26th Anniversary 1990—2016

PURPLE HOUSE CANCER SUPPORT

EST. 1990

Autumn/Winter 2016

Bray—Dun Laoghaire & the Leinster Areas

Welcome!

Hi and Welcome to our Autumn/ Winter Newsletter.

One of the many services provided at Purple House is our Social and Respite breaks for people living with a cancer diagnosis and those who care for them.

Some of these can include Outings to Gardens or places of interest in Ireland. Santa Claus visits with presents for our clients children, and Tayto Park, which is a very popular day out with our families.

Our Christmas Candlelight Service and Party is growing in numbers every year and this too is a highlight for families to reflect on the year gone by. The party afterwards offers a Social element and is enjoyed by all.

Our Home Support for Families programme can allow a family member a few hours respite when caring for a loved one at home. This can include counselling and complimentary therapies for the patient and the family members in their own home, along with practical support such as transport etc.

We also partner with the Order of Malta, CASA (Caring and Sharing Association), and Our Lady Queen of Peace Parish to send ill and vulnerable people to Lourdes in France each year. These trips are for all religious denominations and can offer a time of reflection for people going through a difficult time and a respite break from illness and treatments etc. Full medical support is available throughout for those who need it. We acknowledge the support of James and his team at the Order of Malta, and Bernadette and Eddie from Our Lady Queen of Peace, Bray, for their support.

Call us or drop in if you need to avail of any of our Social and Respite Services or if we can help you in any other way.

See you soon, Veronica

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'I got off the bus at the Purple House Bus Stop'

A Personal Story

We are all great at helping out and looking after others, but when it comes to asking for or seeking help for ourselves, that's a different matter.

I went through breast cancer some years ago, surgery, chemotherapy and radiation therapy.

I was going along fine, got the five year "all clear" and all of a sudden the seriousness of the illness and what had happened to me hit home – I had been so well looked after with regular bloods tests, scans, specialist visits, etc., but then it was suddenly like someone had cut the strings of a puppet, I felt a bit wobbly and knew I needed some extra support in the aftermath of the illness.

I had heard of and seen flyers for the Bray Cancer Support Centre (now Purple House) and thought it might help to get involved. However, when you've gone through cancer one of the things that can happen is you lose your confidence and you're knocked off centre a bit. It took me at least 5 attempts to make contact with Purple House or Bray Cancer Support as it was previously called - I physically could not go through that Blue Door on the Main Street in Bray - when I finally plucked up the courage on 14th February 2013 and arrived at the new premises on Parnell Road, I was greeted with a fanfare of purple balloons, music, cakes, tea, coffee and other goodies!

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I soon realised this was not in celebration of me finally making contact with the centre or the way every "new" visitor is greeted, but it was in fact the day of the official opening of the new centre !

However, I'm glad to say I stayed that day, did return and have returned to the centre many times since.

The centre offers a safe harbour when you find yourself in rough, stormy seas.

It's a place where you can connect and get so much support and advice from people in similar circumstances who have been there and worn the tee-shirt.

There is a real honesty about people you meet there and they help to make the journey less lonely. Staff and volunteers are always looking out for you. There is great energy there and you are always greeted with friendliness, warmth and friendship.
You also get practical help and advice in relation to benefits/ entitlements etc. and also learn techniques and tools to help on the road to recovery through different classes/courses run by the centre.

There are support groups, swimming, yoga, mindfulness, painting, ceramics, knitting and crochet classes to name but a few – there is something for everyone, you just have to find out which one floats your boat. I especially enjoy the art classes and recently was involved in the "Expressions of Life" exhibition in the Signal Arts Centre which was amazing. The classes and courses give you a total escape and any thoughts or worries you have are left at the door for those couple of hours.

Purple House is an amazing space. It's a place where you can stand still and breathe. There is always support and advice there when and if you need it and when and if you want it. I feel we are all on the same bus trip, all on a similar journey, just at different stages along the route. I'm just so blessed I found the courage to get off the bus at the Purple House bus-stop, where you are always sure of a cup of tea or coffee, a biscuit and sometimes the odd purple balloon !

Written by A Purple House Client.

Latest News

Tayto Park Family Outing

Thanks to your support, we were able to take 60 of the families we support to Tayto Park in July. Trips like this help to give families affected by Cancer some much needed time out.

Purple House Boutique

56 Main Street, Bray, Co. Wicklow.

Join us to celebrate our 1st Anniversary on Friday September 30th!

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 10am to 5pm.

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

Our Commitment to Good Governance & Transparency

In light of the recent controversy in the charities sector, we want to reassure & remind our clients and supporters of the Governance & Transparency measures we have in place at Purple House over the past 26 years.

Please visit our website for more information:

www.purplehouse.ie/about-us/governance-and-transparency/

Workshop for Children Affected by Cancer

A Cancer diagnosis can bring many new and challenging changes to normal daily family life. We recently held a Dance & Movement workshop for 19 children to give them a space to express themselves & an opportunity to have their own time out among other children.

Thanks to our facilitators Claire, Geraldine & Serena and well done to all of the amazing children who took part!

CLIMB Programme for Children Affected by Cancer

Two of our staff members Serena Kilkenny & Claire McKiernan have completed the CLIMB (Children's Lives include Moments of Bravery) leader training course.

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.

This will be a fantastic addition to the services we provide to both children and adults here at Purple House Cancer Support.

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 Park House, 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.

September 16th: Culture Night:

Purple House Cancer Support have teamed up with Signal Arts Centre in Bray for **Culture Night.** Two workshops (Aug. 29th and Sept. 5th) will produce a Ceramic Art Fish wall hanging in line with their title **'Under the Sea'.** All are welcome to attend.

October 10th: Look Good Feel Better Workshop:

We will be holding a Look Good Feel Better workshop in The Strand Hotel Bray to mark Breast Cancer Awareness Month. Our support staff, Counsellors & Therapists will be on hand to answer your questions. Pamper & beauty sessions on the day.

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

October 13th: Dun Laoghaire/Rathdown Festival of Inclusion:

Each year Purple House takes part in the Festival of Inclusion at DLR Co. Council by hosting an information table throughout the week. This year the Festival is titled '***Creating Differences'***. Purple House will host a ***Mask Making Workshop*** during the Festival on Thursday, Oct. 13th from 11.30am to 1pm in association with Signal Arts Centre, Bray. Venue to be confirmed and places limited.

October 22nd: Irish Cancer Society's National Conference for Cancer Survivorship:

This year's conference 'Living Well with Cancer', takes place at the Aviva Stadium, Dublin 4 on Sat. Oct. 22nd. To register email: support@irishcancer.ie.

December 2nd: Purple House Christmas Candlelight Service & Party:

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

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 12 noon, starts Monday Sept. 12th (booking required)
- Leather Craft with Martin Starts on Monday, Sept. 12th at 12 noon. And each Monday for 8 weeks. Booking required as places are limited.
- Pottery classes in association with Signal Arts Centre resumes on Monday Sept. 12th at 2pm for 10 weeks. Booking required as places Limited.

TUESDAYS:

- Counselling and Complimentary Therapies by appointment.
- Relaxation class at 11am, starts Sept. 13th (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:

- Card making workshop with Patricia takes place Thurs. Sept. 22nd 11am to 1pm. Materials provided. Booking required as places limited.
- 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 Sept. 16th. (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:

Sumo Run Ireland 5K Fun Run
Sunday August 28th 2016

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

Old Conna Golf Classic
Friday, Sept. 2nd 2016

Our Annual Golf Classic at Old Conna Golf Club will again be held and organised by Jacinta, Denis and her team on Friday Sept. 2nd next. 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 Sept. 4th 2016

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.

60's and 70's Music Night
Friday Sept. 24th 2016

Join us for a fun music and dance night to tunes from the 60's and 70's era in Bray Head Fisherman's Club, Strand Road Bray. Cost €10 entrance. Raffle and Spot prizes!

Line Dancing Marathon and Hoe Down
Saturday Oct. 22nd 2016

Bray Line Dancers and their teacher Patricia Magee will hold their Annual Line Dancing Marathon and Hoe Down in the Royal Hotel Bray.

Sponsor cards and tee shirts available so contact us for more details. All Welcome!

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.