



CUISLE CENTRE

cancer support group



Block Road, Portlaoise, Co. Laois.

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🌐 cuislecancersupport.com

MONDAY

MINDFULNESS PROGRAMME

10:30AM - 11:30AM
(BOOKING ESSENTIAL)

REFLEXOLOGY/
REIKI
(BY APPOINTMENT ONLY)

COUNSELLING
BY APPOINTMENT ONLY.



SUPPORT NURSE AVAILABLE BY APPOINTMENT ONLY



AQUA AEROBICS

PLEASE GIVE THE CENTRE A CALL IF YOU WOULD LIKE TO ATTEND THIS CLASS.

TUESDAY

THRIVE & SURVIVE PROGRAMME

THIS IS A SELF-MANAGEMENT PROGRAMME FOR CANCER SURVIVORS WITH THE AIM OF IMPROVING THEIR QUALITY OF LIFE TO BETTER MANAGE DAILY HEALTH.

(DEVELOPED BY STANFORD UNIVERSITY)

NEXT PROGRAMME STARTING APRIL 2025

MINDFULNESS FOR MEN

2:30PM - 4:00PM
STARTING 11TH FEBRUARY



CITIZENS INFORMATION ADVISER

WILL GIVE YOU ADVICE ABOUT THE FINANCIAL ENTITLEMENTS YOU MAY RECEIVE AND HELP YOU WITH THE PROCESS. E.G., MEDICAL CARD APPLICATION ETC.

WEDNESDAY



CHAIR YOGA

10:00AM - 11:00AM
BOOKING ESSENTIAL
STARTING 5TH FEBRUARY

'LOOK GOOD, FEEL BETTER'

11:30AM - 1:00PM
PLACES LIMITED
(STARTING APRIL 2025)

BEREAVEMENT COUNSELLING (BY APPOINTMENT ONLY)

FUNDED BY LAOIS HOSPICE

MANUAL LYMPHATIC DRAINAGE

A SPECIALISED GENTLE MASSAGE FOR PATIENTS WITH LYMPHOEDEMA, WHICH MAY RESULT FROM SURGERY OR RADIOTHERAPY.
(BY APPOINTMENT ONLY)

PART FUNDED BY LAOIS HOSPICE

ART

2:00PM - 4:00PM
STARTING 12TH FEBRUARY

THURSDAY

CREATIVE ARTS

10:00AM - 12:00PM
(DATE TBC)



PLAY THERAPIST

AVAILABLE FOR CHILDREN FROM 3 YEARS UPWARDS WHO HAVE BEEN IMPACTED BY A CANCER DIAGNOSIS IN THE FAMILY



CHAIR YOGA

10:30AM - 11:30AM
(CLOSED GROUP)

PROSTHESIS & BRA FITTING DAY.

STARTING 20TH FEBRUARY
SPACES AVAILABLE
(BOOKING ESSENTIAL)

GARMENT FITTING

SERRA NOVA SLEEVE/LEG GARMENTS FOR LYMPHOEDEMA.
BOOKING ESSENTIAL
STARTS 6TH MARCH

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 IN THE FAMILY.

(STARTING APRIL 2025)