
Refreshments served
Music by Eamon Sweeney

ARKLOW LAUNCH EVENING

Thursday 18th June 20:00 - 22:00 Presbyterian Hall, Dublin Road, Arklow

DUBLIN LAUNCH EVENING

Tuesday 16th June 18:30 - 20:30 Irish Writers' Centre, 19 Parnell Square North, Dublin.

> This project has been kindly sponsored by Blue Wall Technologies Ltd and by individual donors To purchase the CD please contact: www.thepoetryvein.com. All proceeds go to Arklow Cancer Support Group.



Upcoming events

May 17th Classic Car Show on South Quay Arklow

May 27th Monthly Meeting

30th May Our Annual trip to Bloom

June 1st. Mini marathon. We thank all those who are participating for us this year

June 18th. Launch of CD by Shirley McClure at the Presbyterian Church Dublin Road Arklow at 8 pm.

June 24th Monthly Meeting

Arklow Cancer Support Group's Annual Leave from July 31st to the 17th August. Our premises will be closed for those 2 weeks . <u>Our Volunteer to drive pro-</u> gramme will continue to operate taking our clients for their daily radiation therapy and our telephone will be manned.

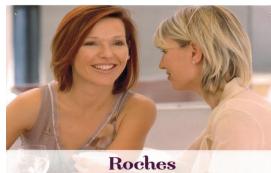
We wish to thank all our fundraisers who have work tirelessly for our Support Group to provide the necessary services provided to the people of Arklow and the surrounding area.

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

Other Services provided at Arklow Cancer Support

- Creative writing
- Mindfullness
- Meditation
- Health & Wellbeing

- Wig Fitting
- Library on all types of cancer.
- Lympheoedema assistance
- Telephone assistance



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www.roches.ie

Arklow Cancer Support Group are delighted to announce this new service at our Centre. Roches will be visiting on the last Wednesday of each month. If you require any further information please do not hesitate in contacting **Arklow Cancer** Support Group or Roches for an appointment.

When you are tempted to complain about your problems, think about some of the problems that others have that you *don't* have. You'll come away with renewed gratefulness for the good things in your life.

Find Us... www.arklowcancersupport.com



Arklow Cancer Support Group