



DIRECTORY

CANCER SUPPORT SERVICES

in Ireland

Welcome to the Second Edition of the Directory of Cancer Support Services Affiliated to the Irish Cancer Society.

More people are getting cancer in Ireland. It is estimated that one in three of us will be diagnosed with the disease during our lifetime. Cancer is, however, increasingly viewed as a condition from which people survive.

In 2006, the Strategy for Cancer Control in Ireland was published. The Strategy acknowledged the importance of psychosocial care as a critical component of a multidisciplinary approach to managing cancer and to minimising the distress in cancer patients. All patients with cancer deal with issues that cause some level of distress at some stage. Regardless of prognosis, the initial diagnosis of cancer is still perceived as a life-threatening event. While many patients cope well, a high proportion develops significant psychosocial distress. More than a third of patients experience anxiety and/or depression. Evidence shows that when people experiencing cancer receive good social and psychological support, their quality of life improves. However, most busy oncology services are not currently set up to reliably detect distressed patients.

It is well recognised that the voluntary sector in Ireland has been the mainstay in the provision of supportive care for cancer patients in the community. Through this support, patients have been enabled to deal with the emotional and practical challenges of the disease and the Irish Cancer Society has played a lead role in the provision of this care.

The Strategy for Cancer Control in Ireland recommended that the Society develop a code of practice for cancer support services and become an umbrella group for community based services.

In response to this recommendation, the Society sought a grant from the Community Foundation of Ireland, Pfizer Global Health Partnerships and Pfizer Ireland to assist with the commencement of the project.

The first step was to undertake a scoping study to determine the number of groups around the country, what activities they were engaged in and what their expectations of such a project might be.

Based on the feedback we received from those who participated in the study, we devised and developed this first edition of the 'Directory of Cancer Support Services affiliated to the Irish Cancer Society.'

The purpose of this directory is to provide information on the availability of cancer support services in Ireland and to promote their use. The directory includes information on all support groups, centres and peer support programmes who participated in the development of the Good Practice Guidelines and are working towards affiliation to the Irish Cancer Society. As new groups develop the Irish Cancer Society will endeavour to provide support and information as well as inclusion in the Directory. Information will be updated on a regular basis. For all the latest updates and downloads please see www.cancer.ie/supportservices.

We hope you find this Directory useful and informative and we would like to take this opportunity to reiterate our commitment to supporting the on-going development of all service providers.

The mission of the Society is to play a vital role in achieving world class cancer services to ensure that fewer people get cancer and those that do have better outcomes. We are confident that this directory is a key component in meeting the information needs of patients, families, health care professionals, and all those working in cancer support services.



Olwyn Ryan

Patient Support
Groups Manager



Dorothy Surret-Thomas

Programme Co-ordinator

January 2012 E&OE

A few words about affiliation

What is affiliation?

Affiliation happens when a group or cancer support service becomes part of a network (it can be local, regional or national). This can be a loose arrangement or it may involve a more formal affiliation process where the cancer support service has to meet certain criteria in order to become an affiliate.

Irish Cancer Society plans for affiliation

The goal of the Irish Cancer Society affiliation project is to increase access to, and utilisation of, cancer support services in Ireland using a proven model of practice and a network of support services. As part of its plans for the affiliation project, the Irish Cancer Society is developing a more structured approach to the provision of training, technical supports and grants. More training will be offered on a regional basis and affiliates will be invited to apply for specific grants to carry out measurable activities. The Irish Cancer Society will provide support to new cancer support services during their first year of development, regardless of whether they become affiliated or not.

Participation in the affiliation process is completely voluntary. If you would like to learn more about affiliation to the Irish Cancer Society or wish to apply to become an affiliate, please contact us on 01 231 0500 or email support@irishcancer.ie

Key to symbols



Wheelchair accessible



Transportation service



Telephone service



Information service



Complementary therapy



Counselling service



Medical staff



Deaf services



Blind services



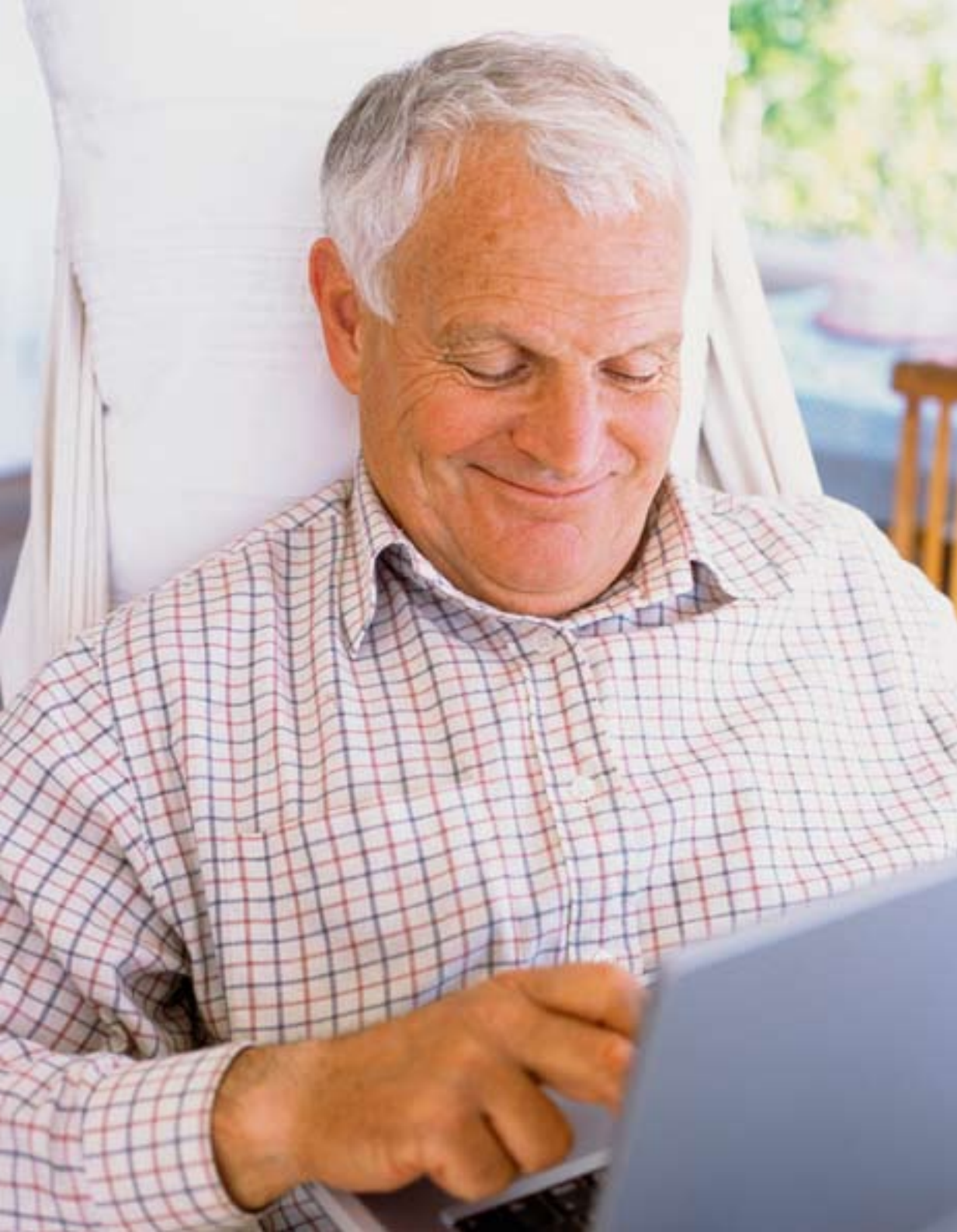
Confidential Service



**Irish
Cancer
Society**

DIRECTORY
CANCER SUPPORT SERVICES
in Ireland

NATIONAL



ARC Cancer Support Centre



Founded in 1994, ARC is a registered charity offering professional support to men and women affected by cancer and those who care for them. The support is holistic and complements primary medical treatment with education and psychological care.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives, Young adults with cancer.

Geographical areas served

National, Dublin.

What support/services are offered?

Provision for learning difficulties, 1to1 support, Bereavement support.



Opening Hours

10am - 4:30pm Monday through Thursday; 10am - 3:30pm Friday.



Contact Details:

| | | |
|------------|--|---|
| Telephone: | ARC House 65 Eccles Street Dublin 7 01 830 7333 | ARC House 559 South Circular Road Dublin 8 01 707 8880 |
| Email: | Info@arccancersupport.ie | |
| Website: | www.arccancersupport.ie | |



Bowel Cancer Support Group



Bowel Cancer **I** Support Group

INCORPORATING THE COLOSTOMY AND ILEOSTOMY CARE GROUP

Group members provide peer to peer support which enables men and women to discuss their feelings and anxieties, to understand the shock that can accompany a diagnosis of cancer and to help them come to terms with the diagnosis. The group can provide support and encouragement to the patient before and after surgery and assist them in dealing with the common physical and emotional side effects of treatment; including tiredness, loss of appetite and feelings of isolation. The Bowel Cancer Support Group believes that whatever the difficulty in the beginning stages, the patient can adapt following surgery and treatment and return to a full and active life. If you would like to talk to a volunteer, contact the National Cancer Helpline on Freefone 1800 200 700.

What cancer type is the group/centre for?

Bowel.

Who is the group/centre for?

Patients, Adults, Relatives.

Geographical areas served

National.

What support/services are offered?

Peer support, Patient seminars.



Opening Hours

Please call for details.



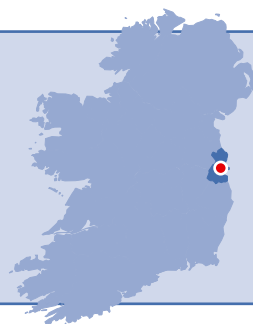
Contact Details:

Irish Cancer Society, 43/45 Northumberland Road
Dublin 4

Telephone: 1800 200 700

Email: support@irishcancer.ie

Website: www.cancer.ie



Brain Tumour Support Group

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The group was founded in May 1991 by a small group of patients and their families. It is a voluntary community based support group.

What cancer type is the group/centre for?

Brain Tumour.

Who is the group/centre for?

Everybody, Carers, Patients, Adults, Relatives, Young adults with cancer.

Geographical areas served

National.

What support/services are offered?

Support groups, Health professionals involvement.



Opening Hours

7.30pm on the second Wednesday of the month. Please call for details.



Contact Details:

Medical Social Work Department, St Luke's Hospital,
Highfield Road, Rathgar, Dublin 6
Telephone: 01 406 5163



CanTeen Ireland



CanTeen Ireland is a nationwide support group for young people who have or have had cancer, and for their brothers, sisters and friends. CanTeen Ireland was set up in 1990 by a group of dedicated health professionals. We can be contacted through our address, the Irish Cancer Society, or through social workers in hospitals. Throughout the year we host 4/5 weekends away. We go to various activity centres all over Ireland, and we go to the Barretstown Gang Camp once a year. We have also been to Alton Towers, the Share Centre in Fermanagh and Shielbaggan Outdoor Adventure Centre, to name but a few. We have also been to Scotland and even as far way as Australia and New Zealand. As a group we meet 6 to 8 times a year. At these meetings we have a chance to talk, share stories and have a bit of fun. We then have lunch....PIZZA, PIZZA, and more PIZZA! In the afternoon we go bowling or play quasar or paint ceramics etc. To keep you up to date, we have set up a newsletter that is written by the members. The Steering Committee is the group that runs CanTeen. It has a majority of teenage members, so it will be you the member who will be making the decisions on what activities etc. you want to do.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Children with cancer, Young adults with cancer.

Geographical areas served

National.

What support/services are offered?

1to1 support, Health professionals involvement, Home/hospital visiting, Social events.



Opening Hours

Please call for details.

Affiliated to
 **Irish Cancer Society**

Contact Details:

Carmichael Centre, North Brunswick Street, Dublin 7
Telephone: 01 872 2012
Freefone: 1800 200 700
Email: info@canteen.ie
Website: www.canteen.ie



I've Got What?!

The "I've Got What?!" Foundation is a support network for young adults, aged 25+ whose lives have been affected by cancer. The main people we hope to help are patients and carers. The Foundation is run by survivors and carers.

The "IgW?!" Foundation aims to try and ease some of the fear and loneliness of a cancer diagnosis by providing a resource where one can find others who have shared these emotions and experiences, and often times this alone helps in healing them.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Young adults with cancer.

Geographical areas served

National, Louth.

What support/services are offered?

Support group, Social events, Web based support, Health awareness, Group therapy, Dietician.



Opening Hours

Please call for details.

Contact Details:

C/O Cross Cause Charity Shop, Blackrock, Co Louth
Telephone: 087 955 5507



LARCC – Lakelands Area Retreat & Cancer Centre



The LARCC Cancer Support Centre, which was the inspiration of the late Ita Bourke, has moved to its new premises in Multyfarnham in the beautiful grounds of the Franciscan Friary. LARCC cares for people living with cancer and their families through a range of support services. LARCC provides a supportive environment where patients and family members can participate in courses, obtain information and advice and gain comfort from the range of treatments and therapies on offer.

LARCC is the only cancer support centre in Ireland that offers a residential option where people from across Ireland come to enjoy a week of pampering, group counselling, complementary therapies and great food. The week long retreat is designed to help cancer patients to develop coping skills and gain the confidence to get back into the community and live their life after the trauma of a cancer diagnosis.

All of our therapists are fully trained in cancer care massage therefore LARCC is a safe place for a cancer patient to come to enjoy the range of complementary therapies.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives

Geographical areas served

National

What support/services are offered?

Health professionals involvement, Peer support, Web based support, Breast care service, Residential programme, Retreat breaks, Bereavement support, Lymphoedema support, Residential retreat has a range of payment options - details on request



Opening Hours

9am - 5pm Monday through Thursday;

9am - 3pm Friday.



Contact Details:

Multyfarnham, Mullingar, Co Westmeath

Telephone: 044 9371971 callsave 1850719719

Email: info@larcc.ie

Website: www.larcc.ie



Men Against Cancer



Men Against Cancer (MAC) is a support group for men with prostate cancer. It was established in partnership with the Irish Cancer Society. All members of the group are volunteers who have had treatment for prostate cancer. They are carefully selected following recovery and are trained to provide information, a listening ear and reassurance as required. This service is on a one-to-one basis and is confidential.

What cancer type is the group/centre for?

Prostate, Testicular.

Who is the group/centre for?

Patients, Adults, Relatives.

Geographical areas served

National.

What support/services are offered?

Peer support, Patient seminars.



Opening Hours

Please call for details.



Contact Details:

Irish Cancer Society,
43/45 Northumberland Road, Dublin 4
Freephone: 1800 200 700
Email: support@irishcancer.ie
Website: www.cancer.ie



Reach to Recovery



Reach to Recovery is a programme set up to provide practical and emotional support for women who have been diagnosed with breast cancer. The programme works on the principle of personal contact between a woman who has had a breast cancer diagnosis and a Reach to Recovery volunteer. Carefully selected and fully trained volunteers are available to provide advice and reassurance at a time when a woman is most in need of both. Reach to Recovery's aims are to:

- Help women come to terms with their diagnosis of breast cancer;
- Discuss the feelings and anxieties that may be experienced by women who are told they have to have surgery or chemotherapy / radiotherapy for their breast cancer;
- Provide support and advice to women following their treatment.

If you feel this would be helpful and would like to be put in touch with a volunteer, contact the National Cancer Helpline on Freefone 1800 200 700.

What cancer type is the group/centre for?

Breast.

Who is the group/centre for?

Patients, Adults, Relatives.

Geographical areas served

National.

What support/services are offered?

Peer support, Patient seminars.



Opening Hours

Please call for details.



Contact Details:

Irish Cancer Society, 43/45 Northumberland Road
Dublin 4

Telephone: 1800 200 700

Email: support@irishcancer.ie

Website: www.cancer.ie



St Luke's Breast Cancer Support Group

This is an open support group for breast cancer patients. Based in the Judge Room at St Luke's Hospital, this group meets the first Wednesday of each month from 3pm - 4pm. Booking not necessary.

What cancer type is the group/centre for?

Breast.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

National.

What support/services are offered?

Support groups, Health professionals involvement.



Opening Hours

3pm - 4pm on the first Wednesday of the month.

Affiliated to
 **Irish Cancer Society**

Contact Details:

Highfield Road, Rathgar, Dublin 6
 Telephone: 01 406 5163





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CONNAUGHT



Athenry Cancer Care



The Athenry Cancer Care Centre provides a voluntary support service for people on a cancer journey. The Centre offers a holistic approach, recognising that a person who is on a cancer journey is not just a body to be treated, but is body, mind, soul and spirit, all in one, in need of nurture.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Everybody: Carers, Patients, Adults, Relatives, Children with cancer, Young adults with cancer.

Geographical areas served

Galway.

What support/services are offered?

1to1 support, Bereavement support, Home/hospital visiting.



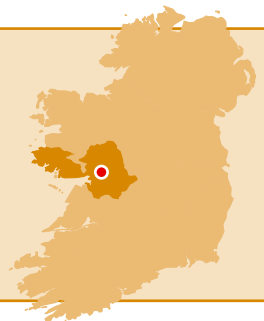
Opening Hours

Please call for details.



Contact Details:

Social Service Centre, New Line, Athenry, Co Galway
Telephone: 091 844 319
087 412 8080



East Galway Cancer Support Group

East Galway Cancer Support Group is a voluntary organisation that offers psychological, emotional and practical support to people with a cancer diagnosis and their families. It is open to everyone regardless of age, gender, race or nationality.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Everybody: Carers, Patients, Adults, Relatives, Young adults with cancer.

Geographical areas served

Galway, Westmeath, Roscommon.

What support/services are offered?

1to1 support, Cancer specific support groups, Carers group, Meditation & Mindfulness, Complementary therapies.



Opening Hours

2:30pm - 4pm Wednesday - Thursday;

7pm - 9pm Wednesday evening (except 1st Wednesday of month).



Contact Details:

The Family Centre, Brackernagh, Ballinasloe, Co. Galway

Telephone: 087 945 2300

087 984 0304



Hand In Hand



Hand in Hand is a non-profit organisation based in Galway. We support families in the West of Ireland who are affected by childhood cancer, by providing them with practical support. By availing of our services, families find they have more precious time to care for their sick child.

We are a unique charity in that we are the only organisation in Ireland that supports sick children and their families throughout the process of childhood cancer treatment, which for some children, can extend to years.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Relatives, Children with cancer.

Geographical areas served

Clare, Galway, Leitrim, Limerick, Mayo, Roscommon, Sligo, Donegal.

What support/services are offered?

Assistance with childcare, household cleaning, laundry service and meal delivery, all of which are supplied by professional service suppliers to allow the family precious time to care.



Opening Hours

9am - 5:30pm Monday through Friday.



Contact Details:

Lakeview Point, Claregalway Corporate Park,
Claregalway, Co Galway

Telephone: 091 799 759

087 660 0103 for emergency/after hours calls

Email: info@handinhand.ie

Website: www.handinhand.ie



Gort Cancer Support Group



The Gort Cancer Support Service was established on June 21st 2007 and is a voluntary, non-profit organisation that offers support, information and practical assistance to anyone affected by cancer. It is currently run by a number of trained volunteers, including those who offer art therapy, a listening service and complementary therapies.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives, Young adults with cancer.

Geographical areas served

Galway.

What support/services are offered?

Support group.



Opening Hours

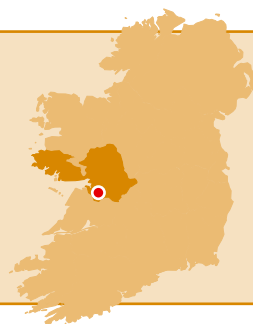
6:30pm - 9:30pm Monday; 10am - 1pm Thursday.

Contact Details:

The Hawthorn, Ennis Road, Gort, Co Galway

Telephone: 086 312 4220

086 172 4500



Tuam Cancer Care Centre



Tuam Cancer Care is a voluntary organisation that offers psychological, emotional and practical support to people with a cancer diagnosis and their families. It also provides general cancer-related information.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

Galway.

What support/services are offered?

1to1 support, Prosthesis fitting, Lymphodema support, Public Information/Seminars, Health professional involvement.



Opening Hours

10am - 2pm Monday through Friday; 7pm - 9pm Monday.

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Irish Cancer Society

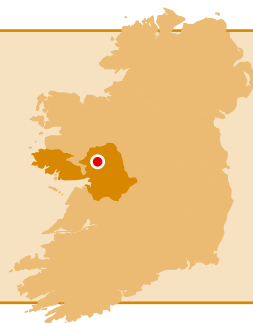
Contact Details:

Cricket Court, Dunmore Road, Tuam, Co Galway

Telephone: 093 28522

Email: support@tuamcancer.ie

Website: www.tuamcancer.ie



Cara Iorrais Cancer Support Centre

Cara Iorrais is a voluntary organisation which offers support and encouragement to people in Belmullet and the Erris area who are diagnosed with cancer and also to their families and friends. All the volunteers at the centre have been through the trauma of cancer so when one visits our house they are shown understanding and encouragement as they encounter so many people who have recovered from the illness.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives, Young adults with cancer.

Geographical areas served

Mayo.

What support/services are offered?

1to1 support, Health professionals involvement, Home/hospital visiting, Social events, Prosthesis fitting.



Opening Hours

11:30am - 2pm Tuesday, 7pm - 9pm Thursday

11:30am - 2pm Friday.

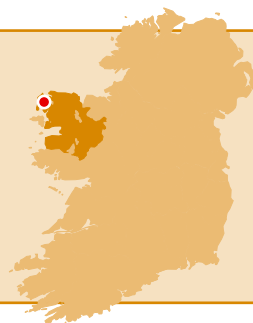
Affiliated to
 **Irish Cancer Society**

Contact Details:

2 Church Street, Belmullet, Co Mayo

Telephone: 097 205 90

Email: caraiorrais@gmail.com



Mayo Cancer Support Association



Mayo Cancer Support Association was formed in August 1999. It was formed by a group of volunteers who recognised the need for the service through personal experience and working with people diagnosed with cancer. Due to the growing demand for these services and with the help and support of the people of Mayo, on the 14th April, 2003, the service moved to its own premises at Rock Rose House, St. Patrick's Avenue, Castlebar.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

Mayo.

What support/services are offered?

1to1 support, Bereavement support, Drop in listening service, Public information/seminars, Support groups.



Opening Hours

9:30am - 5pm Monday through Friday.



Contact Details:

Rock Rose House, 32 St Patrick's Avenue,
Castlebar, Co Mayo
Telephone: 094 903 8407
Email: mayocancersupport@eircom.net
Website: www.mayocancer.ie



Roscommon Cancer Support Group

Roscommon Cancer Support Group's monthly meetings are held to support people and families affected by cancer in their lives, when sufficient numbers for group.

Please contact us for dates and times of services.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Patients, Adults, Relatives.

Geographical areas served

Roscommon.

What support/services are offered?

Bereavement support, Cancer information materials, Complementary therapies, Mindfulness & Meditation, Counselling, Pastoral care.



Opening Hours

Please call for details.

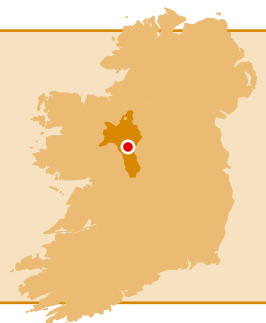


Contact Details:

Vita House Family Centre, Abbey Street, Roscommon

Telephone: 090 662 5898

Email: vitahouse@eircom.net



Sligo Cancer Support Centre



Sligo Cancer Support Centre is a place of peace and hope, where people with cancer and their families can access support, counselling, complementary therapies and holistic workshops in a caring and tranquil environment.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

Sligo and Leitrim.

What support/services are offered?

1to1 support, Home/hospital visiting, Bereavement support, Prosthesis fitting.



Opening Hours

9am - 5pm Monday through Friday.

Affiliated to
Irish Cancer Society

Contact Details:

44 Wine Street, Sligo

Telephone: 071 917 0399

Email: scsc@eircom.net

Website: www.sligocancersupportcentre.ie





Leinster



**Irish
Cancer
Society**

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CANCER SUPPORT SERVICES
in Ireland

LEINSTER

January 2012



Éist, Carlow Cancer Support Group

The group was founded in 2004. Our goal is to provide practical and emotional support to cancer survivors and their families in Carlow and the wider area.

The group meets on the 1st Tuesday of each month, September through June. Please ring for more information.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

Carlow and surrounding area.

What support/services are offered?

Support group, 1to1 support, Bereavement support, Counselling, Complementary therapies.



Opening Hours

Please call for details.



Contact Details:

Rathornan, Leighlinbridge, Co. Carlow
Telephone: 085 144 0510



ARC Cancer Support Centre



Founded in 1994, ARC is a registered charity offering professional support to men and women affected by cancer and those who care for them. The support is holistic and complements primary medical treatment with education and psychological care.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives, Young adults with cancer.

Geographical areas served

National, Dublin.

What support/services are offered?

Provision for learning difficulties, 1to1 support, Bereavement support, Myeloma support group.



Opening Hours

10am - 4:30pm Monday through Thursday; 10am - 3:30pm Friday.



Contact Details:

| | | |
|------------|--------------------------|-------------------------|
| | ARC House | ARC House |
| | 65 Eccles Street | 559 South Circular Road |
| | Dublin 7 | Dublin 8 |
| Telephone: | 01 830 7333 | 01 707 8880 |
| Email: | Info@arccancersupport.ie | |
| Website: | www.arccancersupport.ie | |



Balbriggan Cancer Support Group



BCSG (Balbriggan Cancer Support Group) is a community driven and volunteer based organisation that was established in May 2010 by a group of local men and women concerned with the lack of cancer support within the area. Our mission is to be a message of hope and an opportunity to get involved in the fight against cancer by providing access to information and support to all people affected by cancer and those who care for them. We endeavor to preserve dignity and privacy of the person at all times.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

Dublin, Meath.

What support/services are offered?

Counselling, Complementary therapies, Information, Confidential, Drop in.



Opening Hours

10:30am - 1pm Monday, Wednesday and Saturday and by appointment.



Contact Details:

Unit 23, Balbriggan Industrial Estate,
Harry Reynolds Road, Balbriggan, Co. Dublin
Telephone: 087 353 2872



The Bella Rose Foundation



The Bella Rose Foundation is making a real difference in the lives of Women with Cancer. Since its inception on the 20th November 2008 our foundation has been offering care and home support to women who need it most.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Women with cancer.

Geographical areas served

Dublin and Kildare.

What support/services are offered?

1to1 support, Housekeeping and practical support.



Opening Hours

Please call for details.



Contact Details:

Merry Maid House, West Park Campus, Garter Lane,
Citywest, Dublin 24

Telephone: 086 879 3242

Email: thebellarosefoundation@gmail.com

Web: www.bellarose.ie



Brain Tumour Support Group

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The group was founded in May 1991 by a small group of patients and their families. It is a voluntary community based support group.

What cancer type is the group/centre for?

Brain Tumour.

Who is the group/centre for?

Everybody, Carers, Patients, Adults, Relatives, Young adults with cancer.

Geographical areas served

National.

What support/services are offered?

Support group, Health professionals involvement.



Opening Hours

7.30pm on the second Wednesday of the month. Please call for details.



Contact Details:

Medical Social Work Department
St Luke's Hospital, Highfield Road, Rathgar, Dublin 6
Telephone: 01 406 5163



CanTeen Ireland



CanTeen Ireland is a nationwide support group for young people who have or have had cancer, and for their brothers, sisters and friends. CanTeen Ireland was set up in 1990 by a group of dedicated health professionals. We can be contacted through our address, the Irish Cancer Society, or through social workers in hospitals. Throughout the year we host 4/5 weekends away. We go to various activity centres all over Ireland, and we go to the Barretstown Gang Camp once a year. We have also been to Alton Towers, the Share Centre in Fermanagh and Shielbaggan Outdoor Adventure Centre, to name but a few. We have also been to Scotland and even as far way as Australia and New Zealand. As a group we meet 6 to 8 times a year. At these meetings we have a chance to talk, share stories and have a bit of fun. We then have lunch....PIZZA, PIZZA, and more PIZZA! In the afternoon we go bowling or play quasar or paint ceramics etc. To keep you up to date, we have set up a newsletter that is written by the members. The Steering Committee is the group that runs CanTeen. It has a majority of teenage members, so it will be you the member who will be making the decisions on what activities etc. you want to do.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Children with cancer, Young adults with cancer.

Geographical areas served

National, Dublin.

What support/services are offered?

1to1 support, Health professionals involvement, Home/hospital visiting, Social events.



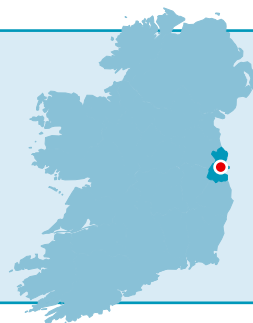
Opening Hours

Please call for details.

Affiliated to
 **Irish Cancer Society**

Contact Details:

Carmichael Centre, North Brunswick Street, Dublin 7
Telephone: 01 872 2012
Freefone: 1800 200 700
Email: info@canteen.ie
Website: www.canteen.ie



St Luke's Breast Cancer Support Group

.....

This is an open support group for breast cancer patients. Based in the Judge Room at St Luke's Hospital, this group meets the first Wednesday of each month from 3pm - 4pm. Booking not necessary.

What cancer type is the group/centre for?

Breast.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

National.

What support/services are offered?

Support group, Health professionals involvement.



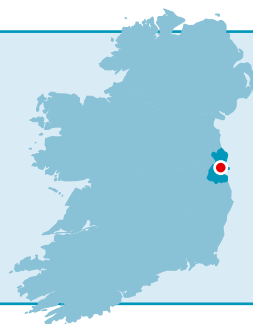
Opening Hours

3pm - 4pm on the first Wednesday of the month.



Contact Details:

Highfield Road, Rathgar, Dublin 6
Telephone: 01 406 5163



Stillorgan Cancer Support

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We offer emotional and practical support to people and their families, who are affected by cancer.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Patients, Adults, Relatives.

Geographical areas served

Dublin South.

What support/services are offered?

Support group.

Opening Hours

Please ring for meeting dates and times.

Telephone service 9am - 9pm seven days.

Contact Details:

C/O 80 Marsham Court, Stillorgan, Co Dublin
Telephone: 01 288 5725



Tallaght Cancer Support Group

Group meetings take place on the second and last Thursday of each month. Please ring for details of our new drop in service.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives, Young adults with cancer.

Geographical areas served

Dublin.

What support/services are offered?

Support group, 1to1 support, Health professionals involvement.



Opening Hours

Please call for details.



Contact Details:

Millbrook Lawns, Tallaght, Dublin 24

Telephone: 087 217 6486

Email: ctallaght@yahoo.ie



Kilkenny Cancer Support Services

Kilkenny Cancer Support Services is a new centre scheduled to open in March 2012. We will provide a drop in service, counselling, massage and reflexology. Support Group meetings will also be facilitated.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Everybody, Carers, Patients, Adults, Relatives, Children with cancer, Young adults with cancer.

Geographical areas served

Kilkenny.

What support/services are offered?

1to1 support, Professional counselling, Complementary therapies, Cancer information materials, General information, Drop in Centre.



Opening Hours

Centre opening hours: Monday to Friday 10am – 2pm.



Contact Details:

Walkin Street, Kilkenny City

Email: info@kilkennycancer.com

Web: www.kilkennycancer.com



Dundalk Cancer Support Group

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The group meets the 3rd Wednesday of every month from 7:30pm - 9:30pm. Please contact us for more information.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Young adults with cancer.

Geographical areas served

Louth.

What support/services are offered?

1to1 support.



Opening Hours

7.30pm - 9.30pm on the third Wednesday of every month.

Contact Details:

Philipstown, Hackballs Cross, Dundalk, Co Louth
Telephone: 086 107 4257



Gary Kelly Cancer Support Centre



The Gary Kelly Cancer Support Centre offers a supportive environment for people affected by cancer, providing counselling, education, information and support to cancer patients and their families. The centre offers holistic and complementary therapies free of charge. Nowadays these therapies are often regarded as part of standard support for patients with cancer. All these therapies complement the primary medical treatment with education and psychological care. The centre is a sanctuary of Reflection, Retreat and Recovery.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives, Young adults with cancer (over 18 years of age).

Geographical areas served

Louth, Meath, North East.

What support/services are offered?

Drop-in service, 1to1 support, Bereavement support, Health professionals involvement, Cancer specific support groups.



Opening Hours

Monday 9am - 5pm; Tuesday 9am - 9pm; Wednesday 9am - 5pm;
Thursday 9am - 5pm; Friday 9am - 4pm.

Contact Details:

George's Street, Drogheda, Co Louth
Telephone: 041 980 5100 or 086 817 2473
Email: services@gkcancersupport.com
Website: www.gkcancersupport.com
Facebook: [gkcancersupport](https://www.facebook.com/gkcancersupport)



I've Got What?!

The "I've Got What?!" Foundation is a support network for young adults, aged 25+ whose lives have been affected by cancer. The main people we hope to help are patients and carers. The Foundation is run by survivors and carers.

The "IgW?!" Foundation aims to try and ease some of the fear and loneliness of a cancer diagnosis by providing a resource where one can find others who have shared these emotions and experiences, and often times this alone helps in healing them.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Young adults with cancer.

Geographical areas served

National, Louth.

What support/services are offered?

Support group, Social events, Web based support, Health awareness, Group therapy, Dietician.



Opening Hours

Please call for details.

Contact Details:

C/O Cross Cause Charity Shop, Blackrock, Co Louth
Telephone: 087 955 5507



The Cuisle Centre



The Cuisle Centre was founded in 2004. It is a registered charity offering professional support to newly diagnosed cancer patients and their families. The Cuisle Centre has both a structured and an informal approach to a person's care. People are encouraged to use the centre on an informal basis where they are able to meet professionally trained people in a relaxed, calm and homely atmosphere.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Relatives, All ages.

Geographical areas served

Laois, Carlow, Offaly, Kildare.

What support/services are offered?

Provision for learning difficulties, 1to1 support, Bereavement support, Prosthesis fitting, Lymphodema management.



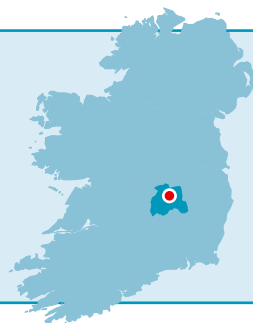
Opening Hours

9am - 5pm Monday through Thursday; 9am - 4pm Friday.



Contact Details:

Block Road, Portlaoise, Co Laois
 Telephone: 057 868 1492
 Email: cuislecentre@eircom.net
 Website: www.cuislecentre.com



Dóchas Offaly Cancer Support

Dóchas is a place designed to support you and your loved ones as you deal with the presence of cancer in your life. For over 10 years, we've helped many throughout the Midlands and beyond.

Our aim is to care for cancer patients in a holistic manner with treatments that nurture your physical, mental, spiritual and emotional well-being. Whether it is massage or music, a chat or counselling, find out what suits you.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Everybody: Carers, Patients, Adults, Children, Young adults, Relatives.

Geographical areas served

Offaly, Galway, Laois, Westmeath, Tipperary South, Tipperary North.

What support/services are offered?

Health professionals involvement, Home/hospital visiting, Peer support.



Opening Hours

10am - 2pm Monday through Friday.



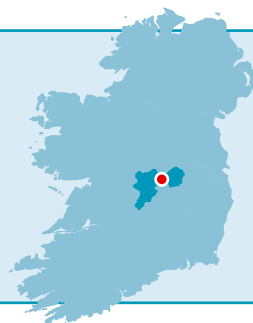
Contact Details:

Téach Dóchas, Offaly Street, Tullamore, Co Offaly

Telephone: 057 93 28268

Email: info@dochasoffaly.ie

Website: www.dochasoffaly.ie



Midlands Myeloma Support Group



Please call for details of services and for meeting dates and times.
Support group meets last Monday of each month at Dochas Offaly
Cancer Support Centre 19.30 - 21.00 hrs

What cancer type is the group/centre for?

Myeloma.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

National, Offaly, Westmeath, Longford, Laois.

What support/services are offered?

Support group.



Opening Hours

Please call for details. Monthly meetings last Monday of each month.



Contact Details:

C/O Rohdu,
Tullamore General Hospital,
Tullamore, Co Offaly
Telephone: 057 9321501 ext 317
Email: info@dochasoffaly.ie
Website: www.mymyeloma.ie

Mary Kelly
086 780 4007
maryb.kelly@hse.ie



LARCC – Lakelands Area Retreat & Cancer Centre



The LARCC Cancer Support Centre, which was the inspiration of the late Ita Bourke, has moved to its new premises in Multyfarnham in the beautiful grounds of the Franciscan Friary. LARCC cares for people living with cancer and their families through a range of support services, which are offered free of charge. LARCC provides a supportive environment where patients and family members can participate in courses, obtain information and advice and gain comfort from the range of treatments and therapies on offer. All of our therapists are fully trained in cancer care massage therefore LARCC is a safe place for a cancer patient to come to enjoy the range of complementary therapies on offer. LARCC is the only cancer support centre in Ireland that offers a residential option where people from across Ireland come to enjoy a week of pampering, group counselling, complementary therapies and great food. The week long retreat is designed to help cancer patients to develop coping skills and gain the confidence to get back into the community and live their life after the trauma of a cancer diagnosis.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

Westmeath, Longford, North Leinster, Meath, Roscommon.

What support/services are offered?

Midlands Cancer Support Group, Athlone Breast Cancer Support Group, Health professionals involvement, Peer support, Web based support, Breastcare service, Lymphoedema support, Residential retreat breaks, Bereavement support.



Opening Hours

9am - 5pm Monday through Thursday;
9am - 3pm Friday.



Contact Details:

Multyfarnham, Mullingar, Co Westmeath
Telephone: 044 9371971
Callsave: 1850719719
Email: info@larcc.ie
Website: www.larcc.ie



Haven Cancer Support and Therapy Group

Haven Cancer Support and Therapy Group was established in October 2010 at the Gorey Family Resource Centre. The purpose of group therapy is to provide long term counselling/psychotherapy for anyone who has had a cancer diagnosis and for who have a relative or friend who has had a diagnosis. Celtic Chant Healing Music is also available by arrangement. Celtic Chant Healing Music relieves anxiety and stress and provides participants with a safe place where you can engage in your healing process. Group Therapy is available every Thursday morning. Please ring for other services.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

Wexford, Wicklow.

What support/services are offered?

Group therapy.



Opening Hours

10am - 12pm every Thursday. Please call for more details.

Contact Details:

Gorey Community Centre, Gorey, Co Wexford

Telephone: 053 942 0707

086 250 1452

Email: info@thehavengroup.ie

Website: www.thehavengroup.ie



Hope Cancer Support Centre



The Hope Cancer Support Centre was founded in 1999 by a group of people affected by cancer. The centre provides emotional and psychological support to people with a cancer diagnosis and those supporting them. In the centre we offer a range of services that complement the care already provided by the multi-disciplinary team in the hospitals and community.

Everyone who comes to the centre is given an opportunity to meet with a support nurse and together they can decide how the Hope Centre can best support them.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

Wexford, South Kilkenny, Carlow and South Wicklow.

What support/services are offered?

Cancer information materials, Health professionals involvement, Home/hospital visiting, Art, Yoga, Meditation, Wig fitting, Bra fitting, Support groups, Bereavement Support.



Opening Hours

Open 9am - 4pm, Monday through Friday.
Drop in service Tuesdays and Fridays.



Contact Details:

22 Upper Weafer Street, Enniscorthy, Co Wexford
Telephone: 053 923 8555
Email: mary@hopesupportcentre.ie
Web: www.hopesupportcentre.ie
Facebook: [hopesupportcentre](https://www.facebook.com/hopesupportcentre)



Arklow Cancer Support Group



Founded in May 2009, the aim of Arklow Cancer Support Group is to help and support cancer patients and their families in Arklow and the surrounding area. We hold monthly meetings on the last Wednesday of the month. Our drop-in mornings are Wednesdays and Fridays.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

Wicklow.

What support/services are offered?

1to1 support, Social events, Prosthesis fitting, Health awareness, Group therapy, Dietician, Lymphoedema support.



Opening Hours

Monday 10am - 1pm, Wednesday 10am - 1pm, Friday 10am - 1pm.



Contact Details:

25 Kingshill, Arklow, Co Wicklow

Telephone: 085 110 0066
0402 23590

Email: arklowcancersupport@gmail.com



Bray Cancer Support & Information Centre



Bray Cancer Support Centre is a registered charity providing cancer support services free of charge in the greater Bray, South Dublin and Leinster area. The centre has been in existence for over 21 years and has grown from strength to strength. We work in partnership with the HSE, the Irish Cancer Society and other relevant agencies. We complement existing medical treatments and services.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Everybody: Carers, Patients, Adults, Relatives, Children affected by cancer, Young adults with cancer.

Geographical areas served

South Dublin, Wicklow.

What support/services are offered?

Daily Drop-in centre, Bereavement counselling and support, Health professionals, Home/hospital visiting, Yoga, Pottery and relaxation classes, Weekly swim hours, Statutory entitlements/benefits advice, Stoma advisory clinics, Children's services, Men's group project.



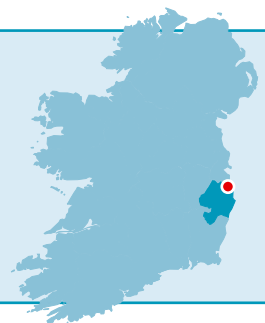
Opening Hours

9am - 5pm, Monday through Friday.



Contact Details:

36B Main Street, Bray, Co Wicklow
 Telephone: 01 286 6966
 Email: info@braycancersupport.ie
 Website: www.braycancersupport.ie



Greystones Cancer Support



Greystones Cancer Support offers guidance, encouragement and support to cancer patients, their families and their friends in the Greystones, Delgany, Kilcoole and Newcastle areas.

Greystones Cancer Support is a community based cancer support group now marking 17 years in existence. The group offers a wide range of services and activities which are all listed in our bi-monthly newsletter. You can ask to be put on the mailing list to receive the newsletter and then choose the best service for you.

A warm and friendly welcome is always assured. Can we help you or someone you know ?

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives, Young adults with cancer

Geographical areas served

Wicklow.

What support/services are offered?

1to1 support, Bereavement support, Home/hospital visiting.



Opening Hours

9am to 1pm Monday through Friday.
Other times by arrangement.



Contact Details:

La Touche Place, Greystones, Co Wicklow
Telephone: 01 287 1601
Email: info@greystonescancersupport.com
Website: www.greystonescancersupport.com



Rathdrum Cancer Support Group

Rathdrum Cancer Support is a small group that was set up in 2008 to help those in our own locality who were suffering from cancer. At the moment we offer transport services to various hospitals, as well as helping people on an individual basis where we can. Every year we have a memorial service for those clients who died. We have also started a tradition of a 'day out' through the summer for our clients. In May 2011 we opened our centre at 4 Main Street, Rathdrum. It is open twice a week. We have also established an open morning on the last Friday of each month. The group offers support and guidance to all affected by cancer in Rathdrum and its environs. Please ring or email for information on our services.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

Wicklow

What support/services are offered?

1to1 support, Transportation service.



Opening Hours

Tuesday 2pm - 4pm, Friday 11am - 1pm.

Contact Details:

34 Main Street, Rathdrum, Co Wicklow

Telephone: 087 292 8660

Website: rathcan@gmail.com



Wicklow Cancer Support Centre



Wicklow Cancer Support provides emotional support and practical help to people who had or have cancer and their families and friends and strive to take the 'fear' out of the word cancer. The centre will seek to address the needs of its clients in a variety of ways. Within the centre we will create an atmosphere of warmth, safety, hospitality and confidentiality – especially for those who are ill and therefore in need of it most.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives, Friends.

Geographical areas served

Wicklow.

What support/services are offered?

1to1 support, Bereavement support, Home/hospital visiting.



Opening Hours

2pm - 5pm Monday; 10am - 5pm Wednesday; 2pm - 5pm Thursday.



Contact Details:

1 Mortons Lane, Wicklow
 Telephone: 0404 326 96
 Email: wicklowcancersupport@gmail.com





Munster



Irish
Cancer
Society

DIRECTORY
CANCER SUPPORT SERVICES
in Ireland

MUNSTER

January 2012



Sláinte an Chláir



Clare Cancer Support provides access to information about diagnosis, treatment and care. It can also put people in touch with practical, emotional and social support.

We are expanding soon so please contact us for further dates and times.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Patients, Adults, Relatives, Young adults with cancer.

Geographical areas served

Clare.

What support/services are offered?

1to1 support, Bereavement support, Home/hospital visiting, Peer support, Social Events, Web based support, Health Awareness, Group therapy, Meditation & relaxation, Tai Chi.



Opening Hours

Monday - Friday 10am - 5pm, Saturday 11am - 3pm.



Contact Details:

Tir Mhuire, Kilnamona, Co Clare
 Callsave: 1850 211 630
 24 hour phoneline: 087 691 2396
 Email: admin@clarecancersupport.com
 Website: www.clarecancersupport.com



Cork ARC Cancer Support House



Cork ARC Cancer Support House is a voluntary organisation established to provide a holistic centre in which people with cancer and their families can find emotional support and practical help. Our aim is to provide therapies that complement the medical model, so as to make a difference to the lives of those affected by cancer.

ARC stands for Aftercare, Research, Counselling.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives, Young adults with cancer.

Geographical areas served

Cork, West Cork, North Kerry, South Kerry, Limerick, Waterford.

What support/services are offered?

1to1 support, Bereavement support, Drop-in centre, Support groups, Education evenings.



Opening Hours

9:30am - 4:30pm Monday through Thursday; 9:30am - 3pm on Friday.



Contact Details:

Cliffdale, 5 O'Donovan Rossa Road, Cork

Telephone: 021 427 6688

Email: Karen@corkcancersupport.ie

ellen@corkcancersupport.ie

Website: www.corkcancersupport.ie



Cancer Support – West Cork

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Founded in 2008, Cancer Support West Cork currently runs three information events/seminars each year. For more information, please call us.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

West Cork.

What support/services are offered?

Educational & Awareness Events.



Opening Hours

Please call for details.

Contact Details:

Community Work Department, HSE Skibereen, Co Cork

Telephone: 027 53 485

086 8625417



Cúnamh Bon Secours Cancer Support Group



Cúnamh was formed when a group of cancer patients in the Bon Secours Hospital, Cork got together to provide support to one another while undergoing treatment. A voluntary committee oversees Cúnamh activities and organises support for patients and their families. Cúnamh has furnished the Relative's Room and upgraded the Day Room on St Bernadette's Corridor as well as providing specialised equipment for patients. This has been funded by a multitude of activities organised by a largely unknown army of volunteers. Free information days are held every 18 months to 2 years. Speakers and workshop leaders also give their services free. Cúnamh is deeply grateful to these busy professionals who so willingly give their time. Please ring for information about meetings and events.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

Cork.

What support/services are offered?

Support group, 1to1 support, Health Professionals Involvement, Social Events, Weekend Breaks.



Opening Hours

Please call for details.

Contact Details:

Cúnamh, Bon Secours Hospital, College Road, Cork

Telephone: 021 480 1676

Website: www.cunamh.ie



Youghal Cancer Support Group

This group currently meets every second Thursday. Please call us for times and location.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults.

Geographical areas served

East Cork, West Waterford.

What support/services are offered?

Group meetings.



Opening Hours

Please call for details.



Contact Details:

161 North Main Street, Youghal, Co Cork

Telephone: 024 92353

Mobile: 087 273 1121



Kerry Cancer Support Group CHY19048



Kerry Cancer Support Group is run primarily by volunteers. It is a community project that is open to all, without referral and at no cost. We aim to provide emotional, psychological and social support to individuals in need of guidance on their cancer journey.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Patients, Adults, Relatives.

Geographical areas served

Kerry.

What support/services are offered?

Support groups, Health professionals involvement, Peer support.



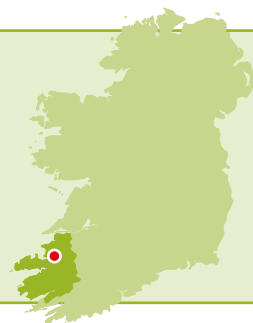
Opening Hours

9.30am - 2pm, Monday through Friday.



Contact Details:

Kerry Cancer Support Group, Acorn Centre,
47 Liosdara, Oakpark, Tralee, Co. Kerry
Telephone: 066 719 5560
Email: kerrycancersupportgroup@eircom.net
Web: www.kerrycancersupport.com



Recovery Haven



We are a Cancer Support House. It is run as a drop-in service, no appointment required. We are there for anyone dealing with cancer - the sufferer, their immediate family or carer. We are a sanctuary where there is always someone to listen. Our garden is a tranquil space for relaxation or reflection, a calm setting for some of our therapies - weather permitting. We have a library to inform, support and perhaps escape into. All services are given free to our visitors. Recovery Haven is the culmination of a fifteen year dream by two dedicated Kerry nurses, but is not in any way a medical facility. It is a safe haven, a place to relax and regenerate.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

All patients, careers and immediate relatives.

Geographical areas served

Kerry.

What support/services are offered?

1to1 support, Art therapy, Confidential listening service, Library service.



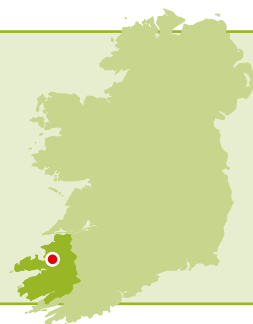
Opening Hours

10am - 4pm Tuesdays and Thursdays, 10am - 7pm Wednesdays.



Contact Details:

5 Haig's Terrace, Tralee, Co Kerry
 Telephone: 066 719 2122
 Email: recoveryhaven@gmail.com
 Website: www.recoveryhavenkerry.org



Cancer Information & Support Centre

The Cancer Information and Support Centre is located on the grounds of Mid-Western Regional Hospital, adjacent to the Mid-Western Cancer Centre. This facility was made possible through the generosity of the Mid-Western Hospital's Development Trust, MWRH, Irish Cancer Society and donations to the Department of Medical Oncology.

The Centre provides patients and their families, information, support and complementary services in a quiet and peaceful environment.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives, Young adults with cancer.

Geographical areas served

Cork, West Cork, North Kerry, South Kerry, Limerick, Tipperary North, Tipperary South, Waterford.

What support/services are offered?

1to1 support, Psychology services, Social work services.



Opening Hours

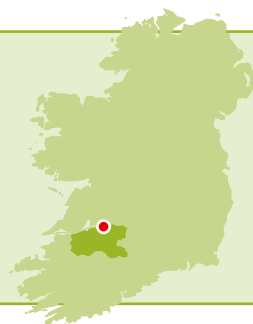
9:30am - 5pm Monday through Friday.

Contact Details:

Mid-Western Regional Hospital, Dooradoyle, Limerick

Telephone: 061 485163

Website: www.mid-westerncancercentre.ie



CARE Cancer Support Centre



C.A.R.E.
Cancer Aftercare Relaxation Education

CARE Cancer Support Centre aims to provide support and information to anyone affected by cancer in the South Tipperary area.

The diagnosis of cancer can mark the beginning of a frightening journey. The CARE Centre aims to provide emotional support and practical help to people who have or have had cancer, their family and friends.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Patients, Adults, Carers, Relatives.

Geographical areas served

Tipperary South.

What support/services are offered?

Health professionals involvement, Support groups, 1to1 support, Holistic therapy, Mindfulness.



Opening Hours

10am - 2pm Monday through Friday.

Affiliated to
 **Irish Cancer Society**

Contact Details:

14 Wellington Street, Clonmel, Co Tipperary

Telephone: 052 618 2667

Email: cancersupport@eircom.net

Website: www.cancercare.ie



Suaimhneas Cancer Support Centre



Suaimhneas Cancer Support Centre was founded in 2009 by the North Tipperary Hospice home care movement, which is a voluntary organisation totally dependent on fund raising. The Suaimhneas Cancer support centre is a community based drop in centre which extends a "helping hand" to those affected by cancer including their family, carers and friends. The aim of the centre is to provide emotional support and practical help in a safe confidential and caring environment. All our services are free of charge.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Patients, Adults, Family, Carers and relatives.

Geographical areas served

North Tipperary.

What support/services are offered?

1 to 1 support, Health professional involvement, Mindfulness Yoga, Art therapy, Bereavement support, Support groups.



Opening Hours

Monday 1:30pm to 8:30pm.

Tuesday through Friday 9:30am to 1:30pm.



Contact Details:

2 Clonaslee, Gortland Roe, Nenagh, Co. Tipperary

Telephone: 067 37403

Email: suaimhneascancersupport@eircom.net



Suir Haven Cancer Support Centre

A community based drop in centre providing a professional and non judgemental support service to people affected by cancer including family, carers and friends. The centre provides emotional support, practical help and information in a safe, positive and confidential environment. The centre is funded by the North Tipperary Hospice Movement, a voluntary organisation which depends on fundraising for their services.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

Tipperary North.

What support/services are offered?

Art Therapy, Health professionals involvement, Peer support, Prosthesis fitting, Mindfulness, Health Awareness, Group therapy.



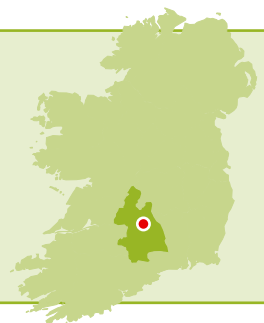
Opening Hours

10am - 2pm Monday, Tuesday, Thursday, Friday;
5:30pm - 8:30pm Wednesday.



Contact Details:

Clongour Road, Clongour, Thurles, Co Tipperary
Telephone: 0504 21197
Email: suirhaven@gmail.com



South Eastern Cancer Foundation - The Solas Centre

Set up in 1999 by oncology doctors and nurses in Waterford Regional Hospital, the SECF is a charity which primarily provides practical support to cancer patients and their families.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives, Children with cancer, Young adults with cancer.

Geographical areas served

Carlow, Kilkenny, Tipperary South, Waterford, Wexford.

What support/services are offered?

Provision for learning difficulties, 1to1 support, Bereavement support, Health professionals involvement, Home/hospital visiting.



Opening Hours

9:30am - 5pm Monday through Friday.



Contact Details:

7 Sealy Close, Earls court, Co Waterford

Telephone: 051 876 629

Email: infosecf@eircom.net

Website: www.secf.ie





**Irish
Cancer
Society**

DIRECTORY
CANCER SUPPORT SERVICES
in Ireland

ULSTER

Ulster

January 2012



Yana Cancer Support Centre

You Are Not Alone. Our aim is to offer support and networking for cancer patients and their families and friends in Cavan and the bordering counties.

This service is in development.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Patients, Adults, Relatives, Friends.

Geographical areas served

Cavan.

What support/services are offered?

Home/hospital visiting, Art therapy, 1to1 support, Educational talks.



Opening Hours

Please call for details.



Contact Details:

Belturbet, Co Cavan
Telephone: 087 994 7360



Breast Centre Northwest

.....

Breast Centre Northwest runs a 6 week programme entitled, "Supporting Positive Attitude to Recovery from Cancer" (SPARC) for breast cancer survivors and their relatives in Donegal. The programme runs twice a year.

What cancer type is the group/centre for?

Breast.

Who is the group/centre for?

Breast cancer patients (who have completed their treatment over the past 6-12 months).

Geographical areas served

Donegal.

What support/services are offered?

Support programme (runs over 4 weeks).

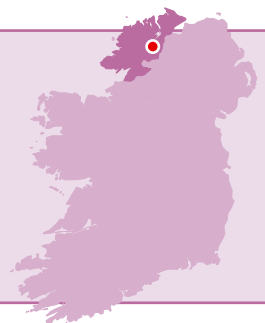


Opening Hours

Please call for details.

Contact Details:

Geraldine McGregor, Breast Nurse
Letterkenny General Hospital, Letterkenny, Co Donegal
Telephone: 074 910 4600



Cancer Support and Social Club



We are a support group for people living with the diagnosis of cancer, providing support to all affected by a cancer diagnosis including family, friends and carers. If you are living with cancer & need support from others who are experiencing the same ordeal, perhaps you would benefit from getting in touch. All calls will be treated in the strictest confidence.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

Donegal.

What support/services are offered?

Support group, Social events.



Opening Hours

Please call for details.

The group meets at Milltown House, Tulnaree, Carndonagh at 7.30pm on the second Monday of the month.



Contact Details:

Tiernaleague, Carndonagh, Co Donegal
Telephone: 086 602 8993
087 763 4596



The Forge Cancer Support Group

.....

This group is currently in development.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Patients, Adults, Relatives.

Geographical areas served

Northern Ireland, Donegal.

What support/services are offered?

Support group.



Opening Hours

Please call for details.



Contact Details:

The Forge Family Resource Centre, Pettigo, Co Donegal
Telephone: 071 986 1924



Good and New Cancer Drop In Centre

We came together as a group to provide additional care to cancer patients in Donegal. We set up a small thrift shop and the funding from the shop purchased a bus in January 2010 to transport patients referred for radiation treatment from Letterkenny to Galway University Hospital. We also provide a drop in centre for patients and their relatives where we provide information and support.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

Donegal.

What support/services are offered?

Drop in centre.

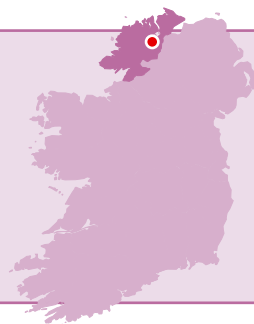


Opening Hours

10am - 5:30pm Monday through Saturday.

Contact Details:

Unit 1, Portlink Business Park, Port Road
Letterkenny, Co Donegal
Telephone: 074 911 3437



Killybegs Cancer Support Group

.....

Killybegs Cancer Support Group is an informal support group. Our meetings are confidential and open to everybody. Guest speakers are organised occasionally.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Carers, Patients, Adults, Relatives.

Geographical areas served

Donegal.

What support/services are offered?

Support group, 1to1 support.

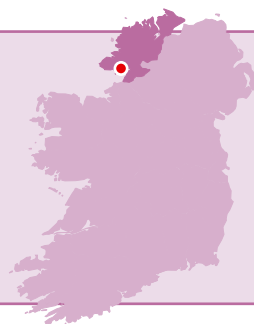


Opening Hours

Meetings take place on the last Thursday of the month at the Nial Mor Centre, Killybegs. Please contact us for more information.

Contact Details:

Kille, Kilcar, Co Donegal
Telephone: 074 973 1292
Email: riverbankdunne@eircom.net



Living Beyond Cancer

The Living Beyond Cancer support and education group was founded in 2007 by the Oncology Nurses in Letterkenny General Hospital in response to patient needs/ feedback. Each session looks at a particular topic and the Oncology Nurses from the hospital attend the support group.

They are held on the last Wednesday of every month in the Education Centre, St. Conal's Hospital. Times either 1:30pm - 2:30pm or 6:30pm - 8:30pm. Please phone to check times. Anyone (patient, friend or family member) who had been affected by cancer is welcome to attend.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Patients, Adults, Relatives, Young adults with cancer.

Geographical areas served

Donegal.

What support/services are offered?

Support group, 1to1 support, Health professionals involvement.



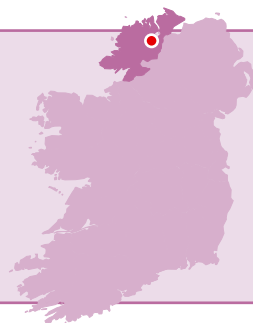
Opening Hours

Please call for details regarding times.



Contact Details:

Oncology Day Services, Letterkenny General Hospital,
Letterkenny, Co Donegal
Telephone: 074 912 5888 bleep 765/734
074 910 4477



Solace Donegal Cancer Support Centre



We offer emotional support and practical help to people with cancer, their families and friends, in total confidence. Why not drop in for a cup of tea and a chat, and meet someone who has had a cancer diagnosis and is still living life to the full. Sharing experiences widens one's horizons and opens new and better ways to deal with difficulties. There is no need to try and solve them alone. Our goal is to support, share and have fun together.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Everybody: Carers, Patients, Adults, Relatives, Children with cancer, Young adults with cancer.

Geographical areas served

Donegal.

What support/services are offered?

1to1 support, Bereavement support, Health professionals involvement, Home/hospital visiting.



Opening Hours

Drop in: 7pm - 9pm Monday; 10:30am - 12:30pm Tuesday;
7pm - 10pm Wednesday; 10:30am - 12:30pm Thursday.

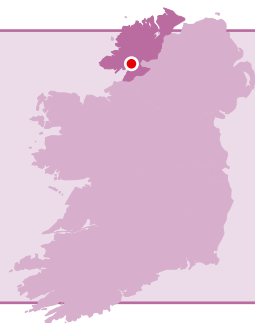
Our counselling and complementary therapies are by appointment; please ring for details.

Contact Details:

St Joseph's Avenue, Donegal

Telephone: 074 974 0837

Email: solacedonegal@eircom.net



Crocus

Crocus is a cancer support group for patients and different stages of their journey. We are all here as equals in the group to support each other, share experiences, offer advice and help out if we can; don't hesitate to ask. We have a lending library of books and CDs. Each member can join a rota system and avail of a free complementary therapy like reflexology and massage.

Meetings take place each Thursday from 11am – 1pm. We begin with a Tai Chi and relaxation class followed by tea/coffee and a chat.

Complementary therapies take place on Thursdays also, please ring if you would like to avail of this service.

What cancer type is the group/centre for?

All cancers.

Who is the group/centre for?

Adults with a cancer diagnosis.

Geographical areas served

Monaghan and surrounding areas.

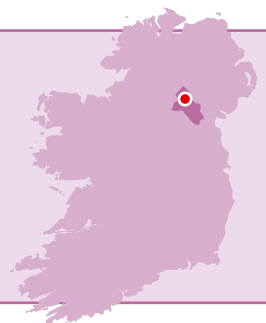
What support/services are offered?

1to1 support, Tai Chi & relaxation, Drop in.



Contact Details:

The Wellness Centre, 19 The Grange,
Plantation Walk, Monaghan
Telephone: 087 368 0965



The following is a list of cancer support groups and centres that we are aware of who are not affiliated to the Irish Cancer Society. Please contact the group directly for information regarding their services.

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| | |
|----------------|---|
| Name: | Cancer Care West, Costello Road, University College Hospital Galway, |
| Tel: | 091 545000 |
| Town: | GALWAY |
| County: | Co. Galway |
| Name: | Limerick Cancer Support Group, Social Services Centre, Henry Street, |
| Tel: | 061 314111 |
| Town: | LIMERICK |
| County: | Co. Limerick |
| Name: | Little Way Cancer Centre, 4 Woods Way, College Road, |
| Tel: | 045 902996 |
| Town: | CLANE |
| County: | Co. Kildare |
| Name: | Carrickmacross Cancer Society, Derryolam |
| Tel: | 087 7535280 |
| Town: | CARRICKMACROSS |
| County: | Co. Monaghan |



**Irish
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DIRECTORY

CANCER SUPPORT SERVICES

in Ireland

SUPPORT GROUPS & CENTRES



**Irish
Cancer
Society**

43/45 Northumberland Road
Dublin 4
Ireland

Phone 01-2310 500

Fax 01-2310 555

National Cancer Helpline 1 800 200 700

Web www.cancer.ie