

WELCOME

to our Summer Newsletter

July 2020

The last 12 months in the Solas Cancer Support Centre have been like no other - like the whole world.

First of all, we were so proud to have been able to support a record number of 964 clients in the 2019 calendar year, which was a 35% increase on the preceding year which itself had been a record. And 2020 started with a further 19% increase in people using the Centre's services in Waterford City and an ever-increasing uptake in our Dungarvan satellite centre.

And then came Covid!

We immediately implemented all HSE guidelines for the benefit of all our clients, staff, volunteers and friends. It was so tough to have to close our doors to everyone, but we immediately opened our phonelines with the message "we are still here for you".

We have been offering a phone service, one on one counselling and recently group Zoom Wellness supports to help all our clients in these difficult times. We know it was also so hard for all our brilliant fundraisers who had no option but to cancel their events or postpone till a later date.

As we prepare to reopen both centres this July, we assure all our clients

and colleagues that we do so under the very strictest safety and hygiene conditions as your health remains our paramount priority. Until such time as we are advised it is safe to resume our complementary therapies our focus will be on our Counselling, Children and Adolescents Art Therapy and support services, our remote Zoom classes and a new wellness program.

Finally, I would like to recognise the recently retired Chair Dee Jacques for over ten years unparalleled volunteerism, hard work, passion and commitment to the Solas Cancer Support Centre. Thank you Dee and enjoy the retirement.

Barry Monaghan
Chair



964

clients supported
in 2019

964 clients

2019

709 clients

2018

654 clients

2017

537 clients

2016

514 clients

2015

442 clients

2014



TESTIMONIAL THE GAHAN FAMILY

Like a ship in a storm close to the rocks the Solas Cancer Support Centre was our lighthouse helping us to calmer waters.

My wife Ann passed away on the 1st of June 2017 after a short illness with a rare form of bone marrow cancer (AL Amyloidosis). Ann was diagnosed on the 13th April 2017 and while she only had the opportunity to visit the Solas Cancer Support Centre on a few occasions she found the services very beneficial.

I was contacted by Solas to see if they could offer myself and our 3 children any support. The welcome and immediate feeling of tranquillity on entering the centre on the first day has been the same every time after. There is always a kind word and an offer of tea or coffee and the children love the juice and treat.

In the 1st meeting we talked about what services were available to the kids and myself. I availed of reflexology and counselling and our 3 children, Ned,

Tom and Mai now 10,9 and 7 found great support in the art therapy program. I was also part of a bereavement group that Solas organised for surviving partners with young children. This group was very helpful in meeting people in a similar situation to me and was very supportive.

The centre offers free support services to cancer patients and their families in the South East including all their programmes and I would encourage people if they have been affected by cancer to get in touch with them.

The team at the Solas Cancer Support Centre are there for you and your family if you need their expertise, experience or a friendly person to talk to. I can't thank them enough for the support they have given us towards calmer waters.

As this year is like no other the usual sea of orange will be Your Run & Walk for Life Your Way, on the weekend of Friday 9th to Sunday 11th Oct. Our plan is to take on the challenge of a 10km walk on Sunday the 11th hopefully with some friends locally.

VIRTUAL RUN & WALK FOR LIFE



9th - 11th October 2020

PICK Your Distance

PICK Your Route

PICK Your Day

Register Online at www.solascentre.ie