



Gort Cancer Support

Supporting People affected by Cancer

June 2022 Issue 7

Welcome to the June 2022 edition of our newsletter

It is incredible to believe that we have already arrived at the end of the first half of 2022. What a busy year it has been so far. Easter has come and gone along with the May Bank Holiday weekend. Despite all these days off, we have never been more busy here in Hollyblue House.

Celebrating 15 years supporting the community of South Galway and North Clare

On the 17th June 2022 we marked the 15th anniversary of the launch of Gort Cancer Support. What a long way we have come since then. It was a very memorable occasion which also marked 10 years in our permanent home in Garrabeg and the official opening of our extended premises.

We would like to thank Sadie McInerney, Anne Quinn, Mary Nolan & John Sullivan for cutting the ribbon. We would also like to thank Very Rev. Thomas Canon Marrinan, PP, VF (Fr Tommy) for blessing the building before celebrating our Thanksgiving Mass.

We wish to extend a huge THANK YOU to everyone who helped make it such a memorable occasion, especially Galway Rural Development with their sponsorship of the evening. Our musicians played great tunes and kept the party going until late into the evening



In recognition of all the support we have received from John Sullivan & his team, we have dedicated an area of our therapy garden to Sully's Corner - a perfect place to relax and unwind.



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Celebrating 15 years
*Supporting the community of
South Galway/North Clare,*
*we are delighted to invite you to the official opening of
our newly extended premises at Hollyblue House,
Garrabeg, on June 17th at 7pm.*

2007 - 2022

**This will be followed by a Thanksgiving Mass at 7.30pm
&
an evening of music, dance and refreshments
All are welcome.**



We were delighted that John Sullivan was able to join us on the evening. Last year John spearheaded the 'Shear Our Sully' campaign to raise funds to help reduce the mortgage on Hollyblue House.

We cannot express how grateful we are to John & his team for this extraordinary campaign and to the people of South Galway/North Clare and beyond who contributed. Thanks to this fundraiser, together with contributions from several local business owners, Hollyblue House is now debt free.

Wellness Event

On Wednesday 18th May, we hosted a Wellness Evening with a variety of guest speakers. Recognising that it can be difficult to stay positive due to the sheer multitude and scale of some of the challenges we are facing, it is also important to know that there are plenty of practical everyday steps people can take to alleviate any stress or anxiety they may be experiencing. This is even more important for those affected by a cancer diagnosis.

The wellness evening began with Marie Skelly explaining how reflexology can help with muscle wellness. This was followed by Fiona McDonagh giving a very insightful talk on meditation and acupuncture and how holistic treatments can provide a multitude of benefits for all types of ailments. Our counsellor Maura Dolan provided lots of information on Mental Wellness with tips on how to deal with stress. The evening concluded with an inspiring talk from Deirdre McGreevy about how small changes in our diets can have huge benefits in the longer term for energy and general health.

The Wellness Evening was open to everyone and despite the torrential rain earlier in the evening, we had a good crowd and the evening was a great success.



**Hollyblue House
Wellness Day
Wednesday 18th May 2022**

5PM	MUSCLE WELLNESS & REFLEXOLOGY Marie Skelly
6PM	ACUPUNCTURE & MEDITATION Fiona McDonagh
7PM	MENTAL WELLNESS Maura Dolan
8PM	FROM FATIGUE TO ENDURING ENERGY Deirdre McGreevy

**Everybody welcome - Free to all
Light refreshments served**

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**Your pathway to better
health & wellbeing**

Mary Kennedy
Life Coach



will be talking to our group on
9th June @ 7pm



Life Coaching Event

We were delighted to welcome Mary Kennedy, a qualified life coach, who specialises in wellness to our Peer Support Group on June 9th.

Mary was diagnosed with cancer in 2012. Following treatment and recovery she became passionate about helping others experiencing illness. On the evening Mary spoke about the benefits of a holistic approach to wellbeing. She took people through the steps they could take, and tools they could use to best support their physical, emotional, and spiritual wellbeing through their cancer journey.

Annual Garden Party Fundraiser

We are looking forward to our Annual Garden Party taking place at our centre on Friday 8th July. As we receive no State funding, the Garden Party is our main annual fundraiser. All monies raised will go directly toward the provision of the vital day-to-day services offered here. So please come and show your support on Friday 8th July for an evening of music and song with refreshments and some very special guests! It promises to be an evening not to be missed.



**Garden Party
FUNDRAISER**

Friday July 8th
5pm-7.30pm

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Drinks & Nibbles
Raffle
Live Music
Special Guests