28th Anniversary 1990—2018

PURPLE HOUSE Cancer Support

Autumn/Winter 2018

Ireland's 1st Community based Cancer Support Centre

Welcome!

Hi and Welcome to our Autumn/ Winter Newsletter.
One of the many classes provided at Purple House Cancer Support is our very own Purple House Choir.

'Music gives a soul to the Universe, wings to the mind, flight to the imagination, charm to sadness, gaiety and life to everything else.'

Our therapeutic singing class meets twice a month at Purple House under the direction of Brian Kennedy on keyboard and Martin Dodd on guitar. The purpose of the group is to enjoy singing and no experience is necessary. Singing has been shown to generate a sense of positive mood, happiness and enjoyment. Such positive feelings also counteract feelings of stress or anxiety and help to distract people from internal negative thoughts and feelings.

Our aim is to give people something to sing about and to reduce stress levels that build up for those living with illness and other issues.

Occasionally we will have an opportunity to showcase our singing and musical abilities at Purple House events and other activities, although people are under no obligation to perform but can come along and support the team.

If you are interested in learning more about our Choir or indeed any one of our many classes and courses feel free to come along and speak to us and we can tell you more.

Call in and see us soon.

Veronica O'Leary, Founder & Director of Services

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A Personal Story

By Mary Sorohan

I spent my 60th birthday in hospital. I had experienced problems with my leg but an x-ray seemed to confirm that it was just wear and tear. Then a fall at work led to further investigation and eventually a diagnosis of bone Cancer.

Physically I steadily recovered from the subsequent operation.
My husband Martin has been beyond amazing throughout visiting every day and having the house adapted with various gadgets to make life easier when I came home. I am blessed with what my father called pig iron – which basically translates as stubbornness! - but especially in the face of adversity.

So I progressed from wheelchair to walker to two crutches and now to one crutch.
My mobility is, and will remain, impaired but, determined to get out of the house, I started catching the 145 bus and going the two stops necessary to take me into the heart of Bray and to the heart of that place of saving, Purple House.

Having walked the mini marathon a couple of times for them I knew they were there. And I also knew that the wounds that nobody could see, and that I didn't talk about, needed to be healed.

My brother Rob was another constant visitor when I was in hospital and, as soon as was possible, had me in a wheelchair and brought me across the road to a restaurant and also a church when I was beginning to forget that I could still go outside.

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Going into Purple House is like stepping from noise and busyness into a church. Even though it is right in the centre of a bustling town, exactly where it needs to be so people can access it, the peace, calm and gentle welcome are tangible as soon as you go through the door. I refer to the "gentle welcome" as, being used to solving things for myself, I may well have reacted like a startled colt if I had felt swamped by kindness. The balance is just right.

I had a chat and was made aware of various things that I could become involved with and have found the Moving Beyond Cancer sessions with Emer and Claire invaluable. There is no pressure to join anything but, because of the atmosphere, and the attitude of the people there, I found myself wanting to embrace the space being created for me rather than turning tail and running away. It is a place where I felt beckoned rather than told what to do. The various activities are not all listed out at the beginning which left me encouraged to enquire further and to explore and experiment.

What I found to be a major help was simply being with people. Having worked all my life I began to feel lonely being in the house by myself. In spite of my best efforts I was starting to become disabled, emotionally as well as physically.

Purple House has given me back the enjoyment of being part of things. I have learned to trust my own opinions and outlook on life. Having become part of a group of people who help, encourage and laugh with each other I am very glad that I took that bus those two stops and allowed all in Purple House to embrace me.

As Dusty Springfield sang "Things will be great when you're downtown".

By
Mary Sorohan

Some of our younger clients at Purple House

Latest News

Meet Meabh Eglington, a key Volunteer and one of our Children's Sensory and Play Therapists.

Meabh applies counselling and therapeutic skills on a one to one basis at Purple House.

These sessions help children and adolescents by providing a safe place where they can come together and engage in sensory and creative play.

Contact us on 01-2866966 or email us to book an appointment or session with Meabh.

Strides for Life

A Walking Programme for Cancer Survivors based on the 'Murphy Cardiovascular (METs) Programme' by the Irish Cancer Society.

Strides for Life is a 16 week walking plan that brings a participant through a structured walking programme gradually increasing fitness and training over it's course. **Start date September 28th at 9.30am.**

Purple House Shop Pre Christmas Sale

A Pre Christmas Sale takes place on **Thurs. Nov. 8th from 6pm in Bray Town Hall.**

Our Charity Shop was set up to help raise funds for our Cancer Centre and our Community based services.

Thank you so much for your ongoing help and support and donations of clothes & other items.

Complimentary Glass of Mulled Wine for each person.

Physical Activity

At Purple House we organise a number of cycling and walking events to encourage people to stay active to reduce their Cancer risk. We will be setting up a Purple House Cycling Club to meet these aims. Contact us if you are interested in joining!

Workshops for Children & 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 a **Halloween Workshop** during the Mid term for our 5 to 12 year olds and a **Bowling and Pizza party** for our 12 to 16 year olds.
Dates will be confirmed but contact us to reserve. your place and we will notify you in advance.

Bray Primary Care Centre

Representatives of Purple House attended the sod turning of the Bray Primary Care Centre.

L-R: Conor O'Leary, Margaret Byrne, Simon Harris Minister for Health, Brid Collins & Aisling Gorman.

Moving Beyond Cancer Course

For Cancer survivors who have finished their treatment. Course topics include: Adapting to change post illness; New Perspectives-What's Meaningful Now; Self care strategies; Building Self esteem and confidence. This will be a confidential closed group. Places are limited so booking is essential.

Acupuncturist At Purple House

Eamonn O'Brien has joined us to provide acupuncture sessions at Purple House.

Eamonn is a graduate of The Irish College of Traditional Medicine.

Contact us to make an appointment.

Upcoming Events

Purple House Cancer Support Outreach Clinic The Lexicon, Dun Laoghaire

Join us on the First Tuesday of each Month in the Lexicon, Dun Laoghaire from 6.30pm for support and information on our cancer support services in the community. More details phone 01-2866966.

Cancer Week—September 24th-30th

Purple House Cancer Support will host an ***Open Day* from 11-1pm on Tuesday September 25th** Come along and meet our counsellors, therapists, staff and volunteer drivers. Enjoy a cuppa and see at first hand the vital services available in your Community.

Irish Cancer Society's National Conference for Cancer Survivorship: *Living Well with Cancer*. Takes place on September 15th in the Clayton Hotel, Ballybrit, Galway and September 22nd in the Clayton Hotel, Silver Springs, Cork.

To reserve your place at either one of these dates please email: support@irishcancer.ie to book.

Pamper Morning to coincide with Breast Cancer Awareness Month. October 19th.

We will be holding a **Pamper and Beauty workshop** in Purple House, Aubrey Court, Bray to mark **Breast Cancer Awareness Month** on Friday 19th October from 10am to 1pm. Our support staff, Counsellors & Therapists will be on hand to Pamper you and answer any questions.

Dun Laoghaire/Rathdown Festival of Inclusion. October 5th to 13th, 2018.

This year the Festival is titled '***Our Heritage: Where the Past Meets the Future'***. Purple House will host an ***Information talk*** during the Festival on **Thursday Oct. 11th** More details available by contacting us on 2866966.

Men's Cancer Awareness Month —November

Purple House Cancer Support will **host a Workshop in November** to coincide with Men's Cancer Awareness Month. Contact us to book your place.

Purple House Christmas Candlelight Service & Party: Friday 7th December

Join us for our annual **Christmas Candlelight Service and Party** in the Holy Redeemer Church Bray at 7.30pm sharp. Music and Singing with Purple House Choir and Special Guests. More details to follow nearer the time.

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.
- Informal Art class get-together from 11am to 12.30pm.
- Purple House Choir meetings. Every second Monday.

TUESDAYS:

- Counselling and Complimentary Therapies by appointment.
- Relaxation class at 11am. (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).
- Moving Beyond Cancer Monthly meetings for participants on all previous courses at 7pm on last Tuesday of each Month. Booking required.

WEDNESDAYS:

- Reflexology and Complimentary Therapies by appointment.
- Sensory and Creative therapies for children by appointment.
- Benefits & Entitlements Advice 10-11am (booking required).
- Yoga Classes under the care of Mel Manina take place weekly. Contact Mel direct at 086.2210567 to book your place.

THURSDAYS:

- Counselling and 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 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 Therapeutic Art, Leather Craft, Children's Halloween Mask Making workshop, Pamper days, and more.

Contact us for more details.

Find Us Online...

Our Website:
Purplehouse.ie

Facebook:
PurpleHouseCancerSupport

Twitter:
@PurpleHouseIRL

Instagram:
@PurpleHouseCancerSupport

YouTube:
PurpleHouseCancerSupport

Fundraising News:

Old Conna Golf Classic—10th Anniversary

Friday 7th September, 2018

Our 10th Anniversary Charity Golf Classic in aid of Purple House takes place on Friday, 7th September in Old Conna Golf Club. A team of 4 costs €200 and this includes food.

Prize giving, Entertainment and Raffle takes place in the Coach Inn, Dublin Road from 8.30pm.

Prizes sponsored by Nypro Healthcare.

Contact Jacinta at 086.2517169 or Purple House at 2866966.

Enniskerry Festival 2018

Friday, September 7th to 9th September, 2018

The Enniskerry Festival this year is in aid of Purple House Cancer Support and the Enniskerry Joint Parishes. On Friday 7th September, Bagatelle will be playing live in the Festival Marquee for their 40th Anniversary Tour. Tickets cost €20. On Sunday 9th September we have the Victorian Field Day with fun and entertainment for all the family including a Soap Box Derby. Visit www.enniskerryfestival.ie for more details or contact us at Purple House at 2866966 or info@purplehouse.ie.

The Wicklow Way Challenge

Sunday September 16th 2018

Our very popular annual sponsored walk this year will take place along the Wicklow Way. Our Wicklow Way Challenge will start from Marley Park in Rathfarnham at 10am and continue along to Johnny Foxes in Glencullen. This route will be approximately 13/15 km and will take in some nice countryside. Contact us for sponsor card & more details on how to register for this event.

Church Gate Collection in Enniskerry Parish Churches

A Church Gate Collection takes place on Sunday October 7th at Kilmacanogue 10am Mass, Enniskerry for 11am mass and Curtlestown for 10am mass to help support the day to day running of our Drop In Centre and our Community based services.

Volunteers needed to collect at each of these Masses so please contact us if you are available to help at either one of them.

The Purple House 4 Peaks Cycling Team 2018!

Sponsored by Member's First Credit Union Artane & Clontarf CC

Thanks to all of our friends, supporters and fundraisers. Your support enables us to continue to help over 1,100 families who access Purple House each year.