



CANCER SUPPORT CENTRE

Welcome

July 2017



Dr. Brian Creedon

Welcome to our Summer 2017 newsletter.

It has been a busy year with further enhancements to our services. Last September (2016) the Solas Cancer Support Centre commenced services in Dungarvan. Since inception of the west Waterford service, there has been an increasing demand with over 130 families benefiting from the cancer support services provided. This demonstrates the demand which exists and the importance in having services that are accessible locally. Sincere thank you to all who have contributed to making this happen and ensuring that there are accessible cancer support services throughout the south east.

It is heartening to see that the recently published National Cancer Strategy (2017-2026) highlighted the need for support programmes for those living with cancer and beyond a cancer diagnosis. This is closely aligned with Solas Cancer Support Centre's mission to empower those affected by cancer to live life. The national cancer strategy also highlighted the importance of cancer prevention and early diagnosis.

To this end, the Solas Cancer Support Centre will be promoting an event next year to raise awareness of skin cancer and prevention by attempting a Guinness world record for the number of people applying sun protection lotion at one time...an announcement with full details will follow early next year.

The Solas Cancer Support Centre was thrilled to host the inaugural Film for Life event in the WIT arena, Carriganore last month. Many members of our community walked the red carpet and became Hollywood stars for the night. There truly were unforgettable performances by all those participating and we are already looking forward to next year's event. The bookies are taking bets on the likely Oscar winners! A special mention should go to the organisers of the 10th annual Kilmeaden Tractor Run which has fundraised 50,000euro for the Solas Cancer Support Centre over the last 10 years.

The 2017 South East Run for Life and Fun for Life will take place on Sunday October 8th and I would encourage everyone (including family and friends) to participate in either the 10-mile run or the 5-mile family walk, as it is always an inspiring event to be part of. The Solas Cancer Support Centre is supported by over 70 volunteers, 25 counsellors and therapists, 5 community employment scheme workers and 4 staff members (1 full time and 3 part time). I wish to acknowledge the essential contribution of every member of the community which ensures we can deliver services to those affected by cancer,

all of which are provided free of charge to our clients.

Our mission at the Solas Cancer Support Centre is to provide support, offer understanding and to respect those affected by cancer (including their families and community). We look forward to enhancing these services in the coming year thanks to the continued generosity and support of the community here in the South East.

Please visit our website (solascentre.ie) for further information and/or follow us on facebook and twitter (Solas Cancer Support Centre & @SolasCentre).

We appreciate any feedback or suggestions.

Sincerely,

Dr Brian Creedon,

Chair



Oscar Winners at Film for Life

Some of our wonderful supporters!



Boobs & Balls Charity Bike Trip



Chloe McGrath Waterford Rose - Beauty Parlour Tea Party



Solas Golf Classic



West Waterford Ladies Lunch



Dance For Life



Ronan McCarthy Life & Pensions Coffee Morning



West Waterford Kube

Client Testimonial



Brian O'Donovan with wife Joyce and daughter Amy

“ During Christmas 2015 my wife Joyce found a lump in her breast. Upon attending her GP, she was subsequently referred to the Breast Cancer Centre in UHW as a precaution. Joyce has a mammogram, followed by an Ultrasound and a biopsy.

One week later in late January, we got the results and our families lives were turned upside down. Joyce was diagnosed with Breast Cancer – “The Big C”. At a consultation with our oncologist, she advised me to take my wife Joyce to the Solas Cancer Support Centre, today, which was a Friday and not to wait till Monday. On leaving the hospital, as you can imagine our minds were not in a good place. At this stage Joyce was unsure about talking to anybody, but these words kept ringing in my ear “take her today”.

The moment we arrived at the Solas Cancer Support Centre and opened the door, there was a feeling of calmness, peacefulness and a sense of hope, that all will be ok. Even though we had no appointment made, we were still seen to straight away in a very professional and sensitive manner. We were taken into a lovely private room and there we met one of the Solas team. During this time, they explained to us what work is carried out at the centre and reassured us that we were not alone. Having listened to all the services and help that was available in the centre, we felt very positive about the whole situation. I asked how we pay for these services and they told me to focus on getting Joyce better. The services were free to both of us as well as our 3 year old girl Amy. At this stage, we felt very hopeful. It felt like they got us and where we were coming from. The range of services offered, can and does provide light. Appropriately their name is termed “Solas” –the Irish for light.

We made appointments there and then to avail of the reflexology and counselling services. We left the Centre that day with a huge sense of hope for the future. To us, that day the Solas Cancer Support were lifesavers.

Joyce had to go through chemotherapy, surgery and then radiotherapy. All the time during this, she availed of some of the services the centre had to offer as did Amy and I and other members of the family. This support helped all of us immensely through this difficult time.

In October 2016 we both completed the 5 mile “Walk for Life”, to which I am so proud of Joyce. In April 2017 I had the privilege of taking part in the “Dance for Life” event, which I thoroughly enjoyed.

I am pleased to report Joyce is doing really well, thanks be to God, and I am under no illusions that the Solas Cancer Support Centre was an intergral part of Joyce’s recovery.

Joyce, Amy and I continue to avail of the services provided by Irelands finest purposed built Cancer Support Centre. I would encourage everyone to come along and partake in the Run and Walk for Life on October the 8th 2017 and help these lifesavers continue their great work.

Brian O’Donovan.

Services In West Waterford

On September 5th 2016, The Solas Cancer Support Centre established a service in Dungarvan to support the community of West Waterford.

Services are provided from 9am to 5pm on Mondays, based in The Alternative Health Clinic, Main St, Dungarvan.

An introduction meeting is offered with a Client Services Coordinator, followed by a choice of options including counselling, reflexology, massage, yoga, meditation, social walking group, legal consultation and art therapy for children and adolescents.

A network of therapists and counsellors, based in the Dungarvan area, are available on other days of the week to facilitate those individuals who are unable to access services on a Monday, in The Alternative Health Clinic.

For individuals who live in the greater

West Waterford area, an outreach service has been developed in the Lismore Clinic, Ballyrafter road, Lismore. From this therapeutic environment, a range of support resources are available, such as: Counselling, Massage, Cranio-Sacral therapy and Art Therapy for children and adolescents.

In January 2017, the Dungarvan Solas Choir was launched. A hugely successful

initiative, its objectives have been to reduce the social isolation caused by a cancer experience or bereavement, and enjoy the therapeutic benefits of singing.

All services are professional, confidential and free of charge.



West Waterford Solas Choir

Support Options

At the Solas Cancer Support Centre we offer emotional support to those affected by cancer, including family members and carers. Our services, which are available to people in Waterford and the South East, are free of charge and are 100% funded through the generosity of the community.

Our Therapeutic Options

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| Drop-in Welcome | ● Bereavement Support Group |
| Confidential, Empathetic Listening | ● Women's Support Group |
| Cancer Information Resources | ● Men's Support Group |
| Counselling | ● Strides for Life Walking Programme |
| Art Psychotherapy for Adolescents and Children | ● Crochet Group |
| Art Therapy | ● Solas Choir |
| Music Therapy | ● Lymphoedema Information Sessions |
| Creative Art Classes | ● South East Stoma Support Group |
| Creative Writing Classes | ● Financial Entitlements Information |
| Yoga | ● Legal Consultation |
| Reiki | ● Bereavement Information Forums |
| Massage | ● Chiropody |
| Reflexology | ● Heal your life |
| Cranio-Sacral Therapy | ● Brighter Days, Beautiful Ways |
| Meditation | ● Bra & Prosthesis Fitting |
| Mindfulness Classes | ● Lifestyle & Wellness Programmes |

It's time to get active and Run And Walk for Life once more!

The Solas Cancer Support Centre Run and Walk for Life takes place on Sunday, October 8th. The Run looks set to be bigger and better than ever. Do your bit, get training now and join the sea of orange at this year's 10-mile Run and 5-mile Walk for Life. For further information contact the Solas Cancer Support Centre on 051 304 604 or check out the 'Solas Centre South East Run for Life' Facebook page.

RUN and
WALK
for **LIFE**
2017

Supported by
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Beat.



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