

August - Dec 2007

Daily

- Our Drop-in Facility is open Mon-Fri 10am-1pm for Support, Information, Counselling and Library services. Appointments necessary after 1pm.
- Our Home Support, Hospital Visiting and Transport Services bringing people to and from clinics, are all available by arrangement with our Centre.

Monday

- Eight week Mindfulness Based Cognitive Therapy course takes place every Monday Oct 1-Nov 26. Booking required.

Tuesday

- Relaxation Class with Emer at 11a.m.
- Counselling with Emer (by appointment).
- Complementary therapies available (by appointment).

Wednesday

- Yoga classes, Mermaid Centre, 10.30 to 11.30am, 12 Sep-24 Oct and 7 Nov-12 Dec. Booking required.
- Complementary therapies available (by appointment).
- Counselling with Emer (by appointment).

Thursday

- Reflexology with Margaret after 1pm (by appointment).
- Counselling with Carmel (by appointment).
- Home Support Visits.

Friday

- Art classes with Niamh Harding Miller, Mermaid Centre, 1.30-3.30pm 28 Sep-23 Nov (excl 12 Oct).
- Group Discussion Class at 11am, including Health Awareness and Go for Life Physical Activity Programmes.
- Swimming at the Glenview Hotel Leisure Centre at 1pm. This swimming hour is designed to provide therapeutic benefit, on a rota system basis. As places are limited, booking is essential.
- Reflexology with Margaret after 1pm (by appointment).

For full details of the complete range of therapies and classes available at the Centre, please call us on 286 6966. ♥

Support Groups' Gathering



A LARGE GROUP FROM BCSC attended the National Conference of Cancer Support Groups in Dublin on March 2nd-3rd. This provided an opportunity to attend workshops and compare notes with other support groups from every corner of Ireland. Highlights included a session on Mindfulness, which is gaining great interest in the cancer care community with its emphasis on encouraging patients with serious illness to be positive by living in the moment, improving their wellbeing and taking a new approach to life's challenges.

Margaret Byrne of BCSC attended *The Healing Pen*, a creative writing workshop, which explored ways in which creative writing can offer a safe haven for those suffering from illness or distress. "We learned how sharing our stories can make our voices heard. When someone else knows what we've been through, then he or she understands much more clearly," she reported. ♥

Inaugural IPOG Conference

The psychological aspects of cancer care provided the focus for the inaugural conference of the Irish Psycho-oncology Group (IPOG) in Dublin Castle on 11th-12th April last. Attending on behalf of BCSC, Brendan and Veronica O'Leary described it as a very informative event and a great opportunity to many people from both Ireland and the UK involved in this very important area.

Following an introduction by IPOG Chairman Prof. Robin Davidson, Health Minister Mary Harney officially opened the conference. Expert speakers from Ireland, the UK and the Netherlands discussed various aspects of the conference theme, among them psycho-oncologist Ursula Bates, Senior Clinical Psychologist at Blackrock Hospice.

According to BCSC Director Veronica O'Leary, it was very enlightening to see how much awareness is now emerging into this side of cancer care. "When BCSC was founded almost 16 years ago it was to highlight the many complex issues surrounding a cancer diagnosis, including psychological care. It's very encouraging to see this much needed side of cancer care now embraced in such a positive manner," she added.

The conference included a Poster Symposium, which revealed details of the huge amount of research currently being carried out in Ireland and the UK. Further information on this is available from BCSC or IPOG group of the Irish Cancer Society – Tel: 01-2310522 or email: ipog@irishcancer.ie ♥

Coping with Life's Losses

Three people from BCSC attended an open day focusing on the important issue of bereavement at TCD on April 28th last. Coping with Life's Losses was organised by the Bereavement Counselling Service in association with The Carers' Association. ♥

County Council consults BCSC on seniors' needs

On June 8th last, Wicklow County Council hosted a consultative session in the Glenview Hotel with the aim of ensuring the concerns of older people feature strongly in relevant local authority strategies and plans. Two people represented BCSC at the event.

Three representatives from BCSC took part in a one-day series of workshops on the subject of End of Life Care organised by the Department of Preventive Medicine and Health Promotion at St. Vincent's Hospital. Topics covered included The Unmet Needs of Dying Patients, Discontinuing Inappropriate Interventions, Communications with Patients and Families and Spiritual Care. ♥



Flower Power: Betty Gorman and Marie Tew took part in a Flowercraft Workshop organised by BCSC.