28th Anniversary 1990—2018

EST. 1990 PURPLE HOUSE CANCER SUPPORT

Spring/Summer 2018

Ireland's 1st Community based Cancer Support Centre

Welcome!

Hi and Welcome to our Spring/Summer Newsletter.

All of us at Purple House wish you a Happy and Healthy 2018 and beyond.

As we welcome in the New Year we wanted to let you know how we progressed during 2017. The year brought an unprecedented demand for our Community Based services from both children and adults alike, both in our Cancer Support Centre in Aubrey Court, Bray and our Outreach Clinics in the Lexicon Library Dun Laoghaire.

Thanks to the ongoing support and generosity of the people of Wicklow and South Dublin & Leinster we were able to provide over 5,000 support sessions and helped 191 newly diagnosed families.

Also throughout the year we provided 257 counselling sessions, and our team of volunteer drivers completed 478 trips to the various hospitals so people could avail of their cancer treatment.

We experienced a significant uptake in the demand for children and adolescent counselling and therapies and this will continue into 2018.

2017 also saw the launch of the National Cancer Strategy for 2017-2026 of which Purple House Cancer Support played a significant role advocating for the needs of the cancer patient and psycho-social supports and psychological help in the community.

Our 2018 class timetable carries a wide variety of workshops & classes for everyone to chose from and our one to one Counselling and Complimentary Therapies will continue daily.

Call in and see us soon,

Veronica O'Leary, Founder & Director of Services

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

Reg. CHY No. 20037178
Tel: (01) 286 6966
Email: info@purplehouse.ie
Web: www.purplehouse.ie

Billy Byrne's Story

Three years before I came to Purple House, I was diagnosed with Squamous cell carcinoma at the base of the tongue and in the right side of my neck.

At that time, I was also diagnosed with a separate cancer in my kidney. They decided to deal with the major cancer first and that kicked the hell out of me.

They fitted me with a peg before I started the treatment because they knew I was going to be tube fed.

I ended up in hospital half way through and after I finished, I was in hospital for three months.

I then had to go back in to a different hospital to get the kidney done.

So I didn't get a chance to recover and after that, my recovery took three years. It was three years that I was in and out of hospitals; mentally I was a basket case.

I asked myself "Why am I here? What's this? Three years and I'm still not recovered.

At that stage, my bedroom was my cocoon and I would come out for only an hour a day and sometimes I would go downstairs and maybe spend half an hour downstairs. I was literally that bad.

But in the end Carol got me up to Purple House and things did start to change. I was nervous coming in the first time. I used to be a confident person, I was a trainer, I was a regional commissioner in the scouts and I could get up in front of people, now I hate walking into a room where there are four or five people. That hasn't changed, that's still there. My self-confidence has gone, but from coming here in the beginning, when I wasn't able to talk, I was still being tube fed, a lot of things have changed since then.

Go to a Cancer Support Centre a couple of times and just sit and listen, it may be for you, or it may not be for you. But if you sit and listen, you might find something that will suit you.

I was a very tense person and I used to come to Purple House for a massage and I would start crying every time as it was such a release for me. I would never have thought that a massage would release things from you emotionally as well as your body.

I have a lot to thank Purple House for, especially for bringing me out from where I was. I used to never leave the house, I would only go as far as the gate and gradually I went further and further and Purple House has a lot to do with that. Purple House, thank you all from the bottom of my heart.

Full version of Billy's story available on purplehouse.ie

National Cancer Strategy Update

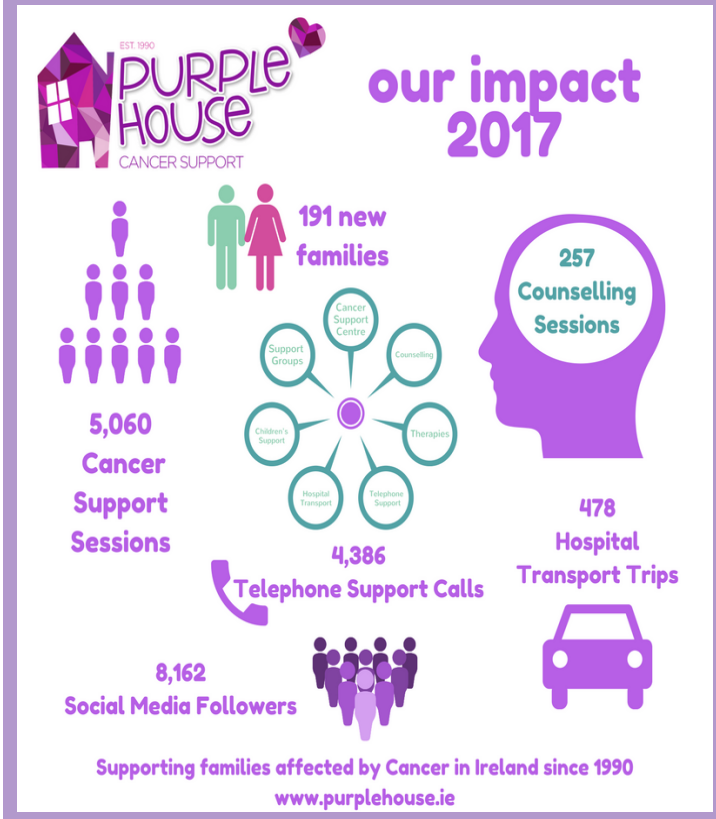
Purple House was represented on the Cancer Patient's Forum of the National Cancer Strategy 2017-2025 which was published last year. We are continuing to work with our colleagues on a national level to ensure that the recommendations of the strategy are implemented.

Our work in this area includes:

- Ongoing Meetings with the Minister for Health Simon Harris.
- Meetings with senior officials in the Cancer Policy Unit in the Department of Health.
- Membership of IPSON (Irish Psycho-social Oncology Network.)
- Membership & regular meetings of the Irish Cancer Society's National Network of Cancer Support Centres.
- Membership of the Healthy Ireland Network.
- Membership of the Alcohol Alliance.
- Membership of the HPV Alliance.

As Purple House was the first community based Cancer Support Centre in Ireland when founded in 1990, it is a vindication of our efforts to see psy-cho-social & psycho-oncology services mentioned more strongly in this National Cancer Strategy.

Purple House Cancer Support will continue to advocate strongly for community based services and the psycho-oncology needs of the cancer patient and their families.



Latest News

Meet our Board of Trustees

Purple House Board of Trustees is chaired by Dr. Margaret Crean and includes among others, a GP, an Oncology Nurse and people of various professional backgrounds. Our Trustees receive no remuneration for their time & services.

CLIMB (Children's Lives Include Moments of Bravery)

6 week COURSE at
Purple House Bray, Sat. April 14th at 11am.

CLIMB is run over 6 weeks. Its an enjoyable, sharing, interactive experience and a time for children to come together to deal with their feelings. Facilitated by Claire McKiernan and Megan Robinson. **Booking essential**

Volunteer Spotlight!

We have the most amazing volunteers in our Purple House Shop & Cancer Support Centre, just like Mary Cassidy, who volunteers every week with us.

If you have a couple of hours to spare each week, we would love to hear from you!

All funds raised from the shop support the work of Purple House Cancer Support Centre on Parnell Road in Bray and Out-reach Services.

Support your community cancer support Centre and donate your unwanted Christmas Gifts.

Food Cloud

Thanks to donations of surplus food from Tesco & Aldi, Purple House provided 1,901 meals to families affected by Cancer in 2017.

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 an **Easter Workshop** during the Mid term for our 5 to 12 year olds and a **Bowling and Pizza party** for our 12 to 18 year olds.
Dates will be confirmed but contact us to reserve.

Schools Outreach Programme

Would you like us to visit your school to give a talk on Cancer Prevention & our work in the Community? Email us on info@purplehouse.ie

Moving Beyond Cancer Monthly Meetings

Monthly meetings for Cancer survivors who have completed the 6 week course at Purple House.

Meetings will be facilitated by Emer Ivory and Claire McKiernan and will take place on the last Tuesday of each month.

Starting Tuesday 29th Jan. at 7pm

Nutritionist and Acupuncturist At Purple House

Nutritional Therapy and acupuncture at Purple House with Eamonn O'Brien.

Eamonn is a qualified Naturopathic Nutritional Theapist. Contact us for an appointment.

Upcoming Events

Purple House Cancer Support Group - Dun Laoghaire

Join us on the First Tuesday of each Month in the Lexicon, Dun Laoghaire from 6pm to 7pm for support and information on our cancer support services in the community. More details phone 01-2866966.

ART CLASSES AT PURPLE HOUSE

Purple House Cancer Support will hold a series of Art Classes with Paul on Monday's at 11am.

Classes begin on Monday 19th Feb. 2018 and places are limited. Booking is required.

PURPLE HOUSE CHOIR

Rehearsals take place every second Monday at 7pm in Purple House Bray, beginning on Monday 15th January. No singing experience needed, fun, relaxed atmosphere!

LADIES MINI MARATHON—JUNE 2ND

Join our 2018 Mini Marathon Ambassadors, Spin 1038's Lauren Kelly & Irish International Soccer Star Aine O'Gorman for the 10km event on June Bank Holiday Sunday.

All Team Purple House participants will receive a technical tee shirt, bandana, car sticker, training programme, transport to/from the event & post race celebration evening in The Martello Bray.

Email info@purplehouse.ie or phone 01-2866966 to join our team!

Classes & Therapies Programme 2018

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 Choir rehearsal's at 7pm. Booking required.

TUESDAYS:

- Counselling and Complimentary Therapies by appointment.
- Relaxation class at 11am. (booking required).
- Monthly meetings for Moving Beyond Cancer at 7pm. (Last Tuesday of each month.)
- 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.
- Child and Adolescent one to one therapies with Maebh by appointment.
- Benefits & Entitlements Advice 10-11am (booking required).
- Yoga Classes under the care of Mel Manina take place at 10.30am in the Epworth Hall, Florence Rd. Bray. Contact Mel direct at 086.2210567 to book your place.

THURSDAYS:

- Complimentary therapies by appointment.
- Nutritional Support and Acupuncture with Eamonn 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 Survivorship Programmes, Therapeutic Art, Children's camps & workshops, and more.

Find Us Online...

Our Website:
Purplehouse.ie

Facebook:
PurpleHouseCancerSupport

Twitter:
@PurpleHouseIRL

Instagram:
@PurpleHouseCancerSupport

YouTube:
PurpleHouseCancerSupport

Fundraising News:

Purple Heart Appeal 2018

Tuesday, Feb. 14th

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 memory of someone who has passed away.

In support of Purple House, who are supporting families and individuals affected by cancer through the work of our cancer support centre and community based services.

East Coast FM County Wide Coffee Morning

Friday, April 20th

East Coast FM in association with Purple House Cancer Support will hold their annual county wide coffee morning in The Martello, Seafront, Bray and Kingfishers Kitchen, Enniskerry, along with the Red Bird Café, (over Flanagan's, beside Woodies Bray) to raise vital funds for our community based cancer support services. Join us for a fun packed morning with music, super raffle and entertainment.

Sumo Run Ireland 5K Fun Run

Sunday April 22nd

Ireland's most unique 5k run! Lets Fight Cancer Together & take part in our Sumo Run Ireland Fun Run or walk in Marley Park, Rathfarnham. All in aid of Purple House. Visit www.sumorun.ie to sign up!