

093 28522

www.tuamcancercare.ie



SPRING 2019

Tuam Cancer Care

Spring Newsletter



Happy New Year!

Welcome to our Spring newsletter. We wish you and your families health & happiness in 2019. We want to keep you up to date with everything that is going on in Tuam Cancer Care. 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.



CLIMB Programme

Cancer affects the whole family, not just the person who is diagnosed. Many parents dealing with a cancer diagnosis acknowledge they don't know how to talk to their children about cancer. This breakdown in communication not only heightens the stress and fears of the children but isolates

them and prevents them from being an active member of the family.

Participation in the CLIMB Programme helps to support communication of these complex feelings, increases the children's knowledge about cancer and improves communication between parents and children.

The Programme is for children aged 5-12 years old whose parent has had a cancer diagnosis and is run one evening per week over 6 weeks in Tuam Cancer Care Centre. Each week, through play, drama and art the children learn about cancer. It is an enjoyable, sharing and interactive experience. It endeavours to build on the child's strengths and enhances his/her ability to cope with the inevitable distress of a cancer diagnosis, of a parent particularly. Parents are invited to stay for a cup of tea, a chat and receive support for themselves while the children play.

Tuam Cancer Care was the first Centre in the Republic of Ireland to offer the CLIMB Programme which is facilitated by trained support volunteers. It is run twice a year and is free of charge. Referrals to the Programme can be made directly or by health care professionals. If you feel your child or children would benefit from this Programme, please contact the Centre on Tel: 093 28522, or alternatively email support@tuamcancercare.ie

Deirdre - CLIMB Programme participant testimonial

"Nobody realises until they are in the situation the effects that cancer has on the whole family. It is hard for adults to understand, and while we are trying to come to terms with a diagnosis, our children are scared to death by the word "cancer" and the fear of losing a parent. Some children act up at home and school, while others grow up overnight. To them it is a very scary time.

CLIMB which stands for "Children's Lives Include Moments of Bravery", is a fantastic programme which gives children the tools to understand cancer. It explains the treatments people go through, explores their thoughts, fears and worries about cancer and gives the children coping mechanisms to deal with their fears and emotions. It introduces them to children in the same situation and takes away the feeling of isolation.

The course is a fun environment using drama and art.

CLIMB had a positive effect on my child in that it gave her back her carefree happy personality. She made great friends and was no longer afraid to talk about her feelings.

It also puts adults in touch with people in the same situation and was a great help to me also."



The next programme commences on Tuesday 15th January in the centre. For further information please contact the centre on 093 28522. **Booking is essential.**

Update on Fundraising

Happy New Year to you all! 2018 was a very busy year for us here in Tuam Cancer Care. Thank you to everyone who supported our events, or ran events on our behalf in your own communities.

The Pop Up Shop ,Church Gate Collection, Table Quiz, Cycle, Survivors Celebration Walk and Christmas Jumper Day were all very successful again this year. As always we are delighted to see so many people attending these events.



In 2019 we would like to introduce a new event, The TCC Tea Party, the idea behind the event is to bring together people in their own communities to support the Centre. The Tea Parties will reflect the values and support provided to people with cancer and their families by Tuam Cancer Care. As the event is community based it is an opportunity to raise awareness of the services offered here at the centre and also to raise awareness of the Centre's fundraising needs. Each Tea Party organiser will receive a pack containing TCC information on services and supports, Tea Party promotional & marketing material to include; bunting, balloons, t-shirts, and

info on how to advertise the event. We are hoping to launch this event at Easter time, please keep an eye out for it on our Facebook page and in local media.

We appreciate all fundraising efforts for Tuam Cancer Care, no matter how big or small, however, in the past few months there have been a few events that deserve a special mention, they are:

Michael Dempsey:

Each year Michael Dempsey adorns his front garden with festive lights and decorations, and invites the public to make a donation to charity. Michael has raised in the region of €5000 for Tuam Cancer Care in the past 4 years. Thank you Michael for the huge amount of work you put in each year creating this wonderful Christmas exhibition.



The Glenamaddy Tractor Run 2018:

Last December over 150 tractors lined up at Glenamaddy Equestrian Centre before heading off for a drive that took in Glenamaddy, Williamstown, Clonberne, and Kilkerrin. A few of the drivers even decked out the tractors in festive lights and decorations. This fun event raised over €5000 for Tuam Cancer Care!

Thank you to Claire & Michael Donelon and all their helpers who organised and ran this event.

Pat Healy ran the Dublin City Marathon:

Pat Healy is an inspiration to us all. In Pat's own words, "As a cancer survivor and client of Tuam Cancer Care, I received great help and care during my recovery. I joined the Strides for Life and Physical Activity Maintenance Group in Tuam Cancer Care in January 2015, and because of this I am now well on the road to recovery and wanted to give something back.". In 2018 Pat competed in the SSE Airtricity Dublin City Marathon, raising €1010 for the Centre. Well done Pat and thank you.



How can you help?

Have you made any New Year's resolutions? Maybe you've set yourself a challenge, walk 10km, learn to swim, cycle 50km, join a club/group, and get more involved in the community. Whatever it is, why not turn your challenge into a fundraising activity for Tuam Cancer Care, take part in one of our events or create your own and get your community involved. Contact Eimear if you would like any help with creating an event or even just to run through some ideas.

If you are involved in a group or club in your local community and would like to arrange an information talk to help raise awareness of the supports and services offered by Tuam Cancer Care, we would be more than happy to facilitate you, contact the Centre for more info.

Some Dates for your Diary!!

Table Quiz: TBC

Church Gate Collection: 13th & 14th April

Tuam Cancer Care Cycle: Sunday 23rd June

Survivors Celebration Walk 2019: Sunday 13th October

If anyone has any ideas or plans to run a fundraising event in aid of Tuam Cancer Care in 2019 and would like advice or to read our guidelines, please contact Eimear on 093 28522 Or fundraising@tuamcancercare.ie and she will be happy to discuss your plans with you.



FUTURE PLANS

The Physical Activity Programme . Physical Activity will commence on Monday 14th January, the Intermediate group at 9.30am in TCC and the Maintenance group in Coral Leisure at 11am.

Art Therapy: A six week course commences on Monday January 14th, 11.15am-1pm and continues until 18th February. 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.**

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 January 15th at 9.30am.

Post Mastectomy Care: For women who have undergone a mastectomy, we provide emotional and practical support. Our breast prosthesis service provides an individual and private fitting for a prosthesis, bra/lingerie or swimwear. A comprehensive range of the most up to date items for any woman who has had a mastectomy, segmentectomy or lumpectomy is available. This free and confidential service is provided by Dr Zita Fitzpatrick, a Retired Medical Practitioner and Post-Mastectomy Care Consultant. The service is ongoing. Dr. Zita Fitzpatrick will be holding her clinic on **Tuesday 22nd January 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.

Cancer Thriving and Surviving Programme: A six week self management programme consisting of 2.5 hours per session, will commence on Thursday 14th 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. For further information or to book a place please contact the centre.

Booking is essential as places are limited.

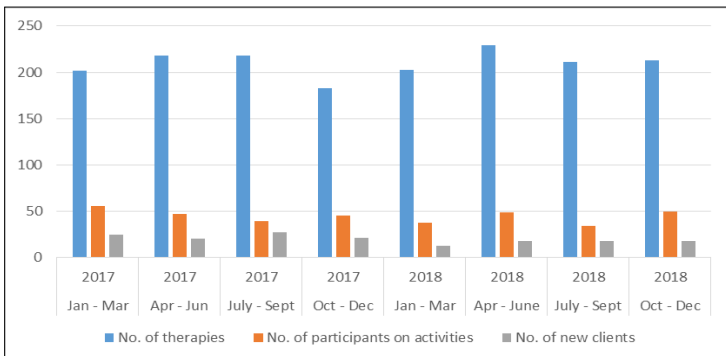


Cookery & Nutrition: Our Cookery & Nutrition course will commence on Thursday April 4th, and will run for 3 weeks until April 18th from 12pm-2pm. Our facilitator Susan Shannon is a Nutritionist and experienced in presenting healthy eating workshops. She will prepare, and cook healthy menus, you will have an opportunity to sample what has been prepared along with handouts with healthy recipes. Susan will explain where all ingredients can be sourced.

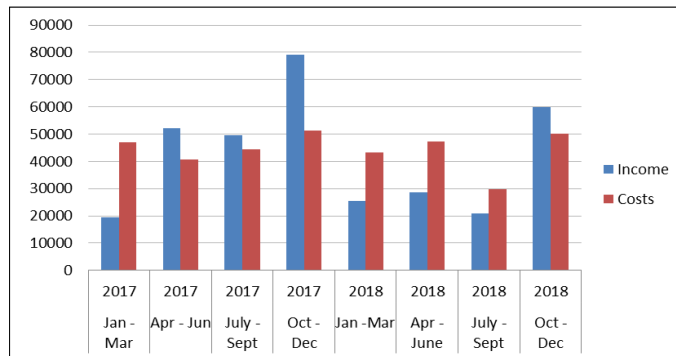
Contact the Centre to book a place. **Places are limited to 10 max.**

Courage isn't having the strength to go on—it is going on when you don't have strength

Client Activity Update



Financial Performance



Courage

*Winds are howling on the hill fierce and long,
Floods the earth with joyful song to greet the day.
From the topmost branch, a thrush pours out his song,
Challenging the storm and wind, the whole day long.*

*So the skylark soaring up through skies of grey,
Swaying down the ash tree boughs and lashing strong.
So above the rain washed moors when storms are near,
The curlews bubbling song streams down dispelling fear.*

*May I sing a song of hope on stormy days,
Learn to spread the light of faith on darkest ways,
Learn to keep a song of peace within me strong,
Bringing joy and courage when the ways are long.*

Update on Board of Directors



Tuam Cancer Care signed up to the Code of Good Governance for Charities in 2014. As part of the code Board members are permitted to serve a maximum of two terms, each term is for 3 years.

This year the terms of some dedicated Board members came to an end. Tuam Cancer Care would like to acknowledge the great work of these, and previous Board members, and thank them for their years of service which has brought the organisation to where it is today. We are most thankful for the services of Josephine Hanrahan, Vera Bray, Eric Gleeson (outgoing Chair) and John Hansberry whose time on the board came to an end in 2018.

Tuam Cancer Care is delighted to welcome some new Board members namely Valerie McGrath, Derek Mitchell and Frank Byrnes who recently commenced their terms as Board members. Tom Jinks who has served on the Board for a number of years takes on the role as Chairperson. Patricia Wynne remains as Company Secretary and Violet Powell as Treasurer.

Contact Details

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www.tuamcancercare.ie

www.facebook.com/TuamCancerCareCentre

Donate online:

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

