

Women's Cancer Information Project

Coordinated by the European Institute of Women's Health

CANCER SUPPORT GROUPS

This section is a directory of national and local groups, whether attached to a hospital or in the community, which are there to provide you with information and advice, as well as support and practical help. It is not an exhaustive list. If you know of any others, [please supply us details](#) and we will add them. The directory lists groups and tells you where to find them, what services they offer and how to contact them. For further information, contact your social worker in the hospital, your public health nurse or the Irish Cancer Society Helpline at 1800 200 700 There is a Group Support Programme in the Irish Cancer Society. This programme aims to provide a service to patients' volunteer groups, to self help and mutual support groups. Services include training of patient volunteers and group facilitators and the provision of professional advice and assistance to groups in the development of their services. Click on one of these areas : [National Groups](#) | [Leinster Groups](#) | [Munster Groups](#) | [Connaught Groups](#) | [Ulster Groups](#) | [Scottish Groups](#)

NATIONAL GROUPS

Arc Cancer Support Centre Aims and Activities: voluntary organisation supporting people affected by a cancer diagnosis. This support is also extended to family members, friends and health care professionals. Support is offered through complementary therapies, counselling, information and educational and supportive programmes. The centre is staffed with a mix of health care professionals and trained volunteers. **Address:** ARC House, 65 Eccles Street, Dublin 7 Tel: (01) 830 7333 Fax: (01) 830 7595 email: arc@clubi.ie

Brain Tumour Support Group Aims and Activities: To assist brain tumour sufferers and their families with regular support meetings. Investigates and passes on information about helpful services and facilities. Liaises regularly with similar support groups. Has regular contacts with neuro surgeons and doctors for helpful information. For further information and details on meetings, contact : St Luke's Hospital, Highfield Road, Dublin 6, Tel: (01)4974552 Alternatively, contact the Social Worker at your hospital.

Bone Marrow Transplant Support Group Aims and Activities: To support and encourage those in this situation as we have all experienced at first hand leukaemias of different types and have had a bone marrow transplant. Support for families of those with leukaemia. **Address:** Apartment 11, St. James's Court, 151-153 James's Street, Dublin 8. Tel: (01) 677 842 5 / 677 8416 Please contact the above address for details of meetings. Web site : <http://www.bmtsupport.ie/>

Cancer Plus (National Association for Parents of Children with Cancer) Aims and Activities: To arrange half-yearly seminars, to enable us to fulfil our aim of providing group support and information. To establish a parents' contact register to provide support at an individual level. This is available through the Irish Cancer Society's helpline. To highlight deficiencies in the provision of services to patients. **Address:** Irish Cancer Society, 5 Northumberland Road, Dublin 4. Tel : Sile Fogarty : (01) 288 5663 Mary McGinty : (01) 451 6879 Meetings: Two seminars per year in Dublin. Eight committee meetings.

Canteen Aims and Activities: This is a cancer support group for adolescents who have or have had cancer and for their friends, brothers or sisters. It organises meetings, weekends away and publishes a newsletter. All these activities happen in an informal, friendly atmosphere with plenty of good craic. Organises six meetings annually, three adventure weekends away and other activities. **Address:** Carmichael House, North Brunswick Street, Dublin 7 Tel : (01) 872 2012 Fax: (01) 873 5737 also : c/o Irish Cancer Society, 5 Northumberland Road, Dublin 4 email : canteen@oceanfree.net Contact: Eddie O'Neill : (01) 455 8111 ext. 2648 Miriam Mooney : (01) 455 8111 ext. 2646 / 2648 Monday-Friday : 9.00am – 5.00pm

Children's Leukemia Research Project Aims and Activities: Raises funds for research into childhood leukaemia. Represents parents when requested. Issues a quarterly newsletter. **Address:** 40 Clancy Avenue, Finglas, Dublin 11. Tel : (01) 834 3986

Colostomy and Ileostomy Welfare Support Group Aims and Activities: Offering help to colostomy patients regarding pre-operative and post-operative worries and/or problems. There is a Phone-In once a month. Hospital visits are arranged. Support also for relatives of patients. **Address:** Irish Cancer Society, 5 Northumberland Road, Dublin 4. Tel: Contact (01) 668 1855 Cancer Helpline Freefone 1-800-200-700 Meetings: Please phone Irish Cancer Society for details and venue.

Helpful Hands Aims and Activities: Registered charity which assists with the nursing care of sick patients in their own homes, especially those with cancer. Relative support services provided. **Address:** 124 Meadowvale, Blackrock, Co Dublin Tel : (01) 2892163

Hodgkin's United Group Aims and Activities: Offers information and education on Lymphoma. Gives practical and emotional support to patients with Hodgkin's Disease and Non Hodgkin's Lymphoma and also to their families and friends. Former patients operate a Freefone (1800 200 700) on the fourth Wednesday of every month. **Address:** Irish Cancer Society, 5 Northumberland Road, Dublin 4. Tel: (01) 668 1855 Cancer Helpline Freefone 1-800-200-700 LYMPHOMA email : info@hug.ie Meetings: Regular educational and informal meetings. Please phone Irish Cancer Society for details of meetings and venues.

Ileostomy Association of Ireland Aims and Activities: The purpose of this group is to provide support and encouragement for the patient who has undergone or is about to undergo surgery resulting in a colostomy or an ileostomy. There is a "Freefone" on the third Wednesday of every month or contact may be made at any time through the Irish Cancer Society's Helpline. This service, provided on a one to one basis, is strictly confidential. Visits can be arranged in hospital, at home or perhaps somewhere for a cup of coffee. Support is also available for relatives of patients. **Address:** Curravilla, Greenfield, Maynooth, Co. Kildare. Tel: Contact (01) 628 5968 Meetings : Three meetings per year. Visiting by volunteers. Journals to members every quarter. **Irish Cancer Society Address:** 5 Northumberland Road, Dublin 4. tel : (01) 608 1855 fax : (01) 668 7599 email : admi@irishcancer.ie Cork office Tel: (021) 509 918 Fax : (021) 509 759 <http://www.cancer.ie/>

Irish Lymphoedema Support Network Aims and Activities: To campaign for the provision of treatment in Ireland for sufferers of Lymphoedema, to provide support and information for sufferers and their families, to promote the education of the public on the subject of Lymphoedema and to maintain contact with healthcare professionals working in Lymphoedema management. **Address:** Irish Cancer Society, 5 Northumberland Road, Dublin 4. or Helen Shine, Secretary, 41 Weston Drive, Lucan, Co Dublin Telephone Contact: Helen Shine (01) – 6282414 [evenings] Thelma Bradley : (01) – 833 9306 [evenings] Margaret Dunne 045) – 435377 Mary Keegan : (045) – 868386 website: <http://www.i-lsn.com> email:support@i-lsn.com Meetings: Twice yearly

Irish Medical Directory Provides a directory of patients' support groups, some of them related to cancer.

Laryngectomy Association of Ireland Aims and Activities: To provide support and guidance for the patient who has undergone laryngectomy and for his/her family. Also to collect and co-ordinate information relevant to laryngectomy. **Address:** Irish Cancer Society, 5 Northumberland Road, Dublin 4. Tel: Contact (01) 668 1855 Cancer Helpline Freefone 1-800-200-700 Meetings: Regular social and educational meetings. Please phone Irish Cancer Society for details of meetings.

Mac (Men Against Cancer) Aims and Activities: To provide public information and emotional support for men who have had a diagnosis of prostate or testicular cancer. **Address:** c/o Irish Cancer Society, 5 Northumberland Road, Dublin 4. Tel: (01) 6681855 Freephone Helpline Tel: 1800 200 700 Meetings: Annual Public Meetings

Our Lady's Hospice Aims and Activities : Provides palliative care for terminally ill people, such as people with advanced cancer. Offers bereavement support for relatives and friends. **Address:** Harold's Cross Dublin 6w, Ireland. Tel: ++353 1 497 2101/497 8099 email: fundraising@ourladyshospice.com or personnel@ourladyshospice.com


Reach to Recovery (Breast Cancer) Aims and Activities: The programme is designed to provide patients with breast cancer and their families with support and information on breast cancer and its treatment and to assist them to return to normal and productive lives. **Address:** Irish Cancer Society, 5 Northumberland Road, Dublin 4 Tel: (01) 668 1855 Cancer Helpline Freefone 1-800-200-700 Meetings: General meetings for Reach to Recovery volunteers four times a year. Please telephone the Irish Cancer Society for details.

St Luke's Support Group for Newly Diagnosed Breast Cancer Patients Aims and Activities: To provide a supportive and informative meeting for newly diagnosed breast cancer patients where issues/problems common to the group members can be freely discussed in a mutually supportive atmosphere. **Address:** Highfield Road, Rathgar, Dublin 6. Contact Social Work Department (01) 497 4552 Meetings: Weekly each Wednesday at 11.00 a.m.

LEINSTER GROUPS Beaumont Hospital Laryngectomy Group Aims and Activities: To provide emotional support, information and a safe forum for socialising to those who have undergone laryngectomies. **Address:** Beaumont Hospital PO Box 1297 Dublin 9 Tel: (01) 837 7755 ext 3940 / 3290 Meetings: Every 6 – 8 weeks from 2.00 pm to 4.00 pm. Meetings: Once every six weeks from 2.30-4.00pm.

Bray Cancer Support Group Aims and Activities: The Centre seeks to address the needs of its clients in a variety of very practical and caring

ways. Within it, the volunteers have created an atmosphere of warmth, safety, welcome and confidentiality, especially for those who are sick. Because many of the volunteers have experienced this illness themselves, they have a special empathy for those who are battling with cancer. All services are provided free of charge and they include: **Friends Upfront** - A support group for women with breast cancer. **Men Living with Cancer** – A support group for men. Meets monthly. * A Drop-In Support & Information Service is at the hub of the Centre, and is open from 10.30am to 1pm Monday to Friday; * a telephone support back-up service is available from 10.30am to 1pm. * One-To-One counselling is available by appointment. Counselling is provided by qualified psychotherapists and professional counsellors. * A comprehensive library of books, tapes, videos and pamphlets on issues related to cancer and up-to-date information is provided on cancer diagnosis, treatment, welfare entitlements etc. * home or hospital visits for cancer patients by the Centre's volunteers; * Public meetings are held fortnightly featuring experts such as dieticians and cancer specialists; * Free classes are run in stress management, relaxation, self-development, vegetarian cookery, crafts etc. * Information and advice on how to adapt one's lifestyle and outlook through exercise, nutrition, herbalism, relaxation techniques, massage and stress management. A nutritional therapist is available on a one-to-one consultancy basis through the Centre. * A monthly Newsletter produced and circulated to approx. 200 members. * Where necessary, free transport is provided for patients to and from the Centre, hospitals and clinics. * Financial assistance is sometimes given to people with advanced cancer to visit health, meditation or religious centres. Similarly to people to cope with nursing and medical expenses. * Short breaks are provided as respite care to members and their carers throughout the year. * Social activities are run throughout the year. **Address:** The Bray Cancer Support & Information Centre 36B Main Street, Bray, Co.Wicklow, Ireland. Telephone/Fax: (01) 286 6966 Veronica: (01) 286 8467 Geraldine: (01) 286 6105 Maeve: (01) 286 3320 Meetings: Group meetings monthly. Counselling and one to one support at other times by appointment. Support service. Social activities, relaxation workshops, drop-in centre, home and hospital visiting, guest speakers. **Address:** Shalom, Oldcourt Park, Bray. Tel: Contact (01) 286 8467; (01) 286 3320; (01) 286 6966 (24 hour answerphone) Meetings: Fourth Tuesday at 8.00 p.m. Wednesday at 10.30 a.m. at Drop-In Centre, 5 Carlton Terrace, Novara Road, Bray. **C.H.A.T. Aims and Activities:** General support and discussion for patients, relatives and friends of those with cancer. **Address:** Mater Hospital, Eccles Street, Dublin 7. Tel: Contact (01) 830 1122 Meetings: St. Vincent's Ward, Mater Hospital. Last Saturday each month at 11.30am. **Dundalk Cancer Support Group Aims and Activities:** To lend a listening ear to both patients and their families. To provide professional help, i.e. counsellor, aromatherapist. If required, provision of transport for hospital appointments. To supply equipment, aides etc. not available from the Health Board. Our aim is to help the patient and their families throughout all stages of their illness. Meetings: Weekly **Address:** 6-7 Rampart Shopping Centre, Dundalk. Telephone: (042) 39693 Meetings: Weekly **Greystones Cancer Support Group Aims and Activities:** Offers support to cancer patients, their families and their friends. Hospital visiting, transport to hospital, nursing equipment, invalid aids, monthly information meetings. **Address:** 2 Emily House, Trafalgar Square, Greystones, Co Wicklow Tel: (01) 287 1601 Tel: Contact Mrs. Kathleen Kelleher (01) 287 5327 Meetings: Last Thursday of each month at 8.30 p.m. at the La Touch Hotel, Greystones. **Meath Support Group Aims and Activities:** To provide a support network in an educational rather than a health related environment for cancer patients, their families and friends. Activities might include social outings, lectures on complementary medicines or "Tea and Chat" on a monthly basis. Address: Adult Education Centre, VEC Offices, Abbey Road, Navan. Tel: Contact Tel: (046) 21680 Meetings: 1st Monday of every month form 7.30 pm – 9.30 pm **Port Laoise Breast Cancer Support Group Aims and Activities:** To provide support for women who have or have had breast cancer. Support includes listening, talking and teaching. Activities include talks on complementary medicine, health education and advice regarding breast prosthesis and bra fittings. Information also available on treatment types and availability. **Address:** c/o Oncology Nurses, General Hospital, Port Laoise Tel: 0502 – 21364 ext. 309 / bleep no 81 Meetings: 1st Wednesday of every month Tel: Contact Mary Reilly, Secretary (042) 39693 **Slanu Cancer Support Group Aims and Activities:** Support and information to people with cancer, their family and friends. Tape and book lending library, different speakers on appropriate topics. Social outings. Private counselling. **Address:** 3559 Lakeside Park, Newbridge Telephone Contact: Marie (045) – 434 624 Kevin (087) – 459 196 Angela (045) – 431 755 Meetings: Monthly **MUNSTER GROUPS Charleville and District Cancer Support Group Aims and Activities:** To help

anyone who has suffered from cancer in the past or is suffering at the moment. The group or members of the group will visit and talk to anyone harmed by cancer at any time. **Address:** Railway Road, Charleville, Co Cork Tel: 063 81903 Meetings: 3rd Monday of each month at Convent of Mercy, Charleville at 8pm **Comfort for Cancer Support Group Aims and Activities:** Our group is a confidential support group for cancer patients of all ages and their family members. Hospital visits are carried out on request. There is a day and night phone link. Social activities arranged throughout the year. Guest speakers also arranged. **Address:** Room 3, St Francis Friary, Liberty Street, Cork. Meetings: Every Wednesday morning at 10.30 am and second Wednesday of every month at 8.00 pm. Helping cancer patients and their families to accept cancer and live with it in a positive way. Tel: Contact (021) 272410; (021) 966987; (021) 546290 after 6.00 p.m. **Limerick Cancer Support Group Aims and Activities:** To offer practical and social help in times of need. Telephone: 061 – 341751 **Address:** Social Service Centre, Henry Street, Limerick. Tel: Contact (061) 314111 Meetings: Every Wednesday, 11.00 a.m.-1.00 p.m. **Listowel Cancer Support Group Aims and Activities:** To set up a support group for breast cancer patients and their families. **Address:** Mary O'Connor, Gurtinard, Listowel Tel: Contact (068) 21741 Meetings: Third Wednesday of each month at 8.30pm at the Listowel Arms Hotel. **West Clare Cancer Support Group Aims and Activities:** We wish to create a safe place where persons who have or have had cancer, their families and friends can talk and express their feelings and personal concerns in confidence. We aim to provide information and support which will enable people to take responsibility for their own decisions and healing. **Address:** Milltown Road, Kilkee, Co Clare Telephone: 065 56327 Meetings: 1st Tuesday of every month from 8.00pm – 10.00pm. **CONNAUGHT GROUPS Northwest Hospice Aims and Activities:** Provides palliative care for terminally ill people, such as people with advanced cancer. Offers bereavement support for relatives and friends. **Address:** PO Box 294, The Mall Sligo email: NWHosp@iol.ie Phone: 071-43317 Fax: 071-43255 **Mayo/Roscommon Hospice Foundation Aims and Activities:** Provides palliative care and bereavement services for those affected. **Address:** Unit 1, The Mall Main Street, Knock, Co. Mayo Ireland Tel: ++ 353 94 88666 Fax: ++ 353 94 88666 email: hospice@mayo-ireland.ie **Slanu, Galway Aims and Activities:** To create a supportive environment where people with a diagnosis of cancer can take time and space to explore "coming to terms with their illness" and "their own inner process and transformation." Holistic attitudes and skills for living as fully as possible in relation to self, others, the environment and the source of life. **Address:** 47 Foster Street, Galway. Telephone: (091) 755023, 091 – 562311 Meetings: One residential week every month. **Tuam Cancer Care Group Aims and Activities:** To help needy cancer patients with financial aid when funds are available. To subsidise one bed in the hospital for terminally ill patients. Support group for breast cancer patients principally. Other types of support and help where possible according to need. **Address:** Bon Secours Hospital, Tuam, Co. Galway. Tel: Contact (093) 24556 Meetings: First Tuesday of each month at 8.30pm  **ULSTER GROUPS Donegal Rossnowlagh Cancer Support Group Aims and Activities:** Support for people living with cancer. **Address:** Donegal Rossnowlagh Support Group, Tawnalarry, Donegal Town Tel: (073) 21296 / (073) 21737 Meetings: First Wednesday of each month at 8.00pm – 10.00pm at Donegal District Hospital, Donegal Town. Contact: Mary Greene, Tawnalarry, Donegal Town. Tel: (073) 21296 Meetings: First Wednesday of each month at 8.00 p.m. **The Ulster Cancer Foundation** The Ulster Cancer Foundation has information on groups available in Northern Ireland. **Address:** 42 Eglantine Avenue, Belfast BT9. Tel: Contact (0801232) 663281 The various support services / groups are listed as follows: * Breast Cancer Support Services * Lymphoma Support Service * Laryngectomy Support Service * Northern Ireland Urostomy Association * Northern Ireland Colostomy Association * Young Adults Cancer Help Team * Childhood Cancer Support Service * Ovarian Cancer Support Service **SCOTTISH GROUPS Access Aims and Activities:** A two-fold service aiming to help individuals facing a diagnosis of cancer understand their situation. Offers a short information and support programme which runs regularly over the year. Each programme runs for 2 hours per week, for 9 weeks. The sessions are open to those with cancer and an accompanying family member or friend, and addresses various aspects of living with cancer. Offers relaxation and complementary therapies. There is also a drop-in centre, with a small resource library and Internet access (opening hours as above). Two nurses available for advice and support. **Address:** Ardowan Hospice, 12 Nelson Street, Greenock, PA15 1TS Co-Ordinator : Ms. Ruth Tipling Tel: 01475 726830 Fax: 01475888770 Email: ruth.t@ardhosp.co.uk Hours: 10 am – 4 pm Tues & Thursday 12-7 pm Wed **Breast Cancer Care Aims and Activities:** Offers comprehensive services for individuals, carers,

and health professionals. Emotional support, information and practical advice for persons who have or fear they have breast cancer or other breast diseases. Range of literature plus independent prosthesis and clothing advice by appointment. All services are free. **Address:** 46 Gordon Street, Glasgow, G1 3PU Telephone: Freefone 0500 24 53 45 (Mon-Fri 10 am – 5 pm) Administration: 0141 221 2233 Fax: 0141 221 9499 email: bac@bac.co.uk Hours: 8.45 am – 5 pm Mon-Fri and 24 hr answerphone **Laryngectomy Support Group Aims and Activities:** Meets every Tuesday between 2 pm. and 4 pm. in Inverclyde Royal Hospital. Close contact with health professionals at Inverclyde Royal. Contact name: James McGarva telephone: 01475 726001 **Tak Tent Cancer Support Group Address:** G Block 4th Floor West Infirmary Glasgow Strathclyde G 11 6NT Scotland Tel: (041) 334 6699 <http://www.show.scot.nhs.uk/ghi/taktent.htm> <http://hosted.aware.easynet.co.uk/contacts/taktent/> **Tak Tent Cancer Support Group Rothesay Aims and Activities:** Local group of the national cancer support organisation. Group meets last Thursday of the month at 7.30 pm. in the adult training centre. This group covers the Isle of Bute area. For further details and a local contact, telephone TAK head office in Glasgow. **Tak Tent Cancer Support Group Tighnabruaich Aims and Activities:** Local group of the national cancer support organisation. Group meets first Friday of the month. This group covers the Argyll area around the Cowal Peninsula. For further details and a local contact, telephone TAK head office in Glasgow.
