27th Anniversary 1990—2017

PURPLE HOUSE CANCER SUPPORT

EST. 1990

Spring/Summer 2017

Supporting Families Affected by Cancer in Ireland

Welcome!

Hi and Welcome to our Spring/ Summer Newsletter for 2017.

2016 was an exceptionally busy year for us here at Purple House. During the year more than **1,200** people visited our cancer support Centres in Bray and Dun Laoghaire.

Our team of counsellors delivered **212** professional counselling sessions and **2,590** calls were made to and from our telephone support line.

42 children attended our workshops and camps for children affected by cancer and **243** men visited our garden allotment project & Cancer Support Centre.

Our Volunteer Hospital Transport service provided **307** trips for treatment, while **165** people attended our relaxation classes.

Our Health Awareness sessions were attended by **191** individuals and our Go For Life Physical Activity sessions for over 50's age group was attended by **83** people.
Our Moving Beyond Cancer course for those who have finished cancer treatment was a great success and we plan on resuming this course again in 2017.
Call into us and see at first hand how our Services can help and support you or someone you know.

Take care and See you soon,
Veronica O'Leary
Founder and Director of Services.

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'It was the fact you could go in and talk, have therapies, have massages, whatever was needed'

A Personal Story

Helen Eyre O' Connor cycled a distance of over 200km last October in memory of her dear sister Pauline McKenzie.

Helen (68) was one of a group of 21 people from the Bray area who cycled the length of the Canal du Midi in France from Toulouse to Sete, all for Purple House Cancer Support.
Many of those were first-time cyclists and the majority had a personal reason for taking part.
Helen, a former resident of Bray, travelled out from Killiney on her bike to take part in weekly training sessions in preparation for the expedition.
She lived on the seafront in Bray when first married, right beside Cassoni's.
Helen and her sister Pauline were very close. When Pauline was diagnosed with bowel cancer, they turned to Purple House.
'When we went there they said I could go too and be involved because they also support families,' said Helen. 'So the two of us went. I didn't really do anything myself until after she died and I sought their support. They were just brilliant to me.'
She was up there one day and saw a flyer about the cycle in France
'I met Brendan and Conor and asked what I would have to do. They asked me if I cycled.
'Since Pauline died I couldn't sleep, so I used to get up in the morning and go out on my bike for an hour.'

The loss had a big impact on Helen, who misses her sister very much. 'I saw her every day, we were that close,' she said. 'My older sister is in Wexford and I've a...

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younger sister in England, so it was always the two of us. We did everything together - holidays, shopping, she was a shopaholic!' The girls also had two brothers.

Helen was 12 years Pauline's senior, so it wasn't until later on when Pauline herself grew up and got married that they started to get closer and closer.
'She came to live with me in the end,' said Helen. As did Pauline's devoted husband Alan, who gave up his job to look after his wife.

Helen and her husband have two grown sons, also heartbroken by the loss of their aunt.
They helped in their way with Pauline's care, one a reiki master and the other an advanced paramedic.
They all really stuck together throughout Pauline's illness and since her death at the age of 55.

Purple House was a huge support. 'It was the fact you could go in and talk, have therapies, have massages, whatever was needed,' said Helen. 'Money was never discussed. There was an envelope on the table and you put whatever you could into it but you didn't have to worry about whether you could afford it.

Also they were so family orientated. They really minded Pauline and myself, from her diagnosis right up to the care I am getting afterwards.'

Her anniversary fell on November 10, and things felt very final for Helen, who misses 'Polly' so much.

When training for her cycle in France, Helen saw a rainbow come out on her return journey on a number of Tuesday evenings, and felt that was her sister making her presence felt.
'Heading towards Shankill I always saw the rainbow, every Tuesday night for about four or five weeks,' she said. 'The day I came back from France, I was walking in Killiney and saw the end of a rainbow. My son Colm rang and said "Mam, where are you?" He had seen it too.'

One of the women on the cycle, as it turned out, knew Helen's sister and recognised her from the T-shirt she wore in France. The challenge, for Helen, was meant to be.

Prior to the route in France, it was Helen's habit to cycle about 20 km in an hour or so. Then as training went on, she covered more and more distance, until doing 250 km in a foreign country and at the age of 68.

She raised €3,500 for Purple House in sponsorship for the cycle.
Brendan and Conor from Purple House, and Eamon and Liz from Bray Wheelers went on the training spins, and ensured that their protégés would be safe and well looked after on the road.
During training, Helen would go from her house in Killiney to Mount Usher and back, stopping of course for coffee and cake!
She was also out on her own every day, building up her fitness.
She agrees that cycling can be good therapy. You need to con-centrate on the road, so your worries must take second place.
'I'd never been to France,' said Helen. 'I said to myself, "here we are, Polly, we're in France!"'
The day they finished, Helen called home, and her nearest and dearest were on the other end of the phone screaming with joy and pride.
'They always knew I could do the cycle,' she said. 'It was actually me doing something on my own. Coming out to Bray, going off to France. I'd never done anything like that on my own.'
She wears something belonging to Pauline every day, to always feel close to her and remember her sister.
She will never forget the cycle either, and the 60 km a day she spent on the bike.
'It was tiring, but a buzz,' she said. 'And we had great chats in the evenings over a meal, sharing our experiences during the day.'
To find out more about their services, or to seek help, visit them online at purplehouse.ie.

Published in the Bray & Wicklow People on 24/12/16

Latest News

Support for Children

Our Children's services are facilitated by Claire McKiernan who holds a Degree in Psychology and holds qualifications in Art, Behaviour Analysis and Group Analysis. Claire also runs our Camps for Children.

Minister for Health visited Purple House

Minister Simon Harris TD visited Purple House and had an opportunity to listen to our clients views on Cancer Support Services in the Community.

Purple House Charity Shop

56 Main Street, Bray, Co. Wicklow.

Our Opening hours are Monday to Saturday 10am to 5pm.

Volunteers urgently needed for a 2 hour rota.

If you would like to join our team please give us a call.

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

National Cancer Strategy

Our Director of Services Veronica O'Leary represented Purple House on the Patient's Forum to advise the Steering Committee on the new National Cancer Strategy, which is due to be launched by the Minister for Health in February 2017.

There are now over 150,000 cancer survivors in Ireland. As this number is set to increase by 2020 Veronica advocated strongly for the inclusion of psycho-social support services, patient involvement and Survivorship programmes and increased funding for Community Services.

Easter Camp for Children Affected by Cancer

A Cancer diagnosis can bring many new and challenging changes to normal daily family life. We are holding an interactive workshop for children to give them a space to express themselves & an opportunity to have their own time out among other children.

Dates: April 11th, 12th 13th from 11am to 1pm.

Booking essential.

CLIMB Programme for Children Affected by Cancer

(Children's Lives include Moments of Bravery)

Date: Weds March 1st at 3pm for 6 weeks

The CLIMB programme helps children that have a close significant adult who has been diagnosed with cancer. The programme educates children as part of an enjoyable, sharing, interactive experience and provides a time for the children to come together to deal with their feelings.

Places limited. Booking required.

Nutritionist At Purple House

Eamonn O'Brien has joined us to provide Nutritional Therapy. Eamonn is a qualified Naturopathic Nutritional Therapist. Contact us to make an appointment with Eamon.

Upcoming Events

Purple House Cancer Support Outreach Clinic Dun Laoghaire

We hold a Community Cancer Support service in Dun Laoghaire Co. Dublin. Contact us on 01-2866966 for more details.

Moving Beyond Cancer and Self Management of Chronic Conditions

Purple House Cancer Support are starting a six week course on self-management for chronic conditions. Like minded people can come together and learn new techniques to help move beyond cancer. **Tuesday evenings at 7pm for the six weeks.** Places are limited so booking is essential. Contact us for more details.

Leather Craft Classes

We will be holding weekly leather craft classes with Martin Byrne every Monday from 11.45am to 1pm in Purple House Bray.

Learn how to make a leather belt or design your own book marker in a relaxed friendly atmosphere.

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

Pottery Classes

Learn how to make your own pottery piece during our pottery classes with Patricia Lewis and Stephanie Burke in Signal Arts Centre Bray.

The classes take place every Monday from 2-4pm.

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

Men's Group & Garden Allotment project

If you are man who is affected by Cancer, we hold an informal group meeting every Tuesday from 11.30am to 12.30pm in Purple House Bray.

Learn how to grow fruit & vegetables in our garden allotment project in Shankill, every Thursday from 10,30am to 12.30pm. For more information, please contact us on 01-2866966

Classes & Therapies Programme 2017

DAILY:

- Cancer Support 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 12 noon, starts Monday Jan. 16th (booking required)
- Leather Craft with Martin Starts on Monday, 30th at 12 noon. Booking required as places are limited.
- Pottery classes in association with Signal Arts Centre resumes on Monday Jan 30th at 2pm. Booking required as places Limited.

TUESDAYS:

- Counselling and Complimentary Therapies by appointment.
- Relaxation class at 11am, starts Jan. 17th (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).
- Yoga Classes under the care of Mel Manina take place 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.

FRIDAYS:

- Go For Life physical activity programme at 11am, followed by group discussion resumes on Friday Jan. 20th. (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 Online...

Our Website:
Purplehouse.ie

Facebook:
PurpleHouseCancerSupport

Twitter:
@PurpleHouseIRL

Instagram:
@PurpleHouseCancerSupport

YouTube:
PurpleHouseCancerSupport

Fundraising News:

Valentine's Day Purple Heart Appeal
Tuesday, Feb. 14th 2017

Show your support for someone who is affected by Cancer by buying our Purple Heart pin for €2.

OUR PURPLE HEART is a sign of support for anyone who is affected by Cancer.

BUY OUR PURPLE HEART

> for a friend or loved one who is living with Cancer.

> in **memoriam** of someone who has passed away.

> in **support of Purple House**, who are **supporting** families & individuals affected by Cancer through the work of their Cancer Support Centre and services.

Pancake Tuesday
Feb. 28th 2017, Martello Hotel Bray

Join us to enjoy delicious pancakes at the Martello in Bray on Pancake Tuesday from 10am to 1pm. Enjoy a very sociable morning with friends. All proceeds to Purple House Cancer Support.

Sumo Run Ireland
Sunday, April 23rd, 2017 Marlay Park Dublin

Ireland's most unique 5k fun run in aid of Purple House. Tickets on sale at www.sumorun.ie

Patricia Kelly Concert
Thursday, April 20th, Esplanade Hotel, Bray

Join us for a very enjoyable night of music and singing with the famous Patricia Kelly, of the Kelly Family with Support Act, Liona Wever-Mitchell. Tickets available by emailing dndeventplanning@dublin.com