

# TUAM CANCER CARE

## Autumn Newsletter 2023



**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:**

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

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 and we will remove you from our mailing list.

### WELCOME!

Dear Friends

In this newsletter we launch our Support and Information Programme for Autumn / Winter 2023, as well as updating you on what is happening in TCC. The newsletter also has details on the Survivors Celebration Walk in October, and a review of a very busy few months in fundraising, with lots more to come.

**CanReact Exercise Programme. We are delighted to invite suitable participants to take part in the CanREACT 12 Week exercise programme specifically designed for people that have had a cancer diagnosis.**

The programme has been researched and developed by the University of Galway. Physical Activity can be very beneficial to people who have undergone treatment for a cancer diagnosis and this programme has been specifically designed with this in mind. It is open to people of all ages and fitness levels. We are commencing a new programme in September 2023 and we have 12 places available.

Eligible participants must have completed their primary treatment.

Medical consent will be required.



**A talk on Cancer-related Lymphoedema** will take place on Tuesday 19th September at 7pm, in the Ard Rí Hotel Tuam. The talk will be given by Elaine Grehan, registered MLD therapist. Elaine has many years of experience in treating Lymphoedema. The impact of Lymphoedema on a person is often underestimated. The talk will explore the four cornerstones of treating the condition such as the Hivamat machine, compression garments and bandaging. We will look at the benefits of MLD therapy in the treatment and management of the condition. There will be an opportunity for questions after the workshop.



**A Look Good Feel Better Workshop** will take place on Tuesday 3rd of October, in the Ard Rí House Hotel, 11am – 1pm. This workshop is to help improve the well being and confidence of women undergoing treatment for any type of cancer. It gives advice on how to manage the visible side-effects caused by cancer and its treatment.

All our support services and talks are confidential and provided **FREE** of charge but booking is essential as places are limited.

**Would you be interested in being a Volunteer with Tuam Cancer Care?**

**We are looking for 2 types of volunteers:**

**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 and fundraising



**For more information on the role of our volunteers and to apply please log onto**

**[www.tuamcancercare.ie/getting-involved/](http://www.tuamcancercare.ie/getting-involved/)**



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

# Supports & Services

## Drop in Centre

New and existing clients may arrange individual support sessions with our Coordinator, Margaret, by prior appointment.

Volunteers are currently in the centre on Mondays between 6.45pm & 9.30pm, Thursdays & Fridays between 10.30am and 2pm to provide support and information.

## Individual Support Service

Monday	Reflexology/Massage	Christina Rushe	By Appointment only	6.30 pm – 8.30pm
	*Physical Activity Programme	Christina & Orla	Group Setting	11 am – 12 noon
Tuesday	*Physical Activity Programme	Christina & Orla	By Zoom	9.30 am – 10.30am
Wednesday	*Manual Lymphatic Drainage Therapy (MLD)	Elaine Grehan	Ongoing by appointment	9am-1pm
	*Armchair Yoga & Meditation		By Zoom	TBC
Thursday	Reflexology/Massage	Orla Heneghan	By Appointment Only	10am – 12pm
	*Armchair Yoga & Meditation		Group Setting	TBC
Friday	Reflexology	Aine Commins	By Appointment Only	10am – 12pm
Please contact the Centre	*Can REACT Physical Activity Programme	Christina & Orla	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	

Supports marked with \* are for a person with a diagnosis only

FOR FURTHER INFORMATION OR TO BOOK A PLACE PLEASE CONTACT THE CENTRE  
ON 093 28522 OR 087 274 2500

ALL SERVICES ARE CONFIDENTIAL AND PROVIDED FREE OF CHARGE

## Upcoming Workshops and Talks

Tuesday 19th September - Talk on Lymphoedema - Elaine Grehan

Tuesday 3rd October - Look Good Feel Better Workshop\*

SIGN UP



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

# Fundraising

We have had a very busy few months in Tuam Cancer Care, and as always we have been humbled by the support we have received from the community around us. So thank you to everyone who attended our events or ran an event in aid of Tuam Cancer Care. As you know 92% of the costs of providing our supports and services is raised through donations and fundraising.

Our Church Gate Collection, Pop Up Shop and Tea Party Campaign were extremely successful and helped raise much needed funds for the Centre. These events also help to develop relationships between Tuam Cancer Care and the wider community. The Church Gate Collection raised €6,512, the Tea Parties Campaign raised €6000 and the Pop Up Shop was a fantastic success, raising €12,200 for the Centre. The Pop Up Shop Committee have made the decision to make the Pop Up Shop an annual event, and it will be held in February each year.



We are very excited to see the return of the Survivors Celebration Walk this year. It will be great to once again join together in the Palace Grounds on Sunday 8th October. For more details of the event and how to register please see the next page.

"Great things happen, when small communities come together"

Many great fundraising events took place in the community in the last year, and we are extremely grateful to everyone that organised the events and everyone that supported them in any way. We were honoured that Jim Carney chose Tuam Cancer Care as the beneficiary of his book, "Seán Purcell and Frank Stockwell" that will no doubt grace the homes of many interested in the history of Galway football. Jim generously donated €20,000 to the Centre from the sale of the first edition of his book



## Community Events

Thank you to everyone that has supported us already this year!

**41% OF OUR INCOME IN THE LAST YEAR CAME FROM COMMUNITY EVENTS**



**YOU ARE OUR HEROES!**



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/>

**your donation truly makes a difference in the lives of people we support!**

**SCAN THE QR CODE TO DONATE**



### Dates for your diary:

8th October:

Survivors Celebration Walk 2023

15th December:

Christmas Jumper Day

February 2024: Pop Up Shop 2024



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





Tuam Cancer Care are delighted to be once again holding The Survivor's Celebration Walk in the Palace Grounds, Tuam, on Sunday 8th October at 2pm.

The walk gives us an opportunity to celebrate cancer survivors and their families and friends, in a lively, warm atmosphere, with music and entertainment. The event also reflects the support that people receive through our services, and at the same time raise much needed funds for the Centre.

The Walk will include teams of cancer survivors, their families/friends and supporters, walking 3 laps of the Palace Grounds, symbolising the journey that they are on together. Each team will be introduced with a few lines, that you can provide on registration if you wish, outlining the support you have received from Tuam Cancer Care. Cancer survivors have the option to wear a white t-shirt and their friends/family/team members to wear royal blue t-shirts. The Tuam Cancer Care volunteers wear green t-shirts. Individuals and groups of friends are also welcome to take part.

This walk is open to the general public too, so come along, learn more about the organisation and help raise funds by walking in hope and solidarity with those going through cancer treatment, living with cancer or in memory of someone special whom you have lost.

T-shirts from previous years can be reused. If t-shirts are required they can be ordered on the registration form and collected from the Centre, Friday 6th October, 6pm – 8pm.

To participate please register by midnight, Thursday 5th October 2023. Registration for this event is FREE, but we do ask that you support it by donating or raising sponsorship.

Once you have registered you will receive an email with a link where you can either donate or create a personalised fundraising page. Sponsorship cards are also available and can be requested on the registration form.

To register to take part in the  
Survivors Celebration Walk 2023, please log onto  
[www.tuamcancercare.ie/survivorscelebrationwalk2023](http://www.tuamcancercare.ie/survivorscelebrationwalk2023)

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



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