

# TUAM CANCER CARE

## Autumn Newsletter 2022



**Tuam Cancer Care Centre**  
**Cricket Court**  
**Dunmore Rd**  
**Tuam**  
**Co Galway**  
**H54 A318**

**Phone: 093 28522**  
**Email:**  
**support@tuamcancercare.ie**  
**WhatsApp: 087 2742500**

**Registered Charity No:**  
**RCN 20044046**

**Opening Hours:**  
**By Appointment Only**

**Monday - Friday 10am - 2pm**  
**Monday 7pm - 9pm**

### WELCOME!

It is with great pleasure that we welcome you to our first newsletter since before the COVID pandemic! It has been a long few years for everyone but rest assured we were still here providing support services to our clients that needed us most.

The pandemic made us look at different ways in which we can provide support and many of our services went online. This was not ideal, and made it difficult for some, but it provided a much needed source of support to people that were not only negotiating their way through a pandemic but also a cancer diagnosis.

There were some unexpected benefits where we now can provide support services to people that cannot travel to the Centre due to lack of transport or illness. This has meant that we have been able to provide support to people in hospital and even in some cases, in hospice. This is something we were not able to provide pre-COVID but do so now.

While much of the world has returned to normal, COVID remains a big concern to people with a cancer diagnosis and to their families. With this in mind we have carefully planned the return of as many support services as possible, while ensuring the highest levels of safety for our clients, their families and our team.

We now have a blend of online and face to face supports in place and these will be highlighted in more detail in this newsletter.

We also must note that we are entering what experts tell us could be another difficult winter. We remain committed to providing a wide range of support services to as many clients as possible in as safe a way as possible.

We are not yet in a position, primarily due to space constraints, to reintroduce the Drop-in Centre but we will review this again for the new year.

We will of course talk with anyone interested in finding out more how our support services can help them. Please phone the Centre on 093 28522 to arrange a suitable time and day to link in with Margaret, our Client Co-ordinator.

We are proud of the fact that we provided support in difficult circumstances over the past few years and we look forward to expanding the services again as appropriate.

In this newsletter we also talk about our upcoming fundraiser "Walk of Hope & Memories". At this time of year we are normally planning for our "Survivors Celebration Walk". In light of the fact that many of our current clients are immunocompromised and at high risk for COVID and may not be able to join in on the day as they would have in previous years we have reluctantly decided not to join together in the Palace Grounds as a large group again this year.

Instead we are asking you to go for a walk in a place that is special to you, no matter where you are in the world while making a donation or raising sponsorship for us. The "Walk of Hope & Memories" is symbolic of us all walking in solidarity with those receiving treatment for a cancer diagnosis at the moment, those living with cancer and those that have lost a loved one. We hope to be back in the Palace Grounds as a group next year. Tuam Cancer Care is a charity that needs to raise over 90% of the costs of running the support services each year and we very much appreciate all and any support that we receive.

Kathy, who has been the Client Coordinator with Tuam Cancer Care for the last 20 years, has recently retired. We would like to thank Kathy for her kindness, her calming nature and for her dedication to the work of Tuam Cancer Care and to wish her well for her retirement.

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.

Maureen Grealish  
Manager Tuam Cancer Care



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

# Supports & Services

Margaret Nevin, has joined the Tuam Cancer Care Team as our new Client Co-ordinator.

Margaret, is an accredited psychotherapist and has also several years of experience working in the HSE with cancer related services. We welcome Margaret to our team and we wish her the very best in her new role.

To make an appointment to speak with Margaret, regarding our services & supports, please call the Centre on 093 28522 or email [support@tuamcancercare.ie](mailto:support@tuamcancercare.ie)

Drop in Centre				
In accordance with guidelines from the NCCP (National Cancer Control Programme) we are not permitted to operate a Drop-in service at this time. New and existing clients may arrange individual conversations with our Coordinator, Margaret, by prior appointment. These can be face to face or by phone depending on your preference.				
Individual Support Service				
Monday	Reflexology/Massage	Christina Rushe	By Appointment only	6.30 pm – 8.30pm
Tuesday	*Physical Activity Programme	Christina & Orla	By Zoom	9.30 am – 10.30am
Wednesday	*Armchair Yoga & Meditation	Pauline Berkeley	By Zoom	11 am - 11.50am
Wednesday	*Armchair Yoga & Meditation	Pauline Berkeley	Group Setting	4 Week Programme
Wednesday	*Manual Lymphatic Drainage Therapy (MLD)	Elaine Grehan	Ongoing by appointment	9am-1pm
Thursday	Reflexology/Massage	Orla Heneghan	By Appointment Only	10am – 12pm
Friday	Reflexology	Aine Commis	By Appointment Only	10am – 12pm
Please contact the Centre	*Can REACT Physical Activity Programme	Christina & Orla	Remote or Group Setting	12 Week Programme
Please contact the Centre	Counselling	Connie Masterson	Remotely or Face to Face by appointment	
Please contact the centre	*Post Mastectomy Care	Dr Zita Fitzpatrick	Ongoing By Appointment	
<u>Supports marked with * are for a person with a diagnosis only</u>				
<b>FOR FURTHER INFORMATION OR TO BOOK A PLACE</b> <b>PLEASE CONTACT THE CENTRE ON 093 28522 OR 087 274 2500</b> <b>ALL SERVICES ARE CONFIDENTIAL AND PROVIDED FREE OF CHARGE</b>				

“



"Tuam Cancer Care have been a great support to me & my family during the pandemic when I was diagnosed with breast cancer. Even though the services were initially virtual, there was always a caring voice at the end of the phone, ready to offer advice & support as well as outlining the availability of relevant services. They always returned calls & were quick to contact me about in-person options once restrictions were lifted.

Care and attention was always provided and the bit of "me time" I got from reflexology & massage was a welcome break.

I always felt I was in a safe environment, in more ways than one in the treatment room.  
Thanks to all at Tuam Cancer Care"

”



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



# Fundraising

The COVID 19 pandemic resulted in the cancellation of several of our annual fundraising events, and as we are still protecting our most vulnerable clients we are not in a position where we feel safe for them to return.

For an organisation that relies on fundraising to provide 90% of the costs of running our support services each year, this is alarming.

BUT, as always we have received generous support from our local community, and some fantastic events have taken place, raising awareness of our services while also raising much needed funds.

## Community Events



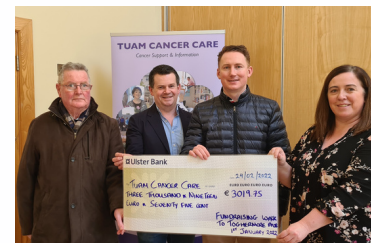
O'Connors Fuels Charity Carwash

## YOU ARE OUR HEROES!

Thank you to everyone that has supported us over the last couple of years, these are some events that have taken place



Tuam Cycling Club, Annual Charity Cycle



Toghermore Walk



A Day for the Pats at Tuam Mart



Christmas Cake Raffle



Patrick Harte,  
Sale of "The Last Cowboy"



Caherlistrane GAA Club jerseys  
featuring the Tuam Cancer Care logo,  
sponsored by Queallys Bar



## Charity Partner of the Year

We are delighted to have been chosen as Charity Partner of the Year 2022 by Valeo, Tuam. Their fundraising team have been busy running events throughout the year. Follow them on Facebook to find out more about their upcoming events

Over the past year, we have worked on making it even easier to support our fundraising events & community events, by adding Tap To Donate Payment Tags to all our Counter Top Units and Donation Buckets. QR codes are now also available for all Community Events, once an iDonate Fundraising Page has been created, this code can be added to posters, emails & Social Media posts. Donating to Tuam Cancer Care is now as easy as using your phones camera to scan the QR code on the right!



If you have any fundraising ideas or plans please contact Eimear on 093 28522 or log onto the link below and fill in the Fundraising Proposal Form with as much detail as possible and one of our team will contact you to discuss the details

<https://www.tuamcancercare.ie/getting-involved/community-events/>

## Christmas Jumper Day 2022

Christmas 2021 43 businesses & schools took part in Christmas Jumper Day and raised €14,144.60! Let us see if we can beat that this year!

Let's get everyone wearing their silliest, sparkliest and cosiest Christmas woollies on Friday 16th December, and donate at least €2, in support of the free and confidential cancer related support services offered at the Centre. Everyone that signs up will receive a personalised Christmas Jumper Day Poster with their company logo, suitable for sharing on Social Media.

For more information and to register please check out our website, Facebook and Instagram pages closer to the time.



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



# Walk of Hope & Memories

9th - 16th October 2022



Walk in your own time, in a place that is special to you

Tuam Cancer Care is asking you to take part in their Walk of Hope and Memories 2022 and to help raise funds by walking in hope and solidarity with those going through cancer treatment, living with cancer or in memory of someone special who you have lost.

This walk can be done at a day or time that suits you, during the week October 9th – 16th, at a place that is special to you.



If you are walking in memory of a lost loved one, please fill in their name on the registration form, so that the person's name can be written on a ribbon by the Tuam Cancer Care team.

This ribbon will be tied to one of the trees in the Tuam Cancer Care “Garden of Reflection” in the Palace Grounds, Tuam.

Once you have registered you will receive an email with a link where you can either make a donation or create a personalised fundraising page.

Please contact Eimear on 093 28522 if you have any questions.

We would love if you could upload your photos to your social media pages and tag Tuam Cancer Care,  
Facebook @TuamCancerCareCentre  
Instagram #tuamcancercarecentre

To register to take part in the Tuam Cancer Care Walk of Hope and Memories 2022, or to donate please log onto [www.tuamcancercare.ie/walkofhopememories2022](http://www.tuamcancercare.ie/walkofhopememories2022).

Now all you have to do is get your group of family and friends together and have fun!

