



All Services Are FREE And Confidential

Open: Monday - Thursday 9am - 5pm*
Friday 9am - 4pm*

***We are open through lunchtime also.**

**Donegal Cancer Support Centre,
2nd Floor Unit Station House, Pearse Road,
Letterkenny, Co. Donegal, F92 P6YT**

074 960 1901

donegalsupport@cancercarewest.ie

www.cancercarewest.ie

Psycho-Oncology Counselling

At Cancer Care West we recognise the emotional and psychological distress that can be caused by a cancer diagnosis. As such, we provide face-to-face specialist counselling support. This service is also offered via video or telephone where face-to-face is not possible. We also provide counselling support to inpatients at Letterkenny University Hospital and Donegal Hospice.

Onsite and Remote Oncology Nursing Support

Specialised one-to-one information, advice and support is available both on site and remotely to help patients cope with illness and treatment side effects. Appointments can be scheduled for face to face and remote consultations with our nurse.

Manual Lymphatic Drainage

Manual Lymphatic Drainage (MLD) is a specialist treatment to manage lymphoedema. Our trained therapist will assess, treat and educate patients about the optimum management of the condition.

Reflexology

This complementary therapy is a form of massage, performed to the feet hands, and/or ears. This is an extremely relaxing intervention, particularly for those people who are averse to overall body massage.

Group Support

We are very pleased to host the following facilitated groups.

***Tamoxifen Support Group**

Tamoxifen Support Group for women who are on any of the long-term hormone suppressant medications.

***Men's Morning**

'Men's Morning' which is for men who are either in treatment or coming out of treatment. Its an opportunity for men to share their experiences with other men who have undergone similar challenges.

Pilates & Relaxation Session

The focus is on strength building following treatment and is offered for patients who are within 18-20 months of treatment completion. In addition to the exercise component, guided relaxation is a major part of this session.

Coming Soon

The Centre is exploring other possibilities for group support which include a Brain Tumor Support Group, Recurrence of Disease Group, Blood Cancer Support Group and a Carer/Loved One support Group. Please keep a look out on our Facebook Page for updates on these events.

*Tamoxifen Support Group & Men's Moring are held monthly on a Friday morning
Pilates & Relaxation Session are held weekly on a Wednesday afternoon.