



Gort Cancer Support

Supporting People affected by Cancer

September 2021 Issue 4

Welcome to the September 2021 edition of our newsletter

Hello ...

It's hard to believe that our summer is over and we are once more facing into the winter months. With the gradual reopening of society we have also seen a phased return to services here at Hollyblue House. We are seeing an increase in numbers for all of our existing services and activities, and where possible we are adding additional services where we see a need. As ever, these services are all dependent on the generosity of the people who support us both financially and those who give their time by volunteering.



Garden Party

We are extremely grateful to everybody who hosted a Garden Party in aid of Hollyblue House. While the weather was glorious for most of the events, there were a few that were a washout as our weather is always so unpredictable. We plan to make this our annual fundraiser for Hollyblue House.

Pop Up Shop

Our online pop-up shop has proved hugely popular during lockdown, however we were delighted to be able to finally host a real life event on August 19th. The weather held up and we had a fabulous evening, the highlight being our sale of original paintings by Sr. Caomhín.

Sr Caomhín has been attending our Art Classes at Hollyblue House for the past few years and produced an amazing collection of art work during that time. Prior to her move to Galway City with the Sisters from the Convent of Mercy Gort, Sr. Caoimhín donated her art work to raise funds for our support centre. The paintings proved hugely popular with interest from far and wide and a total of €840 was raised. We would again like to thank Sr. Caoimhín for her generosity.
Go raibh míle mhaith agat.





Healthy Eating Workshop

Another September highlight saw Maureen Fynes, of MF Wellness, hosting a Healthy Eating Workshop in our studio at Hollyblue House.

During this workshop Maureen shared some tips and strategies on how to make healthy food choices. Maureen also provided information on implementing an exercise plan as well as some strategies for helping to manage rest and stress levels.

Play therapy

We are delighted to have 2 new play therapists join us at Hollyblue House - Anne Cahill & Niamh Fox. Both Anne and Niamh are well qualified, having Post Graduate Diplomas in Play Therapy among their qualifications & have a wealth of experience in working with children in various settings. Usually, children do not have the cognitive ability to express using words what may be bothering them, so instead the child uses therapeutic mediums to play out their problems. A child's healing process is unique to them. The child centered approach enables them to take it at their own pace.

Child Centred Play Therapy

Anne Cahill
Play Therapist

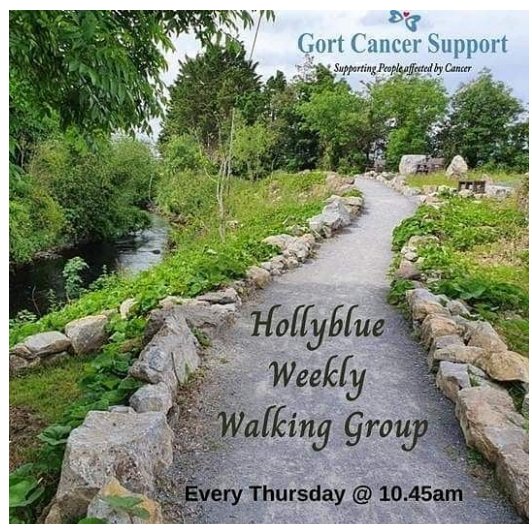
Niamh Fox
Play Therapist

For more information or to meet Anne or Niamh

Please contact us on 086 1724500

Child centred play therapy can help children with issues relating to significant changes in their lives.

Suitable for children from aged 3yrs upwards



Walking Group

Recent studies suggest that group walks have positive effects on mental health and well-being. Moreover, those who walk in a group report less stress and are less likely to face depression. Research also concluded that people who had recently experienced a stressful life event or a serious illness also experienced a mood boost following group walks.

Our weekly walking group meet at our support centre at 10.45am every Thursday morning and regularly walk along the Gort River Walk.

Art Psychotherapy

We are delighted to introduce Art Psychotherapy to our centre, with the first group starting on 13th September. Helen Griffin is an Art Psychotherapist & Artist with post-graduate training in Psychotherapy. She has a Masters in Art Therapy from CIT Cork. Helen is fully accredited with the Irish Association of Creative Arts Therapists (IACAT) and pre-accredited with IAHIP.

Art Psychotherapy is an integrative therapy approach using art materials & guided by each individual's needs. When words & feelings are difficult to express Art Therapy offers a way to explore personal understanding and meaning through creative expression. No art ability is necessary as art therapy is about the process & not the final product.



Knitting & Stitching Group



Every Thursday Morning
10.30am – 12.30pm

Knitting and Stitching

September has also seen the welcome return of our Knitting and Stitching group (previously known as Pins and Needles). This group runs on Thursday mornings at 10.30 – 12.30 and all are welcome to come and share techniques over a cuppa. The group are currently working on creating Halloween decorations with lots more exciting projects in the pipeline.

Volunteers

If you have some time to spare and would like to volunteer with Gort Cancer Support, we would love to hear from you.

Examples of the volunteer roles available in Hollyblue House are:

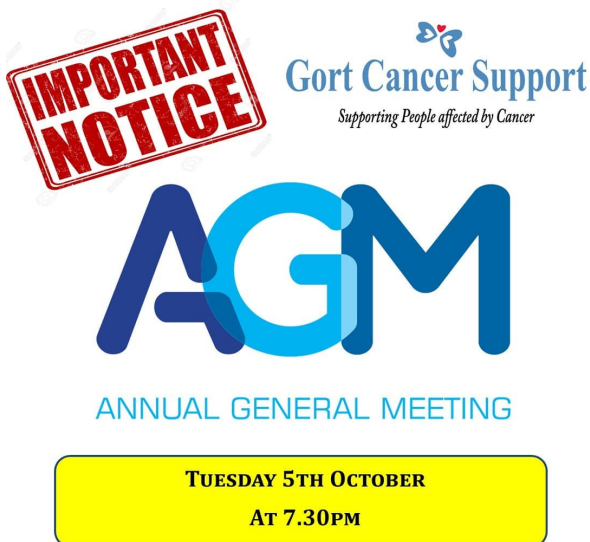
- Fundraising
- Meet & Greet
- Administration
- Drivers
- Activities facilitators
- Gardening

Please call 091 648606 or 086 1724500 to find out more.

*Volunteers don't get paid,
not because they're worthless,
but because they're
Priceless.*

- Sherry Anderson



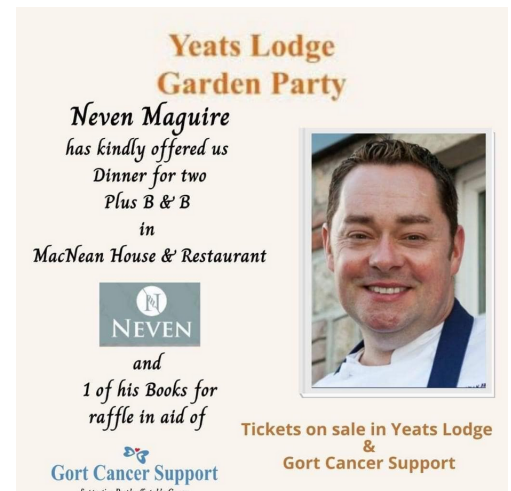


Annual General Meeting

Our AGM will take place on Tuesday 5th October at 7.30pm in Sullivan's Hotel, Gort. The meeting is open to everyone & new committee members are always welcome. To give us an idea of numbers, please confirm your attendance by phone (086 1724500) or email info@gortcancersupport.ie. We look forward to seeing you there.

Yeats Lodge Raffle

Yeats Lodge, Peterswell, is holding a raffle in aid of our support centre with an amazing prize courtesy of Neven Maguire. A lucky winner will enjoy Dinner, Bed & Breakfast at MacNean House & Restaurant. Tickets are €5 and can be purchased from Yeats Lodge, our support centre between 10am - 3pm Monday to Friday or online at <https://www.idonate.ie/raffle/YeatsLodgeGardenParty>. The draw will take place on Saturday 30th October. Thanks to Dáithí O'Sé for his involvement in organising this fantastic prize.



And Finally ...

We cannot finish off without mentioning the amazing John Sullivan. Most people must now be aware of his incredible ongoing fundraiser to greatly reduce the mortgage on Hollyblue House. Don't miss the next edition of our newsletter when we will have a full feature on his fantastic achievement.

As we have stated on numerous occasions, we receive no state funding and rely totally on the generosity of people and businesses to fund the ongoing costs of our centre. These include the phones, broadband, electricity, oil, insurances as well as covering the costs of all our professional therapists. We have no paid staff and our centre is run by volunteers - directors, management committee, meet & greet volunteers, volunteer drivers, administrative volunteers and volunteer facilitators with the assistance of two people on a community employment scheme.

This is the reason we are so grateful to everybody who supports us in any way because without your support we would not be able to provide the vital support services to people affected by a cancer diagnosis in our area.

