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

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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, practical help and trust. 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 and Waterford

What support/services are offered?
1to1 support, bereavement support, drop-in centre, support groups, education evenings, information on general welfare and benefit entitlements, counselling, dedicated breast cancer service, stress management, therapeutic massage & reflexology, yoga & meditation, art therapy, Tai Chi, walking programme, prostate support group

Opening Hours
Monday – Thursday 9.30am – 4.30pm,
Friday 9.30am – 3pm
Bantry Service: Tuesdays 10am – 4pm

Contact Details:
Address: Cliffdale, 5 O’Donovan Rossa Road, Co. Cork
Telephone: 021 427 6688
Email: info@corkcancersupport.ie
Website: www.corkcancersupport.ie

Address: ‘The Bungalow’, Gories, Bantry, Co. Cork
Telephone: 083 198 8580
Email: westcork@corkcancersupport.ie
Website: www.corkcancersupport.ie/west-cork-services

www.facebook.com/CorkARCCancerSupportHouse @CorkARCcancer
Cork Brain Tumour Support Group

The group was founded 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?
Benign and cancerous brain tumours

Who is the group/centre for?
People of all ages with brain tumour and their relatives

Geographical areas served
Munster – Cork, Kerry, Tipperary, Limerick and Waterford

What support/services are offered?
Support group meetings

Opening Hours
7.30pm on the first Wednesday of the month; February – November inclusive. Please call for details

Contact Details:
Address: Chemotherapy Day Unit, Cork University Hospital, Wilton, Cork
Telephone: 087 146 5742
Cuan House Cancer Support Centre – Youghal

The Cuan House Cancer Support Centre offers help and support to all those who are, or have suffered the trauma of cancer. We also offer help and support to their friends and family. Once our new centre is up and running it will serve as a drop-in centre for East Cork/West Waterford and the townlands in between.

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

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

Geographical areas served
East Cork, West Waterford

What support/services are offered?
Group meetings

Opening Hours
Please call us for details as the centre is still in the process of being acquired and renovated

Contact Details:
Address: Church Street, Youghal, Co. Cork
Telephone: 087 273 1121

www.facebook.com/pages/Youghal-Cancer-Support-Group/197913286909650
Kerry Cancer Support Group

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 professional involvement, peer support

Free dedicated transport service from Kerry to Cork for patients attending Cork University Hospital for radiotherapy treatment. For information regarding times and pick up points and to reserve a seat please telephone 066 719 5560

Opening Hours
Monday – Friday 9am – 4pm

Contact Details:
Address: 124 Tralee Townhouse Apartments, Maine Street, Tralee, Co. Kerry
Telephone: 066 719 5560
Email: kerrycancersupportgroup@eircom.net
Website: www.kerrycancersupport.com
Facebook: www.facebook.com/kerry.kcsg
Twitter: @KerryCancer
Recovery Haven
Cancer Support House

We are a drop-in support centre which was established by health care workers & those with personal cancer experience. Our aim is to provide a tranquil place where people can safely access support and information on living with and beyond cancer. We offer a confidential listening service, no appointment needed, just come along and bring a friend if you wish. Our complementary therapy and counselling services are available by appointment and visitors can participate in a variety of classes and groups at the centre. We also have a beautiful garden which is a quiet space for relaxation and reflection and a library to inform, support and perhaps escape into. All services are free to visitors.

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

Who is the group/centre for?
Adults with cancer, family members and carers. Parents of children with cancer

Geographical areas served
Kerry, Cork and Limerick

What support/services are offered?
1-to-1 support, art therapy, confidential listening services, library service, counselling, wig fitting service, support groups, outreach community talks

Opening Hours
Monday, Tuesday 10am – 4pm,
Wednesday 10am – 7pm,
Thursday 10am – 4pm

Contact Details:
Address: 5 Haig’s Terrace, Tralee, Co. Kerry
Telephone: 066 719 2122
Email: recoveryhaven@gmail.com
Website: www.recoveryhavenkerry.com
@recoveryhaven
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, 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?
The centre cares primarily for adults and young adults with cancer. Relatives, carers and friends are welcome to access the counselling facilities

Geographical areas served
Limerick, Clare, and Tipperary North

What support/services are offered?
Information, complementary therapies, counselling, social work services

Opening Hours
Monday – Friday 9.30am – 5pm

Contact Details:
Address: Mid-Western Regional Hospital, Dooradoyle, Co. Limerick
Telephone: 061 485 163
Website: www.midwesterncancercentre.ie/support.htm
CARE Cancer Support Centre

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?
Adult patients, relatives and carers

Geographical areas served
Tipperary South

What support/services are offered?
Drop-in centre, counselling, support groups; yoga, art, Tai Chi and meditation classes, holistic therapies, mindfulness and healing workshops

Opening Hours
Monday – Friday 10am – 2pm

Contact Details:
Address: 14 Wellington Street, Clonmel, Co. Tipperary
Telephone: 052 618 2667
Email: caresupport@eircom.net
Website: www.cancercare.ie
South Eastern Cancer Foundation – The Solas Centre

Set up in 1999 by oncology doctors and nurses in Waterford University Hospital, the SECF is a charity which provides practical emotional and psychological support to those affected by Cancer including Families and Carers.

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

Who is the group/centre for?
All those affected by cancer – our clients include patients, family members, and carers. Support is provided free of charge to all age groups including children.

Geographical areas served
Waterford, Carlow, Kilkenny, Tipperary South, Wexford

What support/services are offered?
Services include confidential listening, 1-to-1 support (counselling, reiki, reflexology, massage, chiropody), men and women’s support groups, bereavement support, art psychotherapy, art therapy, stress management program, mindfulness, yoga, outreach.

Opening Hours
Monday – Friday 9.30am – 5pm

Contact Details:
Address: The Solas Centre, Williamstown, Co. Waterford
Telephone: 051 304 604
Email: info@solascentre.ie
Website: www.solascentre.ie

www.facebook.com/pages/Solas-Centre-South-Eastern-Cancer-Foundation/256902777658994