



# Crocus

## Newsletter April 2024

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

**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 2<sup>nd</sup> 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.

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

### UPCOMING ACTIVITIES

**"Crocus Choir Rehearsals"**  
Tuesday 2<sup>nd</sup> April, 2-3pm

**"Introduction to Acupuncture"**  
Lynda Rouiller, Wednesday 3<sup>rd</sup> April @ 11am

**"Creative Writing Workshop"** 6-week course with Elizabeth McGuinness CMETB Wednesday 10<sup>th</sup> April @ 10am – 1pm

**"Sound Meditation"**  
*Elaine Gunne O'Connor*  
Wednesday 24<sup>th</sup> April @ 11am

**"Mind Loves Yoga"** with Paula Woods, 6 weeks Group Therapy, 9<sup>th</sup>, 17<sup>th</sup> April @ 10.15am – 12pm

**"Air fryer Demonstration"** with Helena Rehill  
Monday 15<sup>th</sup> 7-9pm

**"Peer Support Ladies <50"**  
Friday 19<sup>th</sup> April @ 10.30am

**"Almacare Bra Fitting Clinic"**  
Monday 22<sup>nd</sup> April

**Art Classes** every Monday @ 10.30am – Beginners welcome

**Pottery Classes** – Mondays @ 1.30pm

**Crochet & Knitting Group** every Tuesday @ 11am

**Yoga With Rachel** every Thursday @ 10.30am

### 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
- Acupuncture

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.

## CROCUS NEWS

### Therapists Workshop

We are inviting our therapists to give a small talk about the therapies that they offer to Crocus members and the benefits that support anyone on their cancer journey.

Next up is Lynda Rouiller. Lynda is an acupuncturist and massage therapist with Crocus and she will give an introduction to acupuncture; what it is, what's involved, how the therapy is performed, self-care and the benefits of having acupuncture during and after cancer treatment. This talk will take place on Wednesday 3<sup>rd</sup> April at 11am and all members are invited to come along.

### Creative Writing Workshop

We are running a creative writing workshop commencing on Wednesday 10<sup>th</sup> April at 10am and will run for 6 weeks. Participants are facilitated to draw on their own thoughts or experiences to write a number of different pieces. Generally, all stories shall be compiled into a booklet at the end of the course and each participant shall receive a copy. This is subject to everyone's agreement and not a requirement as we understand some stories are personal and may not wish to publish or share them.

Creative writing is extremely therapeutic and has been found to help relieve depression, anxiety and pain. For people living with cancer, it offers a release and exploration. It can be a way to write about things which you may feel painful to talk about. Writing can help you slow down your thoughts, and relax. It can also build up your confidence and self-esteem. Creative writing is a way to explore thoughts, ideas and emotions that you might otherwise find difficult to express. If you would like to join this workshop please contact the office.

### Crocus Cancer Support Centre Choir

We welcome all male and female members who like to sing and are interested in joining the Crocus Cancer Support Centre Choir. Singing in a choir can improve our physical and mental health – reduces stress & anxiety, pain relief, boosts immune system, improves happiness and wellbeing, good for heart and lungs. The next meeting takes place on **Tuesday 2<sup>nd</sup> April, 2 – 3pm** and choir practice will take place once a month.

### Almacare Clinic

Almacare is holding a bra fitting clinic on **Monday 22<sup>nd</sup> April**. If you would like to book an appointment contact Mary in Almacare directly on 01 5240413 and mention you are a Crocus Member

### CLIMB 4 Clare Programme

CLIMB is a programme for children aged 6 to 12 who are experiencing the impact of a parent's cancer diagnosis. CLIMB is run over 6 weeks. It is an enjoyable, sharing, and interactive experience and a time for children to come together to deal with their feelings. The programme is creative using drama, art & play. The programme is based on having fun together and meeting new friends and is led by our two CLIMB coordinators Mary Murphy and Mary Dalton, along with Play Therapist Edel Mullen.

Starting **Wednesday 17<sup>th</sup> April, 4.00pm – 5.00pm for 6 weeks** in Crocus.

To register your child/children or for more information please contact the Centre on 047 62565