



Lymphoedema IRELAND

Spring 2019 Newsletter

*Please note that times and content may vary. Please check our website for a more detailed agenda closer to the day.

RSVP

Paid up members get free entry. Check out the different ways of paying on page 6. Please register online to give us an indication for seating.

Parking + Travel

Parking is available in the hotel carpark at €2.50 per hour. Heuston train station is 5 minutes walk. At the station there is parking for €3 per hour or €9.50 per day.

Exhibitors

A range of hosiery and footwear products from Serra Nova (formerly Tipptoes), Jobskin, Medi-Royale, Healthcare 21, MDI Medical and 3M Healthcare.

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Open Day

SATURDAY 30TH MARCH

Ashling Hotel, Parkgate Street, Dublin 8

- 09.30 Registration, Tea/Coffee
- 10.15 Opening Address
- 10.30 Patient Story: Nicola Dempsey
- 11.00 Surgery for Lymphoedema – *Alex Munnoch, Consultant Plastic Surgeon & Ex-Chair of the British Lymphology Society*
- 11.45 Q & A
- 12.00 Update on Model of Care - *Kay Morris, HSE Lymphoedema Project Co-Ordinator*
- 12.30 Lunch - Lunch can be purchased with bar food or carvery (the quicker option) available
- 13.30 Prof Mary Paula Colgan Self Care, Skin & Skincare
- 14.00 Self Care: Exercise, Breathing & Drainage – *Deirdre Cullivan, Lymphoedema Therapist, Mater Hospital*
- 14.30 Q & A
- 14.45 Western Support Group
- 15.30 Closing Address
- 15.45 Tea/Coffee, Exhibition Continues
- 16.00 Lymphoedema Ireland AGM - *all welcome!*