26th Anniversary 1990—2016

EST. 1990 PURPLE HOUSE CANCER SUPPORT

Spring/Summer 2016

Bray & Dun Laoghaire & the Leinster Areas

Welcome!

Hi and Welcome to our Spring/ Summer Newsletter for 2016.

2015 was a very busy year for us here at Purple House. Our statistics show that demand for our Services is increasing all the time and so we constantly strive to keep abreast of the current trends in Cancer Support and Cancer treatments.

One of the many questions we are asked is '***Can I still avail of your services once my treatment or surgery is over'***? The answer is a resounding **YES**, Purple House is here to support you for as long as you need us.

With this in mind we are holding a '***Moving Beyond Cancer' course,*** specifically for those who are one year or more after their cancer treatment.

This six week course starts on Thursday Feb. 25th at 7pm and will focus on:

- Adapting to changes post illness.
- New perspectives: what is meaningful now.
- Building self-esteem and confidence.
- Self-care strategies.

This group will provide an opportunity for reflection and sharing of experiences. A place to explore and communicate your needs and feelings in absolute confidentiality. Call us for more details.

Veronica
Founder & 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

'Expressions of Life' Art Exhibition

Purple House Cancer Support is delighted to announce that it is holding an Exhibition at Signal Arts Centre from April 25th to May 8th 2016.

The Exhibition, '**Expressions of Life'**, includes a variety of mediums. These include paintings, drawings, ceramics, knitting and crochet.

Our creativity classes at Purple House involves the exploration of these mediums through the process of creation within a therapeutic environment. It allows people a voice, and to develop their own individual personal growth. The aim is not ultimately to achieve a finished piece but one's involvement in the process of art making is the focus.

Our classes at Purple House came about as a result of the need for our Clients to foster friendships with like minded people going through a similar experience and to promote freedom of expressions.

The name '**Expressions of Life'**, came about from the reason people participate in the classes.

Purple House Cancer Support have created a warm and nurturing environment that allows people to explore creativity for relaxation and expression through a non-verbal medium.

Our Exhibition will run from Monday April 25th to Sunday May 8th at Signal Arts Centre, Albert Avenue, Bray.

Opening Reception, Thursday 28th April 7-9pm. All welcome.

If you would like more information on our Exhibition or Classes please do not hesitate to contact us.

EASTER CRAFT WORKSHOP FOR OUR CHILDREN AND YOUNGER PEOPLE

Our Easter Craft workshop for our children and younger people will take place on Wednesday March 23rd from 11am to 1pm.

The class will be facilitated by Megan Robinson from Purple House and Patricia Lewis from Signal Arts Centre.

Places limited and booking essential.

Materials and Refreshments provided.

Our Community Impact 2015

A snapshot of some of the services we provided last year:

Drop-In Support Sessions: **2,060** Sessions
Counselling: **257** Sessions
Complimentary Therapies: **231** Sessions
Hospital Transport: **608** Trips
Personal Development Classes: **426**

Plus many more vital Cancer Support Services.
See purplehouse.ie for more details.

'For the 1st time in 5 weeks, we could talk without crying, thanks to the team at Purple House.'

Purple House Boutique 56 Main Street, Bray

Why not pay us a visit and see our lovely selection of men's, women's & children's clothes, shoes, jewellery, bags, hats and much more.

Our Opening Hours are Tuesday to Saturday 10am to 5pm.

Donations of designer/good quality items urgently needed.

All proceeds from our Boutique help to fund our day to day services at Purple House and our work in the Community.

Photo Gallery

Meet our Therapists

Line Dancing Marathon

Well done to the Bray Line Dancers who donated over €5,000 to Purple House.

Kidd Insurance

Well done to staff & customers of Kidd Insurance who raised just under €3,000 for Purple House

St. Kilians School

Well done to St. Kilian's school students council who held a fancy dress day for Purple House

Meet our Volunteer Drivers

We are now Guinness World Record Holders!

Both Purple House & The Martello Hotel received their Official Guinness World Record Certificates for our Sumo Run & celebrated raising €39,000 for Purple House during their year long events.

Brady's of Shankill Fundraising

Massive thanks to the staff & customers of Brady's of Shankill who raised over €7,000 for Purple House!

Ladies Workout Express

Ladies Workout Express in Bray held a Bra Chain along Bray Prom and two raffles during Oct. 2015. Sincere thanks to Diane, Breda and all the ladies.

Upcoming Events

Purple House Cancer Support Dun Laoghaire

Join us on the First Tuesday of each Month in Park House, Library Road, Dun Laoghaire from 12pm to 2pm for support and information on our cancer support services in the community.

25th Anniversary Gala Viennese Concert

Purple House will host our 25th Anniversary Gala Viennese Concert on Saturday, Feb. 20th at 8pm in Holy Redeemer Church, Bray. Featuring Emma Walsh, Soprano. Sean Costello, Tenor, Derek Ryan, Bass Baritone. Bray Choral Society with Musical Director Frank Kelly & the Festival Strauss Orchestra with Conductor Aidan Faughey. Host Angela Molloy. Tickets €20 (Seniors/students €18) available from Purple House & various outlets. Also available at the door on the night. Live from the National Concert Hall and 1st time ever in Bray.

Sumo Run Ireland 2016

Our very successful Sumo Run Ireland will be back on Sunday 28th August on Bray Seafront. Take part in this fun 5k run or walk . Each participant will get their own sumo suit to take home! All proceeds to Purple House. Further details on www.sumorun.ie

Classes & Therapies Programme 2016

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.
- Group relaxation sessions at 12noon, starts Monday Jan. 25th. (booking required)
- Pottery classes in association with Signal Arts Centre take place from 2.30pm to 4pm with Geraldine Keenan and Patricia Lewis. Places Limited.

TUESDAYS:

- Counselling and complimentary therapies by appointment.
- Relaxation class at 11am, starts Jan. 26th (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:

- Counselling and complimentary therapies by appointment.
- Benefits & entitlements advice 10-11am (booking required).
- Knitting & Crochet classes with Geraldine. Starts Jan. 27th.
- Crochet at 2-3.30pm. Knitting 3.30-5pm. Booking is essential.
- Yoga Classes under the care of Mel Manina take place on Weds. At 11am in Apartment 2, Aubrey Court, Parnell Road, Bray. Contact Mel 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..
- Painting and Drawing classes with Yvonne. Starts Jan.28th. Beginners 2-3pm. Improvers 3.15-4.30pm. Places limited so booking essential.

FRIDAYS:

- Benefits & entitlements advice 10-11am (booking required).
- Go For Life physical activity programme at 11am, followed by group discussion. (booking required).
- Swimming Hour at the Glenview Hotel & Leisure Centre at 1pm (booking required 24hr in advance).

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

Find Us...

Our Website:
www.purplehouse.ie

Facebook:
PurpleHouseCancerSupport

Twitter:
@PurpleHouseIRL

Fundraising News:

Strictly Bray Emmets.
Saturday 20th February 2016

Come along to Killiney Castle to enjoy a night of dancing and fun. All in aid of Purple House & Bray Emmetts GAA.

Patricia Kelly Concert
Support Act: Liona Wever-Mitchell.
Thursday March 10th 2016

A concert by Patricia Kelly will take place in the Arklow Bay Hotel in aid of Purple House. Tickets available from the hotel or 086.4013473/086.3598854 Cost is €20 for adults and €15 for 6-16 year olds. Under 6 are free. Contact us for more details.

East Coast FM County Wide Coffee Morning.
Friday 8th April, 2016.

Our very popular Social Coffee Morning hosted by East Coast FM in association with Purple House Cancer Support and the other cancer support centres in Wicklow will once again be held on Friday April 8th next. Purple House will be in the Martello, Strand Road, Bray and Kingfishers Kitchen, Enniskerry from 10am. Contact us for more details.

The Adrienne Cassoni Memorial Golf Classic.
Friday May 6th 2016.

The Adrienne Cassoni Memorial Golf Classic will be held in Powerscourt Golf Club, Enniskerry on May 6th in aid of Purple House. Contact Victor Cassoni at 086.3209847 or Purple House at 01.2866966 to reserve your team.

Bray Vintage Car Show and Family Day.
Bank Holiday Sunday, June 5th.

Bray Seafront Classic & Vintage Car Show and Picnic will host their Annual Car Show and Picnic on the Seafront in Bray on Sunday, June 5th in aid of Purple House Cancer Support. A Fun Family Day with Music and Face Painting from 12pm to 4pm. . All Welcome.

VHI Women's Mini Marathon.
Bank Holiday Monday, June 6th.

Join Team Purple House for the annual 10km run or walk. Transport to the event, & a post race BBQ in The Martello Hotel for all of our team.

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.