



Gort Cancer Support

Supporting People affected by Cancer

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ISSUE 23

Welcome to the Summer edition of our quarterly newsletter.

As the warmth and brightness of summer arrive, we welcome this new season as a time of renewal, connection and gentle hope. At Gort Cancer Support, we continue to be inspired by the strength and resilience of our community, clients, families, volunteers and supporters, who remind us every day that no one has to face cancer alone. This edition of our newsletter reflects the spirit of togetherness and compassion that carries us through each season.

Summer invites us to pause, reflect and find moments of light even in challenging times. As Helen Keller beautifully said, ***“Keep your face to the sunshine and you cannot see the shadows.”*** May this season bring warmth to your days, comfort where it is needed and hope for what lies ahead.

Men’s Health Awareness Event

We were delighted with the wonderful turnout at our recent Men’s Health Awareness event. It was truly encouraging to see so many people come together, showing a shared commitment to opening up an important and often difficult conversation. Events like this remind us of the strength of community and the value of supporting one another.

A very special thank you was extended to the inspiring guest speakers, particularly Harry Greaney and Seamus Cotter, whose openness, honesty and positivity deeply resonated with everyone present. Harry’s resilience, courage and outlook on life at such a young age left a lasting impression on all who attended. Seamus’s tireless advocacy and the incredible work he continues to do within the Irish lung cancer community were truly inspiring, with his dedication making a real difference in the lives of many.



Sincere appreciation is also extended to Dr Lorraine Mulkerrins and counsellor Anne Gallagher for their thoughtful and insightful contributions to the evening.

Thank you to everyone who joined us and helped make the evening such a meaningful and impactful event.

Annual Thanksgiving Mass

We were delighted to gather together for our Annual Thanksgiving Mass and Celebration, a special evening of reflection, gratitude and connection within our community.

Sincere thanks are extended to Fr. Tommy for leading a thoughtful and uplifting Mass. We are also deeply grateful to the musicians and to the choir *Hollyblue Harmonies*, whose beautiful singing created a warm and welcoming atmosphere throughout the evening.

A heartfelt thank you to everyone who joined us despite the showery weather. Your presence helped make the occasion so meaningful and memorable.

The evening served as a gentle reminder of the strength, kindness and support that surrounds our centre and all those connected to it. We hope that those who attended found it as comforting and uplifting as we did.



Tesco Community Fund

We are delighted to share that Gort Cancer Support has been selected for the Tesco Community Fund at the Tesco Oranmore store.

From now until the end of August, shoppers can support us by placing their blue token into our box at the checkout. Each token helps determine how the €1,500 fund is shared, with more tokens meaning greater support for our centre.

The funding received will go directly towards helping us continue to provide free supportive services to anyone affected by a cancer diagnosis, ensuring that those who need us most can access care, guidance and a listening ear.

We would be very grateful if you could support us during your shop and help spread the word among family, friends and neighbours. Every token makes a meaningful difference and we truly appreciate your continued support.



Autumn Programme — Music Therapy & Cancer Thrive & Survive

Looking ahead to our Autumn schedule, we are delighted to introduce **music therapy** for people impacted by cancer. This gentle, holistic approach supports both emotional and physical wellbeing, helping to reduce anxiety, distress and feelings of isolation while offering a creative outlet for expression and comfort. Music therapy can also help individuals reconnect with a sense of identity beyond their illness and support the transition to life after treatment, bringing moments of hope and calm into what can often feel like an overwhelming journey.



As part of our Autumn programme, we also plan to offer the **Cancer Thrive and Survive course**.



This supportive programme is designed to empower participants with practical tools and knowledge to better manage the impact of cancer on daily life. Through guided sessions, participants explore ways to cope with fatigue, stress and emotional challenges, while also learning strategies to rebuild confidence and regain a sense of control.

The course provides a safe and encouraging environment where individuals can share experiences, connect with others facing similar challenges and feel less alone in their journey. It focuses on enhancing overall wellbeing by promoting resilience, encouraging positive lifestyle changes and supporting participants in setting realistic, meaningful goals for the future. Ultimately, Thrive and Survive aims to help individuals move forward with greater confidence, strength, and hope beyond their cancer experience.

Together, these initiatives reflect our commitment to supporting the whole person — and those around them — through every stage of their journey.

DATES: TBC in September

Discover Hidden Delights at Hollyblue Gifts

Did you know we sell unwanted or unopened items through our Hollyblue Gift Shop? From toiletries, handbags and candles to vases, photo frames and so much more.

Feel free to pop in and browse. Our opening hours are Monday to Friday from 10:00am till 3:30pm. Every purchase and donation helps us provide free, supportive services to individuals in our community affected by a cancer diagnosis.

We gladly accept donations of unwanted or unopened items. Please note that we cannot accept clothes or electrical items.

Follow the separate Facebook or Instagram pages for more —
<https://www.facebook.com/gortcancersupporthollybluegifts.ie>
https://www.instagram.com/hollyblue_gifts/



Hollyblue 'Threads of Hope' Wall Hanging



The beautiful Hollyblue wall hanging, lovingly brought together by the creative hands and vision of Fidelma Larkin, was unveiled at our coffee morning as part of our 'Wear Blue' week. What began as individual squares became a truly special piece, full of colour, texture, care and community spirit.

Following its display in Gort the wall hanging was on display in Limerick as part of the 'River of Dreams' quilt exhibition. We now need to find a permanent home for this fantastic piece. If you would be interested in owning it then please consider placing a bid for the wall hanging. The Guide Price is €3,000-€3,500, with an opening bid of €1,000. Please contact us via phone or email if interested.

20th Anniversary Commemorative Book

As we look ahead to celebrating our 20th Anniversary, we warmly invite everyone who has been part of the Gort Cancer Support journey to help us mark this very special milestone. Over the past 19 years, Hollyblue House has been shaped by the many individuals who have come through our doors, those who have received support, offered their time, fundraised or stood beside loved ones during difficult times.

We are now gathering stories, memories and reflections from anyone who has been involved with or impacted by Gort Cancer Support in any way. These contributions will form a Commemorative Book, celebrating the compassion, resilience and sense of community that have defined our work over the years.

If you would like to share your story, we would be truly honoured to hear from you. **Submissions can be sent by email to info@gortcancersupport.ie or by text/WhatsApp to 086 1724500.** Contributions can be anonymous if you wish. Every story matters and your voice will help us tell the story of our journey together.

As we move through the season ahead, we are reminded of the power of community, compassion and hope. Each story shared, every connection made and all the support given help to create a stronger, more caring environment for those affected by cancer.

