
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 Surrett-Thomas
Programme Co-ordinator

March 2011 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
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, Befriending (1to1 support), Bereavement support.

Registration
Payment not required, Registration required.

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
Bowel Cancer Support 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.

Registration
Payment not required, Registration not required.

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

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.

Registration
Payment not required, Registration not required.

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 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 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 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?**
Befriending (1to1 support), Health professionals involvement, Home/hospital visiting, Social events.

**Registration**
Payment required, Registration required.

**Opening Hours**
Please call for details.

**Contact Details:**
Carmichael Centre, North Brunswick Street, Dublin 7
Telephone: 01 872 2012
Freephone: 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.

Registration
Payment not required, Registration not required.

Opening Hours
Please call for details.

Contact Details:
C/O Cross Cause Charity Shop, Blackrock, Co Louth
Telephone: 086 339 5690
The LARCC Centre was inspired and designed by late Ita Bourke who, after being diagnosed with cancer, travelled to an established centre in England for therapy and support. Ita believed that there was a need in Ireland for a similar service and she made it her driving ambition to set up a centre. Ita and co-founders Frank Russell and Karen Daly met in 2000 as a result of their shared diagnosis. They became involved in fundraising, volunteer work and research in the area of psychological support for cancer patients. After much preparation and with the help of their families, friends and business associates, the LARCC Centre was opened in November 2002. The LARCC Centre continues to grow and expand its services led by a team of dedicated nurses, therapists, counsellors and administrators.

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

Who is the group/centre for?
Carers, Patients, Adults, Relatives

Geographical areas served
National, Westmeath

What support/services are offered?
Health professionals involvement, Peer support, Web based support, Prosthesis fitting, Lymphoedema support, Residential programme

Registration
Payment not required, Registration not required.

Opening Hours
9am - 5:30pm Monday through Thursday; 9am - 5pm Friday.

Contact Details:
Ballinalack, Mullingar, Co Westmeath
Telephone: 044 9371971 callsave 1850719719
Email: info@larcc.ie
Website: www.larcc.ie
Lymphoma Support Ireland

A support group for people who have Hodgkin’s and Non-Hodgkin’s Lymphoma and their families. Carefully selected volunteers are trained to provide information and reassurance to newly diagnosed patients. This service is provided on a one-to-one basis and is confidential.

What cancer type is the group/centre for?
Hodgkin’s Lymphoma, Non-Hodgkin’s Lymphoma.

Who is the group/centre for?
Patients, Adults, Relatives.

Geographical areas served
National.

What support/services are offered?
Peer support, Patient seminars.

Registration
Payment not required, Registration not required.

Opening Hours
Please call for details.

Contact Details:
Irish Cancer Society, 43/45 Northumberland Road
Dublin 4
Freefone: 1800 200 700
Email: info@lymphoma.ie
Website: www.lymphoma.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.

Registration
Payment not required, Registration not required.

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
Newbridge Myeloma Support Group

We are a small group of myeloma patients and family members who meet to provide information and to facilitate patients and family members learning from and supporting each other. Meetings take place on the 3rd Monday of the month, September through June in the Parish Centre, Station Road, Newbridge, Co Kildare.

What cancer type is the group/centre for?
Myeloma.

Who is the group/centre for?
Patients, Adults, Relatives.

What support/services are offered?
Support group.

Registration
Payment required, Registration required.

Opening Hours
Please call for details.

Contact Details:
4 Belmont Green, Newbridge, Co Kildare
Telephone: 087 233 7797
Email: mymyeloma@gmail.com
Website: www.mymyeloma.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.

Registration
Payment not required, Registration not required.

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.

Registration
Payment not required, Registration not required.

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

Contact Details:
Highfield Road, Rathgar, Dublin 6
Telephone: 01 406 5163
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?**
Befriending (1to1 support), Bereavement support, Home/hospital visiting.

**Registration**
Payment not required, Registration required.

**Opening Hours**
Please call for details.

**Contact Details:**
Social Service Centre, New Line, Athenry, Co Galway
Telephone: 091 844 319
087 412 8080
Ballinasloe Cancer Support Centre

Ballinasloe Cancer Support Centre 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, Children with cancer, Young adults with cancer.

Geographical areas served
Galway.

What support/services are offered?
Befriending (1to1 support).

Registration
Payment not required, Registration required.

Opening Hours
7pm - 9pm Monday; 10am - 1pm Wednesday; 10am - 1pm Friday.

Contact Details:
Society Street, Ballinasloe, Co Galway
Telephone: 090 964 5574
087 945 2300
Email: ballinasloecancer@yahoo.co.uk
CD’s Helping Hands

CD’s Helping Hands is a west of Ireland Childrens’ Cancer Charity. We are a unique voluntary organisation in that we are the only charity in the west that supports children and their families through cancer treatment. The charity was inspired by its namesake, Caitlin Doherty (CD) who was diagnosed with Leukaemia at the age of two and a half. Following treatment, Caitlin is now a lively little girl living in Claregalway, Co Galway. Our main objective is to provide practical support to families in the west of Ireland who are affected by a diagnosis of childhood cancer.

**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.

**Registration**
Payment not required, Registration required.

**Opening Hours**
9am - 5:30pm Monday through Friday.

---

**Contact Details:**
Lakeview Point, Claregalway Corporate Park,
Claregalway, Co Galway
Telephone: 091 799 749
087 660 0103 for emergency/after hours calls
Email: info@cdshelpinghands.ie
Website: www.cdshelpinghands.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.

Registration
Payment not required, Registration required.

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?
Befriending (1to1 support), Prosthesis fitting.

Registration
Payment not required, Registration not required.

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

Contact Details:
Cricket Court, Dunmore Road, Tuam, Co Galway
Telephone: 093 28522
Email: tccg@eircom.net
Website: www.tuamcancercaregroup.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?
Befriending (1to1 support), Health professionals involvement, Home/hospital visiting, Social events, Prosthesis fitting.

Registration
Payment not required, Registration not required.

Opening Hours
11:30am - 2:00pm Tuesday, 7:00pm - 9:00pm Thursday
11:30am - 2:00pm Friday.

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?
Befriending (1to1 support), Bereavement support, Health professionals involvement, Public information/seminars.

Registration
Payment not required, Registration required.

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.

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.

**Registration**
Payment not required, Registration required.

**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 centre for people living with cancer and their families. Here one will find a home from home; a place where one can find peace and hope and the support they need for their journey to recovery.

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

Who is the group/centre for?
Carers, Patients, Adults, Relatives.

Geographical areas served
Sligo.

What support/services are offered?
Befriending (1to1 support), Health professionals involvement, Home/hospital visiting.

Registration
Payment required, Registration not required.

Opening Hours
9am - 5pm Monday through Friday.

Contact Details:
44 Wine Street, Sligo
Telephone: 071 917 0399
Email: scsc@eircom.net
Website: www.sligocancersupportcentre.ie
DIRECTORY
CANCER SUPPORT SERVICES
in Ireland

LEINSTER

March 2011
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.

**What support/services are offered?**
Support group, Befriending (1to1 support), Bereavement support.

**Registration**
Payment not required, Registration not required.

**Opening Hours**
Please call for details.

**Contact Details:**
5 Mount Clare Court, 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, Befriending (1to1 support), Bereavement support.

Registration
Payment not required, Registration required.

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

Contact Details:
ARC House
65 Eccles Street
Dublin 7
Telephone: 01 830 7333
Email: Info@arccancersupport.ie
Website: www.arccancersupport.ie
ARC Myeloma Support Group

We are a patient-run group set up in March 2010. Our aim is simply to support one another; family, carers and friends in whatever way possible.

**What cancer type is the group/centre for?**
Myeloma.

**Who is the group/centre for?**
Carers, Patients, Adults, Relatives.

**Geographical areas served**
National, Dublin.

**What support/services are offered?**
Support group.

**Registration**
Payment not required, Registration not required.

**Opening Hours**
Please call for details.

**Contact Details:**
C/O ARC House, 559 South Circular Road, Dublin 8
Telephone: 086 826 3264
01 707 8880
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.

Group meetings are held on Thursdays from 7:30pm - 10pm.

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.

Registration
Payment not required, Registration not required.

Opening Hours
7.30pm - 10pm every Thursday. Please call for more details.

Contact Details:
74 Castleland, Parkview, Balbriggan, Co Dublin
Telephone: 086 164 2234
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 group, Health professionals involvement.

**Registration**
Payment not required, Registration not required.

**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 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?
Befriending (1to1 support), Health professionals involvement, Home/hospital visiting, Social events.

Registration
Payment required, Registration required.

Opening Hours
Please call for details.

Contact Details:
Carmichael Centre, North Brunswick Street, Dublin 7
Telephone: 01 872 2012
Freephone: 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.

**Registration**
Payment not required, Registration not required.

**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

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.

Registration
Payment required, Registration required.

Opening Hours
Please ring for meeting dates and times.

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, Befriending (1to1 support), Health professionals involvement.

Registration
Payment not required, Registration not required.

Opening Hours
Please call for details.

Contact Details:
Millbrook Lawns, Tallaght, Dublin 24
Telephone: 087 217 6486
Email:
Website:
Dundalk Cancer Support Group

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?**
Befriending (1to1 support).

**Registration**
Payment not required, Registration not required.

**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
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
Louth, Meath.

What support/services are offered?
Befriending (1to1 support), Bereavement support, Health professionals involvement.

Registration
Payment not required, Registration not required.

Opening Hours
Monday 9am - 5pm; Tuesday 9am - 9pm; Wednesday 9am - 5pm; Thursday 9am - 5pm; Friday 9am - 4:30pm.

Contact Details:
George’s Street, Drogheda, Co Louth
Telephone: 041 980 5100 or 086 195 9864
Email: services@gkcancersupport.com
Website: www.gkcancersupport.com
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.

Registration
Payment not required, Registration not required.

Opening Hours
Please call for details.

Contact Details:
C/O Cross Cause Charity Shop, Blackrock, Co Louth
Telephone: 086 339 5690
Newbridge Myeloma Support Group

We are a small group of myeloma patients and family members who meet to provide information and to facilitate patients and family members learning from and supporting each other. Meetings take place on the 3rd Monday of the month, September through June in the Parish Centre, Station Road, Newbridge, Co Kildare.

What cancer type is the group/centre for?
Myeloma.

Who is the group/centre for?
Patients, Adults, Relatives.

What support/services are offered?
Support group.

Registration
Payment required, Registration required.

Opening Hours
Please call for details.

Contact Details:
4 Belmont Green, Newbridge, Co Kildare
Telephone: 087 233 7797
Email: mymyeloma@gmail.com
Website: www.mymyeloma.ie
The Cuisle Centre

The Cuisle Centre was founded in 2003. 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, Adults, Relatives.

**Geographical areas served**
Laois, Carlow, Offaly.

**What support/services are offered?**
Provision for learning difficulties, Befriending (1to1 support), Bereavement support, Home/hospital visiting, Prosthesis fitting.

**Registration**
Payment not required, Registration required.

**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.

**Registration**
Payment not required, Registration not required.

**Opening Hours**
10am - 2pm Monday through Friday; 7:30pm - 9:30pm Wednesday evenings.

Contact Details:
Téach Dóchas, Offaly Street, Tullamore, Co Offaly
Telephone: 057 93 28268
Email: dochasoffaly@eircom.net
Website: www.dochasoffaly.ie
Midlands Myeloma Support Group

Please call for details of services and for meeting dates and times.

What cancer type is the group/centre for?
Myeloma.

Who is the group/centre for?
Carers, Patients, Adults, Relatives.

Geographical areas served
National, Offaly.

What support/services are offered?
Support group.

Registration
Payment required, Registration required.

Opening Hours
Please call for details.

Contact Details:
C/O Rohdu, Tullamore General Hospital, Tullamore, Co Offaly
Telephone: 057 9321501 ext 317
Email: dochasoffaly@eircom.net
Website: www.mymyeloma.ie
The LARCC Centre was inspired and designed by the late Ita Bourke who, after being diagnosed with cancer, travelled to an established centre in England for therapy and support. Ita believed that there was a need in Ireland for a similar service and she made it her driving ambition to set up a centre. Ita and co-founders Frank Russell and Karen Daly met in 2000 as a result of their shared diagnosis. They became involved in fundraising, volunteer work and research in the area of psychological support for cancer patients. After much preparation and with the help of their families, friends and business associates, the LARCC Centre opened in November 2002. The LARCC Centre continues to grow and expand its services led by a team of dedicated nurses, therapists, counsellors and administrators.

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

Who is the group/centre for?
Carers, Patients, Adults, Relatives.

Geographical areas served
National, Westmeath.

What support/services are offered?
Health professionals involvement, Peer support, Web based support, Prosthesis fitting, Lymphoedema support, Residential programme.

Registration
Payment not required, Registration not required.

Opening Hours
9am - 5:30pm Monday through Thursday; 9am - 5pm Friday.

Contact Details:
Ballinalack, Mullingar, Co Westmeath
Telephone: 044 9371971
Callsave: 1850719719
Email: info@larcc.ie
Website: www.larcc.ie
Midland Area Cancer Support Group

The support group as founded on 6th May 2003. We exist to give support to individuals with a diagnosis of cancer, or individuals who are a relative or friend of someone living with cancer.

Our meetings are informal and very friendly.

The philosophy of the group is to share, support and have fun!

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

**Who is the group/centre for?**
Patients, Adults, Relatives.

**Geographical areas served**
Westmeath.

**What support/services are offered?**
Support group, Social events.

**Registration**
Payment required, Registration required.

**Opening Hours**
Please ring for meeting times and dates.

**Contact Details:**
The LARCC Cancer Centre, Ballinalack, Mullingar, Co Westmeath
Callsave: 1850 719719
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.

Registration
Payment required, Registration not required.

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 who were affected by cancer and felt the need to provide emotional support and practical information to others with a similar diagnosis. From that original group the service has grown. A counselling service was set up in 2002. This service was originally provided from the Hope Centre in Church Street and is now providing a much expanded service from the new centre in Weafer Street (formerly Dr. Cuddigans Nursing Home). Here we offer a range of services that complement the care already provided by the multi-disciplinary team in the hospital and the community.

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

**Who is the group/centre for?**
Carers, Patients, Adults, Relatives.

**Geographical areas served**
Wexford.

**What support/services are offered?**
Befriending (1to1 support), Cancer information materials, Health professionals involvement, Home/hospital visiting.

**Registration**
Payment not required, Registration required.

**Opening Hours**
Open 9:30am - 5pm, Monday through Friday.

**Contact Details:**
22 Upper Weafer Street, Enniscorthy, Co Wexford  
Telephone: 053 923 8555  
Email: mary@hopesupporcentre.ie
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. We are opening a drop in service in January 2011. Please call for more details.

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?
Befriending (1to1 support), Social events, Prosthesis fitting, Health awareness, Group therapy, Dietician, Lymphoedema support.

Registration
Payment not required, Registration not required.

Opening Hours
Please call for details.

Contact Details:
25 Kingshill, Arklow, Co Wicklow
Telephone: 085 110 0066
Email: arklowcancersupport@gmail.com
Bray Cancer Support & Information Centre

The 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 almost 20 years and has grown from strength to strength. In 2009, we received over 12,800 visits from people who availed of emotional support, practical help, counselling and complementary therapies. Bereavement counselling and support groups are also an integrated part of our centres services. We secured funding from the HSE in 2000. We work in partnership with the HSE, the Irish Cancer Society and other relevant agencies. We are heavily indebted to our staff and volunteers and the local community.

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
Dublin South, Wicklow.

What support/services are offered?
Befriending (1to1 support), Bereavement support, Cancer information materials, Health professionals involvement, Home/hospital visiting.

Registration
Payment not required, Registration required

Opening Hours
9am - 5pm, Monday through Friday.

Contact Details:
36B Main Street, Bray, Co Wicklow
Telephone: 01 286 6966
Email: bcsc@iol.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 16 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?
Befriending (1to1 support), Bereavement support, Home/hospital visiting.

Registration
Payment not required, Registration required.

Opening Hours
9:00am to 1:00pm 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 during the past twelve months and we have also started a tradition of a ‘day out’ through the summer for our clients. In 2011 we hope to move into new premises which will enable us to extend what we do at present. The group meets on the 2nd Tuesday of the month at 8pm. 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?
Befriending (1to1 support), Home/hospital visiting.

Registration
Payment not required, Registration required.

Opening Hours
8pm on the second Tuesday of every month.

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.

Geographical areas served
Wicklow.

What support/services are offered?
Befriending (1to1 support), Bereavement support, Home/hospital visiting.

Registration
Payment not required, Registration required.

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

Contact Details:
1 Mortons Lane, Wicklow
Telephone: 087 691 4657
0404 326 96
Email: wicklowcancersupport@gmail.com
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?**
Befriending (1to1 support), Bereavement support, Home/hospital visiting, Peer support, Social Events, Web based support, Health Awareness, Group therapy.

**Registration**
Payment not required, Registration not required.

**Opening Hours**
10.30am - 1.00pm Monday; 7.00pm - 9.00pm Wednesday; 10.30am - 1.00pm Friday.

**Contact Details:**
Tir Mhuire, Kilnamona, Co Clare
Callsave: 1850 211 630
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?
Befriending (1to1 support), Bereavement support, Health professionals involvement.

Registration
Payment not required, Registration required.

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

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?**
Befriending (1-to-1 support).

**Registration**
Payment not required, Registration not required.

**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 through one to one counselling, transport; weekend breaks; complementary and integrative therapies and supporting research. 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 willing 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, Befriending (1to1 support), Health Professionals Involvement, Social Events, Weekend Breaks.

Registration
Payment not required, Registration required

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 Thursday evening. 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
Cork.

What support/services are offered?
Group meetings.

Registration
Payment not required, Registration not required.

Opening Hours
Please call for details.

Contact Details:
161 North Main Street, Youghal, Co Cork
Telephone: 024 92353
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 professionals involvement, Peer support.

Registration 
Payment not required, Registration required.

Opening Hours 
9am - 5pm, Monday through Friday.

Contact Details: 
Acorn Centre, 47 Liosdara, Oakpark, Tralee, Co Kerry 
Telephone: 087 230 8734 
Email: kerrycancersupportgroup@live.ie
Listowel Cancer Support Group

Listowel Cancer Support Group offers emotional and practical support to people who have, or had cancer and their family and friends.

This group meets on the 3rd Wednesday of each month.

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

Who is the group/centre for?
Patients, Adults, Children with cancer, Young adults with cancer.

Geographical areas served
North Kerry.

What support/services are offered?
Support group, Befriending (1to1 support), Bereavement support, Health professionals involvement.

Registration
Payment required, Registration required.

Opening Hours
Please call for details.

Contact Details:
Bedford, Listowel, Co Kerry
Telephone: 068 21741
087 237 0766
Recovery Haven

We are a drop-in centre for patients with cancer and their families and carers. All are welcome to visit during treatment, but our main focus is that time after hospital treatment. We are a sanctuary where there is always someone to listen. We have a library to inform, support and perhaps escape into. The garden is a work in progress, it will become an oasis of peace, a place to reflect in or just chill out. We have complementary therapies available including Tai Chi, Yoga, Relaxation and Art Therapy to name just a few. 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 anyway 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?
Carers, Patients, Adults, Relatives.

Geographical areas served
Kerry.

What support/services are offered?
Befriending (1to1 support), Art therapy.

Registration
Payment not required, Registration not required.

Opening Hours
9am - 4:30pm Tuesdays and Wednesdays. Please call for details.

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?
Befriending (1to1 support), Health professionals involvement.

Registration
Payment not required, Registration not required.

Opening Hours
8:30am - 5:30pm Monday through Friday.

Contact Details:
Mid-Western Regional Hospital, Dooradoyle, Limerick
Telephone: 061 485163
Website: www.mid-westerncancercentre.ie
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?
Patients, Adults.

Geographical areas served
Tipperary South.

What support/services are offered?
Health professionals involvement.

Registration
Payment not required, Registration required.

Opening Hours
10am - 2pm Monday through Friday.

Contact Details:
14 Wellington Street, Clonmel, Co Tipperary
Telephone: 052 618 2667
Email: cancersupport@eircom.net
Website: www.cancercare.ie
Suaimhneas 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?
Patients, Adults, Relatives.

Geographical areas served
Tipperary North, Tipperary South.

What support/services are offered?
Provision for learning difficulties, Befriending (1to1 support), Bereavement support, Health professionals involvement.

Registration
Payment not required, Registration required.

Opening Hours
1:30pm - 8:30pm Monday; 9:30am - 2pm Tuesday through Friday.

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.

Registration
Payment not required, Registration not required.

Opening Hours
1:30pm - 8:30pm Monday; 9:30am - 2pm Tuesday through Friday.

Contact Details:
Clongour Road, Clongour, Thurles, Co Tipperary
Telephone: 0504 21197
Email: suirhaven@gmail.com
South Eastern Cancer Foundation

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. We are currently in the process of building a new purpose built centre to provide the facilities and privacy to cater for increasing demand for services from people affected by cancer.

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

Registration
Payment not required, Registration required.

Opening Hours
9:30am - 5pm Monday through Friday.

Contact Details:
7 Sealy Close, Earlscourt, Co Waterford
Telephone: 051 876 629
Email: infosecf@eircom.net
Website: www.secf.ie
Cootehill Community Cancer Support Group

A centre for people living with cancer and their families.
Here you will find a home from home; a place where you will find peace and hope and the support you need for your journey to recovery. Please ring for more information.

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

**Who is the group/centre for?**
Patients, Relatives.

**Geographical areas served**
Cavan.

**What support/services are offered?**
Support group.

**Registration**
Payment not required, Registration not required.

**Opening Hours**
Please call for details.

---

**Contact Details:**
Cootehill, Co Cavan
Telephone: 087 622 0000
Yana Cancer Support Centre

You Are Not Alone. Our aim is to offer support and networking for cancer patients and their families 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.

Geographical areas served
Cavan.

What support/services are offered?
Home/hospital visiting, Art therapy.

Registration
Payment not required, Registration not required.

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? Patients, Adults, Relatives.

Geographical areas served Donegal.

What support/services are offered?

Registration
Payment not required, Registration not required.

Opening Hours
Please call for details.

Contact Details:
Letterkenny General Hospital, Letterkenny, Co Donegal
Telephone: 074 912 5888
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.

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

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.

Registration
Payment required, Registration not required.

Opening Hours
Please call for details.

Contact Details:
Tiernaleague, Carndonagh, Co Donegal
Telephone: 086 602 8993
087 763 4596
Eist East Inishowen Cancer Support Group

A centre for people living with cancer and their families. Here you will find a home from home; a place where you will find peace and hope and the support you need for your journey to recovery.

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

Who is the group/centre for?
Patients, Adults, Relatives.

Geographical areas served
Donegal.

Registration
Payment not required, Registration not required.

Opening Hours
Please call for details.

Contact Details:
C/O Serenity House, 2 Montgomery Terrace, Moville, Co Donegal
Telephone: 074 938 2874
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.

Registration
Payment not required, Registration not required.

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?

Registration
Payment not required, Registration required.

Opening Hours
10am - 5:30pm Monday through Saturday.

Contact Details:
Unit 1, Portlink Business Park, Port Road
Letterkenny, Co Donegal
Telephone: 074 911 3437
Killybega Cancer Support Group

Killybega Cancer Support Group is an informal support group. Our meetings are confidential and open to everybody. Meetings are held on the 4th Wednesday of the month at 8pm from September through May.

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, Befriending (1to1 support).

Registration
Payment not required, Registration not required.

Opening Hours
Please call for details.

Contact Details:
Kille, Kilcar, Co Donegal
Telephone: 074 973 1292
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 3rd Friday of every month in the Station House Hotel (formerly the Ramada Hotel), Letterkenny from 1.30-3.30pm. 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, Befriending (1to1 support), Health professionals involvement.

Registration
Payment not required, Registration not required

Opening Hours
Please call for details.

Contact Details:
Oncology Day Services, Letterkenny General Hospital, Letterkenny, Co Donegal
Telephone: 074 912 5888 bleep 674
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?
Befriending (1to1 support), Bereavement support, Health professionals involvement, Home/hospital visiting.

Registration
Payment not required, Registration not required.

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
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.

<table>
<thead>
<tr>
<th>Name:</th>
<th>Tel:</th>
<th>Town:</th>
<th>County:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer Care West, Costello Road, University College Hospital Galway,</td>
<td>091 545000</td>
<td>GALWAY</td>
<td>Co. Galway</td>
</tr>
<tr>
<td>Limerick Cancer Support Group, Social Services Centre, Henry Street,</td>
<td>061 337528</td>
<td>LIMERICK</td>
<td>Co. Limerick</td>
</tr>
<tr>
<td>Little Way Cancer Centre, 4 Woods Way, College Road,</td>
<td>045 902996</td>
<td>CLANE</td>
<td>Co. Kildare</td>
</tr>
<tr>
<td>Carrickmacross Cancer Society, Derryolam</td>
<td>087 7535280</td>
<td>CARRICKMACROSS</td>
<td>Co. Monaghan</td>
</tr>
</tbody>
</table>