



**Cancer Care West**  
The West of Ireland Cancer Charity



ANNUAL REPORT 2017

# Welcome

Welcome to the 2017 annual report for Cancer Care West. In this report, we outline some of the work we carried out in 2017. With your help, our small but dedicated team were able to deliver a wide range of practical and psychological supports, both in the community and in hospital, to people whose lives have been affected by cancer.

Our annual report shows some of the ways in which we are supporting people and the impact of our services on the lives of those with whom we work. We have highlighted some significant developments to our services and in the sections at the back you can see our annual accounts and read about how we raise our funds and what we spend on our services.

Without the support of so many people around the west and northwest of Ireland who generously give their time, energy and money, we could not continue to provide our services. We are very grateful for your support in 2017, and look forward to your continuing support in the years ahead.



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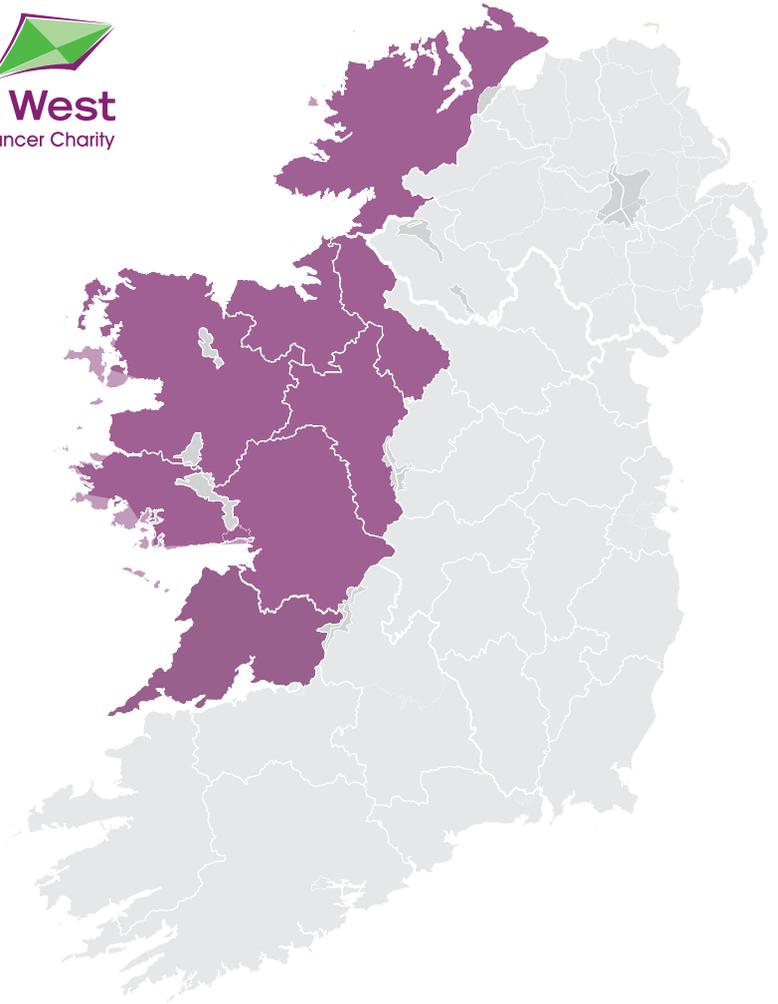
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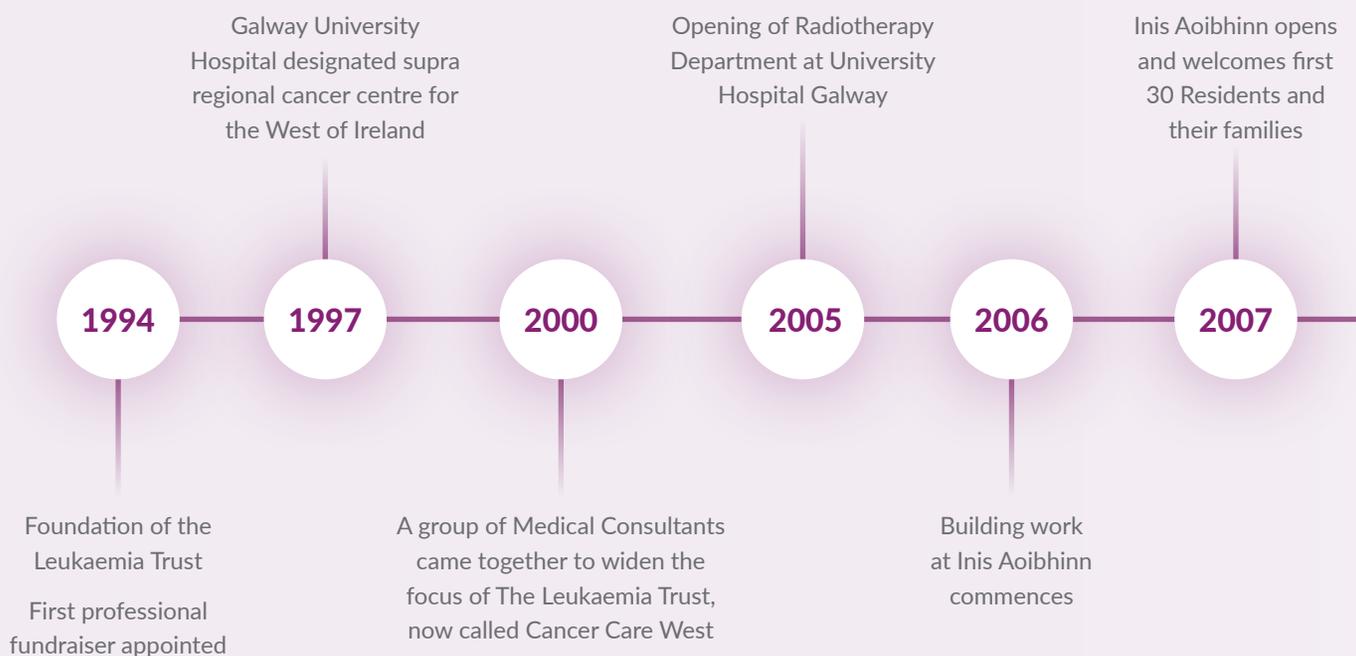
# About Us



*Provides support and services throughout the counties of Donegal, Sligo, Leitrim, Mayo, Galway, Roscommon, Clare.*



## Cancer Care West Timeline



# About Us

## WHEN SOMEONE IS DIAGNOSED

with cancer in hospital treatment focuses on the cancer. When someone is diagnosed with cancer in our community Cancer Care West focuses on the person.

People in our community are affected by cancer every day, directly or indirectly through a loved one. At Cancer Care West our vision is that no one should have to go through a cancer experience alone and everything we do has this vision in mind.

We are here to support people from the moment they are diagnosed, through treatment and beyond. Our residential, long term accommodation and psychological support services are provided free of charge, to those who need us.

## OUR VISION

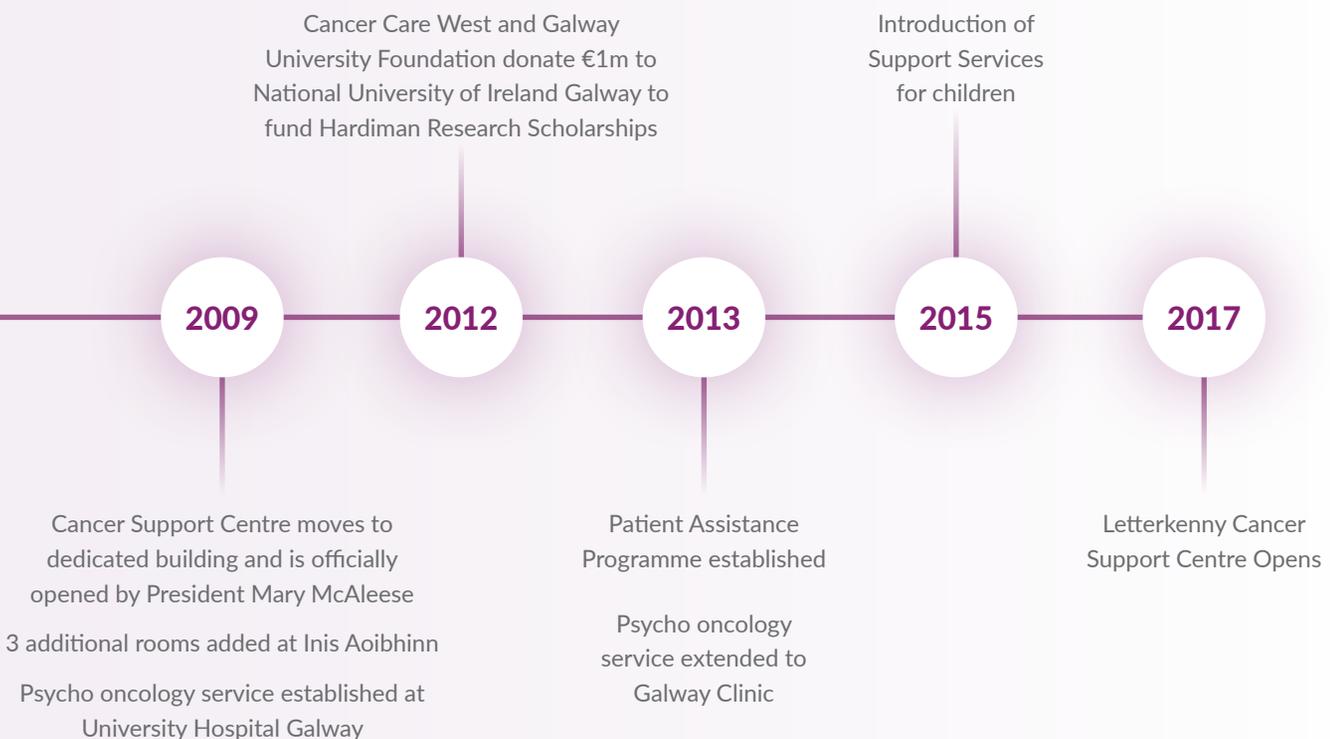
Our Vision is that no one will go through cancer alone.

## OUR MISSION

Our Mission is to provide professional support services to cancer patients and their families throughout our region

## OUR VALUES

- Our focus is on people and their needs
  - We treat everybody with care, kindness, consideration and empathy.
  - We respect and value our staff, volunteers, donors
- Our services are open to all who need them
  - And are provided free of charge
- We support families affected by cancer
  - Our services extend to family members and carers
- We are innovative
  - We embrace collaborative and progressive approaches to supportive cancer care
- We are professional and transparent
  - We aim for the highest standards and follow evidence-based best practice



# The Future

**EVERY YEAR** the needs and concerns of cancer patients and their families change. And so it is important that we respond to these changing needs also. At our last strategic review, the scale and scope of support services was reviewed. There were several key decisions taken to address the changing needs of our population. Most importantly, a decision was taken to expand our services to one of our furthest outreach areas and that is in Letterkenny in north Co. Donegal.

When we reviewed support services in Co. Donegal, it appeared that there was a significant gap in these services. On approaching Letterkenny General Hospital, there was a very enthusiastic and positive response for such an expansion.

In March 2017, the Donegal Cancer Support centre, based at Pearse Street, Letterkenny was opened. It is staffed by a senior clinical psychologist and an oncology nurse support specialists who provide a service modelled on our centre in Galway.

The centre also provides a Psycho-Oncology service to Letterkenny General Hospital. This is to support patients who are Inpatient in hospital and experiencing distress or anxiety due to their diagnosis of cancer.

In 2017 the centre was visited 1,185 times by 265 individuals affected by cancer.

The need to expand our Support centre in Galway to broaden the range of services offered was addressed with the doubling in size of the centre which will be complete by early 2018. This will incorporate dedicated

children's counselling and play therapy service to support children who are either living with a cancer diagnosis themselves or whose parents or siblings have cancer.

The expansion also allows us to add a dedicated cancer rehabilitation gym which will be aimed at enhancing physical fitness and mobility levels of cancer patients during and after treatment.

*In March 2017, the Donegal Cancer Support centre, based at Pearse Street, Letterkenny was opened. It is staffed by a senior clinical psychologist and an oncology nurse support specialists who provide a service modelled on our centre in Galway.*



# Message from CEO & Chairman



**Richard Flaherty**  
Chief Executive

*Richard Flaherty*

Welcome to Cancer Care West's 2017 Annual Report. We are delighted to get the opportunity to reflect on our activities and achievements during 2017.

2017 was certainly a millstone year for our charity. The numbers accessing our Cancer Support Services, our residential facility Inis Aoibhinn and our Patient and Family Assistance programme continue to increase.

Inis Aoibhinn provided 9,925 bed nights to 340 cancer patients undergoing radiotherapy at UHG and also to their family members who stay with their loved one during their treatment. Our support services continue to experience high demand with almost 2,000 people accessing our range of services during the year. We also provided support to 57 families through our Patient & Family support fund.

In total we proved support to over 3,000 people affected by cancer during 2017 from all over the West and North West of Ireland, the highest number in our charity's history.

2017 was a year of significant growth for our charity. We realise that the numbers that will need our range of practical and emotional supports will continue to increase into the future and we must to be prepared to meet this need and this resulted in a number of new initiatives during the year.

In response to the increasing demands for the counselling service we provide to inpatients at University Hospital Galway we appointed a full time Psychologist to this role in early 2017. Over 741 hours of counselling was provided to 266 patients and family members through this service during 2017. Also the need for a family room within UHG to allow family members of cancer patients a private room to rest, relax, meet friends and medical staff and if necessary overnight was addressed with the opening of a new family room in the Claddagh Ward at UHG. This room was a joint initiative between our charity and The Foxhall fundraising group.



**John MacNamara**  
Chairman

*J. P. Mac Namara*

The major development of 2017 for our charity was the opening of our new stand-alone Cancer Support Centre in Letterkenny. This was unique in that it is our first service located outside of Galway and the delivery of this initiative was a key component of our charity's current strategy. The centre located in the heart of Letterkenny town provides psycho-oncology counselling and a range of group supports and complimentary therapies to anyone affected by cancer. Since it opened its doors in March the centre was accessed over 1,200 times by 265 people. We are very proud to have established this much needed service for the people of Donegal and we are very confident that it will be a huge and much needed addition to Cancer Care West in the county. It is our hope to expand this service as our resources allow.

We would of course not be able achieve all of this without our supporters. The generosity of the public who donate to our charity enables us to, not just maintain but expand our services and reach more people in need our services and reach more people in need of our help.

We are also enormously grateful to all our volunteers who donate their time; they are a vital part of the Cancer Care organisation. I must also acknowledge the continued support of the staff and management of University Hospital Galway with whom we work on a daily basis to ensure all those in need can access our services.

To all our staff, the success and achievements outlined in this report are due to your dedication and compassion. We are also very grateful to our board who freely donate their time, skill and expertise to the work of Cancer Care West.

Our vision that no one should go through their cancer alone provides the driving force behind everything we do. We are very grateful for your help and look forward to your continuing support in the years ahead.

# The Year In Numbers

**3,008**

**INDIVIDUALS**  
AVAILED OF OUR SERVICES

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**9,925**

**BED NIGHTS PROVIDED**  
TO CANCER PATIENTS  
& THEIR FAMILIES

---

**8,235**

**VISITS TO** CANCER  
SUPPORT CENTRES

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**19,200**

**MEALS SERVED**  
AT INIS AOIBHINN

---

**380**

**FUNDRAISING EVENTS**  
WHICH RAISED

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**€1.187**  
**MILLION!**

# Cancer Support Centre



During 2017, Cancer Care West support centre has continued to provide a unique community based model of psychological and oncology support for cancer patients and their families. Despite the many breakthroughs in cancer treatment, by the year 2020, almost half the population of Ireland will have had cancer at some point in their lives. As cancer affects more people, it is imperative that the model of community Psycho-Oncology support offered by Cancer Care West is available to anyone who needs it. This year we have had the opportunity to expand our services in very specific and targeted way. We have added a dedicated children's counselling and play therapy service to support children who are either living with a cancer diagnosis themselves or whose parents or siblings have cancer. This service is run by Dr Mairead Brennan, Clinical Psychologist and during this year 67 children were seen over 202 sessions.

Our second big innovation this year was the completion of our dedicated cancer rehabilitation gym which was completed by year end and is due to open early in 2018. We plan to employ a specialist cancer rehabilitation physiotherapist to run this service with targeted programmes aimed at enhancing physical fitness and mobility levels of cancer patients during and after treatment. This is one of the

key recommendations in the recently published National Cancer Strategy 2017-2026 and we are delighted to be at the cutting edge in that we are one of the first cancer support services in the country to be in a position to offer this to patients.

We have also developed a dedicated Psycho-Oncology service for Galway University Hospital. This means that cancer patients and the staff working at the hospital have access to a clinical psychologist experienced in supporting people with cancer on a daily basis. Dr Norma Jean Murphy, Clinical Psychologist has been appointed to lead this service. This has led to a vastly improved service with significant more contact with patients. We now attend all multi-disciplinary meetings weekly in the hospital. We have also expanded our service at the Galway Clinic, now offering seven hours per week intervention to both patients and staff. During 2017, 266 patients were seen over 701 sessions at the hospital.

In our seventh year of operation, the centre has continued to offer support to patients, families and oncology staff, using the model of community Psycho-Oncology developed by Cancer Care West. This is a two pronged approach of clinical psychological intervention for people affected by cancer, with the availability of classes, support groups and courses, all designed to best meet the needs of the cancer patients we help.

During 2017, the centre was visited 7,050 times by over 1,400 people affected by cancer. Most of the people who used the centre availed of individual services, including psychology, oncology information, benefits advice and complementary therapy. We continue to support people at all stages of their illness and during the year some of the people who use our service unfortunately died from their illness.

In 2017, 869 people visited the centre for the first time. This reflects a growing awareness of the range of services available and is probably also a reflection of the increasing use of social media.

Our support centre is based in the community, beside the main treating hospital in the West of Ireland where there are a wide range of services available at no cost to the patient or their family.

Geographically, we have managed to expand our support service beyond Galway and On March 1st this year, we opened a support centre in Letterkenny, Co. Donegal. Modelled on the centre in Galway it comprises 1,500 square feet and includes two counselling rooms, a group room and drop in centre as well as a kitchen area. It is staffed by a senior psychologist and staff nurse who have many years of experience working with adults with serious illness. Similarly, in Letterkenny our service will serve both the community and the hospital. This service will be modelled on our very successful model in Galway.

May I take this opportunity to thank all the people who use our support services. It is our privilege to offer support, warmth and professional services to anyone affected by cancer. Without your presence, our centres would not be the vibrant places that it has become. I want to sincerely thank the staff, volunteers and contractors who support the centre in its work.



**Dr Helen Greally**

Director, Cancer Support Centre

*"I attended the young person's support group which I found very reassuring. It was fantastic to be around other people who had had similar experiences, especially after being isolated for so long"*

RYAN, CANCER SUPPORT CENTRE CLIENT



# Cancer Support Centre



## Cancer Support Centre Statistics

YEAR	NUMBER OF CLIENT VISITS	NUMBER OF CLIENTS	TOTAL CLIENT USAGE incl. Talks, Events etc.	DROP-IN VISITS
2010	5567	1017	1050	2900
2011	6062	1071	1200	3630
2012	6483	1233	1401	4100
2013	6603	1248	1450	4210
2014	7096	1240	1451	3912
2015	7112	1253	1455	3858
2016	7182	1315	1486	3611
2017	7050	1400	1566	3255

## Clients by County of Residence

COUNTY OF RESIDENCE	CLIENT VISITS
Clare	50
Donegal	63
Galway	812
Mayo	132
Sligo	43
Roscommon	70
Leitrim	28
Other	70

## Cancer Support Centre Service Visits

SERVICE	VISITS	CLIENTS
Clinical Psychology	2,309	770
Psychology/Counselling	184	57
Seen in UCHG	701	266
Seen in Galway Clinic	204	162
Seen in Galway Hospice	19	11
Oncology Information	530	339
Reflexology	266	149
Yoga	962	99
Massage	275	158
Art Class	134	36
MLD	374	80
Tai-Chi	218	50
Exercise	669	51
Nutrition	68	35
Benefits Advice	179	135
Relaxation Class	43	30
Mindfulness	158	35

*"From the moment I arrived at the Cancer Support Centre I felt welcome. I talked to one of the Oncology Nurses, and realized that it was the first time since my diagnosis that I didn't feel alone."*

MARIA, CANCER SUPPORT CENTRE CLIENT

## Maria's Story

## Maria

Cancer Support Centre Client

From the moment I arrived at the Cancer Support Centre I felt welcome. I talked to Elaine, one of the Oncology nurses, and realized that it was the first time since my diagnosis that I didn't feel alone. I am generally a resilient, positive person, but cancer can be a very isolating illness and there were days when I didn't feel strong. I arranged a series of counselling sessions with Helen, one of the Psychologists. Helen treated me as a person and not just as a patient, and helped me to put things in perspective and to realise that it was OK to have days when I felt down. She helped me to find a way to talk with my teenage son about what was happening with my illness and treatment.

I used many of the services at the Cancer Support Centre, all free of charge: yoga and tai chi classes, reflexology and nutrition, and massage therapies which I found really helpful, physically and emotionally. I have been living on illness benefit since I became sick and I simply wouldn't have had access to any of these support services if I had to pay for them myself.

I haven't found cancer treatment difficult and fortunately have had no side effects; however I really don't think I would be feeling as good as I am without the emotional support of Cancer Care West. I think everyone who experiences cancer needs some support and for me it was the safe haven of Cancer Care West's Cancer Support Centre.

"I really don't think I would be feeling as good as I am without the emotional support of Cancer Care West."



# Cancer Support Centre



During 2017, Cancer Care West has extended its model of service to the northwest. In March 2017 the doors opened at our new centre in Letterkenny, Co. Donegal to serve the northwest of Ireland. The service is modelled on our very successful support centre in Galway.

The centre is staffed by a Senior Clinical Psychologist and an Oncology Nurse. Since March we have developed and fostered strong links with Letterkenny University Hospital, local G. P.s, public health nurses and the Donegal Hospice as well as other community based services.

During the year we have achieved our initial goal of providing a strong community based Psycho Oncology service to individuals and families who need it. We have also developed a psycho oncology service for Letterkenny University Hospital and the Donegal Hospice. This means that staff at the hospital and hospice have access to a Clinical Psychologist experienced in supporting people with cancer. We also attend multi-disciplinary meetings in the hospital. In addition, training and education in the area of Psycho Oncology was provided to medical staff in the hospital as well as those working the community with individuals and families with a cancer diagnosis.

The focus of the service this year has been on establishing the service in the Northwest

as well as fostering and securing links with relevant bodies. Our developments have focused on establishing and consolidating the Psycho Oncology and Nursing services. Expansion of the service this year has also included the establishment of complementary therapies such as Reflexology as well as a weekly Yoga class. A number of educational classes for individuals have also taken place at the centre.

In 2017, the centre was visited 1, 185 times by 265 individuals affected by cancer. Most of the people who used the centre availed of individual services including nursing support, clinical psychology, oncology information, and complementary therapy. Support is provided to people at all stages of their illness. As we have moved forward with the service we have also established a number of educational talks from a variety of professionals. We envisage further developments in the coming year such as the introduction of a Manual Lymphatic Drainage service and the formation of therapeutic groups for individuals post cancer treatment, such as Mindfulness-based cancer recovery classes. Work is also in progress to establish the first Brain Tumour Support Group in the northwest in conjunction with Brain Tumour Ireland.

I would like to take this opportunity to thank all the staff, volunteers and the medical staff in Letterkenny University Hospital and Donegal Hospice for their continued support in helping to establish the centre in Donegal. I would especially like to thank those who use the centre and their families. It is a privilege for us to work with each and every one of you on a daily basis and witness your strength and resilience in the face of illness. We look forward to welcoming you to our centre in the coming year.

Charlene Haughey  
Cancer Support Centre

# Letterkenny



## Support Centre Statistics - Letterkenny

YEAR	NO. OF CLIENTS	CANCER PATIENTS	RELATIVES	MALE	FEMALE
2017	265	195	70	78	187

## Sessions Total Appointments

YEAR	DROP INS	CLINICAL PSYCHOLOGY	REFLEXOLOGY	YOGA	FEMALE
2017	1185	442	43	86	187

## Drop Ins Breakdown

YEAR	ONCOLOGY INFORMATION	TELEPHONE SESSIONS	PUBLIC TALKS	DROP IN
2017	218	123	79	192

## No. of Clients seen in the hospital/hospice

YEAR	ONCOLOGY INFORMATION
2017	32

## OFFICIAL OPENING OF LETTERKENNY SUPPORT CENTRE SEPTEMBER 16th



Seamus Coleman, Patron Cancer Care West. Moya Brennan Patron Cancer Care West, John MacNamara Chairman Cancer Care West, Noel Cunningham Patron Cancer Care West.



Richard Flaherty CEO Cancer Care West, John Donnelly, Director Cancer Care West, Grainne McGettigan Cancer Care West, Noel Cunningham Patron Cancer Care West, Dr Helen Greally Cancer Care West, Moya Brennan Patron Cancer Care West, John MacNamara Chairman Cancer Care West, Seamus Coleman, Patron Cancer Care West.

# Inis Aoibhinn



2017 was a lively, purposeful year for us here in Inis Aoibhinn, we were delighted as a team to celebrate a milestone of ten years since opening. The last ten years have flown by and we feel so privileged to have been able to help so many families and oncology patients from all areas of the West of Ireland undergoing their radiotherapy treatments in Galway. This year we welcomed 340 residents to Inis Aoibhinn and overall we provided 9,500 bed nights for both patients and families, this is something that we are very proud of.

In addition to all of this we were very pleased to be able to help 57 families through our Patient and Family Support Programme with accommodation assistance. It is great to be able to make a meaningful difference to families and give them one less worry during a difficult time.

Being away from home is never easy for anyone, the main objective of Inis Aoibhinn is to create a haven for people having treatment, giving a home away from home for the duration of peoples stay. One of our current residents explained that they felt nervous until they walked through the doors of Inis Aoibhinn, but from the moment they came inside they immediately felt relaxed and comfortable, this feedback means everything to us.

All of our Staff here in Inis Aoibhinn pride themselves on creating a friendly welcoming atmosphere and sanctuary for all residents staying here. I would like to take this moment to acknowledge their continuous hard work, sharing kindness and commitment in all they do.

There is a great sense of gentle support here in Inis Aoibhinn, many people who stay here make friendships that last a lifetime. Each person staying can choose to relax in their own rooms, or in the communal living areas, whichever they prefer and feel comfortable with. We were delighted this year to have several visits from the "Celtic Ramblers" and performances from Fergus Cleary, Noel Sweeney and Johnny Haughey. Mick Kelly and the Newport Set Dancers also delighted residents with their dancing. All of these people selflessly dedicate their time to creating some fun and entertainment for those staying here and the entertainment is fantastic. Our volunteers also contribute to the services here in the Lodge from assisting with general maintenance, kitchen supports, administration and card making classes, they go above and beyond our expectations on all levels and this is so much appreciated.

Again in 2017 we were thrilled to have Brown Thomas visit us and create a winter wonderland of beautiful decorations, transforming Inis Aoibhinn, we are extremely thankful to Brown Thomas for their continued support and generosity. Annaghdown Carol Group also visit us annually and fill Inis Aoibhinn with laughter, joy and festive tunes for an evening.

The wonders of a cup of tea or coffee are well believed in by all visiting here in Inis Aoibhinn, daily we have many patients who are undergoing radiotherapy treatment appointments that avail of our facilities and take a few minutes out to refresh.

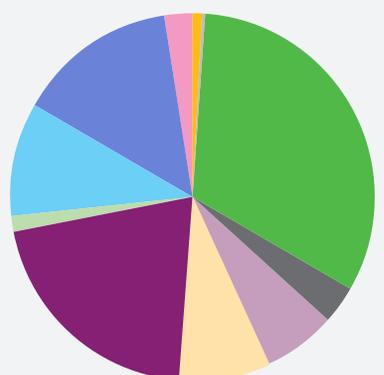
We sincerely appreciate all who continue to support us and keep in touch with us long after they leave, there is nothing the staff team love more than to hear from you all. We are looking forward to providing services again in 2018 and to continue to make a difficult time easier for all experiencing their radiotherapy treatment.

**Jill Taylor**  
Operations Manager, Inis Aoibhinn

Cancer Care West  
was like a haven in the  
midst of my treatment.

ANNE, INIS AOIBHINN  
RESIDENT

## Inis Aoibhinn

Inis Aoibhinn Residents  
County of Origin 2017

6	Clare	11	Offaly
66	Donegal	36	Roscommon
21	Galway	46	Sligo
38	Leitrim	2	Tipperary
106	Mayo	8	Westmeath

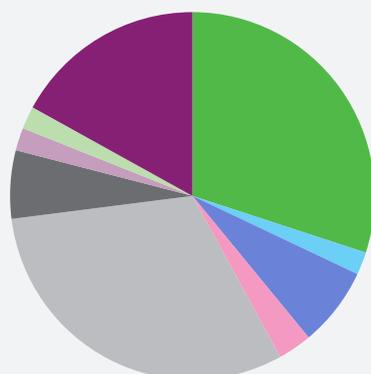
TOTAL 340

Residents' Diagnosis Summary  
2007 - 2017

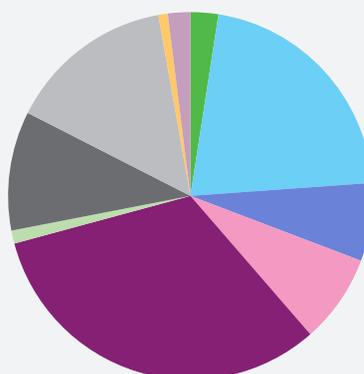
DIAGNOSIS	%
Breast	30
Cervix	2
Lung	7
Oesophagus	3
Prostate	31
Rectum	6
Skin	2
Head & Neck	2
Other	17
TOTAL	100

Other includes:

Brain, Caecum, Ear, Gastric, Glottis, Head and Neck, Larynx, Malignant Melanoma, Nose/Sinus, Pancreas, Pelvis, Sarcoma, Spine, Skin/face, Stomach, Tonsil, Tongue, Uterine, Vulval Sarcoma, Spine, Skin/face, Stomach, Tonsil, Tongue, Uterine, Vulval.

Summary Breakdown of  
Residents Diagnosis 2007 - 2017

30%	Breast	6%	Rectum
2%	Cervix	2%	Skin
7%	Lung	2%	Head & Neck
3%	Oesophagus	17%	Other
31%	Prostate		

Residents County  
of Origin 2007-2017

2%	Clare	1%	Offaly
22%	Donegal	10%	Roscommon
7%	Galway	15%	Sligo
7%	Leitrim	1%	Tipperary
33%	Mayo	2%	Westmeath

Number of Residents accommodated at Inis Aoibhinn March 2007 - December 2017

2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	TOTAL
194	287	302	288	322	324	322	398	358	345	340	3480

# A Resident's Story

## Eleanor's Story

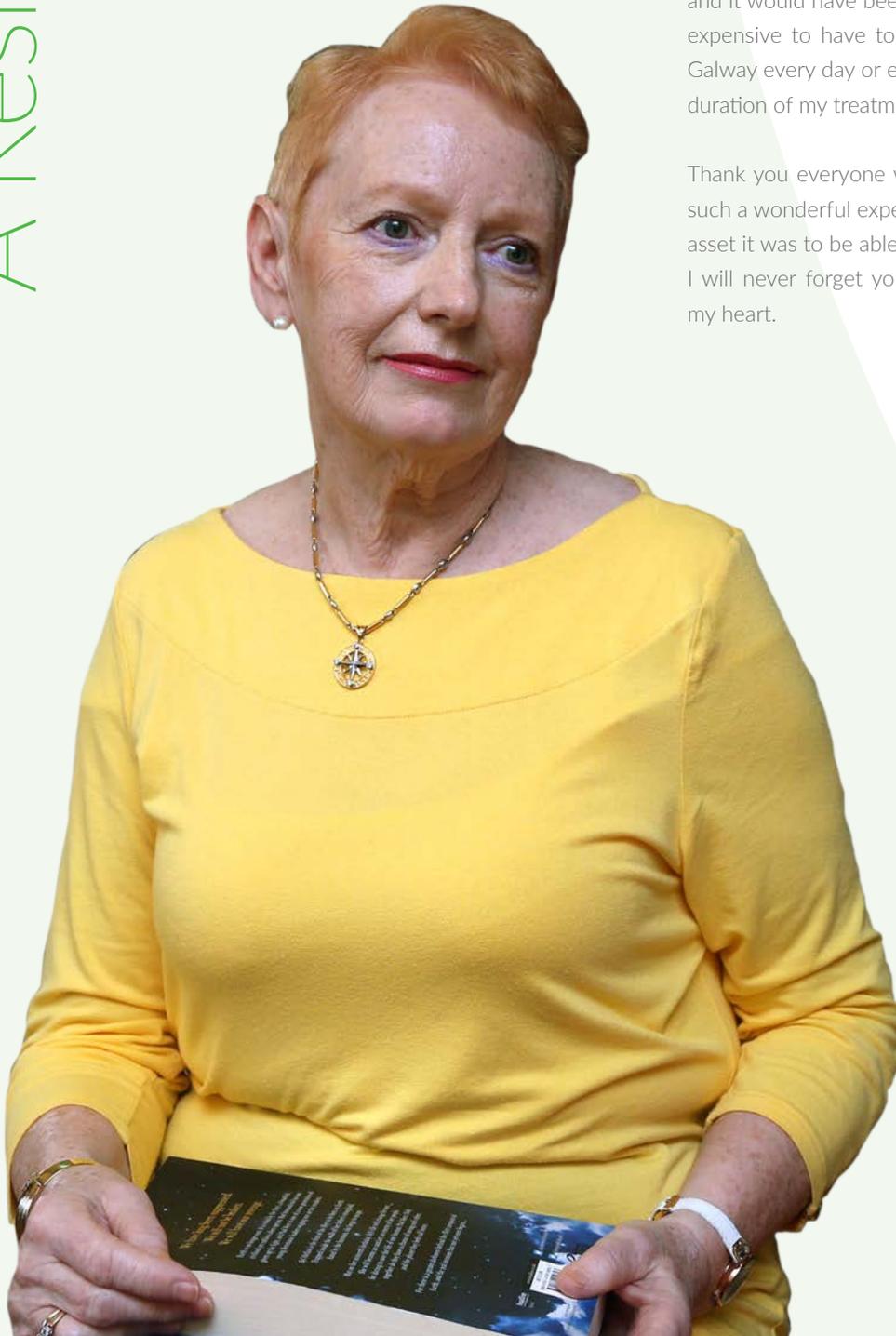
I had not heard of Inis Aoibhinn before my cancer diagnosis, in actual fact it was my E.N.T consultant who explained to me about a 'Nursing Home' attached to University Hospital Galway that I could stay in during my radiotherapy treatment. I thought to myself "Where is he sending me to?!" however, on the first day I arrived at Inis Aoibhinn, my husband and I were met by the lovely Kathleen and I immediately felt a warmth and kindness that would help me through the next five weeks.

To say it is a 'Home away from Home' is an understatement. You have all the facilities of a 5 star hotel plus the kindness, the support, genuine concern and understanding of all the wonderful staff and all without being intrusive!

You are made to feel so welcome and while each of us staying at Inis Aoibhinn have different cancer diagnosis, we are all in it together. The camaraderie between each and every one of us was wonderful.

At Inis Aoibhinn the staff make time to talk to you - nothing is too much trouble for them. It was also an added bonus to have our meals set down to us and no washing up to do - Home was never like this!. I travelled from Donegal and it would have been extremely difficult and expensive to have to travel up and down to Galway every day or else stay in a B&B for the duration of my treatment.

Thank you everyone who made my stay here such a wonderful experience. What a priceless asset it was to be able to stay at Inis Aoibhinn. I will never forget you, you will always be in my heart.



# Why I Love My Job

## Teresa Nash

Inis Aoibhinn Staff Nurse

I took leave of absence from the HSE in 2006 to look after my sister Bernie who was going through cancer treatment. I cared for her at home, and after some months wanted to look for a job with part time hours. I started working at Inis Aoibhinn as a Staff Nurse just before it opened in 2007 and one of the first things my colleagues and I did was to visit the ARC Cancer Support Centre and Oakland Lodge at St Luke's Hospital in Dublin. Inis Aoibhinn is modelled on Oakland Lodge and it was inspiring to experience first-hand the positive impact that these services had.

Inis Aoibhinn is everything you would hope for people who are sick. Each Resident has a private bedroom and bathroom and space for family to stay. There is support from staff and the other Residents, yet also plenty of freedom and independence. I think the availability of personal space, both physical and psychological, adds hugely to patients' wellbeing and recovery.

All the nurses at Inis Aoibhinn are very experienced; we work as a team and support each other well. Our Cancer Support Centre is a wonderful resource, not just for the patients and family who use the services, but also for the staff of Cancer Care West in terms of access to training and supports. One of the greatest rewards of being a nurse at Inis Aoibhinn is having time to listen to people. Patients and family often have questions about medication or nutrition or simply want to off load their worries in confidence. At night time in particular, fears and concerns can be heightened and this is often the time when people come downstairs for a cup of tea and chat, to sit and read or do a jigsaw.

Just knowing that there is someone available to listen can be a huge comfort, for those receiving treatment and for their family also. There is enormous support among Residents and families for each other. Everyone is on a similar journey and it can be very therapeutic to be with others who can understand and empathize.

Here everyone is on the same level, eating in the dining room together and having the same access to staff and facilities, irrespective of where they are from, what kind of cancer they have or whether they have health insurance or not. I love seeing people sitting in the dining room during our music nights, having a glass of wine or playing cards and getting to know one another. I've seen people who haven't danced in 30 years laugh and dance, forgetting about their cancer for a while, even though they are going through treatment and may be feeling unwell. It can be difficult seeing people who live alone in tears when they are going home, knowing that they will miss the company of all the friends they have made here.

People often tell me that before they came to stay at Inis Aoibhinn they thought it would be an unhappy place, but that this view always changes as soon as they walk through the front door. In hospital the focus is on medical treatment, but at Inis Aoibhinn the focus is on quality of life and getting well. Like many people, our family has had our own experience of cancer. My sister Bernie passed away in 2008 and we were all very grateful for the services of Cancer Care West during her illness.



# Volunteer Focus

## Eamonn McElroy

Inis Aoibhinn Volunteer

I had never been to Inis Aoibhinn before I started volunteering here – I think it is not unusual for people who live in Galway not to have visited Inis Aoibhinn as the majority of people who stay here are from much further away – Donegal, Mayo, Sligo and so on. A friend of mine was volunteering at Inis Aoibhinn and he asked me to give him a hand with the garden. I was working at the time and started volunteering for a few hours a week, but since I retired I have more spare time and now I spend two to three days a week here. A lot of my work is in the garden - cutting the grass, pruning the rose trees, planting shrubs – whatever seasonal gardening jobs need to be done. I also help out with the maintenance of Inis Aoibhinn, painting, decorating and general DIY – at this stage I know what needs to be done so usually just get on and do it!

Every month I organize a music night for the Residents – I arrange for a local band to come to Inis Aoibhinn for an evening, we have

music and dancing and I make sandwiches for everyone. The evening really breaks up the week for people who are staying here for six or seven weeks at a time. I know from talking to people the stress that they can be under and just how much it means to them to stay at Inis Aoibhinn and to have the support of the staff and other people who are also staying here. Not having to worry about finding and paying for bed and breakfast accommodation is a huge relief for most people here too.

I've been volunteering at Inis Aoibhinn for 4 years now – and I'll keep doing it for as long as I'm able. I spend time here because I enjoy it – the staff and other volunteers are welcoming and friendly and I love talking to the Residents and guests who are staying here - we often have a great laugh despite their illness. Chatting with people is a big part of what I do – in fact some days I get very little work done as I spend so much time talking!

**9,588** bed nights  
were provided by  
**Inis Aoibhinn**  
in 2017



# Patient & Family Support Programme

**CANCER CARE WEST** also provides practical support for families in the west and northwest of Ireland who are undergoing long term cancer treatment through our Patient and Family Support Programme.

Families can apply to avail of long term accommodation close to University Hospital Galway when a family member is receiving cancer treatment in hospital. Eligible families who don't live in Galway but want to stay close to their loved one will be found local accommodation at no cost to them.

In 2017, fifty seven families were supported with a total of 337 nights' accommodation in apartment or bed and breakfast accommodation.

We also assist individuals and families in need of financial support by providing shopping and fuel vouchers

Helping families who have a family member receiving long-term treatment in hospital in Galway with their accommodation requirements.

In 2017 **57** families were supported with a total of **337** nights accommodation



At 47, my husband Kieran was very fit, regularly playing football and running three to four times a week. The first indication there was something wrong was when Kieran noticed that his running times had become slower – 5km took him a minute and a half longer than usual, which is a big difference to a regular runner. He went to his GP for some blood tests, and the results came back fine. Our daughter was making her Confirmation shortly after this, and during the weekend of her Confirmation celebrations Kieran developed a serious pain in his back which left him in agony for the entire weekend. He knew there was something wrong and went back to the GP, who scheduled a scan for the following week.

A couple of days later Kieran went to bed at 11pm, waking a few hours later in unbearable pain. He didn't want to frighten our daughter by getting her up in the middle of the night so he took some paracetamol and decided to wait until morning. At 8am we went to the A&E department at Sligo General Hospital and at 3.30 that afternoon Kieran received a diagnosis of acute leukaemia. Kieran was transferred by ambulance to University Hospital Galway the following day where he was seen by a consultant whose immediate concern was the level of pain that Kieran was in.

The days that followed were a whirlwind of tests, numbness and shock. I had lost my dad earlier in the year, following the death of my mother just 3 years before that, and the news of Kieran's diagnosis was a terrible blow. I think I was in a daze for much of our first days in Galway. The ward sister on Kieran's ward had a talk with me one day, and said that she was concerned about me and asked if I would talk to someone at Cancer Care West. She made an appointment for me to meet with Mairead, one of the Psychologists at the Cancer Support Centre. I started meeting Mairead regularly and it was wonderful to have someone to talk to about everything that was happening to us. Mairead introduced me to Jill at Inis Aoi bhinn, who told me about the support

that was on offer for families who needed long term accommodation in Galway.

Jill organized an apartment for us, which was paid for by Cancer Care West, for 3 months while Kieran was receiving treatment at UHG. As soon as my daughter got her summer holidays from school she was able to come and stay with me and the feeling of relief of having somewhere private to stay, without worrying about the cost was indescribable. We had our own space, just minutes from the hospital, and we did our best to make it our own while we were there. My daughter and I bought some duvet covers to make it homely and on a few occasions Kieran was able to leave hospital for a day and could come to the apartment where we were able to enjoy some time together as a family, outside of the hospital environment.

Throughout this time the support of Cancer Care West was invaluable. I continued to see Mairead at the Cancer Support Centre; Helen – one of the other Psychologists went to see Kieran at the hospital so that he would have someone to talk to outside the family, and Jill would regularly phone me to see how we were getting on.

In October Kieran went to Dublin for a transplant, which was a worrying and stressful time for us all. I couldn't fault the medical treatment that Kieran received in Dublin, but we missed seeing the staff at Cancer Care West. We are back home in Sligo now, and I'm due to return to work soon. We wanted to do something to say thank you to Cancer Care West for all the support we received and so a group of Kieran's family and work colleagues took part in the Warrior run in Sligo. We raised €13,000 for Cancer Care West which I hope can help other families who are in need of the care and support that we received from Cancer Care West.

# Research

**THE CANCER CARE WEST** Hardiman Scholarships were established under the auspices of the NUI Galway Hardiman programme to support translational and clinical research in the area of Cancer Biology and Therapeutics at NUI Galway and University Hospital Galway. One of the ten PhD scholarships is also being funded by the Maura Burke Memorial Fund.

Cancer Care West Hardiman Scholarships have been awarded for research projects in the areas of Medial Oncology, Psycho Oncology and Haematological Oncology.

## Current Hardiman Scholars



Aisling O'Connor

**RESEARCH AREA:**

Haematological Oncology



Teresa Corbett

**RESEARCH AREA:**

Psycho-Oncology



Alan Kirwan

**RESEARCH AREA:**

Alterations in Cell Surface  
Glycosylation in Multiple Myeloma



Husnain Ali

**RESEARCH AREA:**

GSK3: A Modulator of NFκB  
Signalling in Prostate Cancer



Amin Tashakor

**RESEARCH AREA:**

Radiation Oncology



# Fundraising



**David O'Donnell**  
Head of Fundraising and communications



**David O'Donnell**  
Community Fundraiser



**Grainne McGettigan**  
Donegal Fundraiser

Every year we are overwhelmed and heartened by the generosity and kindness of our supporters – hundreds of individuals, families, community groups and organizations who donate funds, take part in events and volunteer their time for Cancer Care West. Every year, on our behalf, people brave the waves and swim across Galway Bay, run many marathon miles, cycle incredible distances and organise fundraising events in their local communities to raise much needed funds for our organisation. Companies, large and small support us through employee initiatives and corporate donations and others help us by donating their chosen amount on a regular basis – we continue to operate because of your amazing support!

With that said, we want to take a look back over 2017 and acknowledge our supporters by offering you our sincerest thanks to each individual and group who contributed to Cancer Care West in 2017 – THANK YOU!

For Cancer Care West to continue providing vital services throughout the West of Ireland, we needed to raise over €1.2 million in fundraising income and with your support we were able to achieve our target. Whether large or small, every contribution makes a difference to our work in supporting cancer patients and their families throughout the west and northwest of Ireland. These funds allow us to provide our range of services free of charge to patients, family, friends and professional engaged in cancer care.

Thank you so kindly for your ongoing generosity and support. It is vital to helping us work towards our vision – that no one will experience cancer alone.

## Fundraising Events



Tom Kelly, Chairman of the Foxhall Community Fundraising Group presenting a cheque to Richie Flaherty, CEO Cancer Care West at the opening of the new family room at Galway University Hospital which was possible by their generous donation.



On July 22nd 2017 130 swimmers participated in the 12th annual Frances Thornton Memorial Galway Bay Swim. The 13km swim starts at Aughinish Beach in Co Clare and finishes in Blackrock in Salthill. €110,000 was raised for Cancer Care West.

# Thank You

## Fundraising Events



Members of Galway IFA presenting a cheque for €31,875 to Cancer Care West the proceeds of their monster 25 card game.



Artist Bernie Keogh at the launch of the 2017 Cancer Care West Christmas Cards. Bernie has been donating images for our Christmas cards for the past 15 years.

SAP Galway raise €42k for CCW. Their version of 'strictly come dancing' was a huge success – a wonderful display of dedication and commitment.



# Fundraising Events



TG4 Galway Bay 10km hero's raise €5k for Cancer Care West.



Galway Clinic team raise and amazing €9.5k for Cancer Care West in fashion fest.

# Thank You

## Fundraising Events



Allen and Jean Wylie cheque presentation on raising €7,750 for our services



Presentation of cheque from Harvey's Point Hotel for Cancer Care West. Richard Flaherty CEO Cancer Care West, Seamus Coleman Patron Cancer Care West, Grainne McGettigan Fundraiser Cancer Care West, Noel Cunningham Harvey's Point Hotel and Patron of Cancer Care West.

## Fundraising Events



The 3rd annual Dungeons and Donuts Gamethon for Cancer Care West was once again a huge triumph and bagged €6k for CCW.



A tea party to remember. Mary and Katie's tea party storm raises €14.2k for Cancer Care West.

**Fundraising Principles:** Cancer Care West is fully committed to achieving the standards contained within the Statement of Guiding Principles for Fundraising.

# Thank You

# Board of Directors

## Board of Directors

John MacNamara (Chairman)  
Keith Finnegan  
Sheila Byrnes  
John Donnelly  
Gerry Staunton  
Brian Thornton  
Dr. Annmarie Groarke  
Stanley Porter  
Eamon Rogers  
Dr. Oliver McAnena  
Dr. Margaret Murray  
Dr. Paul Donnellan  
Dr. Maccon Keane  
Prof. Frank Sullivan  
Padraig Burke  
Gerry Burke  
Gerry Purcell  
Breda Tierney  
John Mannion (Resigned 27 April 2017)  
Padraic Clarke

## Subcommittees

### MANAGEMENT

Gerry Staunton (Chair)  
Richard Flaherty  
Stanley Porter  
Brian Thornton  
Dr. Annmarie Groarke

### PSYCHOLOGICAL AND SUPPORT SERVICES

Dr. Annmarie Groarke (Chair)  
John Bogue  
Richard Flaherty  
Dr. Helen Grealley  
Jill Taylor

### FINANCE, AUDIT AND RISK

Brian Thornton (Chair)  
Gerry Burke  
Padraig Clarke  
Dr Margaret Murray  
Gerry Staunton  
Breda Tierney

## Financial Statement

INCOME AND EXPENDITURE ACCOUNT for the year ended 31 December 2017	Continuing Operations	
	2017	2016
Income from fundraising and bequests	€1,187,435	€1,114,611
Cost of fundraising	(€256,510)	(€2248,370)
<b>Gross Surplus</b>	€930,925	€866,241
Administrative expenses	(€134,386)	(€866,241)
Inis Aobhinn costs	(€1,006,625)	(€1,082,842)
Support Centre costs	(€593,926)	(€1,082,842)
Research & similar costs	-	-
HSE Annual subvention	€550,000	€500,000
<b>Operating (deficit) for the year</b>	(€254,012)	(€102,902)
Interest receivable and similar income	€1,093	€17,048
<b>Surplus / (deficit) for the year</b>	€252,919	€85,854

The income and deficit relate to continuing operations as no businesses were acquired or disposed of in either financial period.

On behalf of the Board

 John MacNamara Director	 Brian Thornton Director
---------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------

BALANCE SHEET as at 31 December 2017	2017	2016
<b>Fixed assets</b>		
Intangible assets	-	€12,300
Tangible assets	€3,148,896	€3,185,488
	€3,148,896	€3,197,948
<b>Current assets</b>		
Stocks	€1,781	€1,475
Debtors	€101,824	€163,647
Designated development fund	€3,523,827	€3,522,744
Cash at bank and in hand	€370,560	€454,869
	€3,977,992	€4,142,735
Creditors: amounts falling due within one year	(€193,868)	(€4,142,735)
<b>Net current assets</b>	€3,804,124	€4,017,516
<b>Total assets less current liabilities</b>	€6,953,020	€7,215,264
<b>Capital and reserves</b>		
Deferred income - Capital donations	(€28,825)	(€53,650)
Department of Health Capital Grant	(€295,500)	(€280,000)
<b>Net assets</b>	€6,628,695	€6,881,614
Designated reserves	€3,523,827	€3,522,744
Revenue reserves account	€3,104,868	€3,358,870
<b>Total Equity</b>	€6,628,695	€6,881,614

On behalf of the Board

 John MacNamara Director	 Brian Thornton Director
----------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------

31 March 2016

## Auditor's Report



**Independent auditor's Report to the members of  
Leukaemia Trust/Cancer Care West Limited**  
(A company limited by guarantee and not having a share capital)

**Opinion**

We have audited the financial statements of Leukaemia Trust/Cancer Care West CLG ('the Company') for the year ended 31 December 2017, which comprise the Profit and Loss Account, the Balance Sheet, Cash flow statement and notes to the financial statements, including the summary of significant accounting policies set out in note 1. The financial reporting framework that has been applied in their preparation is Irish Law and FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland.

In our opinion the financial statements:

give a true and fair view of the assets, liabilities and financial position of the Company as at 31 December 2017 and of its deficit for the year then ended;

have been properly prepared in accordance with FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland; and

have been properly prepared in accordance with the requirements of the Companies Act 2014.

**Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (Ireland) (IS As (Ireland)) and applicable law. Our responsibilities under those standards are described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Company in accordance with ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and we have fulfilled our other ethical responsibilities in accordance with these requirements. We have availed of an exemption provided by IAASA's Ethical Standards - Section 6 - Provisions Available for the Audit of Small Entities in the circumstances set out in note 17 to the financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.



**Independent auditor's Report to the members of  
 Leukaemia Trust/Cancer Care West Limited**  
 (A company limited by guarantee and not having a share capital)

**Matters on which we are required to report by exception**

Based on the knowledge and understanding of the Company and its environment obtained in the course of the audit, we have not identified any material misstatements in the directors' report.

The Companies Act 2014 requires us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions required by sections 305 to 312 of the Act are not made. We have nothing to report in this regard.

In preparing the financial statements, the directors are responsible for assessing the Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Company or to cease operations, or has no realistic alternative but to do so.

**Auditor's responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the IAASA's website at: [http://www.iaasa.ie/getmedia/b2389013-1cf6-458b-9b8f-a98202dc9c3a/Description\\_of\\_auditors\\_responsibilities\\_for\\_audit.pdf](http://www.iaasa.ie/getmedia/b2389013-1cf6-458b-9b8f-a98202dc9c3a/Description_of_auditors_responsibilities_for_audit.pdf). This description forms part of our auditor's report.

The purpose of our audit work and to whom we owe our responsibilities

Our report is made solely to the Company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the Company other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's members, as a body, for our audit work, for this report, or for the opinions we have formed.

**Richard Grogan**



for and on behalf of  
**Grogans Accountancy Ltd.**  
 Chartered Accountants 7 Statutory audit Firm



# Costs & Funding

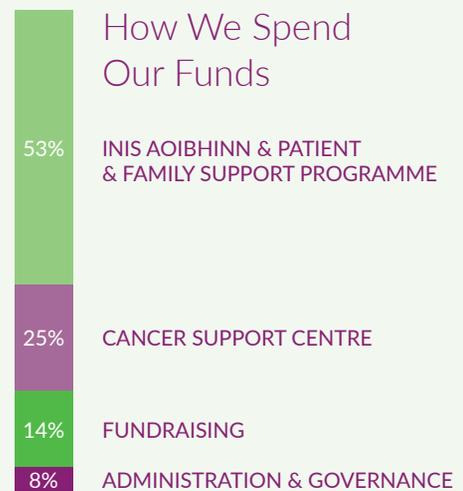
**OUR SUPPORT** for cancer patients and their families in 2017 was made possible through the continued and significant support we receive from our donors and through statutory funding which we receive from the Health Service Executive. In 2017 Cancer Care West received €550,000 from HSE West as a contribution to the operating costs of Inis Aoibhinn.

Our total income for 2017 was €1.738 million. 68% of this came from voluntary fundraising and donations. All of our income is used in support of our mission and goals.

Cancer Care West is a not for profit organization and registered charity established as a limited company. The charity is governed by a Board of Directors who serve in a voluntary capacity and who do not receive any remuneration or expenses. Each year the organization undergoes an independent annual audit and files accounts with the Companies Registration office.

Registered Charity: CHY11260

Company Number: 230899



## What We Spend On Our Services

SERVICE	AMOUNT
Inis Aoibhinn Residence and Family & Patient Support Programme	€912,000
Cancer Support Centre	€426,000

**100%** occupancy at Inis Aoibhinn throughout the year

# How You Can Help

**CANCER CARE WEST** provides all of our services at no cost to those who need them and we are hugely reliant on fundraising and donations to fund these services. 68% of our income comes from fundraising, and all contributions, large and small help us to make a difference:

## Donations

All donations are channelled back to provide our core services. You can donate by:

- Online - with a credit/debit card - [www.cancercarewest.ie](http://www.cancercarewest.ie)
- Phone - 091 545000
- Post - cheque, bank draft, postal order to Cancer Care West, University Hospital Galway
- Direct to bank - please contact us for our bank details - 091 545000/info@cancercarewest.ie

## Regular Giving

Giving regularly is a simple and meaningful way to make a difference every month of the year and helps us continue providing our services. Why not become a friend of Cancer Care West from as little as €12 per month. Contact us at [info@cancercarewest.ie](mailto:info@cancercarewest.ie) for further information or download the direct debit form on our website - [www.cancercarewest.ie](http://www.cancercarewest.ie)

## Fundraising Events & Campaigns

Cancer Care West has many fundraising events and campaigns throughout the year which are detailed on [www.cancercarewest.ie](http://www.cancercarewest.ie) and our facebook pages. You might also like to organise your own fundraising event - for support and advice please contact our fundraising team who will be happy to help you promote your event.

## Legacies

Legacies are a meaningful way to have a lasting impact by improving the lives of others. Your legacy does not have to be large; it can be a small portion of your will and is invaluable, whatever the amount. If you are making or amending your will you might consider leaving a gift to Cancer Care West. For further information or to speak in total confidence without obligation please contact our CEO Richard Flaherty - [richard.flaherty@cancercarewest.ie](mailto:richard.flaherty@cancercarewest.ie).

## Corporate Support

If you are working for an organization there are many corporate giving projects that your company, staff and customers can get involved in. Corporate donations, payroll giving, matched funding and charity of choice are just some of the ways in which your organization can show their support for Cancer Care West.



**Inis Aoibhinn Residence**

University Hospital Galway  
Galway H91 T861  
Telephone: 091 545 000  
Email: [info@cancercarewest.ie](mailto:info@cancercarewest.ie)

**Galway Cancer Support Centre**

72 Seamus Quirke Road  
Galway H91 C9W0  
Tel: 091 540 040  
Email: [galwaysupport@cancercarewest.ie](mailto:galwaysupport@cancercarewest.ie)

**Donegal Cancer Support Centre**

2nd Floor Unit Station House  
Pearse Road, Letterkenny, Co Donegal  
Tel: 074 960 1901  
Email: [donegalsupport@cancercarewest.ie](mailto:donegalsupport@cancercarewest.ie)

 [@cancercarewest](https://twitter.com/cancercarewest)

 [Cancer Care West](https://www.facebook.com/CancerCareWest)

[www.cancercarewest.ie](http://www.cancercarewest.ie)