

# Timetable of Services & Supports

New and existing clients may arrange individual support sessions with our Client Coordinator, by prior appointment.  
Volunteers are currently in the centre on Mondays between 6.45pm & 9.30pm,  
Thursdays & Fridays between 10.30am and 2pm to provide support and information.

## Individual Support Service

Monday	Reflexology/Massage	Christina Rushe	By Appointment only	6.30 pm – 8.30pm
	*Physical Activity Programme	Christina & Orla	Group Setting	10 am – 11 am
Tuesday	*Zoom Physical Activity Programme	Christina & Orla	By Zoom	9.30 am – 10.30am
Wednesday	*Manual Lymphatic Drainage Therapy (MLD)	Elaine Grehan	Ongoing by appointment	9am-1pm
Thursday	Reflexology/Massage	Orla Heneghan	By Appointment Only	10am – 12pm
	*Armchair Yoga & Meditation	Charlotte Farragher	Group Setting or Zoom	2pm
Friday	Reflexology	Karen Grimes	By Appointment Only	10am – 12pm
Please contact the Centre	*Can REACT Physical Activity Programme	Christina & Orla	Group Setting	12 Week Programme Commencing Mon 10th Feb 11am
Please contact the Centre	Counselling	Connie Masterson	Remote or Face to Face	By appointment
Please contact the Centre	*Post Mastectomy Care	Dr Zita Fitzpatrick	Ongoing	By Appointment
Please contact the Centre	Climb© Programme	Trained Facilitators	Group Setting	6 Week Programme Commencing 4th March
Please contact the Centre	*Look Good Feel Better	Trained Facilitators	Group Setting	May TBC

**Supports marked with \* are for a person with a diagnosis only.**



# 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 six 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.

## **Complementary Therapies offered at Tuam Cancer Care:**

### **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 various parts of the body. Each session is adapted to the individual needs.

### **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. Counselling is part funded through a grant provided by the Irish Cancer Society.

### **MLD THERAPY**

Manual Lymph Drainage (MLD) is a gentle but very specialised form of massage for both men and women who suffer from Lymphoedema after cancer treatment.

**\*\*Medical Consent is required for Complementary Therapies, Chair Yoga, MLD and Physical Activity Programmes\*\***

**“The wonderful staff and the volunteers make you feel so welcome. They listen and really and truly deeply care about how you are, as a person on your journey through cancer. Each and every one of them care and are so genuine. I couldn't have done it without them”. Theresa**

