# Cuisle Centre Timetable

**Block Road, Portlaoise, Co. Laois**
**T:** 057 868 1492
**E:** info@cuislecancersupport.com
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.

10am-12.30pm

Next Programme Jan 2027

### Thrive & Survive programme
Next Programme Starting Jan 2027

### Rest & Restore
**Places Limited**

12:00pm - 1:00pm

Currently running

### 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

Currently running

## WED

### Chair Yoga
**Booking Essential**

10.00am - 11.00am

### "Look Good, Feel Better"
**Places limited**

11:30am - 1:00pm

16th 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

### 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.

26th Nov 2026

## FRI

### Prosthesis & Bra Fitting Day
**Booking Essential**

20th Nov 2026

Spaces Available

### Bereavement Support Group
6 week Programme

Starting Jan 2027