



Crocus

19 The Grange, Plantation Walk,
Monaghan
047 62565 / 087 3680965
Mon-Thurs 9am-4pm, Fri 9am-12pm
crocusmonaghan@gmail.com
www.crocusmonaghan.ie

Newsletter September 2022

CROCUS is a peer support group for women and men who are living with a cancer diagnosis and their family members. We offer understanding, support and confidentiality in a safe caring environment. Whether you are newly diagnosed or managing your cancer for some time we are here to offer you the support you need

MEN'S DEN

Crocus has a group specifically for men "The Men's Den"

The "Men's Den" meet every 2nd Tuesday, in a safe & confidential environment to share stories, seek views from other members or just relax and enjoy a cuppa among other likeminded men.

Upcoming Workshop/talks:

"Sound Meditation & Healing"

with Catherine Caulfield
Tuesday 6th @ 7.30pm

"Mens Chill & Chat"

Tuesday 20th @ 7.30pm

If you would like to know more information or join The Men's Den, please contact the office.

SEPTEMBER ACTIVITIES

Upcoming workshops and talks for Crocus Members:

"Welcome Back Lunch"

Wednesday 7th @ 12pm

"Sound Meditation & Healing"

with Catherine Caulfield
Thursday 8th @ 11am

"Pilates"

4-week Pilate class with Cheryl Connolly starting Tuesday 13th
@ 7.15pm

"Aromatherapy Talk"

With Edel McKenna
Wednesday 21st @ 11am

"Talk with Stephen Dalton"

Friday 30th @ 11am

Art Classes

every Monday @ 10.30am

Crochet & Knitting Group

every Tuesday @ 11am

If you wish to attend any of the above, please book your place with the office.

TRANSPORT SERVICE

The Crocus Car is available to help any member get to and from their cancer related medical appointment.

If you require transport, please do not hesitate to contact the office and we will make all the arrangements.

COMPLEMENTARY THERAPIES

Members can avail of a range of complementary therapies from our therapists who are trained specifically to work with people living with a cancer diagnosis.

Therapies currently available:

- Reflexology
- Indian Head Massage
- Lymphatic Drainage Massage
- Touch Therapy Massage
- Facial Treatment

If you would like to make an appointment, please contact the office for therapists' details.

COUNSELLING AND EMOTIONAL & PSYCHOLOGICAL SUPPORT SERVICE

Crocus offers a Free confidential Counselling and Psychotherapy Service to our members and their families. Our counsellors are fully qualified and accredited.

If you would like to make an appointment, please contact the office for counsellor's details.

FINANCIAL HELP & SUPPORT

Living with cancer can have a real impact on your finances, through reduced or lost income. Your local MABS & Citizens Information Centre can help you understand which benefits are available to you and can help you with the application process.

Contact: **MABS**

Castleblayney, 0818 072960

Citizens Information Centre

Monaghan, 0818 076230

GDPR FORMS

This is the final reminder to return your completed GDPR form to the office as soon as possible. If you have misplaced your form, please let us know and we can resend it.

Alternatively, if you no longer wish to receive communications from Crocus, please contact us and your details will be removed from our database.

VOLUNTEERS

Volunteers are the corner stone of a charity. We are looking to compile a list of volunteers who may be called on to help with events, marshalling and practical help.

If you are interested in volunteering for Crocus, we would love to hear from you

CROCUS NEWS

Welcome Back Lunch

Welcome back all after our short break, we hope you enjoyed your summer. We shall be holding a buffet lunch on Wednesday 7th September @ 12pm to welcome you all back. This is a lovely opportunity to reconnect with friends and make new friends. There will be seating available inside and outside the centre. Could please let us know as soon as possible if you would like to come along as we need to confirm numbers with the caterer.

Irish Cancer Society Conference

Living Well with and Beyond Cancer Conference is taking place on Saturday 3rd September in the Clayton Hotel Dublin or Virtually on-line. You may attend online or in-person and registration is now open at www.cancer.ie/livingwell

MCC Charity Poker Run

The Bad Examples MCC are having their annual charity poker run in aid of Crocus Sunday 4th September, at Sams Diner Monaghan from 10am. They head off at 11.30am.

Vintage Museum Open Day

Benny & Mary McCabe are holding a Vintage Museum Open Day at their premises Killydonnelly, Smithboro, H18 Y397 on Sunday 4th September from 12 – 6pm. Benny & Mary showcase thousands of vintage items including some vey rare Vintage Cars and Tractors. Refreshments will be served and all Donations shall be donated to Crocus.

Fashion Show

Inka Boutique alongside Emerly Jewellery are hosting their AW'22 fashion show in aid of Crocus and LA519 on Thursday 22nd September in the Westenra Arms Hotels @ 7.30pm. Tickets are €15 and available from Inka/House of Labels and Emerly Jewellery.