

093 28522

www.tuamcancercare.ie



Happy New Year!

Welcome to our Spring newsletter. We wish you and your families health & happiness in 2020. 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.

## Spring 2020 Timetable of Workshops and Courses

**The Physical Activity Programme:** Physical Activity will commence on Monday 13th January, the Intermediate group at 9.30am in TCC and the Maintenance group in Coral Leisure at 11am. Because the programme is overseen by a Chartered Physiotherapist, which involves having an assessment before participating in the programme, we ask that you make a decision to commit to the duration of the 13 week programme before registering.

**The Strides for Life Programme:** This Programme aims to bring the individual to a level of fitness where they can help reduce their risk of recurrence of cancer and improve their overall health and quality of life. It is suitable for every fitness level. Our experienced and trained facilitator, Orla Heneghan leads the group. The Programme will commence on Tuesday 14<sup>th</sup> January at 9.30am.

**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 20th 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. Shared experiences lead to personal growth and greater empowerment. For further information or to book a place please contact the centre. **Booking is essential as places are limited.**

**Look Good Feel Better Workshop:** The workshop provides free advice to help manage the visible side-effects caused by cancer and its treatment. Look Good Feel Better helps women in a very practical and positive way. Trained beauty consultants volunteer their time and expertise to help women with simple skincare and make-up skills. The two hour workshops are informative and lively but most of all fun. This workshop will take place on Thursday 6th February, 11am-1pm. **Booking is essential as places are limited.**

**Breast Care Service:** Our breast prosthesis service provides a private fitting for a prosthesis, bra/lingerie or swimwear. This free and confidential service is provided by Dr Zita Fitzpatrick, a Retired Medical Practitioner and Post-Mastectomy Care Consultant. The service is ongoing. All medical card holders are entitled to two bras annually and a prosthesis every two years. Please contact the centre for the date and time of the next clinic.



**Cookery & Nutrition:** Our Cookery & Nutrition course will commence on Thursday 16th April and will run for 3 weeks until Thursday 30th April from 12pm-2pm. Our facilitator Susan Shannon is a Nutritionist, 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.

**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.**

SPRING 2020

# Tuam Cancer Care

# Update on Fundraising

Happy New Year to you all and thank you to all our Volunteers, Fundraisers, Sponsors, Supporters and anyone who has helped in any way throughout 2019. Without your generous support we would not be able to provide the ongoing services to our clients and their families.



Last year we launched the Tea Parties for Tuam Cancer Care Campaign, which we are delighted to say was extremely successful and raised €11,110.37! The campaign was created to highlight the importance a listening ear and a cup of tea means to someone at a time of uncertainty in their life, while raising much needed funds for Tuam Cancer Care. Breda Roche, one of our support volunteers held a Tea Party in her own home and tells us in her own words about her experience....



*"When Tuam Cancer Care launched their new fundraiser, "Tea Parties for Tuam Cancer Care" in the Centre on April 5<sup>th</sup> last, I decided then and there I would run one in my home. I used the launch pack provided to popularise the event, using the posters in larger venues around Dunmore and sending the postcards provided to family and friends.*

*On the day the balloons blew gallantly in the wind at the end of the road, directing guests to the address. Businesses and shops that I support gave generously to the raffle and attendees donated in the Tuam Cancer Care envelopes provided.*

*Top Tier Cakery in Dunmore made a cake with the Tuam Cancer Care logo which made a very impressive centrepiece. Family, friends and neighbours chatted and drank copious cups of tea. It was a very enjoyable day, raising much needed funds for Tuam Cancer Care which provides all therapies and supports to its many clients free of charge. I look forward to doing it again in 2020." **Breda Roche***

If you would like to host a Tea Party in May this year please fill in the enclosed registration form and return it to the Centre or log on to <https://tuamcancercare.clr.events/event/129271:tea-parties-for-tuam-cancer-care->

The Tuam Cycling Club 3 Counties Leisure Cycle in aid of Tuam Cancer Care takes place this year on Sunday 14<sup>th</sup> June, it has two routes an 80km and a 50km, and this year we are delighted to include a shorter 10km route for novice cyclists. Please look out for more information on this event on our Facebook page from May.



Thank you to everyone that has held fundraising events in their own communities in the past year. In 2019 you raised over €82,000! Thank you and well done to you all. We would like to give a special mention to the Paula Burke and the Burke family in Clonbur, who hosted 'A Night for Colm' in memory of Colm Burke and raised a phenomenal €32,631. It is amazing what can be achieved when a community comes together.

Thank you and well done to Claire Dolan and Michael Donnellan who organised the Glenamaddy Tractor Run on December 8th. In terrible weather 200 tractors turned out with festive themed decorations and raised a huge €6,000 for Tuam cancer Care.

As always we appreciate all fundraising efforts for Tuam Cancer Care, no matter how big or small. If you have any fundraising ideas that you would like to discuss please contact Eimear on 093 28522 or [fundraising@tuamcancercare.ie](mailto:fundraising@tuamcancercare.ie).



## Some Dates for your Diary!!

Table Quiz: Thursday 26th March

Church Gate Collection: Saturday 11th & Sunday 12th April

Tuam Cancer Care Cycle: Sunday 14th June

Survivors Celebration Walk 2020: Sunday 11th October

*"People coming together as a community  
can make things happen"*

# Sustaining the future of Tuam Cancer Care

## General Election 2020 – how you can help us

As you may know, Tuam Cancer Care raises 92% of the monies needed to provide our support services through fundraising and donations each year. The fact that this has been the case for over 30 years is testament to the commitment and generosity of the many people, businesses and communities that support us. However, with the increase in the number of people diagnosed with cancer, the demand on services continues to grow, and we have been operating at a deficit in recent years. The Board and Management have been working on securing funding to complement the monies raised through fundraising and donations and to ensure that the support services of Tuam Cancer Care are sustained into the future.

The Chair, Tom Jinks and Manager, Maureen, met with Ministers in Leinster House last year. We have also had numerous meetings and correspondence with local and national politicians, with the Department of Health, the HSE and the NCCP (National Cancer Control Programme). Tuam Cancer Care have also been working with the other 37 organisations affiliated to The Irish Cancer Society across the country. While there has been some movement – last year we received €5,000 from the HSE, this still only represents a very small percentage of the approx. €200,000 needed each year.

In this years Budget the Government announced an additional €8m for Health specifically for the implementation of the cancer strategy, mental health and disabilities. The Cancer Strategy document for 2017 – 2026 recognises the work of the voluntary sector and indications are that funding will be available for Centres such as Tuam Cancer Care and so there was great excitement when the additional €8m was announced. However, there has been no progress since the announcement, and we are not sure what the next stage is, especially now that there is a General Election being planned.

**So – what can you do?** As politicians call to your door to canvass for your support in the election you could ask them what their party intends to do to ensure funding for your local cancer support centre, Tuam Cancer Care. This support will make a huge difference and would be greatly appreciated.

*Every day may not be a good day, but there is good in every day.*

## Focus Group

In 2016 Tuam Cancer Care embarked on a review of its Fundraising strategy. One part of this process was hosting a number of focus groups where clients, volunteers and supporters could give us feedback on the fundraising aspect of Tuam Cancer Care. One of the outputs of this process was the creation of the Survivors Celebration Walk. The Walk has generated almost €60,000 for Tuam Cancer Care since it was established in 2016.

2020 marks the fifth walk and we feel that now is a good time to again review the fundraising activities of Tuam Cancer Care. We were delighted with the input and attendance at the focus groups last time and so we would like to invite those who would like to give input to a focus group meeting to be held in the Centre in early 2020.

The focus group meeting will take place from **1.30pm to 2.30pm on Thursday 13th of February 2020**. The session will be held in the Centre and will be facilitated by our Manager (Maureen) and Fundraising Officer (Eimear).

Please let us know if you would like to attend. If you are unable to attend, but have some feedback you would like to give, please feel free to speak with Maureen or Eimear when you are next in the Centre.



## Citizens Information Clinic

Tuam Cancer Care is holding a **Citizens Information Clinic** in the Centre, where people can make an appointment with Declan, an Information Officer to answer any of your questions or concerns. The date and time of the Clinic is to be confirmed.

A diagnosis of cancer can sometimes bring the added burden of financial worries. If you have been diagnosed with cancer, you may qualify for a range of benefits provided by the State through the Department of Social Protection and Health Service Executive (HSE).

Citizens Information provides information on all public services and entitlements in Ireland. Depending on the uptake of this Clinic, we would hope to run them on a regular basis. **The Clinic is free and confidential.** Please contact the Centre on 093 28522 to arrange an appointment.

# Update on the Governments Cancer Strategy 2017 – 2026

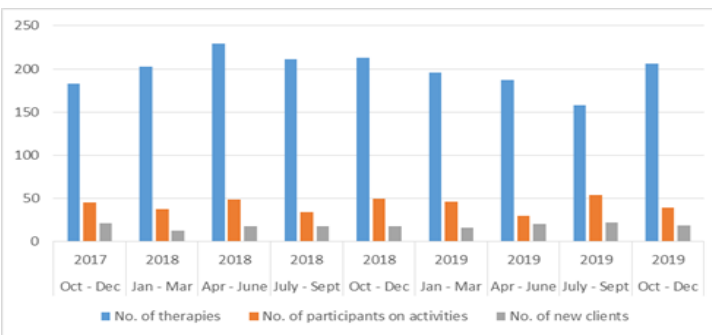
*The Vision of the National Cancer Strategy 2017 – 2026 states that “Together we will strive to prevent cancer and work to improve the treatment, health and wellbeing, experiences and outcomes of those living with and beyond cancer”*

In the recently published report “National Cancer Survivorship Needs Assessment: Living With and Beyond Cancer in Ireland”, Dr Jerome Coffey (Director of the National Cancer Control Programme – the NCCP) said that the number of cancer survivors is currently almost 4% of the Irish population and this number will continue to increase. He also said that a significant proportion of cancer patients endure the physical and psychological consequences of their cancer and its treatment. With the correct assessment, treatment and support these long term and late effects can be managed and alleviated. Mapping of the patient pathway will be the way that survivorship care, delivering information, support and services will be integrated. The needs assessment carried out by the NCCP provides Irish data and information about the needs of cancer survivors and the services available to them.

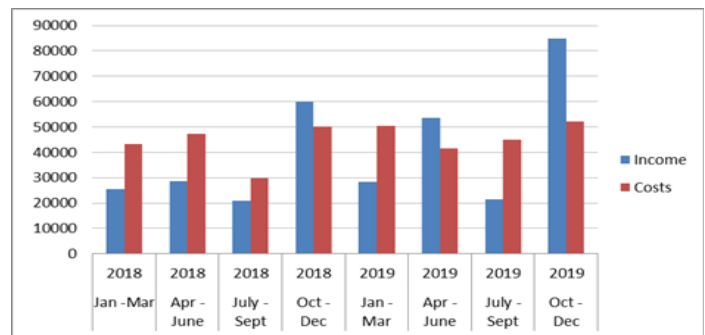
In the report the findings showed that Cancer Support Centres such as Tuam Cancer Care fill gaps in survivorship care which the cancer services in the treating hospitals are unable to meet. The report also noted that there are no formal referral pathways between hospitals and Cancer Support Centres. The report recommends that there should be a more standardised approach to providing support to cancer patients and their families including referral pathways, national standards of care and an appropriate funding model for cancer support centres. The document can be read in full on the HSE’s website.

It is worth noting that Tuam Cancer Care is represented on the NCCP’s Working Group on “Standards for Community Cancer Support Centres”. The Working Group hopes to publish its recommendations by September 2020.

## Client Activity Update



## Financial Performance



## 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



## 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)