

atmosphere to share their questions, concerns, and experiences of living with a cancer diagnosis. This group is facilitated and supported by a male counsellor.

Prostate Cancer Group

This group enhances your understanding of your prostate cancer diagnosis providing information and sharing your experiences with other men in similar circumstances.

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 within the family.

Exercise & Selfcare Classes

Aqua Aerobics
Breath Work
Mindfulness
Rest & Restore
Walking Programme
Chair Yoga

Group Classes

Art
Creative Arts

Educational Programmes

Information talks delivered to schools, clubs and groups.

Information Talks

We offer information talks throughout the year which are structured presentations designed to educate on specific topics.

Bereavement Support Group

This is a 6-week support group for people who have been bereaved by a cancer diagnosis. Funded by Laois Hospice.

Testimonials

"Thank You To Everyone I had the privilege of meeting at the Cuisle Centre each and every one of you made a very difficult journey for me much easier by having you all there to give me such comfort and support over my illness and the death of my husband. Each of you played a very big part on my road to recovery both physically and mentally and now as I recall all those days of despair, I realise even more now how the Art Classes, Yoga Classes, Meditation, Reiki, and the Counselling helped me to get to the point I am at today.

Thanks, seems a very small gesture, but from the bottom of my heart I sincerely extend a massive thank you to you all. May God Bless you all for the wonderful work you do every day."

"To all the staff, thank you all for your incredible support throughout my cancer journey. I am so grateful for the support and kindness I received in the centre from the very first phone call to receiving remote counselling during covid. I will never forget the encouragement and understanding which helped me through my journey".

"The interaction with other people in the same situation was good and very helpful. The programme helped me to become stronger in myself."

"It's a great place to come and actually relax and unwind and not have to talk about being ill all the time. Things you thought you would never need, therapy and a chat with tea or coffee actually really give you an insight into yourself. It's not just for you – it's for your family as well."

"No need to thank me, my family & I are delighted to be able to help. Cancer would be something that's very close to home with our family after losing our own father to pancreatic cancer in February of 2023.

We know the tremendous work that you are doing in there, day-in-day-out, to support not only the patients, but the families of those going through it each & every day. We hope that this donation helps even one person or family going through what we were going through at the time and makes their life that little bit easier or at least puts a smile on their face during these difficult times. My father would be proud to know that we're helping others as that's the very man that he was."

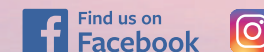


Giving support for those living with cancer and their families

**Block Road
Portlaoise
Co. Laois
R32 Y8P2**

Tel: 057 86 81492

**Email: info@cuislecancersupport.ie
www.cuislecancersupport.com**



The Cuisse Cancer Support Centre

“A cancer diagnosis can leave you worried and feeling alone. We provide information and support to people diagnosed with cancer, their families and carers.”



We know that many people find it hard to know where to turn and don't know what support and advice they might need when they or a loved one, has been diagnosed with cancer. We believe no one should face cancer alone, so we provide emotional support through counselling and complementary therapies to the patient, their carer and their children. We can help with every stage of cancer whether you have recently been diagnosed, are recovering from treatment or are facing a recurrence. We first began offering cancer care back in 2004 and since then our Centre has helped many people. Our services are provided free of charge and we rely on the donations from supporters and fundraising events. We provide the support that local families deserve.

Information

Nurse Information & Support

Our cancer care nurse will provide a safe environment to discuss your fear about the emotional and psychological impact of your cancer diagnosis.

Counselling / Psychotherapy / Psychological Services

Available for people diagnosed with cancer, family members, and for those caring for them.

Therapy for children, young adolescents, and teenagers

Available to children, young adolescents and teenagers who have been affected by a cancer diagnosis.

Bereavement Counselling

Available to adults, children, young adolescents, and teenagers who have been bereaved. This counselling helps the bereaved navigate their emotions, manage daily life, and find a way to live with the loss. Part funded by Laois Hospice.

Reflexology / Holistic Massage/ Reiki / Acupuncture

Our cancer care therapists provide all of these touch therapies which help stress and anxiety.



Manual Lymphatic Drainage

A specialised gentle massage for patients with Lymphoedema, a condition which may result from surgery or radiotherapy.

Breast Care Service

We provide advice with bra and prosthesis fitting. Lovely selection of lingerie, swimwear and accessories available.

Garment Fitting Service

We provide sleeve/leg garment fitting for people with lymphoedema.

Welfare Advice Service

Our welfare adviser will give you advice about the financial help you may be entitled to and will help you to navigate the application process. e.g. medical cards, travel grants etc.

Programmes & Workshops

Thrive and Survive Programme

The Cancer Thriving & Surviving Programme is a self-management programme for Cancer survivors established by Stanford University with the aim of improving your quality of life to better manage your daily health.

Women's Support Group

This is a confidential support group where women come together to share experiences, emotions, and challenges in a safe, confidential, and non-judgmental environment. They can express their concerns, questions and experiences while living with a cancer diagnosis. This group is facilitated by a female counsellor.

Empower: Cancer & Menopause

This is an 8-week programme designed to help women to thrive after experiencing menopause due to cancer treatments.

Men's Support Group

This is a confidential support group where men come together to talk openly about what's going on in their lives. This is an opportunity where men can come together in a relaxed friendly