



Cuisle Centre Timetable

Block Road, Portlaoise, Co. Laois
T: 057 868 1492
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cuislecancersupport.com

MON

Mindfulness Programme

10am-11am

Starting 12th Oct 2026

Reflexology/ Reiki/ Acupuncture

By Appointment Only.

Counselling

By Appointment Only.

Support Nurse Available

Creative Arts Therapist

Available to children who have been affected by a cancer diagnosis.

By Appointment Only

The Cuisle Cancer Support Centre is a charity, and all our services are provided free of charge.

TUES

Empower

Menopause & Cancer Survivorship Programme (Full)

8 Week in person group for those impacted by a chemically and surgically induced menopause as a result of cancer treatments.

Starting 8th Sept 2026

10am-12.30pm

Next Programme
Jan 2027

Thrive & Survive programme

Next Programme Starting
Jan 2027

Rest & Restore

Places Limited

Starting 29th Sept 2026
12:00pm - 1:00pm

Benefits & Entitlement

Our adviser will give you advice about the financial entitlements you may receive and help you with the process. Eg Medical Card Application etc.

Men's Support Group (Full)

10am-11am

Starting 3rd November
Next Group Jan 2027

Aqua Aerobics

6 Week Programme (Full)

MLD Patients Only

12:00pm

Starting 15th Sept

WED

Chair Yoga

Booking Essential

10.00am - 11.00am

Starting 16th Sept 2026

"Look Good, Feel Better"

Places limited

11:30am - 1:00pm

Nov 2026

Bereavement Counselling

By Appointment Only.

Funded by Laois Hospice

Manual Lymphatic Drainage

By Appointment Only.

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

Art

2:00pm - 4:00pm

Starting 30th Sept 2026

Walk in Service

No Appointment Needed.

Cancer Information & Support.

THURS

Play Therapist

Available for children from 3 years upwards who have been impacted by a cancer diagnosis or bereavement in the family.

Yoga for Menopause

Places limited

10:00am-11:00am

Starting 8th Oct 2026

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 Feb 2027

Garment Fitting

Booking Essential

Serra nova sleeve/leg garments for lymphoedema.

24th Sept 2027

FRI

Prosthesis & Bra Fitting Day

Booking Essential

2nd Oct 2026

Spaces Available

Bereavement Support Group

6 week Programme

Starting Oct 2026