27th Anniversary 1990—2017

PURPLE HOUSE CANCER SUPPORT

EST. 1990

Autumn/Winter 2017

Ireland's 1st Community based Cancer Support Centre

Welcome!

Hi and Welcome to our Autumn/ Winter Newsletter.

One of the many Services provided at Community level by Purple House is support, care and therapies for children and young adults whose lives are affected by cancer, whether they themselves are ill, or have a parent, sibling or loved one ill. Bereavement support and counselling forms a huge part of this service.

Often we can fail to understand the impact on young children of illness and/or loss in the family. Research has shown that even very young children are affected although they may not grasp the significance of what is happening around them.

There are many ways that children and young adults can be helped within a supportive environment so they feel safe to acknowledge their feelings outside the immediate family or without fear of upsetting other members of their family. We provide an opportunity for informal support through Play and Art Therapies. Professional counselling services, Complimentary therapies/Relaxation sessions, workshops and camps are an effective way of meeting others in similar circumstances. Our Social Outings and events are an integrated part of our overall family services.

Other Family and Home Supports include practical support, home visits providing counselling and therapies for the entire family, hospital transport and statutory entitlements.

The CLIMB programme for children aged 6-12 who are experiencing the impact of a parent's or other significant adult's cancer diagnosis was very successful and will be held again so contact us for future dates.

Call in and see us soon,

Kind regards,

Veronica O'Leary, Founder and Director of Services

PURPLE HOUSE CANCER SUPPORT
Aubrey Court,
Parnell Road, Bray,
Co. Wicklow,
Ireland

Registered Charity #12589
Tel: (01) 286 6966
Email: info@purplehouse.ie
Web: www.purplehouse.ie

A Personal Story

Have you ever heard someone say, I'm like a duck, calm on the surface but underneath I'm paddling furiously….well that's what it was like for me getting this cancer diagnosis and going through treatment.

When I say, I don't think I would be here if it wasn't for Purple House, I don't say that lightly!!!!

I was 38 when I was diagnosed with breast cancer….everyone's reaction along with my own was, how can that be possible, I'm too young.

Things move pretty quickly once diagnosed and I just got on with it, surgery first then chemo, then radiotherapy, it was all mapped out ahead of me. My GP had suggested I call to Purple House but ah sure I was grand.

It was during chemo and a visit to my GP, when I was feeling very low and just completely lost, that she didn't just suggest it she insisted, she told me to go straight up to the centre, no if's, no but's. I think she actually rang them and told them to expect me and that she would check if I went or not.

Am I glad she did!

As soon as I walked in, I sat down with Veronica and was handed a cuppa I just cried and cried and cried. There was an instant feeling of security, safeness, calmness and comfort.

After that I think I was there most days. I availed of the treatments on offer, in fact Mondays after a reflexology or massage session was the only time I felt pain free or had no stiffness in my joints.

I took part in the group relaxation sessions, more often than not falling asleep and snoring but that was ok !

I went swimming with the centre which was great; we were picked up, brought to the pool, and brought home. Who can ask for more?

Cont. over...

Continued from front page...

One of the services that helped me most was the counselling, which is offered free by the centre. This was the saving of me; I was so low, so lost. Talking to someone who had seen it all, been through it with lots of people, really knew what she was talking about was a blessing.

You put on your happy face and your little show of "I'm grand and I'm being SO positive" for everyone but it is exhausting and many a time I just blubbered incoherently during a session.

Sometimes I would arrive at the centre, have a cuppa, read or just sit, feeling safe and secure. Other times I would arrive feeling low and would end up crying which was ok, this was the place to do that, no judgement, no comments. People knew you were having a bad day and just left you to it and when you were ready you would be handed a cuppa and choccie biscuits to make it all better.

The practical support offered also made life so much easier. Getting yourself to the hospital 5 days a week for 7 weeks, when you have no family close by and you are absolutely shattered would have been a nightmare but Purple House picked me up every day, brought me to the hospital, picked me up after and brought me home.

Once treatment is complete and you're shown the door by the hospital, after a year of appointments, treatments etc. it can be hard to deal with. They warned me about this at Purple House and I thought they were all mad....but no; as usual they were correct so I continued to rely heavily on them and their services.

It was about 2 years after treatment when I started to feel human again that Purple House stepped in yet again to send me down a new path....Dragon Boating
A poster was put in the centre giving information on the benefits of Dragon Boating for post BC and a group called the Plurabelle Paddlers who were trying to get a team up and running in Dublin.
Purple House ferried 8 of us to the open day in 2010 and now in 2017 I'm still at it. With Purple House encouraging me to join up and getting me there, they started me on the path to living again because I really wasn't. I was living a bit like a hermit; I was terrified of going anywhere or doing anything in case I caused the cancer to come back.

As I was getting better, I was using their services less and less. It was a bit like weaning yourself off something, I couldn't just stop, they were my security blanket till I was ready to face the world full on again.

I don't get to visit the centre too often these days as I live in Navan but whenever I can, I call in and I get that same lovely feeling when you walk through the door.

If someone had told me when I walked through the Purple House doors feeling that alone, lost and scared that in 9 years I'd be living in Navan, married to most wonderful man and dragon boating I'd have said don't be ridiculous.

It is truly amazing how life can turn around with help and support from people who were originally total strangers that I now owe so much to.

Again, I don't think I would be here if it wasn't for Purple House, I don't say that lightly but I say that with heartfelt gratitude.
Laura xx

Latest News

Meet Nuala Murphy, a key Volunteer and one of our Volunteer Drivers.

Nuala also coordinates the Volunteer Hospital Transport Service at Purple House and ensures Cancer patients needs for transport into hospitals for treatment is covered. Thanks to your support, we provided **320 trips in 2016.**
This is a vital service that ensures that people without their own transport can access their Cancer treatment.

Contact us on 01-2866966 to book this service or to volunteer as a driver.

Sun Smart Hub

We launched our Sun Smart Hub on Bray Beach for the Summer months.

The aim of the initiative is to help the public reduce their Cancer risk.

In partnership with Boots Ireland we will be giving out free sun cream and sun smart tips.

Purple House Charity Shop

56 Main Street, Bray, Co.Wicklow.

Join us to celebrate our 2nd Anniversary on Friday September 29th!

Enjoy a complimentary cup of tea or coffee and chocolates from 11am to 1pm and pick up a bargain at the same time. Our Opening Hours are Monday to Saturday 9am to 5.30pm.

Donations of good quality items urgently needed. All proceeds from our Charity Shop help to fund our day to day service at Purple House and our work in the Community.

Healthy Ireland Network

Purple House Cancer Support are members of the Healthy Ireland Network. We will be using our role as a member of the HI Network to encourage everyone to lead a healthy lifestyle.

We're a Part of the Healthy Ireland Network

Workshops for Children AND Teenagers affected by Cancer

A Cancer diagnosis can bring many new and challenging changes to normal daily family life. In addition to all the Services for both adults and children alike at Purple House we will hold a **Halloween Mask Making Working** during the Mid term for our 5 to 12 year olds and a **Bowling and Pizza party** for our 12 to 16 year olds. Dates will be confirmed but contact us to reserve.

National Cancer Strategy

Representatives of Purple House at the launch of the National Cancer Strategy

L-R: Conor O'Leary, Veronica O'Leary, Catherine Byrne Minister for Health Promotion, Simon Harris Minister for Health, Aisling Gorman, Nuala Murphy.

Moving Beyond Cancer Course

For Cancer survivors who have finished their treatment. Course topics include: Adopting to change post illness; New Perspectives-What's Meaningful Now; Self care strategies; Building Self esteem and confidence. This will be a confidential closed group. Places are limited so booking is essential.

Nutritionist and Acupuncturist At Purple House

Eamonn O'Brien has joined us to provide Nutritional Therapy and acupuncture at Purple House. Eamonn is a qualified Naturopathic Nutritional Therapist. Contact us for an appointment.

Upcoming Events

Purple House Cancer Support Outreach Clinic Dun Laoghaire

Join us on the First Tuesday of each Month in Dun Laoghaire from 12pm to 2pm for support and information on our cancer support services in the community. More details phone 01-2866966.

National Cancer Awareness Week

September 25th to Sun. Oct. 1st 2017

Purple House cancer support will host an ***Open Day* on Tuesday 26th September.** Come along and meet our counsellors, therapists, staff and volunteer drivers. Enjoy a cuppa and see at first hand the vital services available in your Community.

Irish Cancer Society's National Conference for Cancer Survivorship: *Living Well with Cancer*. September 29th/30th

This year's conference takes place at the Aviva Stadium, Dublin 4. To register email: support@irishcancer.ie.

Pamper Morning to coincide with Breast Cancer Awareness Month. October 20th

We will be holding a Pamper and Feel Good workshop in Purple House, Aubrey Court, Bray to mark Breast Cancer Awareness Month on Friday 20th October from 10am to 1pm. Our support staff, Counsellors & Therapists will be on hand to Pamper you and answer any questions.

To book a place, contact us on 01-2866966 or info@purplehouse.ie

Dun Laoghaire/Rathdown Festival of Inclusion. October 6th to 15th

This year the Festival is titled ***'Connecting Communities'***. Purple House will host an ***Information talk*** during the Festival. More details available by contacting us on 2866966.

Men's Cancer Awareness Month —November

Purple House Cancer Support will **host a Leather Craft Workshop on Monday November 13th with Martin**, to coincide with Men's Cancer Awareness Month. Booking essential as places are limited. Drop In facilities available every day for support and information.

Purple House Christmas Candlelight Service & Party: 1st December

Join us for our annual Candlelight Service in the Holy Redeemer Church Bray at 8pm sharp. Invites to follow.

Classes & Therapies Programme 2017

DAILY:

- Drop-In Centre open from 10am for support & information.
- Telephone support helpline at (01) 286 6966.
- Volunteer Transport Service by arrangement.
- Support service for all ages.

MONDAYS:

- Counselling and Complimentary Therapies by appointment.
- Purple House Big Sing Class with Ross Scanlon at 7pm. Booking req.

TUESDAYS:

- Counselling and Complimentary Therapies by appointment.
- Relaxation class at 11am. (booking required).
- Men's Group Project from 11.30am at Purple House Bray.
- Swimming hour in the Merrill Leisure Centre at the Royal Hotel, Bray at 12noon (booking required 24hr in advance).

WEDNESDAYS:

- Complimentary Therapies by appointment.
- Benefits & Entitlements Advice 10-11am (booking required).
- Yoga Classes under the care of Mel Manina take place at 11am in Apartment 2, Aubrey Court, Parnell Road, Bray. Contact Mel direct at 086.2210567 to book your place.

THURSDAYS:

- Complimentary therapies by appointment.
- Men's group project at 11am in Shanganagh Community Garden Project, Shankill, Co. Dublin.

FRIDAYS:

- Go For Life physical activity programme for over 55's at 11am, followed by group discussion followed by tea/coffee. (booking required).
- Swimming Hour at the Glenview Hotel & Leisure Centre at 1pm (booking required 24hr in advance).

Upcoming Workshops in Therapeutic Art, Leather Craft, Children's Halloween Mask Making workshop, Pamper days, and more. Contact us for more details.

Phone us at (01) 286 6966 or info@purplehouse.ie

Find Us...

Our Website:
www.purplehouse.ie

Facebook:
PurpleHouseCancerSupport

Twitter:
@PurpleHouseIRL

Fundraising News:

Sumo Run Ireland 5K Fun Run
Sunday August 27th 2017

Ireland's most unique 5k run! Lets Fight Cancer Together & take part in our Sumo Run Ireland Fun Run or walk on Bray Seafront. All in aid of Purple House. Visit www.sumorun.ie for full details.

Old Conna Golf Classic
Friday, September 2nd 2017

Our Annual Golf Classic at Old Conna Golf Club will again be held and organised by Jacinta, Denis and her team. Team of 4 to include meal costs €200. Sponsored by Nypro Healthcare. Contact us for more details or phone Jacinta at 086.2517169 to reserve your tee time!

Lugnaquilla Challenge
Sunday September 3rd 2017

Our very popular climb up Lugnaquilla (Wicklow's highest mountain) will take place for the 17th Year in a row! We also hold a Leisurely Nature Walk of 2-3 hours for anybody interested in a day out in the scenic area of Glenmalure. Registration takes place from 9am at Glenmalure Lodge. Contact us for sponsor card and more details.

Garth Brooks Tribute Concert
Friday October 6th 2017

Come on down and join the 'Friends in Low Places—The Ultimate Garth Brooks Experience with lead singer Trevor Smith in the Parkview Hotel, Newtownmountkennedy, Co. Wicklow. All in aid of Purple House. Tickets €20 available from Purple House Cancer Support Centre Bray and The Parkview Hotel, Newtown.

Church Gate Collection in Holy Redeemer Church, Bray.
Sunday November 19th 2017

Volunteers needed to collect after all Masses.

Thanks to all of our friends, supporters and fundraisers. Your support enables us to continue to help the two thousand people who access Purple House each year.