

Arklow Cancer Support Group Winter 2015



Breast Cancer Awareness Day at Arklow Cancer Support Group.

Arklow Cancer Support Group held a pink party in conjunction with Breast Cancer Awareness Day on Wednesday October 14th. This event is held annually and aims to publicize information concerning breast health and raise awareness of prevention and early detection of breast cancer among women and men. There was a huge turnout from the local community this year which is testament to the volume of work carried out by Arklow Cancer Support Group. This year's event was organised by breast cancer clients, volunteers and group associates. The Centre was painted pink for the day and was alive and buzzing from early morning with events and entertainment and our now famous pink cakes. A huge thank you to everybody who worked and supported us on the day and to the fundraisers and organisations who support us throughout the year allowing us to provide such vital services to the people of Arklow and the surrounding area. Watch out for our Blue Friday as November is Prostate Cancer Month.

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

Upcoming events

November is Prostate Cancer Awareness Month.

Nov. 4th, 11th, 18th 25th
Creative Writing

Nov 20th Arklow Cancer Support Group have nominated this date as an awareness day for Prostate Cancer. "Blue Friday".

Nov 21st. Fundraising night in Lawless's Hotel Aughrim 8.30 till late in aid of Arklow Cancer Support Group. Tickets €10.00

Nov 25th. Roches wig & Prosthesis fitting

Wed 25th. Monthly Meeting @ 7.30 pm all very welcome to attend.

Dec 2nd Christmas Ecumenical Service and turning on the Christmas lights

Dec 4th Christmas Night out at Arus Lorcaín. Lots of prizes to be won.

Dec 23rd. Christmas Coffee & mince pie morning. Our monster raffle takes place at 12 noon.

We wish all our client a very happy and peaceful Christmas & New Year.

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
- ◆ Meditation
- ◆ Health & Wellbeing
- ◆ Wig Fitting
- ◆ Library on all types of cancer.
- ◆ Lymphotoedema assistance
- ◆ Telephone assistance

Help us to make a big change with your small change



Arklow Cancer Support Group are asking you to donate your small change to help us provide a much needed

Voluntary Service in your local community

Donations can be dropped in to Arklow Cancer Support Group 25 Kingshill Arklow

Start by doing what's necessary;
then do what 's possible;
and suddenly you are doing the impossible

Find Us...



www.arklowcancersupport.com



Arklow Cancer Support Group