





# Welcome

Welcome to the 2016 annual report for Cancer Care West. In this report, we outline some of the work we carried out in 2016. 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 2016, and look forward to your continuing support in the years ahead.



**Cancer Care West**  
**Inis Aoibhinn**



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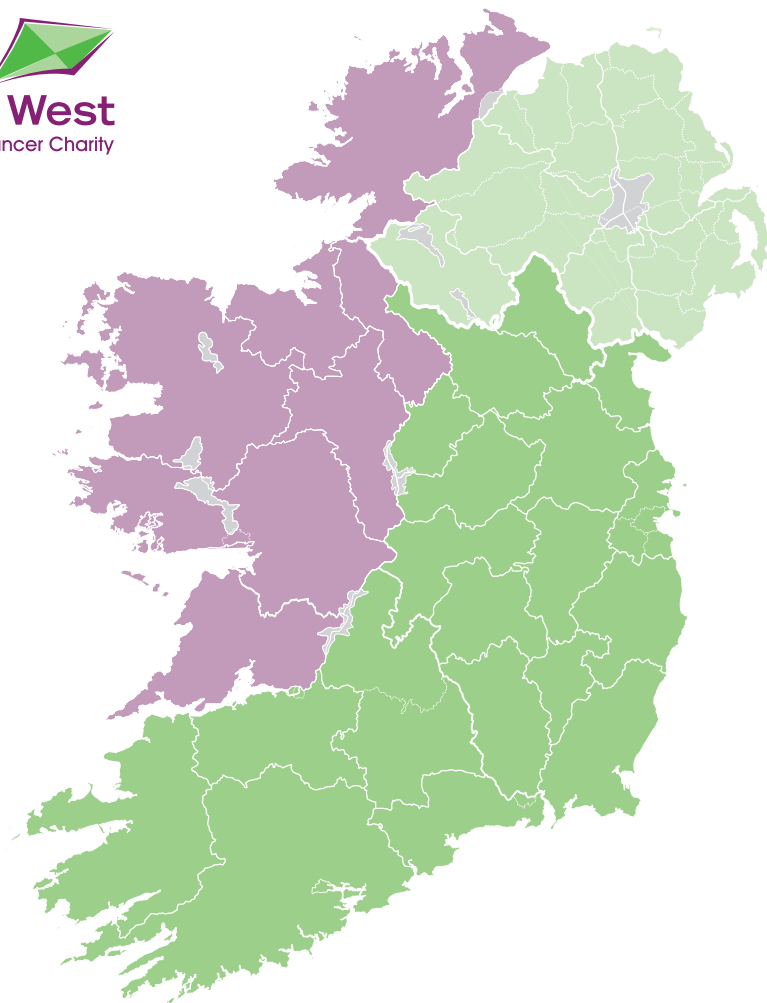
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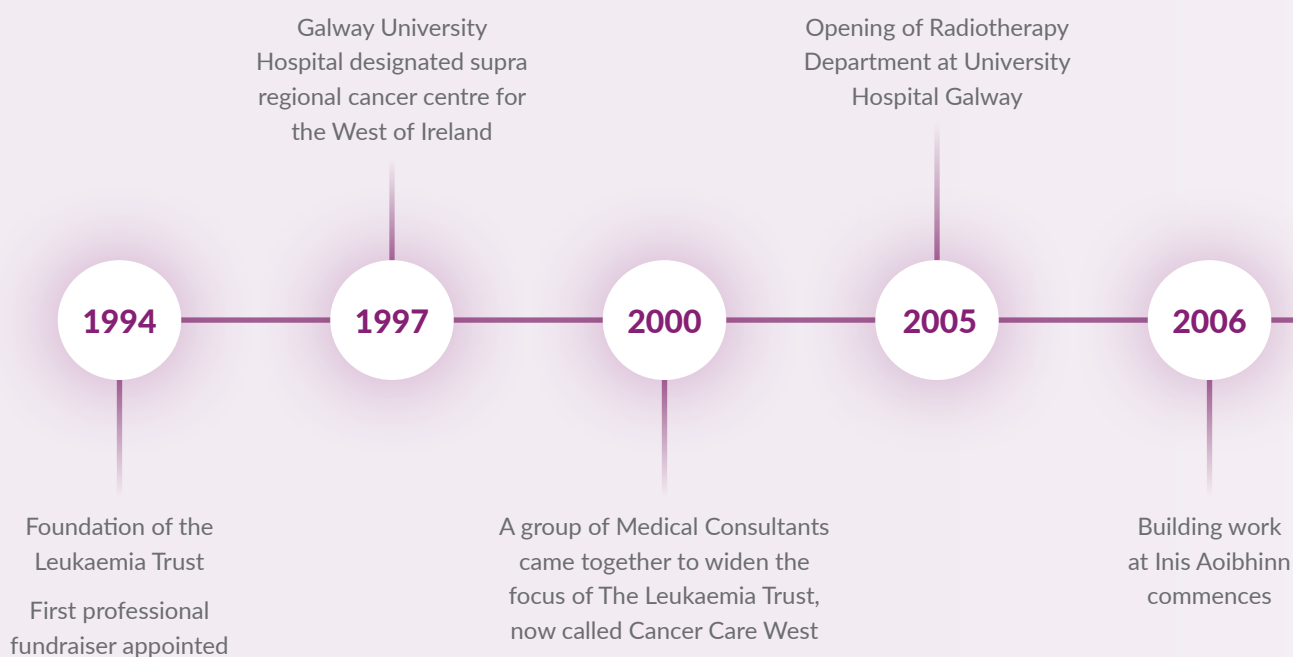
# About Us



*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

Inis Aoibhinn opens and welcomes first 30 Residents and their families

2007

Cancer Care West and Galway University Foundation donate €1m to National University of Ireland Galway to fund Hardiman Research Scholarships

2009

Cancer Support Centre moves to dedicated building and is officially opened by President Mary McAleese  
3 additional rooms added at Inis Aoibhinn  
Psycho oncology service established at University Hospital Galway

2012

Patient Assistance Programme established

2013

Psycho oncology service extended to Galway Clinic

Introduction of Support Services for children

2015

# 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.

On March 1st 2017, the Donegal Cancer Support centre, based at Pearse Street, Letterkenny will open. It will initially be staffed by a senior clinical psychologist and two oncology nurse support specialists (job-sharing post) who will provide a service modelled on the one in Galway. Cancer Care West will also be providing 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.

We plan to continue to expand our service at University Hospital Galway and the Galway Clinic. In addition we will explore the possibility of providing a similar service to other satellite cancer centres in our region.

Another initiative we would like to develop is the provision of a remote counselling service through the use of Skype or similar technology. Due to the nature of our region, we have increasingly found that many of the people who use our service find it difficult to travel to Galway for psychological support. We believe that this will be of great benefit to our clients.

We also plan to offer an extended support service for children affected by cancer through liaising with schools and other services. Our overarching aim is to grow our model of community Psycho-Oncology so that it best meets the needs of the people who use our services.

"Our overarching aim is to grow our model of community Psycho-Oncology so that it best meets the needs of the people who use our services."





# Message from CEO & Chairman



**Richard Flaherty**  
Chief Executive

*Richard Flaherty*

Welcome to Cancer Care West's 2016 Annual Report. In the last year, Cancer Care West provided support to more patients and families than ever before in our history. We continued to deliver a wide range of cancer services to patients and their families and the demand for these services has continued to grow year on year. In total we provided support to 2,637 people during 2016 from all over the West and North West of Ireland.

Inis Aoibhinn, our residential facility, will celebrate its 10th anniversary early next year. We are all very proud of what has been achieved since Inis Aoibhinn opened its doors in 2007. Since then it has accommodated over 4,000 patients and family members who would otherwise have had to travel long distances every day to their treatment. Our Cancer Support Centre in Galway continues to go from strength to strength with almost 1,500 people using the centre in 2016. The demand for the counselling service we provide to inpatients at University Hospital Galway from this centre continues to increase, with 233 patients receiving this service during 2016. Given the scale of the increase over the last number of years for this service, we have plans to appoint a full time Psychologist to this post early in 2017. We also provided support to 70 families through our Patient and Family Support Programme.

Our vision that no one should go through their cancer alone, provides the driving force behind everything we do. We realise that the number of people that will need our range of practical and emotional supports will continue to increase into the future and we must be prepared to meet this need. Our new Cancer



**John MacNamara**  
Chairman

*John MacNamara*

Support Centre in Letterkenny which is due to open in March of next year is an example of this strategy. This will be our first service located outside of Galway and we are very excited to provide this essential service to the people of Donegal. This hopefully will be the first in a range of initiatives to grow our services over the next number of years.

Of course we would not be in a position to maintain and grow our services without the help and assistance of all our supporters and partners. The incredible support we receive from our Donors who share our vision and acknowledge our work continues to humble us. Once again we say a big THANK YOU from us and from all who benefited from your kindness and generosity. To all our staff and volunteers, our 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. We would also like to acknowledge the continued support of the staff and management of University Hospital Galway, with whom we work closely to ensure as many people as possible have access to our services.

This report very clearly highlights the impact of our work and the real difference our charity makes in people's lives. We are passionate about improving the lives of the cancer patients and families we serve and are committed to continuing to provide support to those who most need it.

We are very grateful for your help and look forward to your continuing support in the years ahead.



# The Year In Numbers

**2,637** **INDIVIDUALS**  
AVAILED OF OUR SERVICES

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**10,088** **BED NIGHTS PROVIDED**  
TO CANCER PATIENTS  
& THEIR FAMILIES

---

**7,182** **VISITS TO** GALWAY  
CANCER SUPPORT CENTRE

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**19,176** **MEALS SERVED**  
AT INIS AOIBHINN

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**417** **FUNDRAISING EVENTS**  
WHICH RAISED

---

**€1.115**  
**MILLION!**

# Cancer Support Centre



During 2016, the Cancer Care West Cancer 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. During the year, we have taken several important steps to fulfil this goal, including the development of a new Cancer Support Centre in Donegal to serve the northwest of Ireland, as well as the appointment of a senior psychologist to deliver a psychological support service to inpatients at Letterkenny General Hospital.

We have also developed a dedicated Psycho-Oncology service for University Hospital Galway. 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 significantly 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.

Our other big development this year has been the expansion of our children's service with children aged 3 to 18 years being seen for individual therapy. An additional aspect of this service is psycho-education for parents who sometimes struggle to either tell their children what is happening in the family or know how to manage issues around the terminal phase of their illness.

During 2016, the centre was visited 7,182 times by over 1,300 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 unfortunately some of the people who used our service sadly died from their illness during the year.

In 2016, 847 people visited the centre for the first time. This represents a 16% annual increase in the number of people using the service 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. Similarly, in Letterkenny our service will serve both the community and the hospital. This service will be modelled on our very successful centre 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 centre would not be the vibrant place that it has become. I want to sincerely thank the staff, volunteers and cancer support specialists 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

**Clients by County of Residence**

COUNTY OF RESIDENCE	CLIENT VISITS
Clare	53
Donegal	78
Galway	783
Mayo	143
Sligo	39
Roscommon	48
Leitrim	14
Other	89

"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

**Cancer Support Centre Service Visits**

SERVICE	VISITS
Psychology	693
Clinical Psychology	579
Psychology/Counselling	114
Seen in Hospital	233 (722 hours)
Seen in Galway Clinic	94 (129 hours)
Seen in Merlin Park	4 (6 Hours)
Oncology Information	455
Reflexology	149
Yoga	92
Massage	154
Art Class	47
MLD	68
Tai-Chi	59
Exercise	47
Nutrition	26
Benefits Advice	112
Relaxation Class	29
Mindfulness	10

## 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."





# Volunteer Focus

## Tom Gilmore

Cancer Support Centre Volunteer

Having been brought up around a county Galway family business and worked there all my life, talking to people has been something I've been used to doing for as long as I can remember. I had been thinking about volunteering before I retired and I discussed possible opportunities with a friend who works as a hospice nurse in Dublin. She suggested contacting Cancer Care West to see if any volunteers were needed in their newly opened Cancer Support Centre and so I met with Helen, the director of the centre. The timing was right, and in May 2010 I started my volunteering life with Cancer Care West.

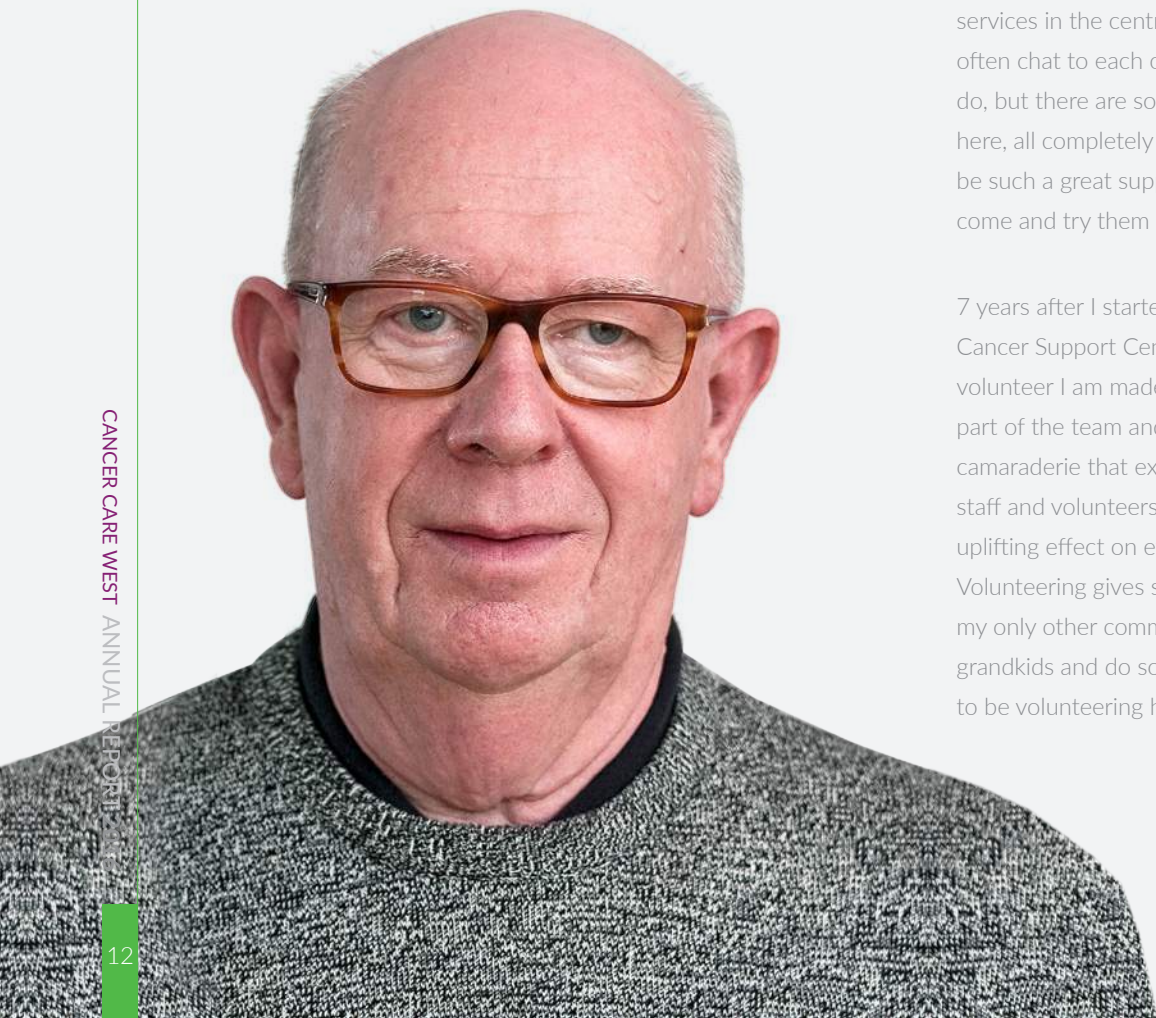
My role is what you would describe as meet and greet, and I know from talking to people who come here just how difficult it can be to get through the door for the first time, so I try to be as friendly and welcoming as possible. I offer a cup of tea or coffee, have a chat and

introduce the visitor to one of our oncology nurses. Our clients often tell me that the first thing they notice when they walk in is the lovely fireplace and huge colourful paintings, and that they immediately find the centre a cheerful place to be even if they are feeling down. A lot of the time clients are looking for specific information or have an appointment, but often people are not sure what they are looking for or how the centre might be of help to them.

I volunteer on Tuesday which is a particularly busy day at the centre. We have people using our drop in service, coming for individual treatments and consultations, and taking part in the exercise class. Some of the people taking the class are still going through treatment, but most are recovering or recovered. After the class they have tea and a good laugh with each other and people often tell us that they get as much support from each other as they do from the individual class or therapy itself.

I would love to see more men using the services in the centre. I know that women often chat to each other more easily than men do, but there are so many services on offer here, all completely free, and I think it could be such a great support to men if they would come and try them out.

7 years after I started volunteering at the Cancer Support Centre I'm still here. As a volunteer I am made to feel an important part of the team and I thoroughly enjoy the camaraderie that exists between clients, staff and volunteers which I feel has an uplifting effect on everyone who comes here. Volunteering gives structure to my week as my only other commitments are to visit my grandkids and do some babysitting, and I hope to be volunteering here long into the future.





# Why I Love My Job

## Elaine Corcoran

Cancer Support Centre Oncology Nurse

There is no such thing as a typical day at Cancer Care West – after 10 years working here I don't think two days have even been similar! After I qualified as a nurse I worked in hospitals in Australia and Dublin, and closer to home in Castlebar and Galway, and then joined Inis Aoibhinn when it opened in 2007. I felt that working at Inis Aoibhinn would provide a great opportunity to work with west of Ireland cancer patients during a time of significant developments in the availability of cancer treatment in Galway. I worked at Inis Aoibhinn for 2 years before joining the team at the Cancer Support Centre when it opened in Westside in 2009.

The Cancer Support Centre is modelled on the Maggie's centres in the UK and was the first support centre of its kind in Ireland. It was fantastic to be part of the startup team providing practical and psychological support services to cancer patients and their families, identifying the types of services that people wanted and to see which services were working particularly well.

My role is very diverse and ranges from organizing our many support groups, courses and information evenings, to spending time meeting clients on a one to one basis. One of the greatest things about working here is having time to spend with people, we are able to take the time to have an in depth conversation if that is what the client wants. It is a huge privilege to listen to people's concerns and to do what I can to make a difference in their lives. We work very much as a team at the Cancer Support Centre and are fortunate that we are able to refer people to a range of supports that they might need. If I meet someone who is very stressed by a cancer experience and feel that they might need some ongoing psychological support I can refer them to one of our Psychologists.

Uncertainty about the future, worrying about children and financial stress can be huge issues for patients and family members alike. Cancer affects the whole family, not just the person who is going through treatment. The medical system is patient focused, which is how it should be, however it can be difficult for medical professionals to find the time to talk with patients and family members. At the Cancer Support Centre we see the impact of cancer on the whole family, and in some cases it is the family members who are more affected and need to have someone to talk to as they may not have received any support outside the family themselves.

We have recently introduced services to support children affected by cancer and their parents and I work with children taking our CLIMB programme. It is wonderful to see the children learning, through art and games, about how to talk about their experiences and feelings.

I live in Ballyhaunis and travel to Galway every day. In my spare time I enjoy spending time with family, swimming and walking, though with 3 year old twins at home there isn't much time for anything else!



# Inis Aoibhinn



It has been another busy year at Inis Aoibhinn. During 2016 we welcomed approximately 500 residents and guests to stay with us at Inis Aoibhinn for the duration of their radiotherapy treatment.

Early next year we will celebrate 10 years since the opening of Inis Aoibhinn and we are very proud of what we have achieved in supporting so many oncology patients and their families during this time. Each one of us at Inis Aoibhinn feel privileged to support patients and their family members during part of their cancer journey.

Amid all the seriousness that is cancer there is a lot of positivity and fun at Inis Aoibhinn. We have had a number of wonderful evening's entertainment provided by the Celtic Ramblers, Michael Kelly and the Newport/Westport set dancers, BEO and also Fergus Cleary and Johnny Haughey from Donegal. We are very grateful to all of them for taking the time to visit us. Cepta Casserly holds a wonderful card making class on Tuesdays which is enjoyed by all who attend, and for which we are very grateful.

I would like to thank the residents and staff that took part in the documentary *Turas na hAilse* which was produced by Phantom Limb Productions and will air on TG4 in April next year. The documentary highlights the difficulties people face when travelling long distances to avail of their radiotherapy treatment in Galway.

We were very pleased to be able to help 32 families under our Patient and Family Support Programme with accommodation assistance. We know that it means so much to these families to have one less thing to worry about when they are going through such a difficult time.

I would sincerely like to thank each and every one of our staff and volunteers for always being so professional, committed and supportive to our residents, their families and to the charity as a whole. They help to provide such a welcoming atmosphere which can be felt throughout Inis Aoibhinn. As one of our former residents said, "The building is beautiful but the staff make it the special place that it is."

**Jill Taylor**

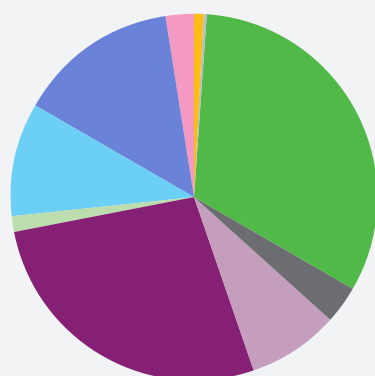
Operations Manager, Inis Aoibhinn

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 2016



4	Clare	94	Mayo
1	Longford	3	Offaly
111	Donegal	35	Roscommon
12	Galway	49	Sligo
28	Leitrim	8	Westmeath

TOTAL 345

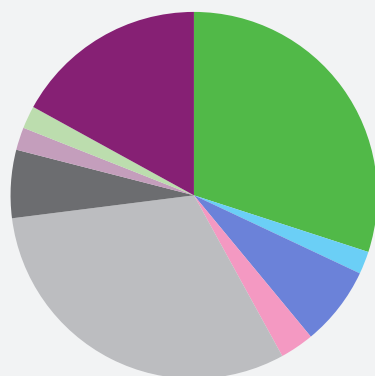
Residents' Diagnosis Summary  
2007 – 2016

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

Other includes:

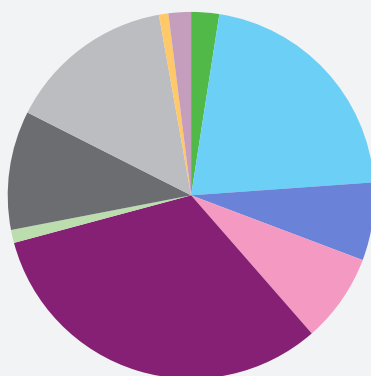
Brain, Caecum, Ear, Gastric, Glottis, Head and Neck, Larynx, Malignant Melanoma, Nose/Sinus, Pancreas, Pelvis, Sarcoma, Spine, Skin/face, Stomach, Tonsil, Tongue, Uterine, Vulval Sarcoma, Spine, Skin/face, Stomach, Tonsil, Tongue, Uterine, Vulval.

Summary Breakdown of  
Residents Diagnosis 2007 – 2016



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

Residents County  
of Origin 2007–2016



2%	Clare	1%	Offaly
21%	Donegal	10%	Roscommon
6%	Galway	14%	Sligo
7%	Leitrim	1%	Tipperary
32%	Mayo	2%	Westmeath

Number of Residents accommodated at Inis Aoibhinn March 2007 – December 2016

2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	TOTAL
194	287	302	288	322	324	322	398	358	345	3140



# A Resident's Story

## Philip's Story

It was minus 4 degrees outside on the morning of my wife Mary's first Radiotherapy treatment. We got up at 5am to be on time for Mary's 9am appointment and to allow for the 2.5 hour trip from Ballina to Galway. When Mary was first diagnosed at Mayo General Hospital we thought that we would travel to Galway every day, but after speaking to others from Mayo who had Radiotherapy treatment in Galway we asked to stay at Inis Aoibhinn. Inis Aoibhinn is an amazing place, I cannot praise it enough. You can do your own thing and know that the nurses are there for you if you need them. The food is fantastic and the staff are amazing – you wouldn't find a hotel as good as this! Everyone staying here is in a similar position and there is always someone to talk to. It is wonderful that I have been able to stay at Inis Aoibhinn with Mary during her treatment, and for our family at home it has been a huge relief to know that Mary is being so well cared for. We are very grateful to everyone at Cancer Care West for supporting us so well.

*"Inis Aoibhinn is an amazing place, I cannot praise it enough. You can do your own thing and know that the nurses are there for you if you need them. The food is fantastic and the staff are amazing – you wouldn't find a hotel as good as this!"*

Everyone staying here is in a similar position and there is always someone to talk to



# Why I Love My Job

## Richard Keane

Inis Aoibhinn Staff Nurse

I joined the staff of Inis Aoibhinn in 2009, just before our Galway Cancer Support Centre opened. I had been working with the Irish Cancer Society, caring for people and supporting their families in their homes. I was quite familiar with the Inis Aoibhinn building as I had worked on a ward in University Hospital Galway that overlooked the Inis Aoibhinn site during its construction in 2006/2007. I was very interested in the nature of the work done by Cancer Care West, as it was very much community based and quite different from the usual role nurses have, particularly those in hospitals. As soon as I saw the job advertised, I remember thinking that I'd love that kind of experience. Thankfully my interview went well, I got the job, and I haven't looked back in the 8 years that have passed since!

My responsibilities are varied and always interesting. I think my main job as a nurse at Inis Aoibhinn is to ensure that all our Residents are as healthy and happy as possible. It is of the utmost importance to us that our Residents - patients and guests alike - feel comfortable and safe. We make sure we are available to talk at any time, day or night, should anyone feel they want to discuss their treatment or just need someone to listen to their concerns. As well as receiving the care and attention of the staff and volunteers at Inis Aoibhinn, I believe that a lot of the support comes from fellow Residents who are going through similar uncertainties and emotions, and facilitating this support is a vital role for us.

This has been the first job I have ever had where I enjoy showing up for every single shift. Meeting new residents every day is so enjoyable, even though bidding them farewell

at the end of their treatment can be tough. Over the weeks they stay with us, we really get to know each other and the goodbyes can be very emotional. When people call back for a visit, sometimes months or even years later, it is wonderful to reconnect and hear that they are doing well. Sometimes it can be forgotten or under emphasized that whole families are affected by a cancer diagnosis, not just the patients themselves. Supporting the family members of our Residents is an essential part of our job and ethos at Cancer Care West and is very rewarding.

I think the future at Cancer Care West is very exciting; as an organization we are always growing and doing our best to respond to the needs of our service users. The most recent developments are our new Cancer Support Centre in Letterkenny which will be opening shortly, and our range of psychological support services for children at our Support Centre in Galway.

Inis Aoibhinn will be open for 10 years early next year, and I feel we have only just started. I'm looking forward to the future for personal reasons also - my wife and I are expecting our first child next July. I don't doubt that 2017 is going to be an exciting and busy year all round!



# 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 2016







# 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 2016, thirty two families were supported with a total of 500 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 2016 **32** families were supported with a total of **500** nights accommodation



# Aisling's Story

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 Aoibhinn, 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.



# Education & Awareness

During the year we held a number of public and training events which enhance our services.

## SOME OF THESE ARE ITEMIZED BELOW:

- Our annual conference was held in February. Approximately 60 people attended. The theme of the conference was 'Living Well after Cancer'. The keynote address was given by Mr Jim Fahy, retired Western Correspondent, RTÉ who shared his experience of cancer. There were a number of workshops given by Cancer Care West staff and also Ms Marie Murphy, Exercise and Nutrition Specialist. Feedback from the participants was very positive.
- There were sixteen medical and allied health professionals who attended our annual Psycho-Oncology training. This continues to be one of our most important interactions with Saolta staff and has proved very useful in forging links with key personnel in oncology and haematology services.
- One of our key objectives for 2016 was to develop our children's support service. During the year, Dr Mairead Brennan was appointed to this role and Mairead has focused on this service. In addition, Mairead and our two oncology nurses have trained in delivering CLIMB. This is an acronym for 'Children's Lives include Moments of Bravery'. This is a six week group intervention with the specific aim of normalizing the experience of cancer in the family. It aims to give children the language around cancer, normalize feelings and encourage communication within the family.
- A psycho-education course was offered in April and May to young women with breast cancer. This was run in conjunction with staff of the Symptomatic Breast unit at UHG and has been developed to address some of the specific issues that arise for younger women, such as body image, sexuality, fertility, fatigue and relationships. Twelve women attended this course and an evaluation showed beneficial effects.
- The Brain Tumour support group has been run very successfully for many years by Ann Buckley. During 2016, this support group came under the umbrella of Cancer Care West and Ann now runs this service under our auspices. As part of this service, Ann sees people who are living with a brain tumour as well as facilitating a monthly support group. Approximately ten to twelve people a month are supported by Ann.
- We also set up a monthly book club for cancer patients. This is facilitated by Mary Ryan, one of our volunteers and is a novel way for cancer patients to get together and support each other.
- In October, Cancer Care West hosted an evening public talk and a day- long seminar by Professor Robert Rutledge, Radiation Oncologist and Associate Professor in the Faculty of Medicine at Dalhousie University, based in Halifax, Nova Scotia. In addition to his commitment specializing in breast, prostate, and paediatric cancers, he is also co-founder of the Healing and Cancer Foundation that freely offers educational videos, documentaries, and web-casting seminars. Approximately 60 people attended these events. Dr Rutledge's seminar and talk was received with much acclaim.

- In October 2016, The International Psycho-Oncology Society held its annual academy and conference in Dublin. Cancer Care West staff presented a workshop on 'Living with Dying – myths, Challenges and Realities'. This was attended by over 80 participants. Staff also attended the three day conference and heard many presentations on various aspects of cancer care. We also had a poster presentation which detailed the development of the community Psycho-Oncology service at Cancer Care West during the years 2011–2015.
- The European Oncology Nursing Society was also held in Dublin this year. Our oncology nurses attended this over 2 days.

## Schools & Colleges Education Programme

Members of the fundraising team visited primary and post primary schools and third level colleges throughout the west of Ireland to talk to students about the services provided by 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



**Sharon Fitzpatrick**  
Fundraising Manager



**David O'Donnell**  
Fundraising Manager

**EVERY YEAR** we are amazed and heartened by the generosity 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 people swim across Galway Bay, run marathons and organize fundraising events in their local school, sports club and community centre. Companies large and small support us through employee initiatives and corporate donations and many people help us with regular giving and donations.

So In looking back over 2016, we want to acknowledge our supporters by saying a very BIG THANK YOU! For Cancer Care West to continue providing vital services in our community, we needed to raise over €1.1 million in fundraising income and with your support we achieved that.



**Rachel Dooley**  
Community Fundraiser



**Grainne McGettigan**  
Donegal Fundraiser

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 professionals engaged in cancer care.

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



# Fundraising Events



**Ireland West Airport**, Knock chose Cancer Care West, MS Ireland and Pieta House to benefit from their 2016 inaugural 5km Runway Run in May. At the end of 2016 they presented Cancer Care West with an incredible €10,183



**Grant Thornton Galway** got on board with our Fantashitic campaign for November 2016. The lads came together and grew their 'tash/beards for Cancer Care West. They did an amazing job over the month and raised €8,000.

# Thank You



# Fundraising Events



## John Brehony Honda Run

John Brehony from Ballinafad, pictured with his wife Maura, presenting a cheque for €3,445 from the 3rd Annual John Brehony Honda run in The Mayfly Inn, Ballinafad.



## Step back in time

A huge community effort to organize the 'Step Back in Time' Auction in 2016 achieved a phenomenal €31,000 for Cancer Care West.



## Tractor & Vintage Run, Culfadda, Co Sligo

After members of the local community received care and support from Cancer Care West, the community of Culfadda, Sligo came together and organised a Tractor & Vintage Run in aid of CCW and raised €6,005

# Fundraising Events



## O'Toole's Supervalu 8km Charity Walk

Assumpta Meenaghan, Mary Lardner and the staff of O'Toole's Supervalu Supermarket and the students of Scoil Bhríde Mercy Secondary School came together to take part in fund raising activities in support of Cancer Care West in May.



## Letterkenny Tractor Run

Fantastic tractor run, auction and raffle in Letterkenny in 2016 which raised €8,000 for Cancer Care West.



## Loyal Supporters

Hughie, Alfie & their families have been fundraising for Cancer Care West for years – their October cycle and Clonmany show fun activities are just two of their annual challenges.

# Thank You



# Fundraising Events



## Sligo 15k Warrior Run

The Rooney family availed of our Patient & Family support programme while Kieran was undergoing Leukaemia treatment in Galway. Kieran and Aisling's friends, family & colleagues completed Sligo's 15k Warrior Run raising an awesome €13,000.



## Cancer Support and Social Club

Cancer Support and Social Club Carndonagh gave a generous donation from their fundraising activities throughout the year to Cancer Care West.



## Dungeons and Donuts

Dungeons and Donuts- a local business in Galway held their 2nd 24hr Gamethon in aid of Cancer Care West. In 2016 they raised €6,650 for CCW, bringing their total over the last two years to a wonderful €12,000



# Fundraising Events



## Kilimanjaro Climb

Evin Devenney conquered Kilimanjaro for Cancer Care West!



## Harmac Medical Products

Harmac Medical Products chose Cancer Care West as their charity of choice for 2016 and organised a variety of different events throughout the year, raising a wonderful €10,000 to support cancer patients and their families.



## Walk into the Dawn

80 hardy walkers undertook a Walk into the Dawn in Moville, Co Donegal last June to raise funds 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  
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 Greally  
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 2016		Continuing Operations	
		2016	2015
Income from fundraising and bequests		€1,114,611	€1,077,257
Cost of fundraising		(€248,370)	(€246,954)
<b>Gross Surplus</b>		€866,241	€830,303
Administrative expenses		(€43,181)	(€41,649)
Inis Aobhinn costs		(€1,082,842)	(€1,045,226)
Support Centre costs		(€343,120)	(€309,882)
Research & similar costs		-	(€513)
HSE Annual subvention		€500,000	€500,000
<b>Operating (deficit) for the year</b>		(€102,902)	(€66,967)
Interest receivable and similar income		€17,048	€25,526
<b>Surplus / (deficit) for the year</b>		€85,854	€41,441

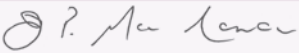

There are no recognised gains or losses other than the (deficit) / surplus for the above two financial years.  
The income and deficit relate to continuing operations as no businesses were acquired or disposed of in either financial period.

On behalf of the Board

 John MacNamara Director	 Brian Thornton Director
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BALANCE SHEET as at 31 December 2016			
		2016	2015
<b>Fixed assets</b>			
Intangible assets		€12,300	€24,600
Tangible assets		€3,185,448	€3,280,479
		€3,197,748	€3,305,079
<b>Current assets</b>			
Stocks	€1,475		€3,828
Debtors	€163,647		€91,656
Designated development fund	€3,522,744		€3,488,572
Cash at bank and in hand	€454,869		€546,466
	€4,142,735		€4,130,522
Creditors: amounts falling due within one year	(€125,219)		(€102,658)
<b>Net current assets</b>		€4,017,516	€4,027,864
<b>Total assets less current liabilities</b>		€7,215,264	€7,332,943
<b>Capital and reserves</b>			
Deferred income - Capital donations		(€53,650)	(€78,475)
Department of Health Capital Grant		(€280,000)	
<b>Net assets</b>		€6,881,614	€6,967,468
Designated reserves		€3,522,744	€3,488,572
Revenue reserves account		€3,358,870	€3,478,896
<b>Total Equity</b>		€6,881,614	€6,967,468

On behalf of the Board

 John MacNamara Director	 Brian Thornton Director
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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)

We have audited the financial statements of Leukaemia Trust/Cancer Care West Limited for the year ended 31 December 2016 which comprise of the income and expenditure account, the balance sheet, the cashflow statement and the related notes. The financial reporting framework that has been applied in their preparation is Irish law and accounting standards issued by the Financial Reporting Council and promulgated by Chartered Accountants Ireland.

This 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's members those matters we are required to state to them in an auditors' report and for no 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.

**Respective responsibilities of directors and auditors**

As explained more fully in the directors' responsibilities statement, the directors are responsible for the preparation of the financial statements giving a true and fair view and otherwise comply with the Companies Act 2014. Our responsibility is to audit and express an opinion on the financial statements in accordance with Irish law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's Ethical Standards for Auditor, including "APB Ethical Standard - Provisions Available for Small Entities (Revised)", in the circumstances set out in note 18 to the financial statements.

**Scope of the audit of the financial statements**

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error.

This includes an assessment of: whether the accounting policies are appropriate to the company's circumstances have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the directors; and the overall presentation of the financial statements.

In addition, we read all the financial and non-financial information in the directors report to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our 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)

**Opinions on financial statements**

In our opinion the financial statements:

- Give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, of the assets, liabilities and financial position of the company as at 31 December 2016 and of its deficit for the year then ended; and
- Have been properly prepared in accordance with the relevant financial reporting framework and, in particular, with the requirements of the Companies Act 2014.

**Matters on which we are required to report by the Companies Act 2014.**

- We have obtained all the information and explanations which we consider necessary for the purposes of our audit.
- In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited.
- The financial statements are in agreement with the accounting records.
- In our opinion, the information given in the directors' report is consistent with the financial statements.

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

- We have nothing to report in respect of the provisions in the Companies Act 2014 which require us to report to you if, in our opinion, the disclosures or directors' remuneration and transactions specified by law are not made.

Richard Grogan



for and on behalf of  
**Grogans Accountancy Ltd.**  
Chartered Accountants 7 Statutory audit Firm  
4/5 high street  
Galway

Date: 27/04/2017



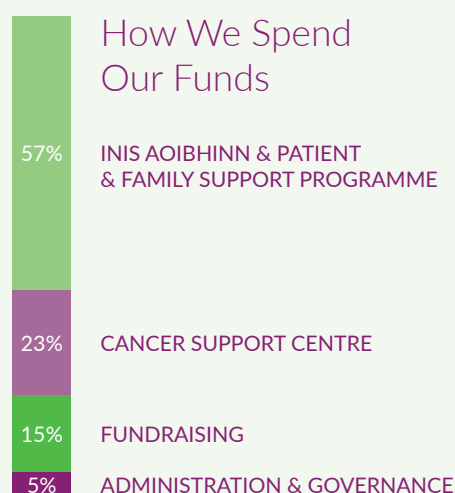
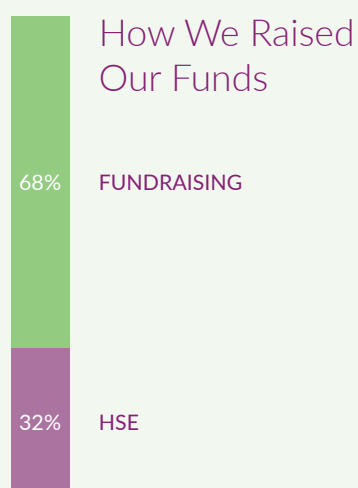
# Costs & Funding

**OUR SUPPORT** for cancer patients and their families in 2016 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 2016 Cancer Care West received €500,000 from HSE West as a contribution to the operating costs of Inis Aoibhinn.

Our total income for 2016 was €1.631 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	€908,000
Cancer Support Centre	€369,000

**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)