

# 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 A318

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!

Welcome to our first newsletter of 2026! We have been busy planning another year of support services for people affected by a cancer diagnosis and hope you find something of interest to you. We would like to remind you that the Drop-In service is available on Monday nights from 6.30pm to 8.30pm as well as from 10.30am to 2pm on Thursdays and Fridays where you can meet our Support Volunteers. No appointment is necessary. Our new Coffee Mornings have proven popular and will continue to be held from 10am to 12pm on the first Tuesday of every month. It gives anyone affected by a cancer diagnosis a chance to meet other people who understand their situation as well as the opportunity to meet some of our Support Volunteers. All are welcome.

We are planning a talk on “Talking to Children about Cancer” in March followed by a CLIMB® Programme commencing in April. The CLIMB Programme is a 6 week programme for children aged 5 to 12 years old whose parent has a cancer diagnosis.

We are also planning a “Look Good, Feel Better” workshop in May. This workshop is aimed at helping people manage some of the visible side effects of cancer.

Further information on these talks and workshops, as well as some other programmes and workshops that we are in the process of planning, will be available closer to the time.

In the meantime, please feel free to contact us with any questions. We are here to support you and your families at this time.

**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:** Our coffee mornings give an opportunity for people affected by a cancer diagnosis to meet other people in a similar situation in an informal setting. Attendees can also meet our trained and experienced Support Volunteers.

First Tuesday of each month 10am - 12pm.



## A Look Good Feel Better Workshop

is being held in the Ard Rí House Hotel on Tuesday 19th May, 11am - 1pm.



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.

## 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.

Monday evenings, 7.45pm - 8.45pm,  
Thursday afternoons, 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.



## 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 Friday 13<sup>th</sup> February 11.30am - 12.30pm**

Contact the Centre for more information

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

## “Talking to Children about Cancer”

Aline O’Connell our Child & Adolescent Therapist, will be facilitating a “Talking to Children about Cancer” talk in the Ard Rí Hotel on an evening of Thursday 12<sup>th</sup> March. The CLIMB team will also give an overview of the CLIMB programme due to commence on April 21st. Contact the Centre on 093 28522 to book a place or for more information

## 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.

## Dr Zita Fitzpatrick

### Post Mastectomy Clinic Dates

**Mon 19th Jan**



**Mon 16th Feb**

**Mon 9th March**

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.





# Fundraising & Events

Thank you!

Following on from last year's extremely successful event, the Tuam Cancer Care Pop Up Shop fundraiser is returning to the Tuam Star's Clubhouse on Sat 28<sup>th</sup> February, 10am – 6pm. We are asking the public for donations that can be sold at the event to raise much needed funds for Tuam Cancer Care.

100% of the proceeds on the day will go to Tuam Cancer Care.

Donations can be dropped to Tuam Cancer Care by Wed 25<sup>th</sup> Feb, between 1pm-3pm (Mon-Thurs) and 1-2pm (Fri) or contact Orla Heneghan, to arrange pick up, on 086 1702220.

Your support will be greatly appreciated!

Please keep an eye on our Facebook and Instagram pages for more details on the event and a peek at what will be available the day.



The 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.

For more information or to register please log onto

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

Thank you to everyone that supported Tuam Cancer Care throughout 2025, especially anyone that held or supported an event in aid of the FREE and confidential services offered at the Centre.

Last year these events raised a huge €80K!



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](https://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

Tuam Cancer Care TUAM CANCER CARE  
Cancer Support & Information

## Pop Up Shop

Sat 28th Feb 10am - 6pm  
Tuam Stars GAA

**WE ARE LOOKING FOR.....**

- \*Unopened Gifts
- \*Women's Wear
- \*Occasion Wear \*Handbags
- \*Jewellery \*Accessories
- \*Jerseys \*Shoes

DONATIONS CAN BE DROPPED TO THE TUAM CANCER CARE CENTRE ON THE DUNMORE RD, H54 A318 OR CONTACT ORLA HENEGHAN ON 086 1702220

## Tuam Cancer Care

Annual Church Gate Collection  
Saturday 11th and Sunday 12th of April

- The Cathedral of the Assumption, Tuam
- St Bernards Church, Abbeyknockmoy
- St Colman's Church, Corofin
- St Joseph's Church, Milltown
- St Patrick's Church, Moylough
- Our Lady & St Nicholas, Dunmore
- St Patrick's Church, Garrafrans
- Church of Mary Immaculate, Brooklodge
- St Mary's Church, Headford
- Church of Mary Immaculate & St Joseph, Caherlistrane
- St Conleth's Church, Kilcony
- St Benin's Church, Kilbannon



**TUAM CANCER CARE**  
Cancer Support & Information

We are hosting a fundraising Tea Party in Tuam Cancer Care on Tues 29th April, 11am - 2pm. Please join us for a cup of tea and a chat with our volunteers and staff.



## The Irish Cancer Society

The Irish Cancer Society partners with Tuam Cancer Care to part-fund our Counselling service for which we are most grateful. It is worth noting that The Irish Cancer Society website is a valuable source of information booklets and videos on a range of cancer related topics. You can find their website at [www.cancer.ie](http://www.cancer.ie). The Irish Cancer Society Nurse-line is another useful resource for anyone that has questions regarding a cancer diagnosis. **These resources are available by contacting the Irish Cancer Society Daffodil Centre in the hospital or by phoning the Irish Cancer Society Nurse-line on 1800 200 700. The phone line is open from 9am to 5pm, Monday to Friday. They can also be contacted at [supportline@irishcancer.ie](mailto:supportline@irishcancer.ie)**

Two further Irish Cancer Society services that may be of particular interest to our clients are:

1)A monthly webinar on Nutrition facilitated by an Oncology Dietician. This is a practical webinar providing information and tips for people during and after treatment for a cancer diagnosis. There is also an opportunity for participants to ask questions of their own.

2) The Welfare and Supports team can provide advice on benefits, social welfare entitlements, public services, medical card applications, community support, legal entitlements, housing and

mortgages, childcare or talking to your workplace about your diagnosis. They can also act as advocates for patients and their families who may need extra support after a diagnosis. This might include having a Welfare and Supports Officer present when discussing your diagnosis with your employer or at meetings with your financial provider to help them understand your diagnosis. The team offers monthly online group information sessions covering supports that may help you as well as accessing benefits and entitlements.

Again, these are accessed by contacting the **Irish Cancer Society Daffodil Centre in the hospital or by phoning the Irish Cancer Society Nurse-line on 1800 200 700. The phone line is open from 9am to 5pm, Monday to Friday. They can also be contacted at [supportline@irishcancer.ie](mailto:supportline@irishcancer.ie)**

In partnership with  
**Irish Cancer Society**

## Dates For Your Diary

A poster for the Tuam Cancer Care Pop Up Shop. The text 'Tuam Cancer Care' is at the top in blue, 'Pop Up Shop' is in large green letters in the center, and the date 'Sat 28th Feb 10am - 6pm' is below it. To the right is a photograph of a woman with blue hair and sunglasses, holding several yellow shopping bags. The bottom right corner features the Tuam Cancer Care logo and the text 'TUAM CANCER CARE' with 'Cancer Support & Information' underneath.

An advertisement for the CLIMB programme. It features a photograph of a child painting a ceramic bowl with a paintbrush. A parent's hands are visible holding the child. The text 'CLIMB® – Children's Lives Include Moments of Bravery' is at the top. Below it is a speech bubble with the text 'I made friends and I'm learning to be a more confident person'. The bottom text reads 'What is the CLIMB programme? This CLIMB programme is for children aged 5-12 years. It aims to strengthen the children's ability 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? April 2026 Tuesdays 5pm - 6.30pm'.

A hand-drawn card with a large 'Thank you!' in pink and purple, a smaller 'For Everything' in pink, and a large six-pointed star at the bottom.

## Look Good Feel Better Workshop

## Ard Rí House Hotel

Tuesday 19th May

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.



# 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
<b>Monday</b>	<b>Drop In Centre</b>	Support Volunteers	6.30pm – 9pm	Tea & Chat
	Reflexology/Massage	Christina	6pm – 8pm	By Appointment Only
	*Armchair Yoga & Mediation	Charlotte	7.45pm – 8.45pm Starting Mon 19th Jan	Group Setting or Zoom By Appointment Only
<b>Tuesday</b>	<b>Coffee Morning</b>	Support Volunteers	1st Tues of the Month 10am – 12pm Starting Tues 6th Jan	Drop In
	Counselling	Connie	10am – 1.30pm	By Appointment Only
<b>Wednesday</b>	*Lymphoedema Service	Elaine	9am – 1pm	By Appointment Only
	Counselling	Connie	10am – 1.30pm	By Appointment Only
<b>Thursday</b>	<b>Drop In Centre</b>	Support Volunteers	10.30am – 2pm	Tea & Chat
	Reflexology/Massage	Orla	10am – 1pm	By Appointment Only
	*Armchair Yoga & Mediation	Charlotte	2pm - 3pm Starting Thurs 15th Jan	Group Setting or Zoom By Appointment Only
<b>Friday</b>	<b>Drop In Centre</b>	Support Volunteers	10.30am – 2pm	Tea & Chat
	Reflexology	Karen	10am – 1pm	By Appointment Only
	*Physical Activity Programme	Christina & Orla	10.30am – 11.30am Starting Fri 16th Jan	By Appointment Only
	*CanReact Physical Activity Programme	Christina & Orla	11.30am – 12.30pm Starting Fri 13th Feb	By Appointment Only
<b>Other Services</b>	**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
<b>Programmes</b>	CLIMB © Programme	Trained Facilitators	Tuesday 21st April	6 Week Programme By Appointment Only
	*Look Good Feel Better	Trained Facilitators	Tuesday 19th May	Half Day Programme By Appointment Only
	Taking to Children about Cancer	Aline O'Connell	Thursday 12th March	Register to attend

\*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

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.

## 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.