



Cuisle Cancer Support

Block Road, Portlaoise, Co. Laois 057 8681492
The Waterways, Sallins, Naas, Co Kildare Tel: 045 852918
www.cuislecancersupport.com email: info@cuislecancersupport.ie



The Cuisle Cancer Support Centre is operating as normal on an appointment only basis – classes & programmes are resuming while numbers are limited & restrictions are in place. The welfare & care of those attending & working in the centre as always is our priority.

Mondays

Walking Group

Our walking group brings participants through walking programme gradually increasing fitness over time. The walking programme helps people diagnosed with cancer take positive steps towards better health. Exercise has been shown to help with fatigue for cancer survivors.

**Mondays at
10am**

Mindfulness Programme

**Starting 14th Feb
@11am**

Pilates

**12.45pm-1.30pm
Starting 14th Feb
Places Limited**

Tuesdays

**Next
PROSTHESIS &
BRA FITTING DAY
22nd February
Spaces
Available.**

**Thrive &
Survive
Programme**
This is an evidence-based programme that has been designed to support and enable people to deepen their understanding of living with the impact of cancer. (Accredited to Sandford University)
**Tues 7th February
at 10am**

Reflexology

Spaces Limited
Appt Only

Reiki

By appointment
only

Wednesdays

**Next
GARMENT FITTING
Sleeve/Leg
For Lymphoedema
Date to be confirmed**

**Manual
Lymphatic
Drainage**
A specialised gentle massage for patients with Lymphoedema, which may result from surgery or radiotherapy.
By Appt Only

**Chair Yoga
6 Week Programme
10.30-11.30am
16th February
Places Limited**

Art

**From 2-4pm
Starting
Spaces Limited
booking essential**

Counselling
By appointment
only

Nurse

Cancer Support

Our cancer care nurse will provide you with information to help you with the emotional and psychological impact of your cancer diagnosis.

ENTITLEMENTS

A Citizens Information Adviser will give you advice about the financial help you may be entitled to and will help you to navigate the process. e.g., medical card application etc.

Climb

**Programme
Helping Children
Understand Cancer.**
This programme is fun and creative, using drama, arts and play and aims to help children cope with a cancer diagnosis or bereavement in the family
April 2022

Upcoming Programmes

Prostate/Men's Group

Aimed at men diagnosed with prostate cancer
Sept 2022

SECONDARY CANCER PROGRAMME LIVING LIFE

This is for people with a Secondary Cancer diagnosis. It provides an opportunity to deal with the challenges presented by your diagnosis.
Date to be confirmed

EARLY MENOPAUSE WORKSHOP

A programme which provides information for women experiencing early menopause due to cancer treatments
April 2022

**Next Steps Programme
Physiotherapy Lead
Rehabilitation Exercise
Programme
April 2022**

Cuisle Centre Gym

Expected to be
operating from March
2022

Cuisle Kildare

We have opened an
Outreach Centre in Sallins
Co. Kildare 2 days per week –
Tuesdays & Thursdays.
Spread the word.

Cuisle Cancer Support Centre

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