

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
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 life's of
people we support!

At Tuam Cancer Care, we are truly grateful for the immense support from our local community. It is this ongoing assistance that enables us continue offering free and confidential support to individuals during a time of crisis in their lives.

As a charitable organization, we are required to raise 56% of the costs associated with delivering our support services each year.

For example:

- It costs €180 to provide a programme of Complementary Therapies
- €480 is needed for a counselling programme
- €2,300 to run the Physical Activity Programmes each term

All of these services are provided at no cost to our clients.

In 2025, Tuam Cancer Care supported over 300 individuals, with 87 being new clients.

Your generous donation truly makes a significant impact on the lives of those we assist.

**You will find
information
on how you can
support us inside
our newsletter**

"The wonderful staff and the volunteers make you feel so welcome. They listen and really and truly deeply care about how you are, as a person on your journey through cancer. Each and every one of them care and are so genuine. I couldn't have done it without them". Theresa

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 25th September 11.15am - 12.15pm

Contact the Centre for more information



Patricia Geoghegan
Participant

Let Patricia share how the Can REACT programme has positively impacted her:

Before I joined this programme I felt tired, unmotivated and low in energy. I was struggling to find the motivation to be active and both my mood and confidence had started to suffer. After attending the programme I felt completely different. The work out left me energized, refreshed and much more positive. I now feel healthier, happier & delighted I joined. Meeting new people in this programme has been a valuable part of my recovery. Being able to talk with others who have experienced similar challenges has helped me so much.

This programme offers much more than exercise it is a safe, supportive and welcoming environment. People leave this programme feeling energetic, positive and motivated and after the class, we all met for a coffee and a chat. We are truly blessed with Christina and Orla who have great patience with us.

I am very grateful for all your help.



www.tuamcancercare.ie

Supports & Services

Our support services are confidential and FREE of charge, booking is essential as places are limited.

Coffee mornings: Our coffee mornings have been incredibly successful since we had our first one way back in September 2025, over 170 people have joined us on the 1st Tuesday of the month, 10am-12pm. New clients have mixed with current clients, support volunteers and friends of the organisation giving an opportunity for people affected by a cancer diagnosis to meet other people in a similar situation in an informal setting. Feel free to join us!



Dr Zita Fitzpatrick

Post Mastectomy Clinic Dates

Mon 10th Aug

Mon 7th Sept

Mon 12th Oct

Mon 9th Nov

Mon 7th Dec

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.



A Look Good Feel Better Workshop

will be held in the Ard Rí House Hotel on Tuesday 13th Oct, 11am - 1pm.

This is 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.



We're delighted to be working alongside the **The Marie Keating Foundation** to bring their impactful **Survive & Thrive Programme** to Tuam Cancer Care this September.

This free 6-week programme is designed to support those who have completed cancer treatment and are navigating their 'new normal'. It offers:

- ~ Supportive discussions on emotions, stress & anxiety
- ~ Guidance on managing fatigue & other symptoms
- ~ Help with changing nutritional & physical activity needs
- ~ A welcoming space to connect, learn & grow with others who've had similar experiences.



Wednesdays - 10.30am-1.30pm
From 23rd September to 28th October 2026
at the Ard Rí House Hotel

Register now – places are limited:

Survive and Thrive Programme - Tuam - September 2026 - Marie Keating Foundation

For more info, contact Fiona: fsullivan@mariekeating.ie

Charlotte Farragher is hosting a gentle evening of movement, breathwork and sound healing for anyone living with or beyond a cancer diagnosis.

A chance to slow down, release tension, nurture your mind, body & spirit.

 Tuam Yoga & Pilates Studio, Galway Rd Tuam H54 C584



Friday 25th September @ 7.30pm

Medical consent will be required to take part

Book now as places are limited by calling Tuam Cancer Care on 093 28522



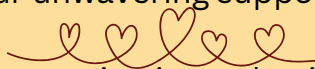
www.tuamcancercare.ie

Fundraising & Events



Because of the incredible kindness of the local community, Tuam Cancer Care continues to offer comfort, and vital support to individuals and families navigating a cancer journey in our community. Every cup of tea shared, every listening ear provided, and every support session held in our centre is a direct result of your past generosity.

We are profoundly grateful for your unwavering support. And we need to keep this going!



If you're involved in any sports club, organisation or business and are thinking of organising a fundraising event in the next few months or maybe you would like to set yourself a challenge please contact Eimear to discuss your plans. We can offer guidance and advice around fundraising tools, advertising etc, along with providing t-shirts, balloons, bucket's and collection signs.

You can contact Eimear on 085 8673626, or email fundraising@tuamcancercare.ie

or log onto 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.



Thank you to this fantastic group of people who have organised events, taken part in challenges or supported Tuam Cancer Care events, already this year!



Our recent fundraising campaigns were highly successful in both raising vital funds and deepening our connection with the community. The Pop-Up Shop raised €21,957.50, the Church Gate Collections €8,227.55, and this years Tea Party Campaign raised €13,373.23! A special thank you to everyone who hosted a Tea Party, held a church gate collection, or helped organize the Pop-Up Shop—we are incredibly grateful for your time, energy, and continued support.



Celebrate Christmas Jumper Day 2026 on Friday 18th December!

Looking for an easy way to raise vital funds for Tuam Cancer Care?



Join our annual festive fundraiser! Whether you are a school, creche, local business, club, or factory, we make hosting simple.

Register today using the link below to receive a complete event pack, including a social media poster, balloons, and collection buckets to get your community involved.

www.tuamcancercare.ie/christmasjumperday



The Christmas Gathering takes place on Wednesday 9th December at 7pm, in the Ard Rí Hotel. Join us for an evening of Hope, Reflection & Community.



www.tuamcancercare.ie

Dates for your Diary

Tuam Cancer Care Coffee Mornings

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

Please join us!
Tuesday 1st September
Tuesday 6th October
Tuesday 3rd November
Tuesday 1st December

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



survive & thrive

The Marie Keating Foundation's **Survive & Thrive** Programmes have been created to help people who have completed cancer treatment to adapt to their 'new normal'.

Programmes include information and support guided by facilitators, discussions on issues such as coping with emotions, feelings, stress and anxiety; becoming a self-manager - managing fatigue and other symptoms; changing nutritional and physical activity needs.

This is a 6-week programme, we would love to help you to transform yourself and meet people who have gone through a similar experience

There is lots of engagement which creates a space to learn and grow and empowers you going forward in life.

This September we are working in partnership with Tuam Cancer Care
Programme details are:

10.30am to 1.30pm each Wednesday from 23rd September - 28th October 2026.
Venue - Ard Ri Hotel, Tuam, Co. Galway

For further information contact Fiona on 087 9657144 or 01 628 3726
or e-mail fsullivan@mariekeating.ie

REGISTER HERE



mariekeating.ie/events/survive-and-thrive-programme-september-2026-2/

All programmes are free to attend places are limited registration is essential.



TAKE TIME FOR YOU.

Restore. Recharge. Renew.



Open to anyone living with or beyond a cancer diagnosis.

Join us for a gentle evening of movement, breathwork and sound healing.

A chance to slow down, release tension and nurture your mind, body and spirit.

You deserve this time.



GENTLE MOVEMENT
Soothing chair and mat-based movement to ease the body and relax the mind.



BREATHWORK
Simple breathing techniques to promote calm and wellbeing.



SOUND BATH
Deep relaxation through the soothing sounds of crystal singing bowls, gongs and therapeutic instruments.

FRIDAY
25th SEPTEMBER

7.30PM

TUAM YOGA & PILATES STUDIO
Tuam, Co. Galway

Open to anyone living with or beyond a cancer diagnosis.



Take Time. You Matter.
MIND • BODY • SPIRIT

SAVE THE DATE



Christmas Jumper Day 2026!

Friday 18th December



Look Good Feel Better Workshop

Ard Ri House Hotel
Tuesday 13th 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.



Everyone will be invited to add their wish for 2027 to our Christmas Tree of Hope

Join us for an evening of
Hope, Reflection & Community

Tea/Coffees and Christmas Treats will be served

Don't forget our annual
Pop Up Shop in February if you
are having a clear out on the
lead into Christmas.

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/



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	6.30pm – 9pm	Tea & Chat
	Reflexology/Massage	Christina	6pm – 9pm	By Appointment Only
	*Armchair Yoga & Mediation	Charlotte	7.45pm – 8.45pm Starting Sept 7th	Group Setting or Zoom By Appointment Only
Tuesday	Coffee Morning	Support Volunteers	1st Tues of the Month 10am – 12pm	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 Sept 10th	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
	*Physical Activity Programme	Christina & Orla	Starting Sept 18th 10.15am	By Appointment Only
	*CanReact Physical Activity Programme	Christina & Orla	Starting Sept 25th 11.15am	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	Tuesday Date TBC	6 Week Programme By Appointment Only
	*Look Good Feel Better	Trained Facilitators	Tuesday 13th Oct	Half Day Programme By Appointment Only
	A Gentle Evening of movement, breathwork & sound healing	Charlotte	Friday 25th September 7.30pm	Booking is Essential
	Survive & Thrive Programme	in assoc with Marie Keating	Wed 23rd September	6 week programme 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 Programme 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.

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Dr Zita Post Mastectomy Care Clinic

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