25th Anniversary 1990—2015

EST. 1990 PURPLE HOUSE CANCER SUPPORT

Autumn/Winter 2015

Bray & Dun Laoghaire

Welcome!

Statistics published by Purple House Cancer Support show that over **2,033** people availed of our Services in 2014.

In the same 12 month period, **2,246** individual cancer support services were provided to people who called into our Drop-In centre on Parnell Road, Bray.

Although our Centre is based in Bray, roughly half of people availing of our Services live outside of the Bray area.

This demand has led to Purple House holding Outreach Clinics in Park House, **Dun Laoghaire** to meet the needs of people affected by cancer in the South Dublin area. We appreciate the support of Dun Laoghaire Rathdown County Council for providing us with this venue.

Two Services that attracted high demand last year were the Professional **Counselling** Service and our Hospital **Transport** Service. During the year our team of counsellors provided **359** individual sessions to Clients, while the Transport Service, which sees a team of 15 Volunteer drivers bring people to hospital for their treatment, provided **409** trips in 2014.

The high level of our Service Provision shows that community based cancer support services form an integrated part of the patient's overall cancer care.

The Minister for Health Leo Varadkar has announced the next cancer strategy for 2016-2025 and Purple House Cancer Support is represented on the Cancer Patient Forum to report to the Steering Committee on the various issues.

Veronica

Founder & CEO

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

Transport as a Practical and Psycho-social Support for People with Cancer.

Most people living with cancer will deal with issues that cause stress. Stress is experienced from the initial diagnosis, to discussions of prognosis to treatment discussions and then practical considerations about travelling to appointments. While many patients cope well, a high proportion develops significant psychosocial distress. More than a third of patients experience anxiety and/or depression (Trill, 2013). Most hospitals and oncology services are not currently set up to support patients to the degree needed to offset the psycho-social impact of cancer. Evidence shows that when people experiencing cancer receive good social and psychological support, their quality of life improves. The majority of this support is provided at community level.

Transport support is a very practical support provided at a community level by Purple House and is part of a continuum of psycho-social supports. Because of the side effects of cancer treatment, patients can find it distressing or difficult to travel by public or hospital transport services, even if these are available, making them very reliant on private cars, taxis, etc. For

example, a study by MacMillan Cancer Support in the UK, published in 2006, found that 70% of patients faced extra costs in getting to their treatment and the average overall cost of travel and parking per patient was €325k (Owusu-Barnaby et al., 2006).

Purple House Cancer Support have recently carried out a Research Survey into the Transport Needs of Clients using our Hospital Transport Service. This research was carried out by Authors, Mags Crean and Ciaran Carroll. Full report can be found on our website: www.putplehouse.ie.

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Overall the transport service was found to impact directly on the quality of life for people with cancer. The transport service was found to be a practical support but also an emotional and financial support for clients. The research found the operational aspects of the transport service were very well received by clients who referred to communication, journeys, and drivers as all excellent.

The demand for the Transport Service provided by Purple House has been increasing by approx. 10% each year. From 199 trips in 2010 to 409 trips in 2014. This Service is financially supported through fund-raising activities and receives no statutory financial support. This is highly cost effective when the financial, practical and emotional costs are factored into alternative private and public transport options.

Recognising that transportation to and from treatment is often one of the most difficult challenges cancer patients face. The literature shows that transport support is more than just a practical support and is a psycho-social support. Irish Policy, funded through the NCCP, has identified transport as a significant support issue for people with cancer.

The Transport Service provided by Purple House is free of charge and fully assessable. The referral process involves hospitals and healthcare professionals referring clients to purple House or clients doing self-referral.
The Service includes transport of clients to the Blackrock Hospice, St. Vincent's Hospital, St. Luke's Hospital, Blackrock Clinic, The Beacon Hospital, St. Colmcille's Hospital, St. Michael's Hospital, St. James's Hospital and Beaumont Hospital, and to Purple House Cancer Support for counselling, complimentary therapies, and classes. Forty per cent of referrals come from St. Luke's hospital.

The Transport Service in Purple House has a number of aims:

1. To improve the quality of life, for those living with cancer and their families.
2. To reduce anxiety around getting to hospitals, appointments and treatments.
3. To make life as easy as possible for our Clients and their families.

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Dun Laoghaire Rathdown Festival of Inclusion

Purple House Cancer Support will take part in the Social Inclusion week with Dun Laoghaire Rathdown County Council during the week of 10th to 16th October.

Our talk on ***Cancer Support Services in the Community*** will be held in the Offices of Southside Travellers, on Thursday, Oct. 15th at 11am.

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Purple House *Boutique*

We have relocated our shop to 56 Main St. Bray. (opposite Bray Town Hall).
Why not pay us a visit and see our lovely selection of clothes, shoes, jewellery, bags, hats and much more.
Our Opening Hours are Monday to Saturday 10am to 5pm.

Photo Gallery

Sumo Run

Well done to everyone who took part in our Sumo Run & helped us break the Guinness World Record! Special Thanks to The Martello Hotel.

Medtronic

Thank You to the staff of Medtronic Ireland who painted our Drop In Centre at Purple House!

Bray Emmets

Well done to all the guys who took part in the Beard Shave in aid of Purple House!

Joe Schmidt

Irish Rugby Coach Joe Schmidt launched our new name Purple House with Dylan & Emma Lynch

Dun Laoghaire Outreach Clinics

Pictured at the launch of Our Clinics in Dun Laoghaire

Groove Festival

Our Young Ambassadors (below) attended the Groove Festival to promote Cancer Awareness

Purple House Boutique

56 Main St. Bray, open Mon—Sat. Donations of clothes and items needed!

Old Conna Golf Day

Well done to everyone who took part in the annual Old Conna Golf Classic in aid of Purple House. Special thanks to Jacinta and her team and toSponsors Nypro Healthcare and the Coach Inn.

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.

Irish Cancer Society's National Conference for Cancer Survivorship.

Purple House Cancer Support will be present at this years Conference, *Living Well with Cancer*, in the Aviva Stadium, Dublin 4, on Friday Sept. 18th and Sat. Sept. 19th next.

Look Good Feel Better Health Awareness morning.

Purple House Cancer Support will host a Health Awareness morning in the Strand Hotel, Bray on Thursday Oct. 1st next from 11am to 1.30pm. This event is in association with Snips Hair Studio and Boots No. 7 Beauty team. All are welcome so phone us for more information.

25th Anniversary Gala Purple Ball.

Our Gala Purple Ball to celebrate our 25th Anniversary of Community Based Cancer Support Services takes place on Sat. Oct. 24th next in the Barracuda Restaurant, on Bray Seafront. Book your tickets online at www.purplehouse.ie as this promises to be a great night.

Christmas Candlelight Service *And Party*

Our Annual Christmas Candlelight Service and Party takes place on Friday, Dec. 4th in the Holy Redeemer Church, Bray at 8pm sharp. This is an Ecumenical Service and includes representatives from all religious denominations. Music provided by the Holy Redeemer Folk Group with Special Guests.

Reception follows immediately after in the Little Flower Hall.

All are welcome to attend this special night.

Classes & Therapies Programme 2015

DAILY:

- Drop-In Centre open from 10am for support & information.
- Telephone support helpline at (01) 286 6966.
- Volunteer transport Service by arrangement.
- Home support and hospital visiting by arrangement.

MONDAYS:

- Counselling and complimentary therapies by appointment.
- Group relaxation sessions at 12noon, starts Monday Sept. 7th. (booking required)

Pottery classes in association with Signal Arts Centre take place from 2.30 to 4pm with Geraldine Keenan and Patricia Lewis. Places Limited.

TUESDAYS:

- Counselling and complimentary therapies by appointment.
- Relaxation class at 11am, starts Sept. 8th. (booking required).
- Men's Group Project from 11.30am at Drop-In Centre.
- 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).
- Painting and Drawing Classes with Yvonne take place on Weds in Premier Arts Shop, Main St. Bray. Places are limited so 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. Starts Weds Sept. 16th. 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..
- Knitting and Crochet Classes with Geraldine from 2 to 4pm. Materials supplied. 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:

Willies Wicklow Way

71 Year old William Smith from Shankill walked 132km of the Wicklow Way over 4 days to raise funds for Purple House! Well done William.

Crossfit 6 Week Bootcamp

Starting September 15th for 6 weeks.

Crossfit FSM on Killarney Road will start the six week course on Tuesday, September 15th with workouts taking place twice a week thereafter. Classes will run on Tuesday and Thursday evenings at 8.30am. The fee of €100 will be donated to Purple House Cancer Support. Participants get 12 classes with the FSM coaches, and six weeks online nutrition training. To book email info@crossfitfsm.ie

Line Dancing Marathon and Hoe Down.

Saturday, 26th September 2015

Get on your dancing shoes and join us for a Line Dancing Marathon in the Parkview Hotel, Newtownmountkennedy on Sat Sept. 26th next.

The Marathon takes place from 4-9pm and the Hoe-Down from 9pm till late. Sponsor cards and tee shirts available from Purple House, Aubrey Court, Bray.

Dublin City Marathon.

Bank Holiday Monday, Oct. 26th 2015

A number of people are taking part in the Dublin City Marathon on behalf of Purple House Cancer Support. If you would like to support us by taking part in this event contact us for tee shirt, sponsor card etc. We would love to hear from you.

Brady's of Shankill Fundraising Weekend

5th—7th November 2015

Fr. Ted Table Quiz & Lovely Ladies Competition, 12 Hour Treadmill Marathon, head shave & leg wax. All in aid of Purple House. Thanks to the staff of Brady's for organising this wonderful weekend.

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

Text PURPLE to 50300 to Donate €4

100% of your donation goes to Purple House across most network operators. Some operators apply VAT which means a minimum of €3.25 will go to Purple House. Service provider LIKECHARITY. Helpline: 0766805278

Young Ambassadors

Our Purple House Young Ambassadors on a recent social night out. Join in! info@purplehouse.ie