Welcome


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.

Evidence shows that when people experiencing cancer receive good social and psychological support, their quality of life improves. 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 empowered to deal with the emotional and practical challenges of the disease.

The Irish Cancer Society has committed to assisting community-based cancer support services to build their capacity so that no matter where in Ireland one lives, they receive the highest possible standard of care in their community.

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 services affiliated 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. 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 vision of the Society is toward a future without cancer. 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.

Dorothy Surrett-Thomas
Community Services Programme Coordinator
A few words about affiliation

What is affiliation?
Affiliation is where 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 Affiliation Programme
The goal of the Irish Cancer Society affiliation programme 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. In consultation with the membership, the Irish Cancer Society has developed a more structured approach to its provision of training, technical supports and grants. Training is offered on a regional basis and affiliates are invited to apply for specific grants to carry out measurable activities.

The Irish Cancer Society will continue to provide support to new cancer support services during their first two years of development regardless of whether they affiliate or not.

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

- Children’s services
- Complementary therapies
- Confidential service
- Counselling service
- Deaf services
- Information service / seminars
- Meals programme
- Medical staff
- Physical activity
- Telephone service
- Transportation service
- Wheelchair accessible

Facebook
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Éist Cancer Support Centre

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?
Clients, Family members and carers

Geographical areas served
Carlow and surrounding area

What support/services are offered?
1-to-1 support, support group, bereavement support, counselling, complementary therapies

Opening Hours
Monday 10am – 1pm
Tuesday, Wednesday, Thursday 9.30am – 4pm

Contact Details:
Address: The Waterfront, Mill Lane, Co. Carlow
Telephone: 059 913 9684; 085 866 1499
Email: info@eistcarlowcancersupport.ie
Website: www.eistcarlowcancersupport.ie
Facebook: www.facebook.com/pages/Eist-Cancer-Support-Centre-Carlow/305341852822908
ARC Cancer Support Centre

Founded 1994, ARC is a registered charity which provides a range of support, counselling and complementary therapies in a professional environment to people affected by cancer. All services are free of charge.

**What cancer type is the group/centre for?**
All cancers

**Who is the group/centre for?**
Patients, family members and carers

**Geographical areas served**
National, Dublin

**What support/services are offered?**
Drop-in Centres, 1-to-1 support / counselling, complementary therapies, group classes and workshops

**Opening Hours**
Monday – Friday 10am – 4.30pm. Other services by appointment; please ring for details

**Contact Details:**

**Address:** ARC House, 65 Eccles Street, Dublin 7
*ARC House, 559 South Circular Road, Dublin 8

**Telephone:** 01 830 7333 (Eccles St); 01 707 8880 (South Circular Road)

**Email:** info@arccancersupport.ie

**Website:** www.arccancersupport.ie

www.facebook.com/arccancersupport

@arccancerdublin

arccancersupport
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**
Monday, Wednesday, Saturday 10.30am – 1pm and by appointment

**Contact Details:**
Address: Unit 23, Balbriggan Industrial Estate, Harry Reynolds Road, Balbriggan, Co. Dublin
Telephone: 01 841 0116; 087 353 2872
Brain Tumour Support Group

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:
Address: Medical Social Work Department, St Luke’s Hospital, Highfield Road, Rathgar, Dublin 6
Telephone: 01 406 5163
Dublin West Cancer Support

The Primary Care Social Workers have been running a Cancer Support Group for the Dublin West Area since 2011. This group provides information while also offering a supportive environment for shared experiences. The group provides a space to meet with others in a similar situation. A group format is used focusing on members’ strengths. Issues discussed include stress management, grief and loss, relaxation, mindfulness, communication skills and information on services. Sessions are discussed and planned with members focusing on their current experiences.

What cancer type is the group/centre for?
A cancer support group

Who is the group/centre for?
Those with a diagnosis of cancer and their family members

Geographical areas served
Dublin West (Inchicore, Ballyfermot, Chapelizod, Clondalkin, Saggart, Newcastle, Rathcoole and Lucan

What support/services are offered?
Monthly support group psychosocial support, information on services and referrals to community supports if required. Facilitated by two professionally qualified social workers

Opening Hours
First Wednesday of every month
6.30pm – 8.30pm Referral basis

Contact Details:
Address: Oak Unit, Cherry Orchard Hospital, Ballyfermot, Dublin 10
Telephone: 01 620 6295
CanTeen Ireland

CanTeen 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. We have 5/6 weekends away. We go to various activity centres throughout Ireland such as the Share Centre in Fermanagh, Carlingford Adventure Centre, Tanagh Outdoor Education Centre, and Barretstown Camp. We also go to Alton Towers every two years and have been to Scotland and even as far away 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 the members 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?
Young people between the ages of 12 and 25 years who have or have had cancer and for their brothers, sisters and friends

Geographical areas served
Nationwide

What support/services are offered?
1-to-1 support, health professionals’ involvement, home/hospital visiting, social events

Opening Hours
Please call for details.

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

www.facebook.com/pages/CanTeen-Ireland/136679395880
@CanTeen_Ireland
Tallaght Cancer Support Group

Group meetings take place on the first Thursday of each month. Our Men’s group take place every second 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, 1-to-1 support, health professionals’ involvement

Opening Hours
Drop-in centre open Mon, Wed & Fri 10am – 2pm

Contact Details:
Address: Trustus House, 1-2 Main Street, Tallaght, Dublin 24
Telephone: 086 400 2736; Drop-in centre phone: 086 400 2740
Email: ctallaght@yahoo.ie

www.facebook.com/pages/Tallaght-Cancer-Support-Group/109080859120751
Cois Nore Cancer Support Centre

Kilkenny Cancer Support Services has been open since June 2013. We provide a drop-in service, counseling, massage and reflexology. Support Group meetings are also 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 City and County

What support/services are offered?
1-to-1 support, professional counselling, complementary therapies, cancer information materials, general information, drop-in centre, relaxation and stress management classes

Opening Hours
Monday – Friday 10am – 4pm

Contact Details:
Address: 8 Walkin Street, Kilkenny City, Co. Kilkenny
Telephone: 085 721 9280
Email: info@kilkennycancersupport.ie
Website: www.kilkennycancersupport.ie
Facebook: www.facebook.com/coisnorekilkenny
Cara Cancer Support Centre

Cara Cancer Support Centre is run by volunteers and gives support and services to people living with cancer. We provide a supportive environment in a warm, welcoming, relaxed atmosphere where patients and family members can come to find solace and avail of the experience of cancer survivors. All services are free of charge.

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
Dublin, Cavan, Monaghan, Louth and Meath

What support/services are offered?
Drop-in service, 1-to-1 support, wig fitting service, arts and crafts mindfulness, advice on entitlements, reflexology

Opening Hours
Monday 10am – 4pm, Wednesday 10am – 4pm, 7pm – 9pm, Friday 10am – 4pm

Contact Details:
Address: 7 Williamson Place, Dundalk, Co. Louth
Telephone: 042 933 9383; 087 395 5335
Email: info@ccscdundalk.ie
Website: www.ccscdundalk.ie
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

Geographical areas served
Dublin, Cavan, Monaghan, Louth and Meath

What support/services are offered?
Drop-in service, 1-to-1 support, bereavement support, health professionals’ involvement, cancer specific support groups: walk-in services, prosthesis service, wig service, expressive therapies and a variety of courses and workshops. Advice on entitlements and legal services are also available for clients

Opening Hours
Monday 9am – 5pm, Tuesday 9am – 9pm, Wednesday 9am – 5pm, Thursday 9am – 5pm, Friday 9am – 4pm

Contact Details:
Address: George’s Street, Drogheda, Co. Louth
Telephone: 041 980 5100; 086 817 2473
Email: Services: phil@gkcancersupport.com
Email: Breast Care Nurse: aileen@gkcancersupport.com
Website: www.gkcancersupport.com
Facebook: www.facebook.com/GKCancerSupport
The Cuisle Centre

The Cuisle Centre was founded in 2004. It is a place where people newly diagnosed with cancer and their family members can access support, counselling and holistic therapies and participate in healing workshops in a warm safe and supportive environment.

Anyone affected by a cancer diagnosis can drop into our centre and can learn about their cancer, its management and side affects with our cancer care nurse.

What cancer type is the group/centre for?
All cancers

Who is the group/centre for?
Carers, patients, relatives, children/adolescents

Geographical areas served
Laois, Carlow, Offaly, Kildare and North Tipperary

What support/services are offered?
Cancer information leaflets, manual lymphatic drainage, benefits advice, individual therapies, group relaxation classes, art therapy, bereavement groups, breast cancer services, counselling, nutrition, children/adolescent workshops, stoma group support

Opening Hours
Monday – Thursday 9am – 5pm, Friday 9am – 4pm

Contact Details:
Address: Block Road, Portlaoise, Co. Laois
Telephone: 057 868 1492
Email: cuislecentre@eircom.net
Website: www.cuislecentre.com
Facebook: www.facebook.com/cuislecentre
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 17 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 and Tipperary North

**What support/services are offered?**
Health professionals involvement, home/hospital visiting, peer support

**Opening Hours**
Monday – Thursday 10am – 2pm

**Contact Details:**
**Address:** Téach Dóchas, Offaly Street, Tullamore, Co. Offaly
**Telephone:** 057 932 8268
**Email:** info@dochasoffaly.ie
**Website:** www.dochasoffaly.ie
Midlands Myeloma Support Group

The Midlands Myeloma Support Group is for people affected by myeloma and their loved ones / carers.

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 and Laois

What support/services are offered?
Support group, information, health care professionals’ involvement, peer support, invited speakers, social outings

Opening Hours
Last Monday of each month (except bank holidays) 7.30pm – 9pm

Contact Details:
Address: C/O Rohdu, Tullamore General Hospital, Tullamore, Co. Offaly
Telephone: 057 932 1501 Ext 317; Mary Kelly 086 780 4007
Email: info@dochasoffaly.ie; maryb.kelly@hse.ie
Website: www.multiplemyelomaireland.org
Cancer Support Sanctuary LARCC

Cancer Support Sanctuary LARCC, which was the inspiration of the late Ita Bourke, is located in the beautiful grounds of the Franciscan Friary in Multyfarnham, just outside Mullingar. 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 and our counsellors are highly qualified in both one to one and group counselling skills. 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?
Diagnosed person and their family members, supporters and carers, adults and children

Geographical areas served
National

What support/services are offered?
Counselling, complementary therapies, nurse support, telephone helpline, breast care service, lymphoedema service, residential retreat breaks, children’s play therapy, bereavement support groups, relaxation / mediation / art therapy / Tai Chi classes, Midlands cancer & Athlone breast cancer

Opening Hours
Mon – Thurs 9am – 5pm, Fri 9am – 2pm

Contact Details:
Address: Multyfarnham, Mullingar, Co. Westmeath
Telephone: 044 937 1971; 1850 719 719 (Callsave)
Email: info@cancersupport.ie
Website: www.cancersupport.ie
Facebook: www.facebook.com/LARCCcancersupportcentre
Twitter: @LARCCcancersupp
Hope Cancer Support Centre

The Hope Centre provides emotional and psychological support to anyone affected by a cancer diagnosis. This gentle and caring support takes place in a confidential, professional and non-judgemental environment. Everyone who comes to the centre is given the opportunity to meet with a support nurse and talk about how the cancer has affected you and/or your family. You will be assured of a warm welcome by both staff and volunteers.

What cancer type is the group/centre for?
All cancers

Who is the group/centre for?
Any adult with a cancer diagnosis and those supporting them

Geographical areas served
Wexford, South Kilkenny, Carlow, Wicklow

What support/services are offered?
Counselling, bereavement support, reflexology, art, yoga, meditation, bra/prosthesis fitting, lymphoedema service, wig fitting

Support Groups: Men & Women, lymphoedema, prostate cancer

Opening Hours
Monday – Friday 8:30am – 5pm

Contact Details:
Address: 22 Weafer St, Enniscorthy, Co. Wexford
Telephone: 053 923 8555
Email: info@hopesupportcentre.ie
Website: www.hopesupportcentre.ie

www.facebook.com/pages/Hope-Cancer-Support-Centre/114560805276457
Arklow Cancer Support Group

Founded in May 2009, the aim of the 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 morning is Friday.

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?
Drop-in chat & coffee morning Friday 10am – 12.30pm, wig fitting, counselling, volunteer to drive taking our clients to St. Luke’s for their daily treatment of radiation, complementary therapies, 1-to-1 support, lymphoedema support, library on all types of cancer & information for cancer patients, social events, art classes, yoga, health awareness, monthly meetings

Opening Hours
Monday, Wednesday, Friday 10am – 1pm

Contact Details:
Address: 25 Kings Hill, Arklow, Co. Wicklow
Telephone: 040 223 590; 085 110 0066
Email: info@arklowcancersupport.com
Website: www.arklowcancersupport.com

Facebook: www.facebook.com/pages/Arklow-Cancer-Support-Group/142215739150634
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 21 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, children

**Geographical areas served**
Greystones and its environs

**What support/services are offered?**
1-to-1 counselling, bereavement support, home/hospital visiting, specialised courses on a variety of topics such as cooking and a stop smoking programme. Regular classes for art, yoga, crafts and swimming. groups for men, carers and bereaved people

**Opening Hours**
Monday – Friday 9am – 1pm
Other times by arrangement

**Contact Details:**
**Address:** La Touche Place, Greystones, Co. Wicklow
**Telephone:** 01 287 1601
**Email:** info@GreystonesCancerSupport.com
**Website:** www.GreystonesCancerSupport.com

www.facebook.com/pages/Greystones-Cancer-Support/184583944897890
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, Rathnew, Ashford & Brittas Bay

What support/services are offered?
1-to-1 support, bereavement counselling support, home/hospital visiting

Opening Hours
Monday – Thursday 10am – 5pm, Friday 10am – 1pm

Contact Details:
Address: Unit 2, First Floor, Rear Butlers Medical Hall Pharmacy, Abbey Street, Wicklow Town
Telephone: 0404 326 96
Email: wicklowcancersupport@gmail.com