

093 28522

www.tuamcancercare.ie

# Autumn Newsletter



Dear Friends

As we all know our world changed dramatically in early March. In Tuam Cancer Care the Board took the difficult decision to close the Centre on March 13th. We immediately looked at how we could support our clients while also keeping people safe. We diverted our phone line to our mobile phone so that all calls could be answered. Rosemary has been answering our calls since. Kathy, our Coordinator has been supporting new and existing clients first by phone, and later by phone or video call. Connie our Counsellor started providing counselling sessions using phone or video depending on the clients preferences. We started linking to our clients through Whatsapp and Facebook. Our amazing team of therapists and facilitators made short video clips on topics such as Physical Activity, Relaxation, Walking etc and we shared these through Whatsapp and Facebook.

As we realised that this pandemic would keep us all at home longer than we originally thought we were able to use technology such as Zoom to provide weekly Yoga classes with Pauline to our clients. This started as a short half hour session, it is now an hour long session which includes a chance to chat to the other participants. Our child counsellor completed specialised training to support children using remote technology and we have been working with a number of families during this time.

In early June we received guidelines from the NCCP (National Cancer Control Programme) on the safe re-opening of cancer support centres which included detailed paperwork to ensure the safety of our clients, therapists, volunteers and staff.

The first support service that we were authorised to offer to clients on a face to face basis was Manual Lymphatic Drainage. The first priority was for clients with medical emergencies. A very strict protocol and safety programme was implemented and Elaine has been seeing clients in the Centre, by appointment only, on a weekly basis.

We then completed the requirements so that where needed we can offer face to face consultations with Kathy to new and existing clients by prior appointment. In July we were able to recommence some face to face counselling. We will continue to offer most counselling remotely but for people who are not in the high risk categories and may not have access to technology it is great to have this option.



We are delighted that we can now offer two more support services to those already in place. From September we will be offering our Physical Activity programme to clients via Zoom. We also hope to re-introduce our Strides for Life Programme - updated to allow for social distancing and other safety measures.

Our aim is to provide as wide a range of support services as possible, while recognising that many of our clients, and Volunteers are in the high and very high risk groups, and so safety is a major consideration.



The Centre has been made fully compliant with the COVID safety requirements. We have perspex screens fitted at reception, hand sanitisers are placed throughout the building, 2m social distancing floor stickers have been fitted. PPE is worn when required. Contact log information is taken, and the number of people in the building at any time is minimised. We have also purchased a sanitiser misting unit which allows us to spray COVID effective, non-toxic, spray over all surfaces. The spray dries within 5 minutes and it allows us to clean our rooms between each client quickly, but most importantly very safely. It was very important to us that the special feeling that people tell us they get when they walk through the doors was retained as well as people feeling that their safety was prioritised. We are delighted to say that the feedback that we are getting from clients that have been in the Centre has been that this has been achieved.

In this newsletter we will outline the services in more detail and we hope that anyone who needs support has a way of accessing it. As always your feedback is needed and so if you have any thoughts or ideas they are most welcome.

We look forward to seeing as many of you as possible, even if it is at the other side of a screen, in the coming weeks and months. We also hope that this pandemic passes swiftly and with as little damage as possible and that we will be in a position to gather together in groups in the not too distant future.

In the meantime, keep well and stay safe. If you do not wish to receive our newsletter please contact the Centre or if it has reached you at a difficult time, our apologies.

AUTUMN 2020

Tuam Cancer Care

# Update on Fundraising

The COVID 19 pandemic has resulted in the cancellation of several of our annual fundraising events. For an organisation that relies on fundraising to provide 90% of the costs of running our support services each year, this is alarming.

We are hugely grateful to supporters that continue to support us throughout these strange times - for each challenge there is an opportunity and we are delighted to say that we have hosted our first Facebook concert, had our first virtual cycle, benefited from people doing lockdown challenges and even contributions from face mask sales!

Having qualified for the Wage Subsidy Scheme to cover wages, these fundraisers have allowed us to pay for the virtual support services programme. As time goes on, we remain very reliant on fundraising to ensure the ability to provide a larger support service programme for the Autumn.

## Some events that happened during lockdown!

Shauna Ryan lost her summer job due to Covid 19 so had a lot of spare time on her hands and decided to make face coverings/masks and sell them. The masks cost €5 each with €1 being donated to Tuam Cancer Care. Shauna has so far donated €660 and is still busy making masks! If you would like to order one of these pretty masks please call Shauna on 0871752234.

Caroline Monahan completed the "let's beat Covid 19 Day Home Challenge" to fundraise for Tuam Cancer Care and raised a huge €1045!

For the past 10 years The Man of Aran BBQ has been one of the most popular events in our fundraising calendar, this year one of the event's organisers Tracie Higgins, created a Facebook Birthday Fundraiser and instead of receiving gifts asked for donations to Tuam Cancer Care and raised an extremely generous €3412. Another online page created in place of the BBQ raised another €702, bringing the total income to €4114! Thank you to Tracie and to everyone that donated so generously.

A special word of thanks to the musicians and singers who took part in our very first virtual concert, way back in March, when the country was in strict lockdown, and helped to raise €1000 through online donations. The online concert brought music and happiness in to people's home at a time they may have been feeling isolated while raising much needed funds for the Centre.



## 3 Counties Virtual Cycle



We are delighted with the outcome of the 3 Counties Virtual Cycle held in June.

The virtual challenge started on Sunday 14th June and gave the cyclists 4 weeks to complete the 208km distance. The virtual route started and finished at the Centre, through the 3 Counties of Galway, Mayo and Roscommon, where the people that we support live, before taking a short trip around Tuam.

9 cyclists cycled a total of 3562.81km and raised a combined total of €3112.

## Upcoming Event! Virtual Survivors Celebration Walk

For the past 5 years, we have come together to honour and celebrate cancer survivors and to recognise their supporters. This year to continue this tradition in a way that protects the health and wellbeing of our community, we are making the Survivors Celebration Walk a virtual event. And although we will miss gathering in person in the Palace Grounds, we are excited about the opportunity to celebrate, virtually, with cancer survivors and their families and friends.

We are asking you to get together with your own family and supporters, choose a time and a place that is special to you and walk 5km on Sunday 11th of October.

To register interest in taking part in this year's walk or for more information on how to make a donation or set up a fundraising page please log onto [www.tuamcancercare.ie/walk2020](http://www.tuamcancercare.ie/walk2020)

Please contact Eimear on [fundraising@tuamcancercare.ie](mailto:fundraising@tuamcancercare.ie) if you have any fundraising plans or if you have any questions on any of our events.



## Getting Access to Zoom

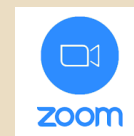


As some of our services will now be available through Zoom we have included some information on the Age Action Getting Started Kit for those less familiar with these technologies. Perhaps family members and friends could assist those less familiar with it in order to access these supports.

We all are feeling the effects of social distancing, and older people are particularly impacted being asked to cocoon at home. Now it is more important than ever to keep in touch with family and friends so Age Action drew on our Getting Started programme which offered face to face digital skills classes, to create easy How To Guides. The Getting Started KIT is made up of seven How To guides that will support older people to learn, use, and be confident using smartphones and applications.

<https://www.ageaction.ie/how-we-can-help/getting-started-kit>

[https://www.ageaction.ie/sites/default/files/15327\\_ageaction\\_zoom\\_v2\\_final.pdf](https://www.ageaction.ie/sites/default/files/15327_ageaction_zoom_v2_final.pdf)



# Supports & Services

There are some people that are of higher risk of contracting COVID 19. Managing this risk while also providing support for people affected by a cancer diagnosis means that we have had to redesign our support services - for the moment at least.

Please read the following table carefully, to see which supports and services we can offer you at this time.

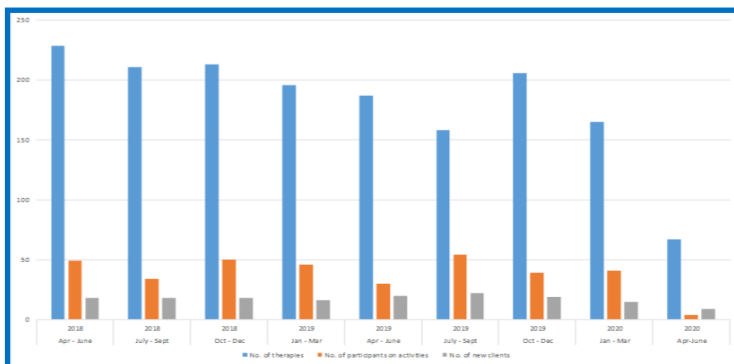
<p><b>HSE say that people in the Very High Risk Group include those</b></p> <ul style="list-style-type: none"> <li>- over 70 years of age</li> <li>- in active treatment for cancer</li> <li>- people with heart conditions</li> <li>- people with respiratory conditions</li> </ul>	<p>Tuam Cancer Care can support new or existing clients in the Very High Risk group by</p> <ul style="list-style-type: none"> <li>- providing phone support on 093 28522</li> <li>- arranging individual support calls with our Coordinator via phone, whatsapp or video calls depending on your preference</li> <li>- Weekly Yoga classes via Zoom</li> <li>- remote Counselling via phone or video (depending on clients preference)</li> <li>- Weekly Physical Activity Class via Zoom (subject to Medical Consent)</li> <li>- Remote Post mastectomy Care Clinic</li> <li>- "Cancer Thrive and Survive" Programme via Zoom</li> </ul>
<p><b>HSE say that people in the High Risk Group include those</b></p> <ul style="list-style-type: none"> <li>- over 60 years of age</li> <li>- that have cancer</li> <li>- who are immunosuppressed</li> <li>- who are diabetic</li> <li>- have obesity</li> </ul>	<p>Tuam Cancer Care can support new and existing clients in this group by</p> <ul style="list-style-type: none"> <li>- providing phone support on 093 28522</li> <li>- arranging individual support calls with our Coordinator via phone, whatsapp or video calls depending on your preference</li> <li>- Individual MLD therapy</li> <li>- Weekly Yoga classes via Zoom</li> <li>- Weekly Physical Activity class via Zoom (Subject to Medical Consent)</li> <li>- Weekly "Strides for Life" walking programme</li> <li>- remote Counselling via phone or video (depending on clients preference)</li> <li>- Remote Post mastectomy Care Clinic</li> <li>- "Cancer Thrive and Survive" Programme via Zoom</li> </ul>
<p><b>Tuam Cancer Care can support clients that are not included in the Very High or High Risk categories by</b></p>	<ul style="list-style-type: none"> <li>- providing phone support on 093 28522</li> <li>- arranging individual support calls with our Coordinator via phone, whatsapp, video calls or face-to-face depending on your preference</li> <li>- Individual MLD therapy</li> <li>- Weekly Yoga classes via Zoom</li> <li>- Weekly Physical Activity class via Zoom</li> <li>- Weekly "Strides for Life" walking programme</li> <li>- Counselling via phone or video (depending on clients preference), face to face counselling if required</li> <li>- Remote Post Mastectomy Care Clinic</li> <li>- "Cancer Thrive and Survive" Programme via Zoom</li> </ul>

We hope to commence our programmes mid September. If you are interested in taking part in any of the above programmes or services please phone us on 093 28522, email us at [support@tuamcancer.ie](mailto:support@tuamcancer.ie) or Text/Whatsapp us on 087 274 2500.

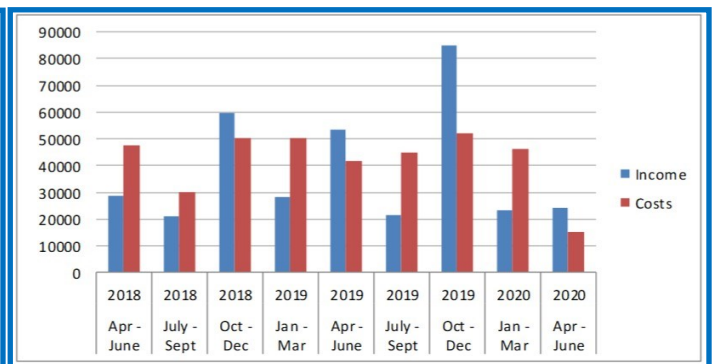
The availability of services and supports are subject to government guidelines and may change at short notice.

The Tuam Cancer Care support line is available Monday to Friday from 10am to 2pm. Face to face services are provided by pre-arranged appointment only. While Tuam Cancer Care provides support to anyone affected by a cancer diagnosis, our groups and programmes are reserved for those that have had a cancer diagnosis. All our services are free and confidential.

## Client Activity Update



## Financial Performance



# Mindful Gratitude

Gratitude helps us to see what is there instead of what isn't!...

When we become more present, we tend to stop and notice our lives a little more! When we notice even ordinary things and feel grateful for them that begins a process whereby we feel more content and calm in ourselves day to day! Start a Gratitude Journal, record 3 things you are grateful for every night before you go to sleep. This may seem difficult at times you are not feeling very well or if you are stressed but even if you are grateful for a hot cup of tea or a warm shower, this will help calm you both in body and mind. Less stress and more gratitude, compassion and mindfulness will help in strengthening and calming your mind and body. Be gentle with yourself!

## Tuam Cancer Care Board Vacancy

The Board of Tuam Cancer Care currently has 9 members. The legal requirement is for a minimum of 3 Board members. Since March the Board have been meeting at least once a month via Zoom, to ensure that they are kept up to date with developments and to guide the ongoing journey through the pandemic.

Tuam Cancer Care first adopted the Code of Governance in 2014 when it was a voluntary code. The Charity Regulator has since been established and now there are mandatory Governance requirements with which we are fully compliant.

As part of Governance, Tuam Cancer Care has a rotation policy for Board members. A Board member can serve a maximum of two terms on the Board, each term is 3 years.

In September 2020 one of the Board members will be finishing their second term and therefore stepping down from the Board. The Board agreed that it would now be beneficial to have a Board member with a client focus to join the Board. Ideally this person would be 2 years post treatment and not a current client of the Centre. There will be an application process for this vacancy. The role is voluntary. Directors are not paid for their time but share an interest in providing the best possible support to people affected by a cancer diagnosis. Candidates will need to be available for Board meetings at 8pm on Wednesdays. Meetings are currently conducted by Zoom and are being held at least once a month. Generally meetings take place in the Centre on a quarterly basis.

If interested please contact Maureen by email: [maureen@tuamcancercare.ie](mailto:maureen@tuamcancercare.ie)

### 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)

Phone support is available  
Monday—Friday: 10am-2pm  
Face to face appointments  
available by appointment only.



Cancer Support & Information

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

Registered Charity No:  
RCN 20044046

### Together 4 Cancer Concern

Outside our opening hours if you feel you need urgent support, please contact the Together 4 Cancer Concern helpline

**1 800 200 700**

