

093 28522

www.tuamcancercare.ie



## Happy New Year!

Welcome to our Spring newsletter. We wish you and your families health & happiness in 2018. We want to keep you up to date with everything that is going on in Tuam Cancer Care. If you are a Facebook user make sure to like us – Tuam Cancer Care Centre – for up to the minute news about upcoming events and more.

**In this issue we are focusing on the Drop-In Centre.** The Drop-In Centre is the core of the support services offered by Tuam Cancer Care. It offers a place where clients can come without appointment and access support from their very first visit.

Our experienced Support Volunteers facilitate the Drop-In Centre which is open Monday to Friday from 10am to 2pm and on Monday evenings from 7pm to 9pm. People with a cancer diagnosis and their families are welcome.



In order to understand the impact our Drop-In Centre has for people, we asked a recent client and one of our Support Volunteers for their experience of the Drop In Centre service, offered by Tuam Cancer Care.

### Our Clients view

My friends Margaret, Mary and I had been thinking about going for some time, we eventually made up our minds and Margaret made the call. We went in on a Wednesday morning having no idea what to expect. When we got there my two friends very courteously allowed me in the door first. I like to think it's because I'm the tallest but I have my doubts!. The first person we met was Kathy who greeted us warmly, we also got reassuring smiles from the other ladies working behind the desk. Kathy took us in to a private room where she took our details and told us about the various supports available at the centre. There was a chair yoga class about to start, at this stage we were feeling very much at ease and we were delighted to join in. We were introduced to Mary and Teresa who are Support Volunteers who give of their time to look after the clients. Other people started to come in who also introduced themselves and welcomed us. Next our yoga teacher started speaking and explained to us what chair yoga was about. Very soon there were about 20 women and men stretching, turning and swaying for an hour listening to the calming, soothing and melodious voice of Pauline. After the class came the icing on the cake, a table was set with mugs, plates and glasses, we were served freshly baked scones, biscuits and tea. I am sure you are wondering about the glasses, in them the most delicious smoothie was served prepared by those wonderful volunteering ladies. I have tried making the smoothie myself but it never tastes the same, must be the company. I have met at least 12 volunteers over the months and words cannot describe their care and kindness towards all of us. Eventually when I don my coat and we hit for the car I feel rejuvenated, with a pep in my step and ready to face the world again. I have availed of other supports at the centre which have helped me enormously. Thank you all most sincerely on behalf of my friends and myself.

### Our Support Volunteers view

When people step across the threshold they immediately get support. As this is a very difficult time for people admitting to strangers that they or someone close to them have cancer, this is where the listening skills volunteer comes in, we make people welcome and after taking some details allow people to express how they feel, give them general information. At this stage we offer support therapies i.e. massage, reflexology, reiki, or counselling. These are additional supports made by appointment only. We would like to welcome you or anyone affected by a cancer diagnosis to avail of our drop-In centre. People can drop in at any time Monday-Friday 10am-2pm, Monday night 7pm-9pm.



**The Physical Activity Programme** consists of 11 weeks of strengthening and stretching exercises for people who have had a cancer diagnosis. It aims to improve functional strength and flexibility, physical stamina as well as helping with pain and fatigue. Neasa Canavan, chartered physiotherapist oversees the Programme. If you would like to learn more, Neasa will be facilitating a talk on **“The benefits of physical activity after a cancer diagnosis”** on Tuesday 13th March at 7.30pm in TCC.

**The Strides for Life Programme** was developed by the Irish Cancer Society. It is a structured walking programme which aims to bring each cancer survivor to a level of fitness helping to reduce their risk of recurrence and improve their health and quality of life. It is suitable for every fitness level. Our experienced facilitator, Orla Heneghan leads the group.

**Art Therapy:** A six week course commences on Monday February 12th, 11.15am-1pm and continues until 26th March. Sonya Joyce, Registered Art Therapist will facilitate. Art therapy is one of the Creative Therapies, which have been found to improve self-esteem and promote a general sense of well-being. Art therapy is based on the belief that engaging with art is part of the healing process. It can involve creating art, viewing it and talking about it. **Places are limited.**



**Cookery & Nutrition:** Our Cookery & Nutrition course will commence on Thursday 19th April and will run for 3 weeks until 4th May, from 12pm-2pm. Our facilitator Susan Shannon is a Nutritionist and experienced in presenting healthy eating workshops. She will prepare, and cook healthy menus, you will have an opportunity to sample what has been prepared along with handouts with healthy recipes. Susan will explain where all ingredients can be sourced. Contact the Centre to book a place. **Places are limited to 10 max.**

**Post Mastectomy Care:** Dr. Zita Fitzpatrick will be holding her clinic on Thursday 25<sup>th</sup> January from 10.30am. Please contact the centre to arrange an appointment.

**Cancer Thriving and Surviving Programme:** A six week self management programme of 2.5 hours per session, will commence on Thursday 15th February, 10.30am-1pm. The workshop helps people who are cancer survivors to better manage their health and daily lives. It gives participants the skills to co-ordinate all the things needed to manage their health as well as keep active in their lives and relationships. The programme has been developed and researched in Stanford University and is facilitated by two trained facilitators with their own experience of cancer.



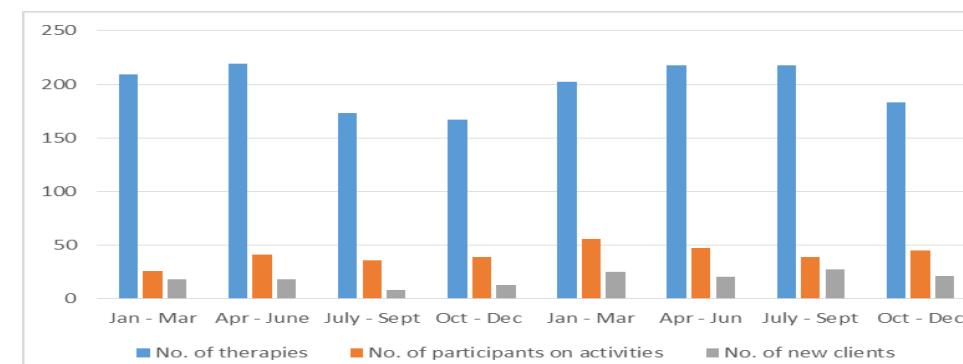
**Places are limited so booking is essential.**

**Please contact the centre on 093 28522.**

**These above programmes are for people who have had a cancer diagnosis.**



## Client Activity Update



This graph shows the activity levels in our programmes and activities in 2016 and 2017. In 2016, 57 new clients registered with us and this increased to 93 in 2017. On average 8 new clients register with us each month. It is reassuring to see the positive impact, care and support that TCC have on clients at a time when they need it most.



## Update on Fundraising

We had another busy year in 2017! Our own Tuam Cancer Care events were very successful. These events are extremely important as they open up our Centre to the public and to the people who need our services the most. Thank you to everyone who participated in any way in these events. We were also extremely lucky to be one of the Charities that benefitted from the Great Western Motorway Cycle, along with many events run by local communities. Pictures and information can be found on our Facebook page and on our website.



**Survivors Celebration Walk – October 8<sup>th</sup> 2017** We are delighted to say the walk was a huge success again this year, and we would like to say thank you to all of our Staff, Volunteers, Supporters, TCC Friends and all who helped in the lead up to the event, and on the day of the walk. We would especially like to thank everyone who took part, organised a team and raised sponsorship. The event, which took place in the Palace Grounds on Sunday 8<sup>th</sup> October, raised a HUGE €19,280.60!! Don't forget this walk takes place each year on the second Sunday in October.



**Church Gate Collection 14<sup>th</sup> & 15<sup>th</sup> April.** Please see below a list of the Churches where we will be holding our annual Church Gate Collection, if you would like to assist us at any of these collections please contact the Centre, or if you would like to hold a collection in your local church please contact Eimear before February 16<sup>th</sup>, as we will need to apply for a collection permit.

**The Pop Up Shop** is taking place on Saturday 10<sup>th</sup> March here at the Centre. We are now collecting items to sell, so if you have a Dress or Occasion Wear that only got one wear and is taking up space in the wardrobe please drop it into us, if you have the shoes and bag to match, perfect, you can donate the complete outfit. We would also appreciate jewellery pieces and handbags. Unfortunately, we cannot accept men's clothing or electrical items.

**Table Quiz.** The TCC Table Quiz takes place on Thursday 22<sup>nd</sup> March in the Corralea Court Hotel at 8pm. Plenty of time to get your teams together and start exercising those brains!

**Leisure Cycle.** The Leisure Cycle takes place on Sunday 17<sup>th</sup> June. As always there will be two routes, 80k and 50k. The cycle is registered with Cycling Ireland. We will open on line registration in May.



Please keep an eye on Facebook for more details on any of our events.

### Some Dates for your Diary!!

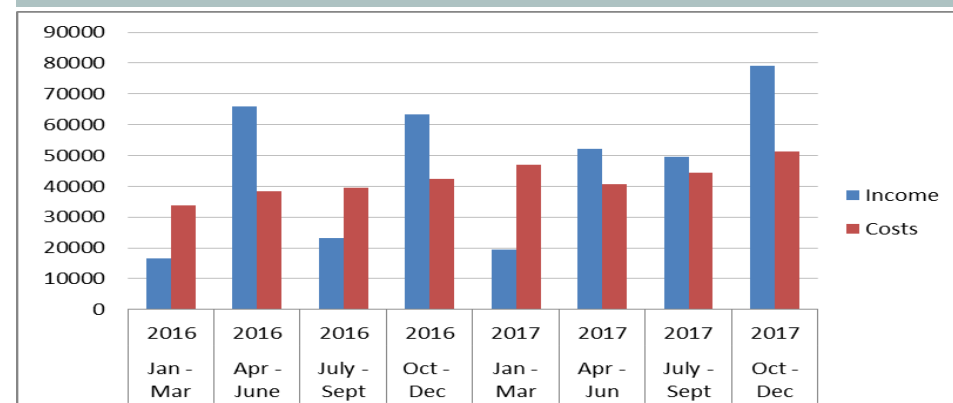
Pop up Shop—**Saturday 10<sup>th</sup> March 2018, Tuam Cancer Care Centre**

Table Quiz – **Thursday 22<sup>nd</sup> March 2018, Corralea Court Hotel, 8.30pm**

Church Gate Collection – **Saturday 14<sup>th</sup> April & Sunday 15<sup>th</sup> April-permit permitting** St Colman's Church, Corofin. Sacred Heart Church, Belclare. St Conleth's Church, Kilconly. St Benin's Church, Kilbannon. St Joseph's Church, Milltown. Tuam Cathedral, Tuam. St Bernard's Church, Abbeyknockmoy. St Mary's Church, Killrerin. St Patrick's Church, Moylough.

Leisure Cycle – **Sunday 17<sup>th</sup> June 2018, Tuam Cancer Care Centre**

## Financial Performance



The graph shows the pattern of Income & Costs for each quarter in 2016 and 2017. We are delighted to report that a trading surplus of €14k in 2016 has been followed by a trading surplus of €17k in 2017.

This has only been possible through your ongoing support. It goes without saying that we need to continue this great work in order to ensure the long-term availability of the support and services provided by TCC especially as demand for the services increase.

## Testimonial

*We would like to thank you for the outstanding work, care and support you show to all cancer patients. Everyday we are extremely grateful knowing the outstanding care and support you show our father – we do not take it for granted. There will never be enough words to express our gratitude. Thank you.*

### For Courage by John O' Donohue

When the light around you lessens  
And your thoughts darken until  
Your body feels fear turn  
Cold as a stone inside

When you find yourself bereft  
Of any belief in yourself  
And all you unknowingly  
Leaned on has fallen

When one voice commands  
Your whole heart,  
And it is raven dark,

Steady yourself and see  
That is your own thinking  
That darkens your world

Search and you will find  
A diamond-thought of light,

Know that you are not alone  
And that this darkness has purpose  
Gradually it will school your eyes  
To find the one gift your life requires  
Hidden within this night-corner.

Invoke the learning  
Of every suffering  
You have suffered.

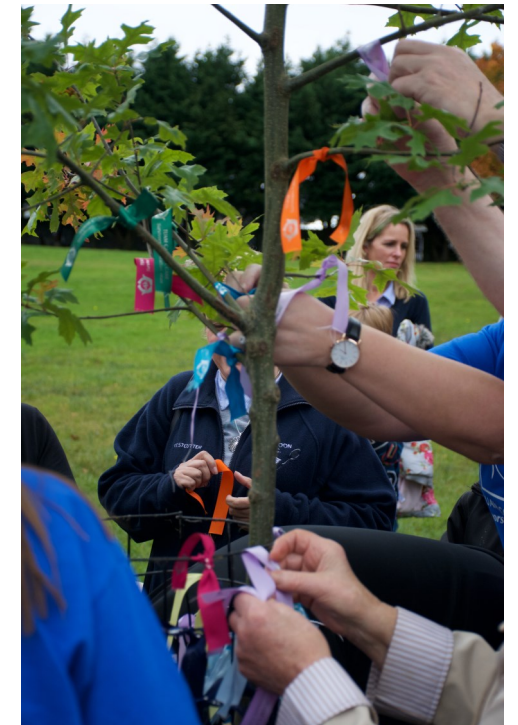
Close your eyes  
Gather all the kindling  
About your heart

To create one spark  
That is all you need  
To nourish the flame

That will cleanse the dark  
Of its weight of festured fear.

A new confidence will come alive  
To urge you towards higher ground

Where your imagination  
Will learn to engage difficulty  
As its most rewarding threshold!



### General Data Protection Legislation 2018

**From May 2018, changes to Data Protection Legislation means that we will only be able to contact you, regarding upcoming events or to send you our newsletter, if you have provided prior written consent. Please see enclosed letter and if you would like to continue receiving correspondence from us, please complete the form and return to us in the stamped addressed envelope provided.**

## Contact Details

Tuam Cancer Care  
Cricket Court  
Dunmore Road  
Tuam  
Co. Galway

Phone: 093 28522  
Email: [support@tuamcancercare.ie](mailto:support@tuamcancercare.ie)  
[www.tuamcancercare.ie](http://www.tuamcancercare.ie)  
[www.facebook.com/TuamCancerCareCentre](https://www.facebook.com/TuamCancerCareCentre)

Donate online:  
[www.idonate.ie/TuamCancerCare](http://www.idonate.ie/TuamCancerCare)

Registered Charity No: CHY 13826

Opening hours: Mon-Fri 10am-2pm  
Mon evening 7pm-9pm

## Getting Involved

**Would you be interested in becoming a Volunteer with Tuam Cancer Care?**

There are two types of volunteers who work with us:

**Support Volunteers-** people who listen and care for the clients that call into the Centre in a warm, welcoming and compassionate way.

**Fundraising Volunteers** – who help and assist us with events that we run, e.g. Church gate collections, marshals, etc. Please contact the Centre for further details on 093 28522 or visit our website [www.tuamcancercare.ie](http://www.tuamcancercare.ie)

