

Arklow Cancer Support Group Winter 2014.



You are all most welcome to our very 1st NEWSLETTER / Winter 2014

The Mission of Arklow Cancer Support Group is to provide a comfortable, safe and welcoming space where people can meet to support each other safely and confidentially.

Arklow Cancer Support Group membership is free of charge and open to all people, patients and families who support its aims and objectives as listed above. Group members can attend whenever they wish, i.e. people can drop in and out of the group's activities depending on their needs.

Just a reflection on how far we have come in the past 5 years.

Our first meeting was held in May 2009. On the 1st April 2011 we opened the doors to our premises at 25 Kingshill Arklow as the need for a bigger space had become apparent. The place was fitted out to our requirements by the very kind and generous people of Arklow.

At Arklow Cancer Support Group we provide information, counselling therapies, transport to people affected by cancer their family and friends. We do not forget all the people who give up their time to do amazing fundraising for us here at the Centre to offer the much needed support we deliver. A heartfelt thank you to all concerned.

The need for our volunteer to drive service had become so great we felt the need to purchase our own vehicle to transport our patients to and from their daily radiation therapy. We simply could not provide this very valuable service without the commitment and dedication of our wonderful team of volunteer drivers.

This year has been magical for the Centre a lot of firsts happened- i.e.

Our 1st car was purchased for the volunteer to drive team

Our 1st Book was published.

Our 1st Calendar was produced and published

Christmas Cards by our Art class

Our Director of Services Mary O'Brien received the Wicklow People "Person of the Year Award"

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

Other Services provided at Arklow Cancer Support

Upcoming events

Nov.7th "Brighter Days Beautiful Ways" Beauty & Styling Workshop

Nov. 15th Strictly come dancing. Paul Tracey and Els Penston dancing for Arklow Cancer Support Group

Nov. 22nd Cabaret night at the Woodenbridge Hotel.

Nov. 29th . Monthly Meeting speaker on Prostate Cancer. All very welcome to attend.

Dec. 3rd Ecumenical Service at Arklow Cancer Support Group at 8 pm

Dec .5th Arklow Cancer Support Group Christmas Party at Arus Lorcáin

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.

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



Calendars, Christmas Cards, and copies of our book "Welcome" are on sale at our office.



Mary O'Brien Director of Services receiving the Wicklow People "Persons of the Year Award".

Arklow Cancer Support
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Every day is a new beginning. Treat it that way. Stay away from what might have been and look at what can be.



Find Us...
www.arklowcancersupport.com

Arklow Cancer Support Group