

TUAM CANCER CARE

Autumn Newsletter 2024



WELCOME!

Dear Friends

In this newsletter we launch our Support and Information Programme for Autumn / Winter 2024, as well as updating you on what is happening in TCC. The newsletter also has details on the Survivors Celebration Walk in October, and a review of a very busy few months in fundraising.

We were delighted this year to be awarded full membership of the National Cancer Control Programme (NCCP'S) "Alliance of Cancer Support Centres and Services".

The membership has been awarded in recognition of Tuam Cancer Care being in full compliance with the NCCP's "Best Practice Guidance for Cancer Support Centres and services".

In June Eimear and Rosemary from Tuam Cancer Care attended NCCP's

"Alliance of Cancer Support Centres and Services"

Network meeting in Farmleigh House, where they were delighted to accept a membership plaque for Tuam Cancer Care from the Minister of State, Colm Burke TD, with responsibility for Public Health, Wellbeing and the National Drugs Strategy.



Pictured (left to right) are Louise Mullen (NCCP), Minister of State, Colm Burke, Eimear & Rosemary (TCC) and Dr Helen Grealley (NCCP).

We are delighted to welcome Karen Grimes as our new Reflexology Therapist. Qualified since 2018, Karen is a fully accredited Reflexologist with additional training in Oncology reflexology. Karen has a private clinic and also works with Ability West on a regular basis.

Karen works with Tuam Cancer Care on Fridays.



Áine Commins retired from Tuam Cancer Care back in June. Áine has been a reflexologist with the Centre for many years, giving the very best care and support to our clients. Áine has been an integral part of Tuam Cancer Care and will be sorely missed by clients, support volunteers and staff.

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Registered Charity No:
RCN 20044046

Opening Hours:

Monday - Friday 10am - 2pm
Monday 7pm - 9pm

If you do not wish to receive our newsletter or if this has reached you at a difficult time, our apologies. Please contact the Centre and we will remove you from our mailing list.

Would you be interested in being 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/



www.tuamcancercare.ie

Supports & Services

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.

We are commencing a new programme on Monday 16th September with pre assessments taking place on September 9th 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"

The programme helped me understand my body balance & strength more



Upcoming Workshops and Talks

6 Week CLIMB® Programme Date TBC

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.



Look Good Feel Better Workshop

Beauty Techniques for people with cancer who are undergoing chemotherapy, radiation or other forms of treatment
Tuesday 15th October
Booking is essential for this workshop

Dr Zita Fitzpatrick Post Mastectomy Clinic

Date to be Confirmed

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



Exploring Ways of Befriending our Anxiety - Irene Geary Tuesday 12th November 11am - 1pm Ard Ri House Hotel

Irene Geary is a Psychotherapist with over 20 years experience in the field. She has a special interest in trauma and complex PTSD and how this impacts our brain and our lives.

A cancer diagnosis is a traumatic and distressing event, for the person receiving the diagnosis and their loved ones. The ensuing anxiety is a normal response to something shocking. This workshop is aimed to help us better understand what anxiety is, how it affects our brain and our body and how it can take over our lives. We will explore the ways of befriending our anxiety and discuss the various coping strategies we can use to manage it. Each stage of a cancer diagnosis brings with it a different range of anxieties and concerns and we will explore how these can be managed.

Equally, for family members and loved ones, the anxiety of watching someone go through a cancer diagnosis and treatment can bring with it a different set of anxieties and concerns and these too will be explored. Most importantly, this workshop is designed to empower you to work with and manage your anxiety in a life-enhancing way. There will be a Q & A session after the talk to explore people's experiences and share their coping strategies.

SIGN UP

"Possible future programmes - Music Therapy" - please register your interest

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



Fundraising

THANK
YOU
😊

Thank you to everyone who has supported Tuam Cancer Care so generously over the last few months. We are as always humbled by the generosity of the people in our community.

We had a great start to the year with the Pop Up Shop, thanks to your support and the hard working committee, over €13,000 was raised. We are already being asked about next year's shop!

The Church Gate Collection is a lovely event to raise awareness of Tuam Cancer Care.

This year one of our clients, successfully added Shrule and Glencorrib to our list of churches. If you would like to add your local church please let us know.

This year's Tea Party Campaign was launched here in the Centre with our very own Tea Party, we spent a wonderful afternoon with clients, volunteers and supporters. This year's campaign raised a huge €8,900!



It's a little early to mention Christmas! BUT if you would like more information on Christmas Jumper Day on Friday 13th December please log onto www.tuamcancercare.ie/christmasjumperday

DON'T FORGET! Survivors Celebration Walk Sunday 13th October

Community Events

There are been a fantastic range of fundraising events this year already!

Martina Moran reached Everest Base Camp, Ann Marie Hoade had a Tea Party AND a BBQ on the same day! Colette McDonagh raffled her beautiful painting "Water Under the Bridge", Nicola Walsh ran the VHI Mini Marathon, O'Connor's Tuam held a Car Wash, Anna Slattery held her annual Art Exhibition, 6th Class Students of St Colman's NS Cumber, donated €500 from their Confirmation gifts, Mens Shed Tuam had an open day and sale of work, Tome Chanters Choir Tuam held a concert, and McDonaghs Pub went Pink for Cancer Awareness!

This is only some of the events that took place! Thank you to each and every one of you!



If you have any fundraising ideas or plans please contact Eimear on 093 28522 or log onto the link below and fill in the Fundraising Proposal Form with as much detail as possible and one of our team will contact you to discuss the details

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

Dates for your diary:

- August: [Tuam Lions Club](#) second annual **Francis Stockwell Memorial Walk/Jog/Run** takes place on Saturday 31st August at 11.30am @ Knockma Hill. To register for the event or to make a donation please log onto www.idonate.ie/event/stockiememorial
- September: **Mule Lanark 5th Annual Sale**, Friday 13th September @5pm, in Tuam Co-Operative Mart. Proceeds of the sale of 1 pen of ewe lambs will be donated to Tuam Cancer Care. www.tuamcancercare.ie/donate-2/
- November: **Special Choral Concert** with the London Male Voice Choir and the Tuam Cathedral Choir in Tuam Cathedral at 8pm on Friday 15th November. This will be a ticket event. Keep an eye on our Social Media pages and local media for more details in October.
- December: **Joyce Country Truck Run** leaves Peacock's in Maam Cross at 5pm for Cong on Friday 8th December. Follow the Facebook page for more details www.facebook.com/profile.php?id=100073364951974

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

SCAN THE QR CODE TO DONATE



TCC Events:

13th October:
Survivors Celebration Walk 2024
13th December:
Christmas Jumper Day
December: Christmas Mass TBC



www.tuamcancercare.ie



TUAM CANCER CARE
Survivors Celebration Walk
Registered Charity Number: RCN 20044046
Sunday, 13th October
The Palace Grounds Tuam, at 2pm
Registration is FREE
Register by midnight, Tuesday 8th October 2024



Tuam Cancer Care are delighted to be once again holding The Survivor's Celebration Walk in the Palace Grounds, Tuam, on Sunday 13th October at 2pm.

The walk gives us an opportunity to celebrate cancer survivors and their families and friends, in a lively, warm atmosphere, with music and entertainment. The event also reflects the support that people receive through our services, and at the same time raise much needed funds for the Centre.

The Walk will include teams of cancer survivors, their families/friends and supporters, walking 3 laps of the Palace Grounds, symbolising the journey that they are on together. Each team will be introduced with a few lines, that you can provide on registration if you wish, outlining the support you have received from Tuam Cancer Care. Cancer survivors have the option to wear a white t-shirt and their friends/family/team members to wear royal blue t-shirts. The Tuam Cancer Care volunteers wear green t-shirts. Individuals and groups of friends are also welcome to take part.

This walk is open to the general public too, so come along, learn more about the organisation and help raise funds by walking in hope and solidarity with those going through cancer treatment, living with cancer or in memory of someone special whom you have lost.

T-shirts from previous years can be reused. If t-shirts are required they can be ordered on the registration form and collected from the Centre, Friday 11th October, 7pm – 8pm.

To participate please register by midnight, Tuesday 5th October 2024. Registration for this event is FREE, but we do ask that you support it by donating or raising sponsorship.

Once you have registered you will receive an email with a link where you can either donate or create a personalised fundraising page. Sponsorship cards are also available and can be requested on the registration form.



To register to take part in the
Survivors Celebration Walk 2024, please log onto
www.tuamcancercare.ie/survivorscelebrationwalk

Now all you have to do is get your group together and have fun!



www.tuamcancercare.ie