

# TUAM CANCER CARE

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



**Tuam Cancer Care Centre**  
**Cricket Court**  
**Dunmore Rd**  
**Tuam**  
**Co Galway**  
**H54 A3I8**

**Phone: 093 28522**  
**Email:**  
**[support@tuamcancercare.ie](mailto:support@tuamcancercare.ie)**  
**WhatsApp: 087 2742500**

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

**Opening Hours:**  
**Monday - Friday 10am - 2pm**  
**Monday 7pm - 9pm**

**SCAN THE QR CODE  
TO DONATE**



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

Tuam Cancer Care are delighted to launch its Autumn / Winter schedule of support services for people with a cancer diagnosis and their families. All supports are provided free of charge.

The schedule includes support services such as a Drop-In Centre, Support & Information, Complementary Therapies (Massage and Reflexology), Lymphoedema service, Counselling (Adult, Children & Adolescents, and Couples), the CanREACT Physical Activity Programme, the CLIMB Programme for children aged 5-12 whose parent has a diagnosis, Chair Yoga and the post-Mastectomy care clinic.

We are also delighted to include a monthly Coffee morning from 10am to 12pm on the first Tuesday of every month starting September 2nd, and a new evening chair yoga programme, starting Monday 8<sup>th</sup> September. We're adding these services to our support schedule as a result of feedback received from clients through our recent anonymous survey.

163 people responded to our survey. Of these, 51% were current clients and a further 22% were former clients of Tuam Cancer Care. When asked how helpful the support services are, 92% gave a 5 out of 5 rating and a further 5% gave a 4 out of 5 rating.

**Some of the comments  
received through the  
survey included were**

"For me it was a life line.  
You meet people who are going through  
their own challenges with their illness.  
I feel you understand what it feels like to  
have cancer"

"The information  
you get is  
invaluable and  
reassuring"

"Have given  
me back  
my life"

"TCC is a great service and provides  
so many services and support to  
cancer patients at all stages of  
their journey. It's an uplifting  
centre to visit and there is a  
friendly, warm and inviting  
atmosphere.  
I would highly recommend TCC."

To read the full report on the survey please log onto our website  
[www.tuamcancercare.ie/tuam-cancer-care-organisational-survey-2025/](http://www.tuamcancercare.ie/tuam-cancer-care-organisational-survey-2025/)

**Would you be interested in becoming 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

*"All the people involved are excellent and the experience of meeting people with a cancer diagnosis has been eye opening and fulfilling.  
It is a privilege to be involved with the Centre."*



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



## Coffee Mornings

From the survey we learned that some clients that don't participate in our existing group programmes would welcome an opportunity to meet other people affected by a cancer diagnosis and as a result of this we have included the new monthly Coffee mornings which we hope will provide the support this group of clients would welcome. Clients will have a chance to meet both other people affected by a cancer diagnosis and our Support Volunteers that are trained in listening skills. We are delighted to be adding monthly coffee morning to our schedule, starting **Tuesday 2<sup>nd</sup> September, 10am - 12pm, and continuing the first Tuesday of each month.**

## Chair Yoga

Yoga is a holistic healing system creating harmony and balance on all levels: body, mind, emotions and spirit. It encourages the development of the inner resources that help in dealing with a life-changing illness, promotes relaxation and leads to a greater sense of well-being through gentle exercises. We have added an evening gentle chair yoga class to this Autumn's Schedule, Monday evenings, starting **8<sup>th</sup> September, 7.45pm - 8.45pm,** Thursday afternoons, starting **11<sup>th</sup> September, 2pm - 3pm,** Classes are available in a Face to Face group session, or you can also join the class via Zoom. Please contact the Centre to pre-book a place for the next 6 week programme as numbers are limited. Medical Consent is required.



## CLIMB® Programme for Children

CLIMB® is a programme for children aged 6-12 who are experiencing the impact of a parent's cancer diagnosis. The CLIMB® programme is an enjoyable, sharing, interactive experience and a time for the children to come together to deal with their feelings.

Contact the Centre for more details.



**Starting Tuesday 16th September 5-6.30pm**

## Can React Physical Activity Programme

CanREACT is a 12 week exercise programme specifically designed for people that have had a cancer diagnosis and assists with improving fitness, strength and balance. The programme has been researched and developed by the University of Galway. Individual assessments are conducted at the start and end of the programme. It is suitable for all fitness levels for people that meet the programme criteria.

**Starting Monday 22<sup>nd</sup> September 9am - 10am**

Contact the Centre for more information

## Dr Zita Fitzpatrick Post Mastectomy Clinic Dates

**August: Mon 11th**

**September: Mon 15th**

**October: Mon 13th**

**November: Mon 17th**



Dr Zita facilitates a free bra fitting service for all ladies that have had breast surgery. There's a wide range of Prostheses, Bras, Lingerie & Swimwear to choose from. Medical Cards & Private Insurance accepted.

**Contact the Centre for more details.**

"The CAN React programme has given me a new lease of life, and I have made friends with the other participants. I look forward to activity now"

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



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



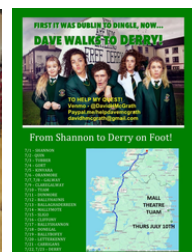
# Fundraising & Events



We are deeply grateful to everyone in our community who supported our events this year so far, the Pop Up Shop was a fantastic success raising over €16,000, the Church Collection raised over €8,500 and the Tea Party Campaign is growing each year with €8,809 raised this year. These events would not be possible without your support and the assistance of all our volunteers, both Support Volunteers and Fundraising Volunteers. We are looking forward to the rest of 2025 and the future, with more plans and exciting ways to donate and be part of our community.



Earlier this year we lost our good friend and Support Volunteer, Carmel, may she rest in peace. Dave Burke along with his fellow cyclists in Tuam Community Bike Rides, took part in a tribute cycle for Carmel and raised €600 for Tuam Cancer Care to commemorate her volunteer work with the charity.



Thank you to the O'Grady Family for organising the "Walk with Norrie" fundraiser in aid of Tuam Cancer Care. The event was organised in conjunction with Galway Rural Development, and took in the beautiful countryside around Belclare that Norrie herself loved to walk. The memorial walk raised a massive €11,316.80 in support of the FREE and confidential services offered by Tuam Cancer Care. A huge thank you to everyone that donated and came out to walk with Norrie's family and friends, your support is greatly appreciated.

## Christmas Jumper Day 2025

On Friday 12th December we're inviting all businesses, schools, colleges, clubs and crèches in Tuam and surrounding areas, to 'Get Into The Festive Spirit' and take part in Christmas Jumper Day in aid of Tuam Cancer Care. Everyone will be invited to wear their silliest, sparkliest or cosiest Christmas woollies and make a donation of €2. This is a really fun event for all ages to take part in. Christmas 2024, 30 local schools and business raised just under €10K! Help us make this year bigger and better than ever!

Registration is open on our website [www.tuamcancercare.ie/christmasjumperday](http://www.tuamcancercare.ie/christmasjumperday).



CONTACT US

If you have any fundraising ideas or plans, please contact Eimear on 085 8673626, email [fundraising@tuamcancercare.ie](mailto:fundraising@tuamcancercare.ie) or log onto

[www.tuamcancercare.ie/getting-involved/community-events](http://www.tuamcancercare.ie/getting-involved/community-events) and fill in the Fundraising Proposal Form with as much detail as possible and we will contact you to discuss your plans



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



# Client Co-Ordinator

We are sad to see our Client Co-ordinator, Margaret, leave for new pastures at the end of August. We are very grateful for the huge amount of empathy she has shown to our clients in the 3 and a half years that she has worked with us. She has made a very positive impact on us all. Michael worked with us from January to May. In his short time with us he also made a positive impact. We wish both Margaret and Michael the very best of luck in their future endeavours.

We are delighted to share the news that our own Rosemary will take over the role of Client Co-ordinator. Rosemary has been with us for several years and has proven herself to be an invaluable support to our clients. Rosemary will be joined by a new member of the team. Hilary will join the Client Support Team in early August. Hilary has a nursing background and has a wealth of experience supporting people affected by health issues. We wish both Rosemary and Hilary the best of luck in their new roles.



## Dates For Your Diary



**CLIMB® – Children's Lives Include Moments of Bravery**

A support programme dedicated to helping children cope with a parent's cancer diagnosis



**What is the CLIMB programme?**  
The CLIMB programme is developed for children aged between 5-12 years. It aims to strengthen the children's abilities to cope with the feelings associated with a parent's cancer diagnosis and enables them to express their feelings using therapeutic art and play exercises.

**When is CLIMB on next?**  
**16<sup>th</sup> September - 21<sup>st</sup> October**  
**Tuesdays 5pm - 6.30pm**



Call us on 093 28522  
or email  
[support@tuamcancercare.ie](mailto:support@tuamcancercare.ie)  
for information  
or to book a place.



**TUAM CANCER CARE**  
Cancer Support & Information

“Now I've found that thanks to you, I'm stronger than I ever knew”

**Talk: Cancer-Related Lymphoedema**  
**Tuesday 7<sup>th</sup> October @ 7pm**  
**Ard Rí Hotel Tuam**



This talk will be facilitated 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.

This talk is FREE but booking is essential as places are limited



**TUAM CANCER CARE**  
Cancer Support & Information



**Coffee Mornings**

1<sup>st</sup> Tuesday of each month  
10am - 12pm  
At the Tuam Cancer Care Centre

2<sup>nd</sup> September  
7<sup>th</sup> October  
4<sup>th</sup> November  
2<sup>nd</sup> December

THE OPPORTUNITY TO MEET PEOPLE AFFECTED BY A CANCER DIAGNOSIS AND OUR SUPPORT VOLUNTEERS

**Look Good Feel Better Workshop**  
**Ard Rí House Hotel**  
**Tuesday 14<sup>th</sup> October**  
**11am - 1pm**  
Followed by refreshments

A half day workshop for women who have undergone treatment, facilitated by qualified beauty therapists that have received training for this workshop. Look Good Feel Better workshops offer a multitude of benefits for individuals undergoing cancer treatment. These transformative workshops provide practical skills and techniques to manage appearance-related changes, instilling a renewed sense of confidence and self-esteem.

Places are limited on this workshop, so please call the Centre on 093 28522 to book a place.



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

# Timetable of Services & Supports

New & existing clients may arrange individual support sessions with our Client Support Team by prior appointment, by calling 093 28522 or 087 274 2500

	Service/Support	Facilitators	Date & Time	Notes
Monday	Drop In Centre	Support Volunteers	7pm – 9pm	Tea & Chat
	*CanReact Physical Activity Programme	Christina & Orla	9am – 10am Starting Mon 22nd Sept	By Appointment Only
	*Physical Activity Programme	Christina & Orla	10am – 11am Starting Mon 8th Sept	By Appointment Only
	Reflexology/Massage	Christina	6.30pm – 9.30pm	By Appointment Only
	*Armchair Yoga & Mediation	Charlotte	7.45pm – 8.45pm Starting Mon 8th Sept	Group Setting or Zoom By Appointment Only
Tuesday	Coffee Morning	Support Volunteers	1st Tues of the Month 10am – 12pm Starting Tues 2nd Sept	Drop In
	Counselling	Connie	10am – 1.30pm	By Appointment Only
Wednesday	*Lymphoedema Service	Elaine	9am – 1pm	By Appointment Only
	Counselling	Connie	10am – 1.30pm	By Appointment Only
Thursday	Drop In Centre	Support Volunteers	10.30am – 2pm	Tea & Chat
	Reflexology/Massage	Orla	10am – 1pm	By Appointment Only
	*Armchair Yoga & Mediation	Charlotte	2pm - 3pm Starting Thurs 11th Sept	Group Setting or Zoom By Appointment Only
Friday	Drop In Centre	Support Volunteers	10.30am – 2pm	Tea & Chat
	Reflexology	Karen	10am – 1pm	By Appointment Only
Other Services	**Child/Adolescent Therapy 5 – 18 year old	Aline	Contact the Centre	By Appointment Only
	Couples Counselling	Marie	Contact the Centre	By Appointment Only
	*Post Mastectomy Care	Dr Zita	Contact the Centre	By Appointment Only
Programmes	CLIMB © Programme	Trained Facilitators	Commencing 16th Sept	6 Week Programme By Appointment Only
	*Look Good Feel Better	Trained Facilitators	Oct TBC	Half Day Programme By Appointment Only
	LACES WORKSHOP “Life after Cancer. Enhancing Survivorship”),	Daffodil Nurse	TBC	One Day Programme By Appointment Only

**\*For a person with a cancer diagnosis only**

**\*\*Child/Adolescent therapy is for children and adolescents affected by a cancer diagnosis of a parent or sibling  
Medical Consent is required for Massage, Reflexology, Yoga, Lymphoedema Service & both Physical Activity Programmes**

# Complementary Therapies & Support Services

Complementary Therapies have been found to greatly enhance the emotional and physical well-being of people with a cancer diagnosis. The treatments can reduce stress and improve one's sense of wellbeing. Tuam Cancer Care are delighted to offer clients and their families a programme of four complementary therapy sessions. The sessions are free of charge. Clients may avail of a taster session of each therapy before choosing a programme of sessions.

## Massage

Massage can help reduce stress, anxiety and pain in people who have been diagnosed with cancer. During the massage session, therapists use their hands to manipulate the body's muscles and soft tissue. Each session is adapted to the health and needs of the individual.

## Reflexology

Reflexology can help give relief to cancer related symptoms such as anxiety, pain, nausea and lethargy, thus improving the quality of life. Reflexology involves applying pressure to points on the feet which correspond to parts of the body. Each session is adapted to the needs of the individual.

## Counselling

A counsellor may help you by providing emotional support and allowing you to express your feelings and fears during this difficult and traumatic time. They will not tell you what to do but may help you to see things differently and enable you to make decisions when you are feeling fearful and distressed.

Counselling is provided in the Centre by an experienced accredited psychotherapist. Tuam Cancer Care provides up to six one-to-one counselling sessions by appointment per client free of charge. We offer adult individual and couples counselling. Our child & adult psychotherapist is available to 5 to 18 year olds. Counselling is part-funded through the Irish Cancer Society



## Lymphoedema Service

Lymphoedema therapy is available to people who have developed lymphoedema as a result of cancer treatment. The four cornerstones of lymphoedema therapy are covered including skincare, exercise, fitting compression garments and manual lymph drainage (the treatment may include complete decongestive therapy).

## Can React Physical Activity Programme

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## Physical Activity Programme

Tuam Cancer Care offers a Physical Activity Program for men and women who have or have had a cancer diagnosis. The Physical Activity Programme aims to improve aerobic fitness, strength, flexibility and functional ability in everyday life. In doing so, it helps to improve ones' body image and restore self-confidence. There is also a healthy social dynamic to the programme.

## Chair Yoga

Yoga is a holistic healing system creating harmony and balance on all levels: body, mind, emotions and spirit. It encourages the development of the inner resources that help in dealing with a life-changing illness, promotes relaxation and leads to a greater sense of well-being through gentle exercises.

## 6 Week CLIMB® Programme

CLIMB® is a programme for children aged 6-12 who are experiencing the impact of a parent's cancer diagnosis. The CLIMB® programme is an enjoyable, sharing, interactive experience and a time for the children to come together to deal with their feelings.

## Look Good Feel Better

A half day workshop for women who have undergone treatment, facilitated by qualified beauty therapists that have received training for this workshop. Look Good Feel Better workshops offer a multitude of benefits for individuals undergoing cancer treatment. These transformative workshops provide practical skills and techniques to manage appearance-related changes, instilling a renewed sense of confidence and self-esteem.

## LACES Workshop

The Irish Cancer Society, Life and Cancer – Enhancing Survivorship (LACES) programme is for clients who have finished treatment or who are on maintenance therapy and living well with advanced cancer. The LACES workshop can help you to adjust, live well, and feel your best, physically and emotionally. Please contact the Centre for more details.

## Dr Zita Post Mastectomy Care Clinic

Dr Zita facilitates a free bra fitting service for all ladies that have had breast surgery. There is a wide range of Prostheses, Bras, Lingerie & Swimwear to choose from. Medical Cards & Private Insurance accepted.