



# Gort Cancer Support

*Supporting People affected by Cancer*

March 2022 Issue 6

## Welcome to the March 2022 edition of our newsletter

2022 started off on a very rocky road as the Covid 19 omicron variant took hold of the country. But thankfully, we now appear to be coming out of the grips of the coronavirus. It is with gratitude we are facing into a more normalised way of living. While it's great to see restrictions easing, for the safety of everyone in our centre we would ask you to continue to wear a face mask when you visit Hollyblue House.

A diagnosis of cancer profoundly changes a person's life. Many people feel alone, isolated and afraid. Some people keep their fears to themselves in order not to cause further trauma to their families. Others have no one to share their fears with. By adopting a holistic approach and providing a range of supportive services and activities in our Support Centre, we enhance people's wellbeing and coping skills.



Gort Cancer Support  
*Supporting People affected by Cancer*



PEER SUPPORT GROUP  
MEETING EVERY THURSDAY  
7PM

### Peer Support

People living with cancer often benefit from the practical help and advice they receive from others who have lived through similar situations. Support groups bring people together and provide a safe forum for exchanging perspectives, sharing concerns, and gaining confidence to face the future. Our support group is led by a trained facilitator, Deirdre Munro. Support can help people with cancer and family caregivers feel supported by a community or navigate the complex process of managing a life-altering illness.

Peer support lets a person vent their frustration, learn about new treatments or research protocols, and exchange information. The key to how this works is likely quite simple. Knowing that others have had similar experiences and that they can help may make all the difference in how someone lives through the challenge of cancer. People with peer support can learn how to communicate better with the health care team because of the experience of others. This can lead to better preparation for cancer treatment and empowerment to ask more questions.

## Sully's Corner

Belonging to a vibrant and supportive community can be very satisfying and rewarding. But great communities and thriving towns don't just happen. They need tireless commitment and active support, now more than ever. Fortunately, in every town and village there are people of vision and inspiration, caring for those around them – and working hard to make things better for everyone. This has never been more evident in Gort when John Sullivan and a few local business owners came together to help clear the mortgage on Gort Cancer Support, Hollyblue House. John Sullivan has worked tirelessly on our behalf since last summer and with his support and the support of everybody to contributed to his 'Shear our Sully' fundraiser together with the local business owners, we are thrilled to announce that Hollyblue House is now **debt free**.



This monumental achievement allows us to concentrate on running our support centre and help provide the vital supportive services to people affected by cancer.

In recognition of all the support we have received from John Sullivan and his team, we are dedicating a corner of our therapy garden to Sully's Corner. A perfect place to relax and unwind .

**Thank You John**

## St Patrick's Day Parade - Showcasing our Volunteer Driving Service



Following the cancellation of the St. Patrick's Day Parades in 2020 and 2021, this year's festival made a long-awaited return to the streets of Gort on the 17th March 2022.

This year's parade was a platform to showcase local businesses and community groups while celebrating the town's diverse culture and talent with a full outdoor programme offering a feast of family entertainment.



We were so touched to receive these beautiful words from a family who have received support from our centre. Knowing that we have helped them in some small way means a lot.

*The kindness from your heart is truly sublime,  
when the universe dealt us this hand  
and tried to take away our time.*

*We sank right down, we were swallowed whole,  
our struggle was real and our fight was our own.*

*Trapped in a cell with no place to run,  
no sign of the light and no trace of the sun.  
Angry and frightened we felt so alone,  
confined by our doubts we were frozen in the fear of the unknown.  
We felt so alone*

*It's hard to see the good in life,  
it's hard to stay warm and bright.  
When a monster shows its teeth it's easy to admit defeat.  
But in this darkness a seed was sown  
from the love we received and the support we were shown.  
Each smiling face that offered a hand  
rebuilt our trust in the kindness of man.*

*Thank you to each and every person  
who donated and volunteered at the Gort Cancer Support Centre,  
without you the last few months would have been unbearable.*

*Thank you, Thank you, Thank you from the bottom of our hearts.*

*Love H & A*

*22/12/2021*

If you or a family member have received a cancer diagnosis, please call us on 086 1724500, as we are here to support you and your family. We fully understand your feelings of fear, panic, sadness and loneliness. We can assure you when you leave our centre, you will have a new sense of peace and hope.