



Gort Cancer Support

Supporting People affected by Cancer



ANNUAL REPORT 2022

WELCOME

Welcome to our 2022 annual report.

Reporting period 1st January 2022 to 31st December 2022.

2022 started off on a very rocky road for Gort Cancer Support as the Covid 19 Omicron variant took hold of the country. But, thankfully, we were experiencing a more normalised way of living with the easing of restrictions. While it was great to see restrictions easing, the safety of everyone in our centre was of paramount importance.

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.

We spent a considerable amount of time focusing on new projects and programmes to benefit people affected by cancer, which we have added to our schedule.

In the following pages we record how we continue to concentrate on transforming the experiences and outcomes of people affected by cancer through our support services, activities and events.

We also highlight how our amazing supporters and volunteers continued to fundraise and donate on our behalf. We are indebted to their unfaltering assistance, without which we simply could not do what we do.



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OUR STORY

Our vision – is to support people affected by a cancer diagnosis.

Our Mission – is to provide a caring, confidential, equitable and high quality local community based cancer support services that promotes holistic, positive well-being in a safe haven environment, for anyone affected by cancer.

Our Values – Gort Cancer Support is an organisation that is inclusive of all and values difference by ensuring that its services are relevant and accessible to all. We value and embrace diversity and recognise that people with different backgrounds, cultures and experiences can benefit our organisation.



Gort Cancer Support **was established in June 2007** to provide support and practical assistance to anyone affected by a cancer diagnosis in the South Galway/North Clare areas.

Gort Cancer Support Centre moved to a semi-detached house in Garrabeg, Gort in **2012** thanks to a very generous donation by kind benefactors.

We were successful in securing a National Lottery Grant in **2015** which allowed us to extend our facilities with the addition of a Studio Room in **2016**.

Due to the huge increase in the number of people requiring our supportive services, it became apparent we needed ground floor treatment rooms and a dedicated play therapy room.

Having secured a mortgage in **November 2019** we purchased the adjoining semi-detached house. This has been amalgamated into our existing premises and has been named Hollyblue House after the Hollyblue butterfly which is one of the first blue butterflies of spring and represents hope and serenity.

MESSAGE FROM CHAIRPERSON

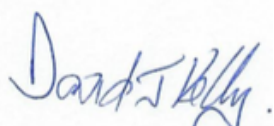
Looking back on 2022, it was a very successful year and Gort Cancer Support was clearly the charity of choice locally. The number of clients continues to grow together with the number of services and activities provided.

Belonging to a vibrant and supportive community can be very satisfying and rewarding. However, 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 summer 2021 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 2022, Gort Cancer Support Centre continued to consolidate its services to make them more adaptable for the people we serve. Thankfully, due to the ongoing support of the local community, we have been able to continue to offer our supportive and holistic services to those in need in our community. We have also been able to increase our range of services available with the introduction of Activator Pole Walking, Chair Yoga and Restorative Yoga. We have, also, been fortunate to be able to introduce a new male counsellor with Martin Dunne joining our team of counsellors in the summer.

Gort Cancer Support is forever expanding, by adding new services and activities to Centres existing ones. Our client base is increasing with more children than ever using the Centre's services. The number of people with cancer is increasing so the Centre will be getting busier and, also, our online presence means more people are aware of the Centre and the services it offers.

2023 looks like it will be a busy and eventful year.



DAVID KELLY
CHAIRPERSON



OUR COMPANY

Gort Cancer Support provides a caring, confidential, equitable and high quality local community based cancer support service. We promote holistic, positive wellbeing in a safe haven environment for anyone effected by a cancer diagnosis. The main object for which the company is established is to benefit the community of Gort and its environs through the provision and operation of a confidential cancer support service which aims to assist and support anyone affected by cancer by providing services which may include counselling, complimentary therapies, financial assistance, transport to hospital treatments, social support groups and any other beneficial non-medical therapies, from the time of diagnosis, through treatment and anytime thereafter.

The broad range of services (listed below) offered by Gort Cancer Support are provided free of charge to all our clients by trained professionals.

*"There Are No Strangers Here;
Only Friends
You Haven't Yet Met"*

Adult & Adolescent Counselling, Cognitive Behavioural Therapy, Bereavement Counselling, Children's Counselling/Play Therapy are available by appointment.

Lymph Drainage Therapy is, also, available by appointment to those with Lymphoedema symptoms resulting from a cancer diagnosis. A range of complementary therapies, including reflexology and acupuncture, are available by appointment.

GOVERNANCE CODE

We are committed to the highest standards of governance. Donors entrust their money to us, and we have the responsibility to ensure we are accountable for all we do and are transparent in how we do it.

Our Board of Trustees are committed to obtaining the highest standards of governance and, accordingly, transparency, accountability and cost effectiveness are constant priorities of the Board, the management committee, the finance team and the governance team.

This ensures we are honest and ethical in all our work and worthy of the ongoing trust and support of our volunteers and donors. Gort Cancer Support Group CLG is a registered charity (Registered Charity Number 20075927).



The Charity is a company limited by guarantee and is registered as Gort Cancer Support (Company No 496940). The Charity is governed by a voluntary Board of Trustees. Gort Cancer Support complies with The Governance Code for the Community, Voluntary and Charitable Sector in Ireland. Gort Cancer Support complies with the standards laid out in the Charities Governance Code as required by the Charity Regulator. As required under Company Law our accounts are independently audited every year. This process is overseen by the Board of Trustees. We publish our annual accounts on our website.



ONE YEAR IN NUMBERS

Total NO of Services & Activities
availed of:

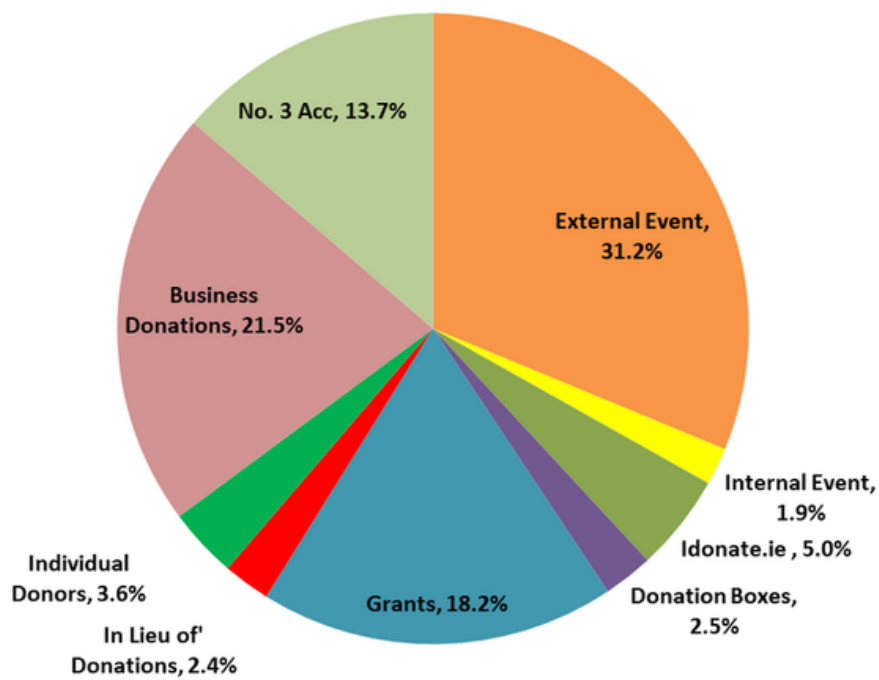
1,501

Since 2021 number of new clients
have increased by :

52%

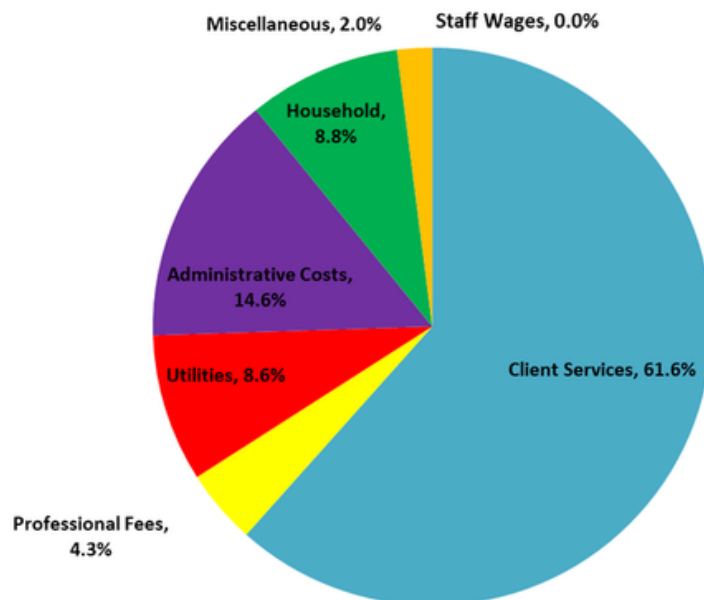
Fundraising Raised:

€84,781



INCOME

INCOME & EXPENDITURE 2022



EXPENDITURE

FUNDRAISING

We are truly grateful for the enormous support we get from the local community and surrounding areas who arrange various fundraisers throughout the year. This, along with the individual donations we receive, allows us to continue to provide all our support services to clients. Some of the many fundraisers are mentioned below.



Thanks to Members of the Old Reserves - Michael Ryan, Brendan Hanniffy, John Melville, Joe Byrne and Jimmy Hannigan - are pictured here presenting a cheque of €1,020 to Sadie McNerney, Mary Nolan, Carol Shaughnessy and David Kelly in Gort Golf Club.



A BIG THANK YOU to Pat Smyth's Fashions for hosting the recent fashion show in aid of our support centre. This raised over €2,500 which will be used to provide supportive services to friends & neighbours affected by a cancer diagnosis. Pat Smyth is pictured here presenting a cheque to Mary Nolan.



Thanks a million for organising the fantastic 'Acoustic Picnic' event. What a great way to raise funds for our support centre. Thanks also to all the musicians who gave their time & Hennelly's for being such generous hosts. Cathal is pictured here with Elise Tingley presenting the cheque to Mary Nolan.



Huge thanks once again to Sheenagh Fallon of Treasures for hosting the fantastic fashion show last Friday evening. Thanks to everyone who attended & made it such an enjoyable evening. Sheena & Rachel are pictured here presenting the proceeds from the raffle to Mary Nolan.



Amazing Grace! A BIG thank you to Grace Piggott who donated 14 inches of her hair to the Rapunzel Foundation & raised €3,160 for our support centre. Grace is pictured here with David Kelly.



A huge WELL DONE to Croiadh Kearney 8-year old Croiadh cut 18 inches off her hair & donated it to The Little Princess Trust. She also very kindly raised funds for our support centre & the Galway Hospice. Croiadh is pictured here with her parents, Jude Kearney & Majella Corless, her brother Ross & sister Laoise.



A HUGE THANK YOU to our local postmen & women & all those who supported the Gort & Galway Postal Staff Christmas raffle. We are so grateful for the funds raised for our support centre. Derek Deely is pictured here presenting a cheque to Mary Nolan



A MASSIVE THANK YOU.....to the staff, children & their families at Busy Bees crèche in Gort who raised over €1,100 at their recent coffee morning. Well done everyone. Olive Coleman is pictured here presenting a cheque to Pamela Ward.

MANAGEMENT

Gort Cancer Support receives no state funding and have no paid staff. It is overseen by a Board of Directors with an elected committee, and day to day management is carried out by volunteers from the local community in South Galway and North Clare, as well as two Community Employment Scheme workers.

Meet & Greet volunteers are always there to welcome everybody who calls to the centre with a friendly smile, cup of tea and a listening ear. The volunteers who facilitate the different support activities, such as the Knitting and Stitching, ensure that there is a safe place for people affected by cancer to meet each other in an informal way.

Together with the community employment workers, the office management volunteers ensure that the office is run in an efficient manner. They give freely of their expertise, organise fundraisers, ensure all available grants are applied for and ensure their social media presence is always active and current.

Every volunteer involved in Gort Cancer Support give wholeheartedly their time and expertise to ensure that the Support Centre is always open from 9.30am to 4pm, Monday to Friday. Without the dedication and commitment of all the volunteers (past and present) it would not be possible to run and operate the support centre – ‘Those who can, do. Those who can do more, Volunteer’.

DRIVING SERVICE

In addition to the therapeutic services available, Gort Cancer Support also offer a Driving Service for individuals who need to travel to Galway for cancer treatment. This service has been provided since 2007. With approximately 20 wonderful volunteer drivers, this service collects people from their home, brings them for their treatment, collects them afterwards, and returns them safely home. As our Support Centre is situated in a disadvantage area, the infrastructure is not sufficient for the needs of the people in South Galway and North Clare. There is no bus or train service available for people with early morning appointments for chemo or radiotherapy. This adds enormous stress on people who are unable to provide their own transport or are too unwell to drive themselves. Therefore, this driving service is invaluable as it takes away the stress and worry of getting to the hospital for so many people.

VOLUNTEER DRIVING – WHAT'S IT ALL ABOUT?

- *BERNICE FORDE CAROLAN*

Did I really want to do this? Did I really want to do anything that even had a vague whiff of “caring” about it? It was an odd and kind of selfish attitude for someone who had just spent 40 plus years working in healthcare, I think. I genuinely felt I needed to do something to support the amazing local service at Gort Cancer Support Centre, I just didn’t know what. That is, until I met Mary and quickly discovered that Mary never sees problems, only solutions. After that there was no escape, so I became a volunteer driver. To be honest, deciding to so has been one of the best decisions and experiences of my life.

Some friends of mine physically paled when I told them I was doing this as being in my car has been likened to being in a mobile disco on occasions with flashing lights, horn blaring and heavy on the gas!! Getting from A to Z in the shortest time possible has been a lifelong priority, so seriously, driving vulnerable people to and from hospital appointments or treatments really didn’t seem like a match made in heaven. However, with a small bit of attitude adjustment, less foot-to-the-floor and a more sedate, considered approach on my part, all would be fine. Yes, I can do this!

I completed the required paperwork, produced my clean driving license (3 points in over 40 years wasn’t too bad of a record), confirmed the change-of-use with my insurance company (no cost!) and underwent my Garda vetting. I read the useful handbook provided, collected my Care Bag, (blanket, wipes, hand gel, bags etc.) and tucked it safely behind my seat in case it might ever be needed.

The biggest task of all involved cleaning out my car to ensure it was comfortable for anyone assigned to my care. Thankfully, Mary felt it passed muster. I was now ready for road and my first drive.



BERNICE FORDE CAROLAN
VOLUNTEER DRIVER

The team in Holyblue House are amazing – they call and ask if you are free to undertake a drive on a specific day. There’s usually plenty of notice although sometimes an emergency drive might be required. But there is absolutely no pressure on a driver to say yes to any request. Once agreed, I’m briefed on the requirements, name, and address of the individual going for treatment. I’m nosy and always need to know a little more before I go so, I usually ask for a brief on the person’s age range, their mobility, is someone travelling with them, etc? Aware of GDPR and confidentiality, Holyblue staff never disclose anything beyond what is absolutely essential, but these extra details really do help.

Despite years of experience in healthcare, I was more than a little apprehensive about doing this. Collecting a stranger in my car and taking them to a hospital appointment or a treatment at such a stressful time in their lives was initially quite daunting. How would they feel? Would they be scared, upset? What if something goes wrong? What if they get more bad news? How will I support them? Will I cope? A myriad of crazy thoughts went through my mind and naturally every possible worst-case scenario too! I had a very serious conversation with myself, pulled myself together, got on the road, and, like Murphy's ass, I haven't been off it since!

As a driver, I've seen parts of the countryside I never knew existed, been down boreens on what I call roads-to-nowhere, to collect and drive people of every age to their appointments. I've met some wonderful people in this role. Some are chatty and tell you everything that's been happening while others are more reserved and thoughtful. Respecting people's mood is important. If they want to talk, I'll chat away but sometimes there's so much occupying their minds that some peace and quiet to process things is the order of the day. And yes, on the odd occasion, I have been known to be silent!

After my first drive, I now always carry a book in the car and make sure my passengers have my phone number before they head into their appointments. I never wear perfume or have any strong-smelling scents in the car either. I'm conscious that some people may not be feeling the best and do they need to deal with my overpowering "eau de whatever" on top of everything else? Good old-fashioned soap and water is the order of drive day!

My passengers usually have a good idea of how long their sessions will take. It's good to be prepared as there is always some waiting around. I've learnt to allow at least a half day for these trips. Sometimes, we can be finished in under 3 hours but more often than not, about 5 to 6 hours is the norm from start to finish.

People never cease to amaze me. The resilience and strength of character and positivity shown by those living with cancer is phenomenal. I've felt privileged to share in the laughter and the tears on these journeys. For me, it's been a very humbling experience and really makes me appreciate life. I feel honoured to play a tiny part in their journeys. Getting someone to their appointments on time and in comfort, and safely home again, is the least I can do to make their cancer journey that little bit less stressful.

So, if you are thinking of becoming a volunteer driver, stop prevaricating and just get on and do it - You'll really be glad you did!



OUR EVENTS

The year 2022 was rich in various events that we organized and participated in.

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.



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.



**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



Gort Cancer Support
Supporting People affected by Cancer

Everybody welcome - Free to all
Light refreshments served

The wellness evening began with Marie Skelly explaining the benefits of reflexology and gave advice on 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.

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.



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.

Our Annual Garden Party took place at our centre on Friday 8th July. It was an amazing evening of music and song with refreshments and some very special guests. All monies raised went directly toward the provision of the vital day-to-day services offered here.



What a glorious evening we had, relaxing in the sun and catching up with friends old and new. What could be better than that? The garden was in full bloom and the refreshments were plentiful. A big thank you to the musicians who kept everyone entertained at our Garden Party. Dr Crea Gallagher & three of her sons, Hiudai, Aengus & Manus Mulkerrins, started us off with a few trad tunes & were joined by Fr Tommy Marrinan. They were followed by the very talented Amy McCarthy.



POP UP SHOP



What a great day we had at the Gort & District Show on 6th August. Even the weather was clement and rain stayed away. It was great meeting the many people who stopped by our stand and we were delighted to recruit some new volunteers on the day.

We also availed of the opportunity to bring our Pop up Shop to the show and following this very successful outing our stock is currently very low.

LOOK GOOD FEEL BETTER



Here in Hollyblue House, we know how challenging it is to process a cancer diagnosis as well as manage the physical and emotional side-effects of cancer treatment. The added stress of the appearance related side effects of treatment can be demoralising and very hard to cope with. Look Good Feel Better is an Irish Charity using the power of make-up to help women feel better about their appearance. They provide free skincare and make-up workshops to women receiving cancer treatment delivered by professional beauty therapists and make-up artists. 16th September marked their 2nd visit to our studio and the smiles on the ladies faces afterwards was the only testament we needed to know how well the workshop was received.



GORT CANCER SUPPORT AGM

Our AGM was held on Tuesday 4th October at The Studio, Hollyblue House. The meeting began with a minutes silence to remember clients and loved ones who have died since our AGM meeting last year. This was followed by the Financial Report presented by Gerry O'Donnell from O'Donnell Keane & Co., the secretary's report presented by GCS secretary Maura Leonard, and the Chairpersons Report presented by David Kelly. The election of committee then took place with all current officers remaining in place, and we were delighted to welcome Olive Hughes and Tom Prior as two new committee members.

BREAST HEALTH AWARENESS EVENT

To coincide with Breast Cancer Awareness Month, we held a Breast Health Information Evening in our Studio on Thursday 13th October. Rachel Fitzgerald-Feely, the Education and Outreach Coordinator of Breast Cancer Ireland, gave a presentation on the importance of self-examination and what signs to look out for. Rachel is passionate about supporting women through their breast cancer journey and this was obvious in her talk. Cara Brady, one of our volunteers here at Hollyblue House, then talked us through the process women go through when they are tested for the BRCA gene and what options are available to them if they receive a positive result. This was followed by Valerie Murphy of Valerie's Breast Care who showed us a sample of fashionable mastectomy bras, lingerie, and swimwear. Finally, Megan Flynn Dixon talked about her experience of areola tattooing and shared details of the procedure which can empower women to feel good about themselves after reconstruction. The feedback we received afterwards re-enforced for us the importance of these information evenings. One lady commented "I will certainly be encouraging friends and family to come along to any future such events. You might think that such a topic would be dull and boring but not at all, it was interesting and inspiring".



FASHION FORWARD

Gort was the place to be for fashionistas this season, as we were treated to two fashion shows from the fabulous boutiques in our town. On October 21st Treasures held a fashion show featuring some gorgeous pieces from their current ladies' collections. A fantastic night was had by the large crowd in attendance and we were delighted to receive the proceeds from the raffle held on the night. On November 10th it was the turn of Pat Smyths Ladies and Gents Fashion to show their style. With a number of familiar faces taking to the catwalk (our chairman David Kelly to mention one!), this was another fun filled night. Again, we were very grateful to receive the proceeds from the raffle on the night.



SOCIAL MORNING

On Friday November 11th, Gort Cancer Support hosted a Social Morning at Hollyblue House. This was a opportunity for the local community to come and see the support centre and find out more about the services on offer. It was lovely to see some new and old faces and an enjoyable morning was had by all.

CHRISTMAS POP-UP SHOP

With Christmas fast approaching we held our Christmas Pop-Up shop in The Studio at Hollyblue House on Thursday 1st December. Tierneevin Choir provided us with some lovely Christmas Carols to get us all in the festive mood. With something for everyone, from handmade decorations to toiletries, scarves, games, candles and much more, it was a great success.

CHRISTMAS RAFFLE

Our Annual Christmas raffle took place on Thursday December 15th. The raffle is one of our main fundraisers for the year and all money raised goes towards ensuring that we can continue to support those in need in our community.

Our lucky winners were:

- Orla Spensor
- John Kennedy
- John Flanagan
- Cathy Coughlan
- Michael Morgan
- Martina Kelly
- Josophine Mahoney
- Aileen Lynskey
- Terry Ryan
- Tom Quinn
- Olive Mulcair
- Gerry Donaldson
- Valerie Brady
- Sheila Hill
- Sinead Rafferty



ALL SOCIAL MEDIA INSIGHTS

Gort Cancer Support continues to be very active on social media in 2022 promoting activities, fundraisers, and health awareness alerts. More promotional therapist videos were uploaded during year to social media where therapists outlined the benefit of services they offer to clients.

Certain Application Insight



3K

Followers on
Facebook



1K

Followers on
Instagram



373

Content

All Post Average



85,398

Facebook
Reach



10,465

Instagram
Reach



254

New
Facebook
Likes



2,176

Instagram
Profile Visits

TOP POSTS



"I hope I have fought enough for your future but now it's time for you to take the baton and stand up for yourselves, question everything. This fight was for you"



HOW YOU CAN HELP

Gort Cancer Support provides all of our services at no cost to those who need them and we could not provide support and assistance to people affected by cancer without the support of people like you.

There are lots of ways to get involved – from using your free time to make a difference, to raising money or sharing your experience. Everyone has a role to play in supporting people affected by cancer.

DONATIONS

Regular donations from friends like you enable us to provide vital supportive services to friends and neighbours affected by a cancer diagnosis.

These donations provide a reliable source of income which allow us plan ahead with confidence, and ensure that we continue to provide much needed vital supports.

You can donate by:

1	Online – Use the 'Donate Today' button on our website to donate using your Credit Card or Paypal – https://www.gortcancersupport.ie/donate/
2	Directly to our bank account – BIC: BOFIE2D IBAN: IE73BOFI90386782915166
3	Cheque – Payable to 'Gort Cancer Support'
4	In Person – Gort Cancer Support Group, Garrabeg, Gort, Co. Galway, H91 WFP8
5	Set up a Standing Order with your bank - IBAN: IE73BOFI90386782915166

WEDDING FAVOURS

If you are getting married soon & want something special to give to your guests, why not consider making a donation to Gort Cancer Support in lieu of wedding favours? In return for your generosity, we will provide you with acknowledgement cards to let your guests know that a donation has been made on their behalf, thereby helping support friends & neighbours affected by a cancer diagnosis.

Please contact us on info@gortcancersupport.ie for more information.

A GIFT IN YOUR WILL

To leave a charitable gift in your will, advise your solicitor or legal adviser that you wish to include a percentage or fixed amount of your estate to:

'Gort Cancer Support Group CLG', Company Number 496940, Charity No: CHY 19379; Charities Regulator 20075927.

Leaving a gift in your will means you can still help causes and communities you care about today and tomorrow.

FUNDRAISING

There are many ways you can fundraise for Gort Cancer Support. Why not?

- Host a garden party ?
- Organise a virtual challenge ?
- Take on that marathon you've always been putting off?
- Set up a birthday fundraiser on Facebook ?
- Show your poker face and organise a cards night ?
- Impress your friends with a Quiz night ?
- Get the fancy china out and play Come Dine With Me ?
- Dye your hair ?
- Shave your hair ?

The list really is endless!

VOLUNTEER

Volunteers are people who want to make a difference, they come from all walks of life and age groups.

If you would like to share your skills and experience in Hollyblue House we would love to speak to you.

Examples of the volunteer roles available in Hollyblue House are:

FUNDRAISING

- Meet & Greet
- Administration
- Drivers
- Pop-Up Shop
- Activities facilitators
- Gardening

HOLLYBLUE GIFT SHOP

Our online Hollyblue Gift shop stock great bargains and lovely gifts for all the family, bric-a-brac, giftware, collectables and household items at prices to suit everyone's pocket which you can access scanning the QR code.



We also need donations of good quality unwanted/unused gifts and presents, (unfortunately, we cannot accept electrical goods).

GIFTS OF IMPACT



On our website you can choose and buy one of the Gifts of Impact:

The Gift of Play Therapy
The Gift of Reflexology
The Gift of a Drive

Gort Cancer Support Centre

Garrabeg

Gort

Co. Galway

H91 WFP8

Tel: 086 1724500, 091 648606

Email: info@gortcancersupport.ie



Gort Cancer Support



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www.gortcancersupport.ie

