29th Anniversary
1990 – 2019

EST. 1990
PURPLE HOUSE
Cancer Support

Spring/Summer
2019

Ireland's 1st Community based Cancer Support Centre

Hi and Welcome to our Spring/Summer Newsletter for 2019.

I hope that the Christmas season was kind to you and all of us at Purple House wish you a Healthy and Peaceful New Year and beyond.

We are delighted to announce that Purple House were awarded 1st in the Health and Well being section of the Dun Laoghaire/Rathdown Community Awards 2018 at a reception in the Radisson Blu St Helen's Hotel, Blackrock, Co. Dublin by the Cathaoirleach Councillor Ossian Smyth. See photo overleaf.

Our Outreach Clinics in the dlr Lexicon library enables us to reach more people living with cancer in the South Dublin areas. More than 50% of clients attending Purple House for support, information and counselling reside in the Dun Laoghaire/ South Dublin areas and it is our aim to grow and expand our cancer support clinics and groups in Dun Laoghaire during 2019.

We are also pleased to announce that Purple House is holding an Exhibition in the dlr Lexicon library, Level 3, on February 5th next. Our Exhibition entitled 'My Expressive Journey' is a collection of works produced by class participants at Purple House Cancer Support and will run until March 15th. Admission is free so please come along and see all the amazing work that has been produced.

Purple House cancer support have created a warm and nurturing space that allows people to explore ways of creativity for relaxation and expression through a non verbal way.

Call in and see us soon.
Kind regards, Veronica

EST. 1990 PURPLE HOUSE

Aubrey Court
Parnell Rd. Bray,
Co. Wicklow
Ireland

01 – 2866966
info@purplehouse.ie
www.purplehouse.ie
Reg. Charity No. 20037178

"They're sort of like a second home to us"
Dan & Juliet

A Killiney family have thanked Purple House Cancer Support for helping them through the sad loss of their husband and dad.

Declan sadly passed away from cancer in April 2017, and his children Juliet (11) and Dan (8) and his wife all get great support from the charity through counselling and play therapy.

Juliet and Dan's mam told ***Dublin Gazette*** that Declan was a "great dad" and that Purple House has been such a huge support to the family since he passed away.

"We started going there first when Dec was sick and Purple House ran the **CLIMB** *[Children's Lives Include Moments of Bravery]* programme. This was really helpful for Juliet and Dan in understanding cancer and what their dad was going through.

After he died, Purple House has continued to support us through counselling and group work. Juliet and Dan attend every week and enjoy their time and the support they receive from purple house.

It is always fun for them to go there. They are always welcomed with open arms and feel very well supported by everyone there. Purple House has enabled us to deal with everything that has happened over the last few years and still remain positive and optimistic."

Her message to anyone who has lost a loved one to cancer is to talk to someone about how you feel. "In losing someone to cancer, it's really important to talk about your feelings and have a safe place where you can express what's going on."

Declan's daughter Juliet is thankful for the support she has received from Purple House since her dad passed away.

Continued Over . . .

Cont. from the previous page . . .

"We always know we have people supporting us and that we always have someone to talk to. It's made me feel very confident. I would really recommend this to anyone who is affected by cancer because it's a really nice place to go," said Juliet.

Dan, who used to love going to rugby matches with his dad, also loves Purple House because "they're really nice and they're sort of like a second home to us."

As Published in The Dublin Gazette on 17th January 2019

Purple House wins 1st Place Health & Wellbeing in DLR Community Awards

The award was in recognition of our Dun Laoghaire Cancer Support Services. We hold a Cancer Support Group in the DLR Lexicon Library on the 1st Tuesday of every month from 6.30-8pm. All welcome – patients, family members and carers.

Purple House Art Exhibition

Art class participants in Purple House will be showcasing their artwork at a special Exhibition in the DLR Lexicon Library Dun Laoghaire.

The Exhibition 'My Expressive Journey' will be held from 5th February to 16th March 2019 on Level 3. All welcome, free admission.

The nature of our classes involves the exploration of various mediums through the process of creation within a therapeutic environment. Our classes allow people a voice, and to develop their own individual personal growth.

Meet Sophie Creedon

Sophie is doing her Counselling placement in Purple House and helps to support families affected by a Cancer diagnosis.

Four years ago, Sophie's only brother Sam passed away from Cancer aged just 21. Sam was diagnosed when he was only 12. Sophie and her family travelled with Sam to America to receive treatment and to ensure he received the care he needed.

Following the passing of her brother, Sophie knew that she wanted to work in Cancer Support and to use her experience to help others.

'I love it, I feel like I was meant to come here, I love Purple House and how they support people. Being here reassured my dream of working in Cancer Support'

Sophie's long term goal is to work in psycho-oncology in a hospital setting, but for now she is gaining Counselling experience working in the Community in Purple House.

Our team of Counsellors support people and families on a daily basis in our Cancer Support Centre in Bray, Co. Wicklow.

Last year the team provided 574 Counselling sessions thanks to donations from the public.

These vital sessions, ensure that families like Sophie's can cope with the devastating effects of a Cancer diagnosis.

If we can support you or someone you know, please don't hesitate to contact us on 01 286 6966 or at www.purplehouse.ie our doors are always open.

Cancer Thriving & Surviving Programme

A Stanford University Self-Management Programme

Registration is now open for the 6 week Thriving & Surviving Programme, which will take place in Purple House Cancer Support Centre on Tuesdays from 7.30pm to 8.30pm Start date to be confirmed.

Booking essential by calling 01-2866966 or email info@purplehouse.ie

CLIMB Programme

Registration is now open for our next **CLIMB** Programme, dates to be confirmed . . .

CLIMB is a programme for children aged 5-12 who are experiencing the impact of a parent's cancer diagnosis.

CLIMB . . . stands for Children's Lives Include Moments of Bravery.

CLIMB is run over six weeks. It's an enjoyable, sharing, interactive experience and a time for the children to come together to deal with their feelings. Throughout the programme the children will develop an understanding of cancer and from this understanding the myths and fears that children can hold about cancer will be dispelled. The programme is creative, using drama, arts and play. They are also based on having fun together and meeting new friends.

To register, please contact us on 01-2866966 or email info@purplehouse.ie

Purple House Choir

The Purple House Choir will be performing in The RDS at The Perform Ireland Festival on Sunday 17th February at 3.30pm.

Tickets available from Purple House.

The Purple House Choir meet every 2nd Monday at 7.30pm in Purple House and is open to anyone affected by Cancer. No Singing experience necessary.

Strides for Life Walking Programme

New 16 week walking programme starting on Friday 1st February from 9.30am.

The 16 week walking plan brings participants through a structured walking programme that gradually increases fitness and training over the course duration. Booking essential by calling 01-2866966 or emailing info@purplehouse.ie

EST. 1990 PURPLE HOUSE Cancer Support

Direct Debit Form

A regular monthly donation is one of the most efficient ways in which you can help Purple House Cancer Support Centre's work in a positive way. We would very much appreciate your support. Each year, Purple House helps over 1,300 families living with Cancer in Ireland.

'I don't really feel comfortable talking about Cancer to my friends. Purple House gives me a place to talk, deal with it and cope. It's nice to have that safe space to do it' Hannah aged 14

1 in 3 people will be affected by Cancer in Ireland and an average of **30,000 new cases** of Cancer are diagnosed each year.

"Purple House has enabled us to deal with everything that has happened over the last few years and still remain positive and optimistic."

Your donation of **€10 per month** will bring a patient into hospital for their Cancer treatment. A donation of **€21 per month** will provide Play Therapy for Children living with Cancer or a donation of **€50 per month** will provide a Counselling Session to a person living with Cancer.

If you can help us to support more families, please complete the form overleaf and return to us at **Purple House Cancer Support, Aubrey Court, Parnell Road, Bray, Co. Wicklow. Thank You**

Purple House is a registered charity No: 20037178 & is registered with the Irish Charities Regulator.

p.t.o. to fill out and return our Direct Debit Mandate

CLASSES & THERAPY PROGRAMME 2019

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 meetings. Every second Monday.
- Creative Writing 10 Week Course starting March.

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 Art therapies for children by appointment.
- Benefits & Entitlements Advice 10-11am (booking required).

THURSDAYS

- Counselling and Complimentary therapies by appointment.
- Men's group project at 11am in Shanganagh Community Garden Project, Shankill, Co. Dublin.
- Yoga Classes under the care of Mel Manina take place weekly. Contact Mel direct at 086.2210567 to book your place.

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).
- Strides for Life Walking Programme, 9.30am at Purple House Bray.

Direct Debit Mandate

By signing this mandate you authorise (A) Purple House to send instructions to your bank to debit your account and (B) your bank to debit your account in accordance to the instructions from Purple House. As part of your rights, you are entitled to a refund from your bank under the terms and conditions of your agreement with your bank. A refund must be claimed within 8 weeks starting from the date on which your account was debited. Your rights are explained in a statement that you can obtain from your bank.
Please note: All fields must be completed to enable us to process your payment. Thank You.

Name
Address
Phone
Email
Your BIC
Your IBAN

All Direct Debit Mandates now require your 8-digit BIC Number and 22 digit IBAN which you can find on any recent bank statement

☐ **Yes, I wish to help support families affected by Cancer all year long by becoming a Purple House monthly subscriber.**

Please debit my monthly gifts on the 21st of each month of ☐ **€10 monthly** ☐ **€21 monthly*** ☐ **€50 monthly or I prefer €** _____ **monthly.**

PAYE and Self-Assessed taxpayers: When you donate €250 or more in a given year, we will send you a tax form. This will allow us to reclaim the tax paid on your donation from the government and help even more people in need at no extra cost to you.* ***Thank You!*

Date of Signing _____ **Signature(s)** _____

☐ **Please tick here so that Purple House can update me, from time to time, on how I made a difference and how I can help families affected by Cancer in future.**

Once completed, please return this form to:
Purple House Cancer Support, Aubrey Court, Parnell Road, Bray, Co. Wicklow
Purple House Credit Transfer/Bank Account Details BIC: BOFIIE2D
IBAN: IE22 BOFI 9010 3685 4553 53. Bank of Ireland, 45 Main Street , Bray, Co. Wicklow

Fundraising News

Purple Heart Appeal – February

This February we are asking you to support people living with Cancer by picking up a Purple Heart pin badge for €2. Wear your Purple Heart on **Valentine's Day Thursday 14th Feb** and show your support!

We are also delighted to announce our Purple House Caring Bears which will also be for sale for €5. We need your help to enable us to help more families living with Cancer.

Purple House Charity Shop Spring Sale

Thurs 28th March 6-9pm – Bray Town Hall
Designer & brand new men's, women's and children's clothes. All welcome.

EastCoast FM County Wide Coffee Morning

Friday 12th April
Join us at The Martello Hotel Bray, Arboretum Kilquade, Red Bird Café Bray & Kingfishers Kitchen Enniskerry for the annual **EastCoast FM Wicklow County Wide Coffee Morning**. Prizes, music and celebrity guests.

VHI Women's Mini Marathon

Sun June 2nd 2019

Join Team Purple House for the annual 10km fun run and walk. All of our Team will receive a technical tee shirt, bandana, transport to & from the event, post-race celebration evening & sponsorship pack. To sign up, contact us on info@purplehouse.ie or phone 01-2866966

Purple House Coast2Coast Bray to Galway Cycle

Sat/Sun 13/14th July 2019
Our popular Coast2Coast cycle from Bray beach to Salthill Strand Galway is back for 2019! The Purple House Coast 2 Coast Cycle Challenge is a Cycle over two days from the East Coast to the West Coast of Ireland. Join us for this fun challenge and help us to support families affected by Cancer in Ireland through the work of Purple House Cancer Support Centre. To sign up, contact us on info@purplehouse.ie or phone 01-2866966