

TUAM CANCER CARE



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

We are delighted to welcome you to our latest newsletter. In this newsletter we outline our various support services as well as highlighting some upcoming fundraising events.

Our support services are available to people with a cancer diagnosis and to their families so please feel free to share this information with anyone that you know may be interested.

Tuam Cancer Care is currently supporting approx. 250 clients. This is 26% higher than pre-COVID times. On average we register 1-2 new clients every week. In 2024, 87 new clients were registered .

All of our services are free of charge and confidentiality is assured.

Upcoming Workshops and Talks

LACES: Life And Cancer – Enhancing Survivorship
Facilitated by Fionnuala Creighton
Ard Rí Hotel, Tuesday 25th March 10.30am - 12.30pm

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.

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.

The programme helped me understand my body balance & strength more

We are commencing a new programme on **Monday 17th February** with pre assessments taking place on **February 10th** and we have some places available. Eligible participants must have completed their primary treatment. Medical consent will be required.

“I was more flexible after the programme and had more energy”



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 lives of
people we support!**



www.tuamcancercare.ie

Supports & Services

Welcome to TCC!

We are delighted to welcome Michael Quinn to the Tuam Cancer Care team. Michael is joining the Client Support team, with Margaret (Client Coordinator) and Rosemary.



Michael is a qualified psychotherapist and works with his own clients outside of the Centre. Michael also works with Multiple Sclerosis Ireland, and Cuan Mhuire Galway. We look forward to introducing Michael to our current and new clients.

6 Week CLIMB® Programme Starting 4th March

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.



"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

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. Gentle Armchair Yoga Sessions are held on Thursday afternoons in a Face to Face group yoga session, you can also join the class via Zoom. Please contact the Centre to pre-book a place in the next programme, starting on **March 6th**, as numbers are limited. Medical Consent is required.



Dr Zita Fitzpatrick Post Mastectomy Clinic

For women who have undergone a mastectomy, we provide emotional and practical support. Our breast prosthesis service provides an individual and private fitting for a prosthesis, bra/lingerie or swimwear. A comprehensive range of the most up to date items for any woman who has had a mastectomy, segmentectomy or lumpectomy is available. Women who have undergone breast cancer surgery are entitled to their initial prosthesis and two bras free of charge. Information is also offered on any private health insurance or Medical Card queries. Please contact the Centre for more information



Dr Zita Fitzpatrick Post Mastectomy Clinic Dates

- Jan: Monday 20th (Evening appts)
- Feb: Monday 17th (Day appts)
- Mar: Monday 10th (Evening appt)
- April: Monday 28th (Day appt)
- May: Monday 26th (Day appt)

Contact the Centre to book a place

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

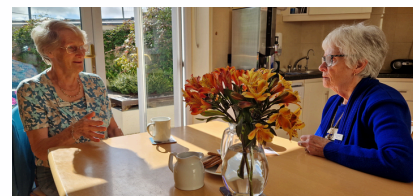
Would you be interested in becoming a Volunteer with Tuam Cancer Care?

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

For more information on the role of our volunteers and to apply please log onto www.tuamcancercare.ie/getting-involved/



Upcoming Events

Pop Up Shop 2025!

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 Saturday March 8th, 10am - 6pm.

We are asking the public for donations so that they can sell the items 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 Centre by Thursday 6th March, during the hours of 1pm-3pm (Mon-Thurs) and 1-2pm (Friday) 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.



Tuam Cancer Care

PopUp Shop

WE ARE LOOKING FOR.....

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

Sat 8th March
10am - 6pm

Tuam Stars Gaa
Clubhouse
Dublin Rd
H54 XY05

DONATIONS CAN BE DROPPED TO THE
TUAM CANCER CARE CENTRE ON THE DUNMORE RD, H54 A318

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?

For more information please click on the link below.

www.tuamcancercare.ie/getting-involved/teapartiesfortuamcancercare

Church Gate Collection 2025 Saturday 12th & Sunday 13th 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 |
| • Killrerin | St Mary's Church |
| • Tuam | Tuam Cathedral |
| • Dunmore | Our Lady & St Nicholas |
| • Garrafrauns | St Patricks Church |
| • Kiltelva | 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 19th & Sunday 20th April

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

If you have any fundraising ideas or plans, please contact Eimear on 085 8673626, 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

CONTACT US



How about hosting a
Tea Party
for Tuam Cancer Care during the month of May!

For more information please contact Eimear on 093 28522 or email fundraising@tuamcancercare.ie

Register today to receive your Tea Party Pack, with advice on advertising your event, balloons, posters and much more

Because tea is like a hug in a cup!

SAVE THE DATE

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



www.tuamcancercare.ie

Fundraising

Thank you to everyone that organised or took part in fundraising events in aid of Tuam Cancer Care in 2024! 30% of our income last year was raised by you, and it is humbling to be part of these events and get to meet the organisers and volunteers. Our Centre is a vital and very important part of the community, and depends on your generosity to continue to provide the FREE and confidential services offered.



Stockie's Memorial Walk



The Tome Chanters chose Tuam Cancer Care as their Charity of the Year 2024



Joyce Country Truck Run



Corofin A/C Charity Christmas Run



Ann Marie's Tea Party



Caroline ran the Dublin City Marathon



Ard Ri House Hotel New Year's Eve Ball



Tuam Cathedral Fundraising Concert



Nominate Tuam Cancer Care as your Charity Partner of the Year!

We need your help to raise vital funds to support the cancer related, FREE & confidential services offered by the Centre. Contact us by email fundraising@tuamcancercare.ie or call 085 867 3626 to discuss any plans you may have

Business Charity of the Year

www.tuamcancercare.ie

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Timetable of Services & Supports

New and existing clients may arrange individual support sessions with our Client Coordinator, 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	10 am – 11 am
Tuesday	*Zoom 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
Thursday	Reflexology/Massage	Orla Heneghan	By Appointment Only	10am – 12pm
	*Armchair Yoga & Meditation	Charlotte Farragher	Group Setting or Zoom	2pm
Friday	Reflexology	Karen Grimes	By Appointment Only	10am – 12pm
Please contact the Centre	*Can REACT Physical Activity Programme	Christina & Orla	Group Setting	12 Week Programme Commencing Mon 10th Feb 11am
Please contact the Centre	Counselling	Connie Masterson	Remote or Face to Face	By appointment
Please contact the Centre	*Post Mastectomy Care	Dr Zita Fitzpatrick	Ongoing	By Appointment
Please contact the Centre	Climb© Programme	Trained Facilitators	Group Setting	6 Week Programme Commencing 4th March
Please contact the Centre	*Look Good Feel Better	Trained Facilitators	Group Setting	May TBC

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



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 six 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.

Complementary Therapies offered at Tuam Cancer Care:

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 various parts of the body. Each session is adapted to the individual needs.

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. Counselling is part funded through a grant provided by the Irish Cancer Society.

MLD THERAPY

Manual Lymph Drainage (MLD) is a gentle but very specialised form of massage for both men and women who suffer from Lymphoedema after cancer treatment.

****Medical Consent is required for Complementary Therapies, Chair Yoga, MLD and Physical Activity Programmes****

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