

Therapies and Classes

January - July 2008

Daily

- Our Drop-in Facility is open Monday-Friday 10am-1pm for Support, Information, Counselling and Library services. Appointments necessary after 1pm.
- Our Home Support, Hospital Visiting and Transport Services are all available by appointment.

Monday

- Eight week course with the Creative Art Group, Mermaid Arts Centre, Bray, every Monday from 11 February-21 April (excluding 10, 17 and 24 March)
- Home Support visits.

Tuesday

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

Wednesday

- Yoga classes, Mermaid Centre, 10.30-11.30am. 16-30 January, 20, February-12 March and 2 April- May 14. Booking required.
- Complementary therapies with Serena (by appointment).
- Complementary therapies with Emer (by appointment).
- Counselling with Emer (by appointment).

Thursday

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

Friday

- Group Discussion Class 11am, including Health Awareness and Go for Life Physical Activity Programmes.
- Swimming at the Glenview Hotel Leisure Centre 1pm. Therapeutic benefit on a rota system basis. Booking is essential. Contact the Centre for details.
- 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. ♥

Workshops

New garden workshop will focus on men's cancer issues

Sometimes the needs of men with cancer can be overlooked.

This year Bray Cancer Support Centre are running a special project just for you.

We are teaming up with Paul D'Alton of St. Vincent's Hospital, the Health Services Executive (HSE) and Ann Gleeson of the Festina Lente Foundation in Bray to help with the restoration of the beautiful old walled gardens at Festina Lente on Old Connaught Avenue.

No particular skills are required. Just a bit of enthusiasm for one or two hours a week.

Ann will be on hand to make sure you will only be asked to do what you are able.

Paul is a psychologist who ran a very successful mindfulness course with Bray Cancer Support Centre in 2007.

So if you want a bit of gentle exercise for both mind and body give Brendan a call at the Centre 2866966. ♥



Conference Round-up

Age Action says older people have rights too



Older people should be encouraged to be more assertive and confident, and have the right to employment, CEO Robin Webster told the annual general meeting of Age Action Ireland. Addressing delegates, he said it was important to highlight that older people are just as important as younger people and that the issues affecting older people should be put on the agenda. "My age tells you how long I have lived and nothing else about me," he said.

Attended by Maureen Kelly on behalf of BCSC, the conference also learned about

a number of initiatives relating to older people, including the Care and Repair programme. Sponsored for three years at €250,000 per annum by Irish Life, this community-based project provides for volunteers to undertake small repair jobs for older people.

In what was a wide-ranging conference, other issues discussed included the Fair Deal scheme for nursing home care for the elderly, pension rights discrimination against public service employees, plans for a recruitment drive to boost membership of the organisation, legal advice, tax allowances and pension rights. ♥

Lymphoedema Ireland open day

Six clients from BCSC attended the Lymphoedema Ireland Open Day at St. Luke's Hospital, Rathgar. Speakers included Dennis McEvoy, Consultant General Surgeon at St. Vincent's University Hospital on *Surgical Management of Breast Cancer* and Sandy Ellis, Consultant Nurse, St. George's Hospital, London, on *Non-cancer Related Lymphoedema*. ♥

Annual General Meeting of the Irish Association for Palliative Care. Chaired by broadcaster Olivia O'Leary, the seminar took the form of a question and answer session with a panel of experts from both Ireland and the UK. Nuala Murphy and Maeve Rogers attended on behalf of BCSC. ♥

BCSC at top UK cancer support conference

A group of 12 people from BCSC travelled to Manchester for the UK's National Conference of Cancer Self-help Groups, Patients and Carers. Focusing on the theme of *Working in Collaboration, not Competition*, this proved to be a very informative event. ♥

Palliative Care AGM

Palliative care for all ages from children to older people provided the focus for a seminar run in conjunction with the