



Tea Parties

for

Tuam Cancer Care



"Because tea is like a hug in a cup"



TUAM CANCER CARE
Cancer Support & Information

Tuam Cancer Care is a voluntary organisation that offers psychological, emotional and practical support to people with a cancer diagnosis and their families.

It is hoped that the support provided will help the person with a cancer diagnosis to regain control of their lives and enhance their personal coping skills, during a difficult period of their lives.

As cancer is very much a family affair, family members are also supported at this difficult time

The aim of Tuam Cancer Care Support and Information Centre is to support and assist people diagnosed with cancer, and their families from the time of diagnosis, through treatment and afterwards.

Services & Supports

One to One Appointments (prior booking is essential)

- **Support & information sessions (phone or in-person)**
- **Counselling:** Adult (remote or in-person)
 - Child & Adolescent Therapy (in person only)
- **Complementary Therapies :** Massage
 - Reflexology
- **Manual Lymph Drainage (MLD)**

Weekly Programmes (for the Diagnosed Person)

Mondays:

Physical Activity (in person)

CanREACT Physical Activity Programme (in person)

Tuesdays:

Physical Activity (Zoom)

Wednesdays: Chair Yoga (Zoom)

Wednesdays/Thursdays: Chair Yoga Programme (in person)

**For more information on our supports & services
please call 093 28522 or email support@tuamcancercare.ie**

Dear Fundraiser

Thank you for registering to host a Tea Party for Tuam Cancer Care.

We have created the Tea Party fundraising campaign 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.

We really appreciate you giving of your time and energy to take part and to raise funds for us.

Thanks to your efforts we can continue to provide free and confidential support to people at a time in their lives when support is most needed. As a charity, we need to raise 90% of the costs of providing our support services each year e.g. it costs €180 to provide a programme of Complementary Therapies, €480 to provide a programme of counselling and €2600 to run the Physical Activity Programmes per term.

Your donation truly makes a difference in the lives of the people that we support.

In your pack you will find all you need to host a successful tea party. We would love to hear your Tea Party stories so do tell us and send us some pictures too tag @ tuamcancercarecaentre on Facebook & Instagram.

If you have any comments or ideas, we would love to hear them too, so please email fundraising@tuamcancercare.ie.

Thank you and have fun!

The Tuam Cancer Care Team

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.

How to plan your Tea Party.

Book the date & venue

Pick any date during the month of May!
Think about how many people you want to come, will you be hosting your Tea Party in the local shop, pub, community centre, workplace or your own home?
Give yourself enough time to organise it.

Invite your guests

- Email, phone, text, use social media, the office notice board, the church newsletter and our posters to spread the word about your special event.
- Make sure you tell people why you're doing it to encourage them to support you.
- We can also publicise it on our Facebook & Instagram page, please tag "Tuam Cancer Care Centre" in your posts and we can share it.

Prepare

Bake your cakes and goodies, ask friends to do the same. If you want to make it a bit more fun organise a small raffle or a tea related quiz for people to enter.



Tips and Hints

- Remember, whatever you do, no matter how small, it will be hugely appreciated by all those we support!
- Don't feel pressured to make everything yourself. Why not ask your guests to donate some cakes or pop down to the supermarket for some ready made delights!
- There are lots of ways to collect donations, maybe you could ask your friends to pay a fixed price for coming along to enjoy tea and cake with you or leave it up to them to donate what they feel they would like to contribute.
- Tuam Cancer Care Donation Buckets are available on request, the buckets have been fitted with unique QR Codes for contactless donations.
- You can also create an online fundraising page on "idonate" that will allow friends and family unable to attend to support your tea party.
- If you are holding your party at work ask your employer if they will match whatever you raise.
- Ask local shops, businesses or contacts to donate items for a raffle and sell tickets on the day.
- Have a cupcake decorating party— make the cakes and get your friends to decorate them, better still get the children involved. Ask for an entry fee, and give a prize for the best decorated cupcake.
- Make sure you take lots of photos and send them to fundraising@tuamcancercare.ie . We'd love to share them on our website, social media and in our newsletter to inspire others.
- Don't forget to tag us @tuamcancercarecantre on Facebook & Instagram
- Contact your local newspaper about your tea party.
- Tell us about it...we'd love to hear how it goes.



Remind people that they are supporting a good cause. But most of all.. Enjoy it and have some fun!



And when it's all over....

You can pay your money in the following ways:

Call into the Centre:

The Centre is open for receiving proceeds from your Tea Party
Monday & Tuesday 10am - 2pm
Thursday & Friday 10am to 2pm.

By post:

Send a cheque, postal order, or bank draft, made payable to Tuam
Cancer Care, along with your details to:
Tuam Cancer Care, Cricket Court, Dunmore Rd, Tuam, Co Galway

At a bank/EFT:

Go to your bank and pay the money directly to Tuam Cancer Care using
the following details:

Bank: Bank of Ireland (Tuam branch)
Account name: Tuam Cancer Care CLG
BIC: BOFIE2D
IBAN: IE53BOFI90397138970758

Please make sure you quote your name in the reference section, and
give us a call on 093 28522 to let us know that you have paid.

Through our website:

log onto the following link and choose Tea Party 2023 in the campaign
drop down

<https://www.tuamcancercare.ie/once-off-donation/>

All cash proceeds presented at the Centre will be receipted.

**We will send a thank you letter to everyone that has
registered and provided their contact details, to show our
appreciation.**



TUAM CANCER CARE

Tuam Cancer Care

Cricket Court, Dunmore Rd,
Tuam, Co Galway H54 A318

Telephone: 093 28522

Email: support@tuamcancercare.ie

www.tuamcancercare.ie

www.facebook.com/TuamCancerCareCentre

<https://www.instagram.com/tuamcancercarecentre>

RCN 20044046

“Tuam Cancer Care helped me not only mentally but physically. Love spending my time with the volunteers and therapists.

Thank you Tuam Cancer Care!”



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