



Tuam Cancer Care

Spring/Summer Newsletter 2024



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

Weekly Programmes for the Diagnosed Person Only

Mondays:

Can REACT Physical Activity Programme

Physical Activity (in person)

Tuesdays:

Physical Activity (Zoom)

Wednesdays: Manual Lymph Drainage (MLD)

Thursdays: Chair Yoga Programme (in person or Zoom)

One to One Appointments for the diagnosed person and their families

- **Support & information sessions** (phone or in-person)
- **Counselling:** Adult (remote or in-person); Child & Adolescent Therapy; Couples Counselling;
- **Complementary Therapies :** Massage; Reflexology;

Upcoming Workshops & Programmes

Look Good Feel Better Workshop

Beauty Techniques for people with cancer who are undergoing chemotherapy, radiation or other forms of treatment

Tuesday 14th May 11am - 1pm

Ard Rí House Hotel

Dr Zita Fitzpatrick

Post Mastectomy Clinic

April TBC

6 Week CLIMB® Programme

Tuesday 28th May 5pm - 6.30pm

CLIMB® is a programme for children aged 6-12 who are experiencing the impact of a parent's or other significant adult's cancer diagnosis, which is delivered throughout Ireland.



All our services are FREE & confidential.

Prior booking is essential for all support services and workshops

For more information please call 093 28522 or email support@tuamcancercare.ie



www.tuamcancercare.ie

FOLLOW US



Tea Parties for Tuam Cancer Care

Tea Parties for Tuam Cancer Care fundraising campaign is returning for the month of May.

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.

Pick any date during the month of May! Think about how many people you want to come, and where you would like to host your Tea Party? Will you be hosting your Tea Party in the local shop, pub, community centre, workplace or your own home?

This year we are delighted to provide the first 10 Tea Party registrations with a gift pack provided to us by Mrs Tea's Boutique and Bakery on the Ashford Castle Estate.

For more information please click on the link below.

www.tuamcancercare.ie/getting-involved/teapartiesfortuamcancercare

We are hosting a fundraising Tea Party in Tuam Cancer Care on Tuesday 30th April 11am - 2pm in the Tuam Cancer Care Centre. Please join us for a cup of tea and a chat with our volunteers and staff.

Church Gate Collection 2024 Saturday 13th & Sunday 14th April

- | | |
|-----------------|---------------------------------------|
| • Corofin | St Colman's Church |
| • Belclare | Sacred Heart Church |
| • Milltown | St Joseph's Church |
| • Abbeyknockmoy | St Bernard's Church |
| • Brooklodge | Church of the Immaculate Conception |
| • Killererin | St Mary's Church |
| • Tuam | Tuam Cathedral |
| • Dunmore | Our Lady & St Nicholas |
| • Garrafrauns | St Patricks Church |
| • Kiltcvna | Christ the King Church |
| • Caherlistrane | Church of Mary Immaculate & St Joseph |
| • Cortoon | St Patrick's Church |
| • Kilconly | St Conleth's Church |
| • Kilbannon | St Benan's Church |
| • Headford | St Mary's Church |

Saturday 20th & Sunday 21st April

- | | |
|--------------|-------------------------------------|
| • Shrule | St Joseph's Church |
| • Glencorrib | Church of the Immaculate Conception |

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



SCAN THE QR CODE TO DONATE

If you have any fundraising ideas or plans please contact Eimear on 085 8673626 or log onto the link below and fill in the Fundraising Proposal Form with as much detail as possible and we will contact you to discuss the details
<https://www.tuamcancercare.ie/getting-involved/community-events/>

SAVE THE DATE

We're hosting a **Tea Party** in aid of **Tuam Cancer Care!**

Because tea is like a hug in a cup

DATE: Tuesday 30th April TIME: 11am - 2pm

VENUE: Tuam Cancer Care Centre

CONTACT DETAILS: 093 28522

For further information on Tuam Cancer Care please contact Eimear on 093 28522 or email: fundraising@tuamcancercare.ie

Tuam Cancer Care is a registered charity 2049046



www.tuamcancercare.ie

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