

093 28522

www.tuamcancercare.ie

# Autumn Newsletter



Dear Friends

We hope that you are having an enjoyable summer. In this newsletter we launch our Support and Information Programme for Autumn / Winter 2018, as well as updating you on what is happening in TCC.

If you do not wish to receive our newsletter or if this has reached you at a difficult time, our apologies. Please contact the Centre on 093 28522 and we will remove you from our mailing list.



## Strides for Life Programme

**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. It is hoped that Strides for Life will help cancer survivors take positive steps towards better health. The programme is now available to any cancer survivors who wish to sign up. Our experienced and trained facilitator, Orla Heneghan leads the group. The Programme will commence on Tuesday September 11th at 9.30am. **For further details or to register for the Strides Programme please contact the centre at 093 28522.**

## Physical Activity Programme

**The Physical Activity Programme** consists of 12 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. Physical Activity will commence on Monday 10th September, the Intermediate group at 9.30am in TCC and the Maintenance group in Coral Leisure at 11am.

## Cancer Thriving and Surviving Programme – Steps to healthier living

CTS is a course developed by Stanford University. It is given over 2.5 hours once a week for six weeks, to help support people recovering from cancer treatment. Subjects covered will include:

- Techniques to deal with problems such as fatigue, frustration, pain, isolation and poor sleep
- Living with Uncertainty
- Exercise for regaining and maintaining flexibility and endurance
- Making decisions about treatment and complementary therapies
- Communicating effectively with family and health professionals
- Nutrition and healthy eating
- Setting priorities
- Relationships



Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active fulfilling lives.

Facilitated by 2 people one or both whom are themselves cancer survivors. Participants make weekly action plans, share experiences and help each other solve problems they encounter in carrying out their self management programme.

### Bridie—CTS programme participant testimonial

"The programme taught us how to deal with fatigue and how to better structure our energy and strength. I found the action plan very useful as it helped improve my day to day routine. It increased my confidence and motivation levels. The programme created an awareness of many things I had forgotten about. Chemotherapy does that to people and one's memory is not as good as before. For that alone, I would highly recommend this course to others."

The programme will commence on Thursday 25th October in the centre and will be facilitated by Kathy Kearney & Lucia Canavan. **Booking is essential as places are limited.**

AUTUMN 2018

Tuam Cancer Care

# Update on Fundraising

There are lots of ways to fundraise for Tuam Cancer Care, from coffee mornings to fun runs, lunches to soccer tournaments, you are only limited by your imagination.

We rely on your support in order for us to continue to support those affected by cancer in Tuam and

surrounding areas, and we are so grateful to all those in the community who volunteer their time and energy organising fundraising events to support our work, we can't do what we do without you!

If you would like to organise a fundraising event in your school, workplace or among your family & friends, we would be delighted to help & support you.

You can also set up your own fundraising page to get your friends and families to donate to Tuam Cancer Care by using 'idoneate'.

Contact Eimear at [fundraising@tuamcancercare.ie](mailto:fundraising@tuamcancercare.ie) or phone (093) 28522 and we would be delighted to help you.



*“Walk in the knowledge that you are never alone”* Audrey Hepburn

## Survivors Celebration Walk 2018

The Survivor's Celebration Walk has become Tuam Cancer Care's biggest annual fundraising event.

This year the walk takes place on Sunday 14<sup>th</sup> October, in The Place Grounds Tuam, starting at 2pm.

The walk gives us an opportunity to celebrate cancer survivors and their families and friends, in a lively, warm atmosphere. The event also reflects the support that people receive through our services, with music and entertainment and at the same time raises much needed funds for the Centre.

In addition to the Walk we will again be having a tree planting remembrance ceremony where people can tie ribbons to our newly planted tree in memory of people they have lost through cancer. Ribbons can be purchased on the day for €2.

For more details on this event please see the enclosed letter or contact Eimear at the Centre.

To register simply fill out the attached registration form and return it to the Centre. Registration can also be completed online simply log on to [clr.ie/127252](http://clr.ie/127252)

Don't forget registration is FREE. Sponsorship cards are provided on registration.



## Some Dates for your Diary!!

**ICS Conference** - Saturday 15th September 2018, The Clayton Hotel, Galway.

**Survivors Celebration Walk**—Sunday 14th October 2018, Palace Grounds, Tuam,.

**Pat Healy**, Dublin City Marathon Fundraising Night in aid of TCC, Friday 26th October 2018 in the Corralea Court Hotel, music by Matt Keane, Colm Naughton & friends.

**Christmas Jumper Day**— Friday 14th December 2018

**Christmas Mass**— December TBC



## FUTURE PLANS

**MLD Workshop:** The Centre will be hosting a Free Workshop on Cancer-related Lymphoedema on Saturday 1<sup>st</sup> September, 11am-1pm. This is Lymphoedema that is the result of cancer treatments, investigations, ie lymph node excision, etc... Elaine Grehan, registered MLD therapist will facilitate the workshop. Elaine has many years of experience in treating Lymphoedema. The impact of Lymphoedema on a person is often underestimated. The workshop will explore the latest treatments for the condition, such as the Hivamat machine, compression garments and bandaging. We will look at the benefits of MLD therapy in the treatment and management of the condition. There will be an opportunity for questions after the workshop. Tea, coffee and a light lunch will be provided. **Booking is essential.**

**The Physical Activity Programme** . Physical Activity will commence on Monday 10th September, the Intermediate group at 9.30am in TCC and the Maintenance group in Coral Leisure at 11am.

**The Strides for Life Programme** . It is suitable for every fitness level. Our experienced and trained facilitator, Orla Heneghan leads the group. The Programme will commence on Tuesday September 11th at 9.30am.

**Post Mastectomy Care:** Dr. Zita Fitzpatrick will be holding her clinic on Tuesday 11th September at 10.30am. Please contact the centre to arrange an appointment

**Chair Yoga & Meditation:** Chair Yoga is gentle and relaxing, it suits all levels of mobility. This course is offered on an on-going basis every Wednesday, 10.30am-11.45pm. No appointment is necessary.

**Evening Mat Yoga:** This is floor yoga and is suited to the more mobile and flexible client. The Programme runs over 8 weeks and commences on Thursday 14th September. Pauline Berkeley will facilitate. **Places are limited to 9**



**Cookery & Nutrition:** Our Cookery & Nutrition course will commence on Thursday October 4th, and will run for 3 weeks until October 18th 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.**

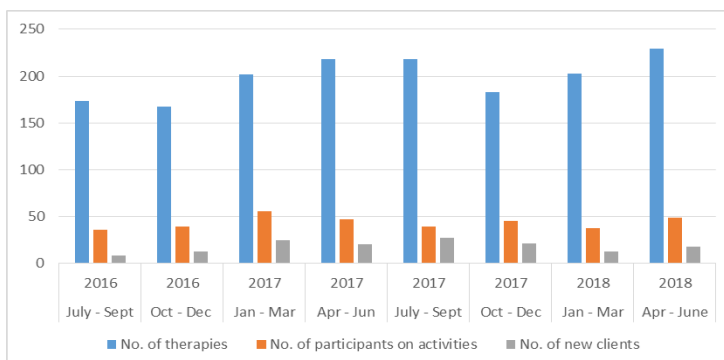
**Colour Analysis & Style Personality Workshop:** This workshop will be facilitated by Louise Marlow, colour and image consultant. A fun and informative workshop, it is for women who have had a cancer diagnosis. The workshop takes place in the Centre on Saturday 20th October, 10.30am - 1.30pm. Refreshments will be provided. **Places are limited to 12.**

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

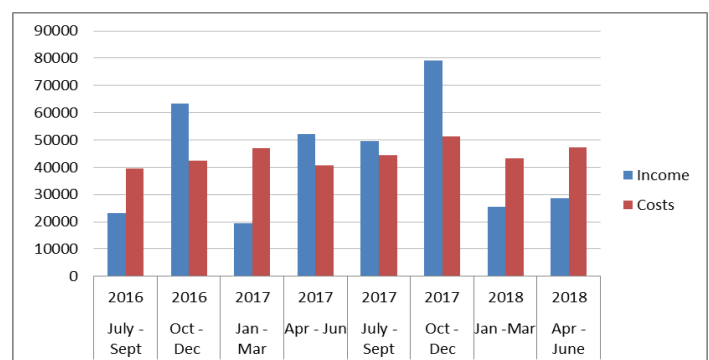
**Places are limited so booking is essential. Please contact the centre on 093 28522.**

*What lies behind us and what lies before us is nothing compared to what lies within us*

## Client Activity Update



## Financial Performance





# The National Conference for Cancer Survivorship 2018

The National Conference for Cancer Survivorship 2018 – Living Well with Cancer is The Irish Cancer Society's annual national conference for cancer survivors, those who care for them, health care professionals, staff or volunteers from community based cancer support services. This year's conference will take place in:

**Galway – Saturday, 15 September in the Clayton Hotel, Ballybrit, 10am – 4.30pm**

The aim of the conference is to provide information and support to enable people to live well after a cancer diagnosis.

**Attendance is free of charge.**

**Online registration opens 25th July 2018.**

This conference is an essential part of the Irish Cancer Society's work. It is where they hear from cancer patients and seek to understand and address the needs of the whole person not just the cancer. It is where they share, learn and support.

You will hear from a range of speakers who will share their experiences, stories and expert knowledge. There are practical sessions with art, writing, music, sleep, exercise, nutrition and much, much more.

**Further information is available from The Irish Cancer Society's**

**website [www.irishcancer.ie](http://www.irishcancer.ie)**



## All Star Community Charity 2018



Tuam Cancer Care were accredited with “All Star Community Charity 2018” at the All Ireland Business All Stars event in Croke Park on April 19th.

Representatives for Tuam Cancer Care were Vera Bray, one of the original founding members of Tuam Cancer Care, Kathy Kearney who has been the Coordinator of Tuam Cancer Care for over 17 years and Maureen Grealish (Manager). The award recognises the founders of Tuam Cancer Care, and the many volunteers and supporters that have (and continue to) contributed to Tuam Cancer Care over the decades to make the organisation what it is today.

It is particularly remarkable that a charity of this calibre has relied on donations and fundraising to fund its activities making it a true “Community Charity”. It is hoped that the award will raise awareness of Tuam Cancer Care. It is a remarkable achievement for everyone involved in TCC now and in the past.



## Contact Details

Tuam Cancer Care  
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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: RCN 20044046

Opening hours: Mon-Fri 10am-2pm

Mon evening 7pm-9pm



*Cancer Support & Information*



## Getting Involved

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

There are two types of volunteers who work with the 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. Please contact the Centre for further details on 093 28522 or visit our website

[www.tuamcancercare.ie](http://www.tuamcancercare.ie)