



Welcome



Welcome to our 2022 annual report.

Another year has come and gone and with it we have again faced many challenges and celebrated some wonderful achievements.

In 2022 we started to come to terms with the fallout of the pandemic and the many challenges it brought. Backlogs in cancer diagnosis and treatments brought increased levels of anxiety for patients, which in turn drove an increase in demand for our services. Our fundraising capability, so decimated by lockdowns and social distancing, was slow to pick up. While most of the country restarted their 'normal' lives we needed to continue to protect our vulnerable service users, making for a slow return to pre-COVID ways of working.

Despite the challenges 2022 was a year that was also filled with highlights. We are truly blessed in our work that, while we meet so many people at the worst time in their lives, we see them at their best as they rise to the challenge. Our daily interaction with cancer patients has always been at the heart of our existence and we never fail to be impressed with their courage and resilience. Nearly 3,000 people have come through our doors this year, each on a journey that no one wants

to take but bringing smiles and light and laughter with them on their way.

In the course of the year we have again met some of the most amazing, inspiring and generous people in Ireland. The efforts they make to raise funds on our behalf often leave us humbled and in awe of people's endurance and ingenuity. As always we remain truly grateful for each and every gesture.

Our staff and volunteers are the backbone of our service. From our highly experienced cancer support therapists to our volunteer meeters and greeters and from our fundraisers to our administration team, we really have the most caring and compassionate people making it all happen. In 2022 they have provided the highest standard of care and support to our patients and their families. We are grateful to them for their work.

Over the next few pages we hope to give you a flavour of life at Cancer Care West and the important work we do. We are proud of how much is done by so few to help so many.

Reporting period 1st January 2022 to 31st December 2022

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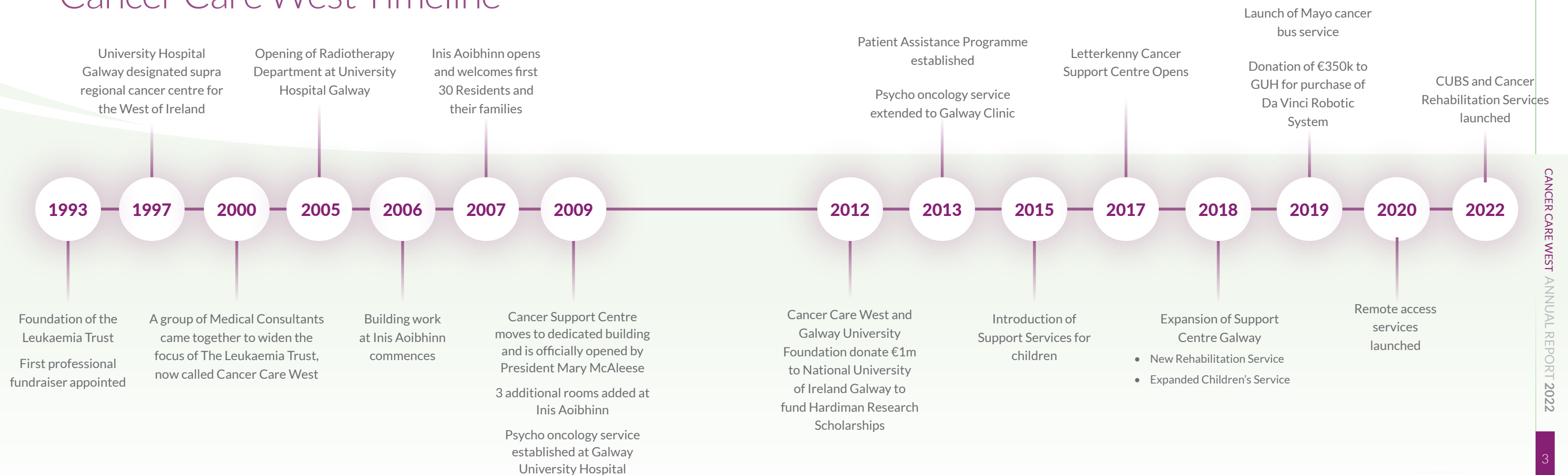
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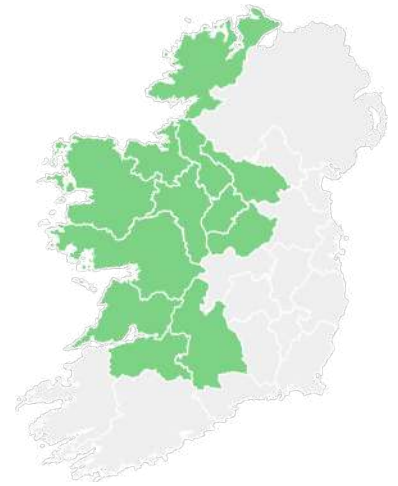
Our Story



Cancer Care West Timeline



Cancer Care West provides support and services throughout the counties of Mayo, Donegal, Sligo, Roscommon, Leitrim, Galway, Clare, Westmeath, Cavan, Tipperary, Limerick and Longford.



Our Vision

Our vision is that no one in our region will go through cancer alone.

Our Mission

To provide professional community based practical and emotional support services, free of charge, to anyone affected by cancer in the Saolta region.

Cancer Support Centres

We offer a range of psychological and support services both in person at our centre in Galway and Letterkenny and remotely by phone or online.

Residential Services

We provide accommodation, for radiotherapy patients and their families, at Inis Aoibhinn, our 33 bedroom lodge, on the grounds of University Hospital Galway.

Children Services

Our specially designed therapeutic play area for children provides them with skills and innovative ways of dealing with cancer in their families.

Cancer Rehabilitation Services

Our cancer rehabilitation services are designed to help prevent, manage and improve the side effects of cancer treatment.

Transport

We provide transport for cancer patients staying in Inis Aoibhinn.

All of our services are offered free of charge to cancer patients and their families.

Our Story

Message from CEO & Chairperson



Richard Flaherty
Chief Executive Officer

Throughout 2022 the focus of the pandemic in Ireland shifted to learning to live with the virus. At Cancer Care West we continued to keep to the strictest guidelines to protect our vulnerable service users but we were delighted that towards the latter stages of the year we could slowly remove some of our longer-standing constraints, e.g. welcoming drop-ins to our support centres and serving meals in our dining area at Inis Aoibhinn. Once again we had no outbreak of the virus at any of our premises and we commend our staff's vigilance and dedication to keeping everyone safe.

In 2022 our support centre in Galway provided 7,562 sessions to 1,298 people affected by cancer. Our highly experienced clinical psychologists also continued to offer Psycho-Oncology support services to hospital in-patients, seeing 232 patients in Galway hospitals. Aligned with this service they also provided psychotherapy services to oncology staff at the hospitals ensuring that they too get the support they need while working in this complex and emotional medical field. Our Letterkenny Support Centre also remained very busy throughout the year providing support to 325 clients who had 1,410 interactions with the centre in 2022. As with the Galway Centre the Letterkenny Centre also provides psycho-oncology support to patients in Letterkenny



Padraic Clarke
Chairperson

Hospital, and this year we supported 33 in-patients at the hospital.

Our two centres, in Galway and Donegal supported 1,888 people affected by cancer involving approx. 9,000 interactions by our cancer support specialists. We also continued to build our digital outreach programme broadcasting 6 in-person and interactive webinars over the year on a range of cancer related topics, as well as an online campaign to raise awareness around bowel cancer. We again saw a considerable improvement in our social media engagement statistics achieving 1379 Tweet viewed, an increase of 92% over 2021, and we now have over 15,000 followers across our Facebook pages and over 2,000 Instagram followers.

One of the key highlights of the year was the rollout of the Children United in Bereavement Support (CUBS) programme, an 8-week online intervention for children aged 7 to 12 whose parent has died from cancer. You can read more about this important programme elsewhere in this report. The importance of this work was recognised by the Late Late Toy Show Appeal, who awarded us a grant of €67,400 to help ensure that we progress our work so that it could be rolled out nationally and delivered to more children around the country. This grant meant that as well as refining and delivering

the programmes, the team also prepared a facilitator manual and training materials.

As usual, Inis Aoibhinn again operated at capacity, with 334 patients staying at the residence during the year. We took the opportunity, when the dining facility was closed, to update the dining room furniture ensuring the newly installed furniture is easily cleaned and disinfected. This work was generously supported by a grant from the Hospital Saturday Fund. When we reopened the dining area in October it looked fresh and bright and welcoming. We also finished building and furnishing our new pergola in the Inis Aoibhinn garden and added lighting to make it too feel welcoming and bright. We are grateful to the Galway City Local Community Development Committee (LCDC) for their support in getting this project off the ground. Again this year our free bus service, which runs weekly between Co. Mayo and Inis Aoibhinn, remained very popular with 70 patients and family members using the service.

From the charity's income perspective, 2022 was another challenging year. The lingering effects of the pandemic especially impacted the first six months, while the cost-of-living crisis has also negatively affected the success of fundraising efforts. All in all, despite the difficulties, we generated just over €2m in revenue during the year. As in previous years, University Hospital Galway (UHG) contributed towards the operating costs of Inis Aoibhinn and €650,000 was received in 2022. We would like to acknowledge this ongoing financial support from UHG without which our residential service could not operate. The National Cancer Support Programme (NCCP) also provides funds for

the charity and in 2022 allocated €74,000 to us. This funding is based on the number of new patients who avail of our services each year and is now an important part of our annual funding stream.

The momentum we had generated through our fundraising programme, up to 2019, was severely disrupted during the pandemic and rebuilding this momentum takes time. However our loyal supporters once again were there for us and in 2022, over €1.097m was raised for the charity.

In summary 2022 was challenging, and coupled with the continuing difficult economic conditions and the predicted increase in demand for our services, funding our work into the future will be a constant concern. As always we wish to acknowledge the consummate efforts of our employees and contractors who are so dedicated in providing their expertise to those affected by cancer. Our ability to provide these services is reliant on their professional expertise, their diligence and commitment. We also remain blessed by the exceptional people who volunteer for our charity and of course our Board members. The entire team at Cancer Care West constantly go above and beyond to ensure those who come to us receive the best care possible. We also wish to acknowledge the help and support of UHG, and also our many and varied donors and fundraisers to whom we are deeply grateful.

Message from CEO & Chairperson

Our Year in Numbers

2724



INDIVIDUALS
AVAILABLE OF OUR
SERVICES

8972

SUPPORT
CENTRE SESSIONS

265



IN-HOSPITAL
CONSULTATIONS

7410



BED NIGHTS PROVIDED
TO CANCER PATIENTS AND
THEIR FAMILIES

FUNDRAISING
RAISED

€1.09 MILLION!



On average approximately 30 children from the HSE-West region receive a cancer diagnosis each year. Add to that the number of children who live much of their young lives with a special one going through cancer treatment and those bereaved when a parent or sibling dies from cancer, and the number of children coping with cancer in some form is in the hundreds each year. It's a lot for any child to cope with and mostly results in them being scared, confused, angry, and stressed. Cancer Care West launched its Support Services for Children in 2015 and has been helping children coping with cancer ever since.

The specially designed play area in the Galway Support Centre is a haven for the younger children offering them a variety of play and creative art therapies, including toys, art, therapeutic storytelling, puppets, clay and playdough, and creative visualisation to help them to find a way of speaking about how they are feeling. With the support of the therapist the children learn to identify emotions and explore anxieties, and learn skills to help them cope.

The charity also offers the CLIMB programme for children aged 5-12 years old, specially designed to help children understand a cancer diagnosis by providing child accessible information on cancer and to help them to understand the often dramatic changes they are witnessing and experiencing in the home.

Older children who are able to explore these issues by verbalising their concerns benefit more from one to one counselling and Cancer Care West has a team of specially trained psychologists and counsellors who work with them directly to work through their feelings and to allay their fears and find reassurance.

In 2021 the Cancer Care West psycho-oncology team developed and launched a brand new programme for children bereaved by cancer. Called Children United in Bereavement Support (CUBS) the programme is delivered through remote technology allowing children to access the service from their own home environment. The aim of the programme is to therapeutically support children to explore their loss in a gentle manner so that they may build an evolving relationship with their deceased parent and develop ongoing resilience. The children attend in groups of 6-8 so they also develop peer-to-peer relationships with other children in the same situation and an accompanying parents programme also provides therapeutic and peer-to-peer support for the surviving parents. Thanks to a grant from the Late Late Toy Show the team has now developed a facilitator manual and training materials so that this programme can be rolled out to other organisations in Ireland thus widening the impact on bereaved children and helping so many more to cope with their grief.

In 2022 58 children and teenagers received support from Cancer Care West.

Children Coping With Cancer

Galway Cancer Support Centre



Community cancer support is becoming more and more important as one of the primary resources for living with a cancer diagnosis, whether someone is newly diagnosed, a cancer survivor, living with the disease as a chronic illness or at end of life. There is also an increasing evidence base about the value that cancer patients and families place on this resource especially when they are professionally delivered, easily accessible, confidential and free of charge. Because of the changing landscape of cancer support, it is essential that support centres continue to evolve both in the scope of services they offer, the increasing needs of the patients and the unique challenges that have arisen especially in the post Covid era.

During 2022, we have endeavoured to meet these challenges in a variety of ways. As well as continuing to offer both in person and remote psychological and psychosocial support, we have also responded to the expressed needs of patients regarding feelings of isolation post Covid by offering an increased number of group interventions. These are itemised below:

- Multiple Myeloma support group which has been developed based on a research project carried out in collaboration with University Hospital, Galway and is run by one of the psychologists at the centre supported by our assistant psychologist. This takes place every two months and has an educational as well as an expressive element. This intervention was developed with the support of a grant from the NCCP.
- Expressive writing group which runs over six weeks and gives participants the opportunity to process their cancer diagnosis through the medium of the written word. This was offered by one of the psychotherapists working in the centre.
- The CUBS programme which has been developed to help children process the death of a parent from cancer. This has been developed by one of our senior psychologists and is an 8-week online course which as well as supporting the child, also offers parents the opportunity to meet other parents going through a similar experience. This was developed with the support of a grant from the NCCP as well ReThink Ireland. Based on this research and a pilot project run in the centre, the programme will be rolled out nationally during 2023.
- A move to exercise groups for specific cancer types, e.g. breast, colon and prostate.

As well as these groups, we have continued with the three core services of oncology information and advice; psychological

counselling and providing clients with the key psychological tools and finally a focus on survivorship courses and interventions for those who are living with cancer as a chronic illness.

In addition, we offer the following:

- Massage
- Manual lymphatic drainage
- Yoga Class
- Exercise and physical rehabilitation services both individual and online
- Prosthesis fitting
- Children's services where children aged 3 to 18 years can avail of one-to-one counselling and play techniques.

We also offered several webinars during the year on various topics related to managing the psychological impact of cancer especially around living with uncertainty.

We are now a full member of the Alliance of Community Cancer Support centres and services which is a governance model run by the National Cancer Control Programme whose aim is to promote professionally delivered services in the sector. The centre took part in a pilot assessment and peer review process to become part of the alliance. This ensures that the centre follows the Best Practice Guidance which was published in 2020. The alliance was launched formally in June 2022 by the Minister for Health, Mr Stephen Donnelly.

In May 2022, The Framework for the Care and Support of Adolescents and Young Adults was published by the NCCP. Galway University Hospital was chosen as one of three national

hubs for this service, and we hope to offer community support services to this group based on need as a priority during 2023.

During the year our centre supported 1,298 clients who availed of over 7,500 sessions with our professional staff. While many of the restrictions of the pandemic were lifted we retained many of our remote service options, as some patients find them more convenient. However we did see a welcome return to in-person sessions and treatments which means our support centre is again working to maximum capacity, with demand on the rise. During the year we also provided 293 and 138 sessions to patients in Galway University Hospital and The Galway Clinic respectively.

I want to thank our staff, volunteers and donors who have ensured the continuation of our services through what has been the most challenging time. Also thank you to the CEO and Board of Directors.

Finally to our most important group, the patients and families who use our services, without whom there would be no centre. It is our privilege to help them through their experience of cancer.

Dr Helen Greally
Director of Support Services

Galway Cancer Support Centre



Clients by County of Residence

COUNTY	NUMBER OF CLIENT VISITS
Galway	821
Mayo	129
Donegal	42
Clare	58
Roscommon	62
Sligo	16
Leitrim	18
Other	152

Cancer Support Centre Statistics

YEAR	NUMBER OF CLIENT VISITS	NUMBER OF CLIENTS	DROP-IN VISITS
2010	5567	1017	2900
2011	6062	1071	3630
2012	6483	1233	4100
2013	6603	1248	4210
2014	7096	1240	3912
2015	7112	1253	3858
2016	7182	1315	3611
2017	7050	1400	3255
2018	7666	1376	3414
2019	9027	1471	4121
2020	6995	1120	115
2021	6732	1108	86
2022	6,232	1159	211

Cancer Support Centre Service Visits

SERVICE	VISITS	CLIENTS
Clinical Psychology	2010	1065
Counselling Psychology	555	174
Seen in GUH	284	176
Seen in Galway Clinic	138	87
Oncology Information	1200	586
Yoga	543	34
Tai Chi*	0	0
MLD	297	127
Massage	209	91
Reflexology	0	0
Rehab Gym Assessments	85	85
One to one Gym sessions	105	65
Group Gym Sessions	329	91
Brain Tumour Support Counselling	132	34
Cancer Thrive and Survive programme	0	0



These are the words of Jean Anne Davis, who was diagnosed with invasive lobular breast cancer in 2019.

"I walked out of the BreastCheck clinic with the word cancer ringing in my ears and went straight into the Cancer Care West Support Centre nearby. I felt could not go directly home to face the reality of this news and the effect it would have on my family. I knew I needed a detour - somewhere to process the information and diffuse at least some of my raw emotions. It was very important to me not to arrive home in a state of panic or distress - I wanted to be measured and calm in how I presented this to my children. From that very first day Cancer Care West has been a warm welcoming nest of support for me. A sanctuary where I can acknowledge and cope with the complex realities of a cancer diagnosis. It has been instrumental in providing me a safe place to connect with other people in the same boat - none of us choose to be in that boat and no two people have the exact same story but we are a wonderful ever present support for each other. I cannot overstate the importance of this network of people to me.

A cancer diagnosis quickly changes the future you had envisioned for yourself. Even with good coping strategies and a loving supportive network of family and friends it is a lonely, thought provoking, poignant

place to be. I started off thinking of the positives...I'm relatively young and fit, I'm strong and confident - I can get on with my life after I deal with this. But unexpectedly requiring multiple surgeries seriously eroded my resilience ...by the end of the surgical stage my confidence, coping skills and any sense of control over what was happening to me was gone. Not a good start!

I initially felt I need to "put on a brave face" to the extent that I even convinced myself that I was fine. I was prepared for the unpleasant physical elements of my journey but I didn't realise I was slowly sinking emotionally. At the end of one of my first yoga classes my lovely yoga teacher, Bridie, sensed something and quietly gave me a firm hug...the most memorable and meaningful embrace, just when I needed it. That hug sparked a release of emotion in me that had been building like a pressure cooker...no words were needed, just the human connection with someone who knew I needed it.

Cancer Care West provided me with the opportunity to access help and support in a holistic way... addressing the physical, emotional and practical impacts of my cancer diagnosis... I developed a new routine focusing on self awareness and self care which was very necessary at a time when surgeries and treatments can feel like a physical and psychological assault.

Finishing "active" treatment can be a very vulnerable time when family and friends, with the best will in the world, want to pop you into the "you're cured now box". But a combination of ongoing medication to prevent recurrence, along with continuing side effects post treatment, mean many patients continue to struggle well after their "active" treatment ends. There is a new normality you learn to live with, which includes an ever present fear of recurrence. Helping people cope with these longer term effects often falls outside of the remit of oncology practices in the health system. This is why the services of a charity like Cancer Care West are so important. Without these services a person's cancer journey could be lonely, isolating and even scary. With these services you get advice, reassurance, practical help and emotional support, all vital to your ongoing recovery.

Donegal Cancer Support Centre



The end of 2022 marks just over five years since the arrival of Cancer Care West in county Donegal and, since its inception, the service has gone from strength to strength. As always, we are incredibly grateful for the vital contributions of local patrons, Letterkenny University Hospital and for fundraisers, both local and further away for continuing to make our work possible. It is clear from the feedback from patrons that the centre continues to be a vital resource for patients and their loved ones who are affected by cancer.

In addition to offering psychological support to the many patients who availed of both remote and face to face assistance at the centre, the opening months of the year were characterised by a range of webinar-based programmes. We liaised closely with colleagues at the National University Ireland Galway (NUIG) in assisting clinical nurses in their outreach to prostate cancer patients and we covered topics such as sexual health and the effects of androgen deprivation therapies. These webinars continued throughout the course of 2022 on a three-monthly basis. With the assistance of our newest complementary therapist, Grainne Duffy, we consolidated the return of the Reflexology Service and alongside

this we reinstituted our Manual Lymphatic Drainage Service. The Centre was also joined, in a volunteer capacity, by Rita Marren, a longstanding and much loved Clinical Nurse Specialist. Our service users really appreciate her warm care, wealth of medical and local service knowledge and she has proved to be a wonderful addition to the service over the last year.

On a more national level we are pleased to include in this report that the Centre is now a full member of the Alliance of Community Cancer Support Centres which is a governance framework overseen by the National Cancer Control Programme (NCCP). Memberships of the Alliance promotes confidence within the public that a Centre offers professionally delivered services complying with the Best Practice Guidance established by the NCCP itself. We express our sincere thanks to our colleagues in the Galway support centre, especially Dr Helen Greally and Elaine Corcoran for making our membership with the Alliance possible.

More locally, the participation of Cancer Care West in Letterkenny University Hospitals' oncology multidisciplinary team meeting continues to be a key factor in consolidating the relationship between our local hospital and our centre. The regular participation of our psychological support service ensures that the psychological needs of patients remains an important feature of the clinical discussion and promote ease of referral across the services. We look forward to this relationship strengthening in the future. In conjunction with this collaboration, the service also contributed to the 'Moving On Programme' which is an 'in-house' initiative to support cancer patients particularly in the transition between treatment conclusion and into survivorship.

Returning to the online world, in November the service here in partnership with our parent centre in Galway offered a much-requested webinar entitled 'Living With Uncertainty'. This very well attended event integrated both education around the psychological phenomenon of fear of recurrence and contending with uncertainty and more usefully some strategies in managing these issues. Such was the weight of this issue that it attracted national press attention and as a result both psychologists and the Donegal based participant were interviewed by the Irish Times. We were delighted to highlight the issues which cancer survivors navigate and showcase how our centre continues to meet those needs.

Our year concluded with moves to introduce initiatives aimed at facilitating connections amongst cancer patients themselves. With this in mind we introduced the first of the tamoxifen support groups in November. Before long this had attracted such attention that two groups were required to meet the need as the aim was to create small safe contacts within which patients could share their experiences. So far this has been a very well received programme and patients frequently express gratitude for this facility. We look forward to expanding this programme in 2023.

I conclude this report with reiterating my earlier expression of gratitude for the many people who have contributed financially to the ongoing support of the service, especially throughout the very challenging COVID era. We also extend our gratitude to the board of directors, our Clinical Director Dr Helen Greally and CEO Mr Richard Flaherty for their ongoing support of the service. I also want to say how appreciative I am to my colleagues within the service for their dedication to the patients and especially to

Patricia Doherty without whom the service would not run as smoothly and effectively as it does.

Finally, to our most important group, the patients and families who use our services, without whom there would be no Centre. It is our privilege to help them through their experience of cancer.

Dr John Donohue

Senior Clinical Psychologist
Cancer Support Centre Donegal



Donegal Cancer Support Centre



Cancer Support Centre Statistics - Letterkenny

YEAR	NO. OF CLIENTS	CANCER PATIENTS	RELATIVES	MALE	FEMALE
2017	265	195	70	78	187
2018	500	361	139	144	356
2019	435	307	128	105	330
2020	305	233	72	74	231
2021	237	206	31	55	182
2022	325	275	50	78	247

County Breakdown

COUNTY	NO. OF CLIENTS
Donegal	227
Galway	21
Dublin	4
Meath	2
Sligo	2
Clare	2
Offaly	1
Monaghan	1
Roscommon	1
Kerry	1
Cork	1
Kildare	1
Carlow	1
Limerick	1

Service Centre Sessions (Face-to-face and Remote)

SERVICE	VISITS	CLIENTS
Clinical Psychology	620	169
Psychology/Counselling	96	31
MLD	309	62
Reflexology	153	47
Oncology Info	72	51
Drop In	68	17
Breast Care Fitting	12	12
Tamoxifen Peer Support Group	10	6
Webinar- Living with Uncertainty	47	47
Webinar-Prostate Cancer Support	26	23
Men's Morning	3	3



Cancer is an insidious disease says Edward. Mostly you cannot see it, touch it or even feel it and there you are going about your daily life thinking all is good but all the time it's there inside you. The physical side of the disease is what you immediately deal with, getting on with getting it under control. At this stage the psychological side of what is happening is often much less of a worry. Edward didn't even think he needed to look for help with this aspect of his disease. "I am not the kind of person who has ever considered doing counselling. I am a reasonably successful business man and I have always been very much in control of my life, planning and managing everything that has come my way. I just didn't see that I would need help with managing this."

However the loss of several close friends to cancer, over a short period of time, brought him up short. "Like a hammer blow I was severely affected by these deaths and struggling a bit to come to terms with everything. Janice Richmond, my oncology support nurse suggested I talk to Dr. John

Donohue at Cancer Care West. John is a psychologist specialising in supporting oncology patients and their families. I went to see him and I was just amazed by the difference my sessions with him have made on my life. Firstly John creates a safe place, a sanctuary, in which you can say exactly what you feel without fear of making someone else feel worried, anxious or even alarmed by your thoughts. He really listens while gently helping you to explore your feelings and make sense of them. In my case I was angry with myself that I had cancer and frustrated that I couldn't control it. I was beating myself up even though it wasn't my fault and blaming myself for what was happening. John helped me see this and to readjust my thinking and to stop being angry with myself. Then secondly John has helped me build more trust in the system that I am depending on to help me. I am feeling so much more positive about handing over control of my life to others who can help me get through this. These two things mean I have let go of so much that I was bottling up inside and I have a much more positive outlook on my condition and my future. John's intervention has been a very powerful and positive impact on my cancer journey.

Cancer Care West offer support like this to anyone who needs it on the West coast of Ireland and the sessions are all provided for free. Edward concludes "I would say to anyone who has a cancer diagnosis - do not underestimate the psychological aspects of this disease and more importantly do not underestimate the power of counselling to help. I am so glad I got the help I needed and am very grateful to Cancer Care West for being there for me."

Edward's Story

Fundraising Donegal Style!



Although only started in 2020 the Donegal Camino has already established itself as one of the top events on the Cancer Care West fundraising calendar. Now in its fourth year, the unique 7 day event takes participants on a week-long series of walks and hikes on Donegal's Wild Atlantic Way Coastline. The event was originally founded by Inishowen business woman, Peggy Stringer, owner and Medical Director of the Monkstown Laser Skin Clinic in Dublin and Vice-President of the Donegal Association. Peggy undertook the first Camino, a 160km walk and hike, as an antidote to the pandemic and a way to celebrate the beauty of Donegal while raising funds for Cancer Care West. Peggy's initial Camino was such a huge success that it inspired many others to get involved, so in 2021 the official 'Donegal Camino' was inaugurated and Noel Cunningham, of Harvey's Point fame and a long time Cancer Care West Patron, and Deirdre Mc Glone, Donegal hotelier and businesswoman, joined the event organisation team. Each year the event has grown in both national and international stature, and in 2022 attracted more than 70 walkers from the US, UK and all over Ireland to enjoy the stunning beauty and world class walking and hiking of the Northwest County, along with Donegal's hospitality, excellent food and warm and welcoming people. Each year the walkers are joined by musicians and local historians as well as local hospitality companies and other businesses who make the daily walks and hikes fun, convivial and super-friendly.



As the Cancer Care West centre in Letterkenny is funded entirely through fundraising efforts this event is now a major contributor to the viability of the centre and to the services it provides for so many people in Donegal and surrounding counties. Thanks to Peggy, Deirdre and Noel, their army of supporters and of course those who undertake the Camino challenge, over €76,000 has been raised for the centre in the past few years. Looking forward to 2023 the event is set to break all records again as those who have had the pleasure of taking part are already planning the next one and many more are planning to join the fun. What started out as a personal pilgrimage for Peggy has turned into a wonderful week for so many people and a showcase for the amazing hospitality of Donegal.

To date the Donegal Camino has raised €76,500 for Cancer Care West.

Everyone in Cancer Care West was delighted and honoured when the charity was named the Connacht Charity of the year by the All-Ireland Business Foundation (AIBF). This major national honour was awarded in recognition of the exceptional services that the charity has provided to cancer patients and their families on the West Coast of Ireland for over 25 years.

Business All-Star Accreditation is an independently verified standard mark for indigenous businesses, based on rigorous selection criteria. By awarding this honour to Cancer Care West the All-Ireland Business Foundation recognised the vital work carried out by Cancer Care West and acknowledged the expertise and dedication of their teams for the benefit of others.



Annette Hassett, Operations Manager, Cancer Care West, Elaine Carroll, CEO, All-Ireland Business Foundation, Richie Flaherty, CEO, Cancer Care West, David O'Donnell, Head of Fundraising, Cancer Care West, Kapil Khanna, MD, All-Ireland Business Foundation

Inis Aoibhinn



2022 has been so busy in Inis Aoibhinn, the time has flown and now, we are already looking back over the year and reflecting on all that we have achieved. Firstly, on a personal note I would like to thank the staff and management of Cancer Care West for welcoming me to the lodge this year. I joined as Operations Manager following the departure of Josie Hynes, a much loved and missed member of the team. I have received so much support and encouragement from everyone, that I quickly felt a valued member of the team and have loved getting to know the staff and volunteers, the operations at the lodge and all the wonderful people who come through our doors.

This year Inis Aoibhinn welcomed 334 residents, along with many of their families and friends, through our doors. This represents one of our busiest years yet and is in line with the increased demand we see for our services in general. While thankfully our adherence to COVID-19 restrictions was less onerous than the previous two years we still needed to remain vigilant, continuing to wear masks and retain many of our social distancing measures. Our perseverance and vigilance paid off and we had no outbreaks at the facility as we gradually moved to a more normal way of operating. By the end

of the year our communal spaces were open to residents and drop in visitors were again welcomed to the premises.

One of the highlights of the year was the refurbishment of the dining facility where we installed new dining furniture which is bright and colourful and adheres to the highest standard of hygiene and disinfection, this was kindly sponsored by a grant from the Hospital Saturday's fund. The dining room is the hub of the facility where everyone comes together to chat and share experiences, forming new friendships and important support networks. We were delighted when it was opened again for general use, and we are loving the new look. In keeping to the theme of social spaces this year we also finished the new pergola in our garden. The pergola was built following the receipt of a grant from Galway City Council in 2021, for which we remain very grateful. The need for an outdoor social space, which was especially acute during the pandemic, has been on our list for a while. Now we have a beautiful, covered, and comfortable place where up to 12 people can come together to appreciate the garden, take advantage of warmer weather, and enjoy the always available good company at the residence.

Speaking of the outdoor space we have been living next door to a large and very busy building site for a while now as from Inis Aoibhinn we have watched the construction of the new radiotherapy department at UHG. It is very exciting that this fantastic new facility is being built right next door to us and very soon our residents will be able to quickly pop in and out of the department for their state-of-the-art treatments while our staff interactions with the department staff will become even more seamless

than they already are. The facility is nearly complete and will open in 2023, bringing a range of new options and treatments for cancer patients from the West of Ireland.

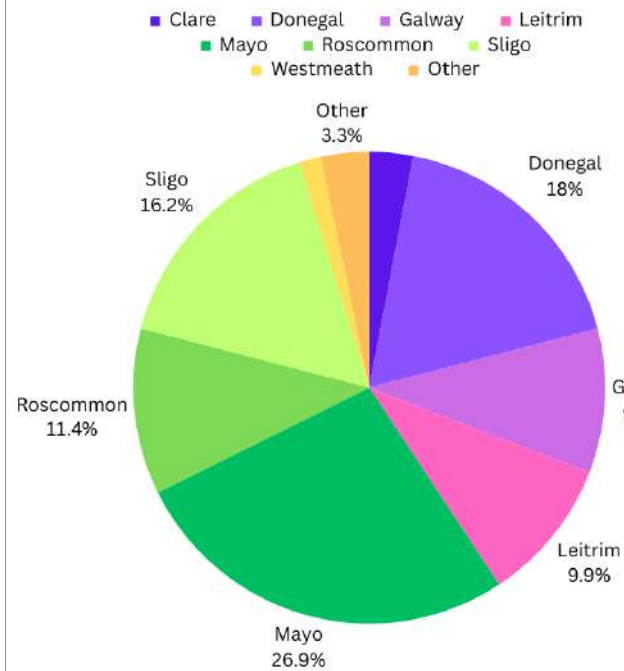
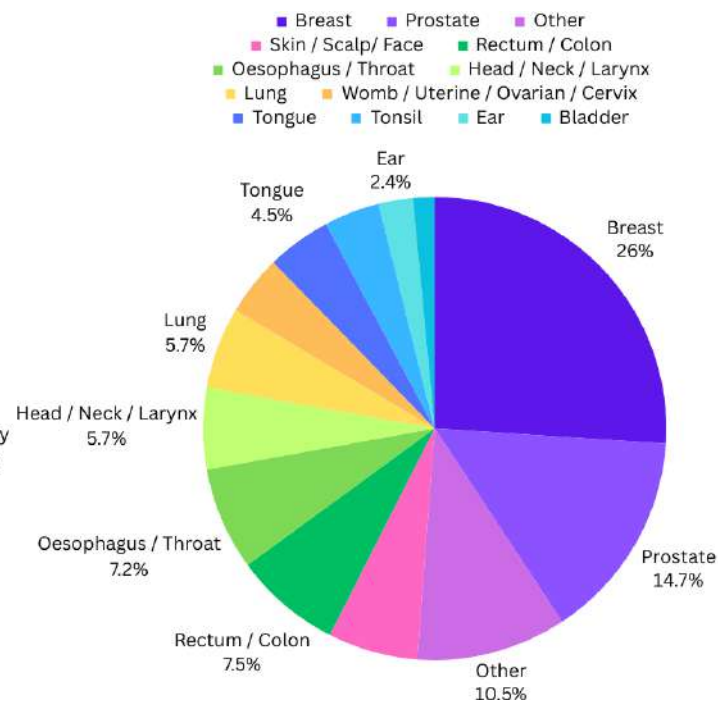
Ensuring life at Inis Aoibhinn runs so smoothly takes a lot of care, dedication, and effort. Our staff and volunteers include nursing staff, health care assistants, fundraisers, catering assistants, cleaners, maintenance workers, gardeners, and a receptionist. We are so blessed that every one of them perform their duties to the highest possible standard, looking after our residents and ensuring their stay is comfortable and safe. Many of our residents are very ill and vulnerable and all of them are anxious, scared, tired, and even fed up with all they are going through. Their time at the lodge offers them respite from their normal routines as all their practical everyday needs are catered to leaving them time to concentrate on their illness and treatment. Our nursing staff are on hand to help with any mild to severe medical issues and most importantly are there to support their mental health challenges providing reassurance and encouragement when needed. With approximately 30 moderately to severely ill patients on site each day, several accompanying family members and daily visitors who pop in for a chat, Inis Aoibhinn is a very busy facility, and only a top class and experienced team like we have onsite could make it run like clockwork while making sure everyone has some fun along the way.

In summary, I had heard that Inis Aoibhinn is a special place, and I can now personally testify to this. Not only is it a haven of care and support for cancer patients but the warmth and appreciation we receive back from those we help makes our work so much more than just a job. It is wonderful thing to see that, despite the distressing symptoms many of our cancer residents endure, there is so much fun and laughter here.

Annette Hassett
Operations
Manager
Inis Aoibhinn

Inis Aoibhinn

Inis Aoibhinn

Inis Aoibhinn Resident's
County of Origin 2022Summary Breakdown of Resident's
Diagnosis 2022

Number of residents accommodated at Inis Aoibhinn March 2007 – December 2022

2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	TOTAL
194	287	302	288	322	324	322	398	358	345	340	313	332	320	300	334	5237

Important to note that sometimes residents may have to stay for a longer period of time due to treatment plans



While radiotherapy treatment in itself is not too bad for many patients, it is often given after weeks of chemotherapy, when patients are exhausted and their energy levels depleted. Finding the reserves to start into several weeks of daily sessions, 5 days a week, therefore is daunting. If on top of that you have to travel to University Hospital Galway (UHG) each day for the treatment it is even more overwhelming. So the opportunity to stay right beside the hospital each week, in a place that provides everything you need, as well as a full oncology nursing service, is a precious gift. Cancer Care West's provides this gift to over 300 patients a year at Inis Aoibhinn, their residential lodge at UHG.

One of their patients, Maureen Healy, describes what it means to her.

"I am staying at Inis Aoibhinn for 5 weeks during my radiotherapy treatment. I have my own en-suite room, which has become a home from home, and my meals are all provided. I can walk over and back to the hospital each day and if I have any concerns the staff are wonderfully kind and helpful. All this means I am able to rest so much more while here so I

"I get all of this for free but really it's priceless and my family and I are truly grateful."

am coping with my treatment really well. Then when we heard about the Cancer Care West bus, which takes patients to and from Mayo to Inis Aoibhinn, it was like another gift from Heaven for me and my family. I get dropped to the bus in Ballina on Monday morning and it takes me back to Ballina again after my Friday session. No one worries about me during the week as I am well looked after by the wonderful staff at the Lodge. Our bus driver is so kind and he makes sure the journey is comfortable and safe. I get all of this for free but really it's priceless and my family and I are truly grateful."

Maureen's Story

Patient & Family Support Programme

Patient & Family Support Programme

Cancer Care West has also been providing 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. When a family member is receiving cancer treatment in Galway University Hospital we help them secure accommodation close to the hospital when possible. If we have any spare capacity in Inis Aoibhinn we also make it available for an in-hospital patient's family to use when travelling from a long distance.

In 2018 a second family room, funded by Cancer Care West, was opened on the Corrib Ward in Galway University Hospital. This room provides a place of comfort and restfulness for those coping with the stresses and trauma of seeing a family member being treated for cancer. This room is in continuous use since it was opened as grateful families use it to relax with a cup of tea, meet other family members who are visiting and even get some sleep as they keep their bedside vigil.



David O'Donnell
Head of Fundraising and communications



Orla Cunniffe
Community Fundraiser



Gráinne McGettigan
Donegal Fundraiser

Despite the ongoing challenges that all charities faced in raising funds in 2022, our loyal supporters once again were there for us and an impressive €1.097m was raised for the charity. This was despite ongoing COVID-19 restrictions, people's hesitancy to participate in large gatherings and the onset of the cost-of-living crisis. As always, our thanks go to every single individual, team, club, class and organisation who contributed to this total. Every euro raised is important to us and especially to the people who use our vital services.

We were delighted that this year we saw the welcome return of some of our flagship events as well as the smaller grassroots efforts that contribute so much to the annual funds raised. One of our key events, the annual Galway Bay Swim held in memory of Frances Thornton, became a virtual event during COVID but happily returned to normal in 2022. This event is now one of the most important events on the Galway calendar. The spectacle it creates has a hugely positive impact on our brand awareness and most importantly it raises over €100k each year for our services.

Rapidly becoming our second annual flagship event, the Donegal Camino, went from strength to strength this year, culminating with over 100 people climbing Sliabh Liag on the final day. Thanks to the efforts of the event organisers and patrons, especially Peggy Stringer, Noel Cunningham and Deirdre Mc Glone, over €50k was raised in 2022. When it comes to outstanding efforts made on our behalf, we would like to acknowledge the contribution of

Galwayman Stephen Tummon, who swam the English Channel on Friday 8th July and raised €18k for us. After a year of preparation Stephen was delighted to complete the swim in just under 13 hours. A huge congratulations to Stephen, the 5th person from Galway to ever complete this challenge.

Alongside the multitude of large and small events, giving through direct debits, online donations and payroll donations continued to provide another very important source of income for the charity. We remain grateful to each and every one who supports us in this manner, many of whom have kept it up for many years, even during the hardest of times. Alongside this our digital fundraising income continued to grow in 2022 as more and more people use FaceBook, GoFundMe, iDonate, etc. to highlight their individual efforts and raise significant sums of money for us. So many people should be very proud of their achievements and know that by doing it for us they are making a huge difference to the lives of cancer patients and their loved ones.

Sadly this year we said farewell to our colleague Gráinne McGettigan, who retired after working tirelessly in the fundraising team based in Letterkenny. Our Donegal services are 100% reliant on funds raised so Gráinne's dedication and effort has been hugely important to the establishment and development of these services. We thank her for her work and wish her all the best in all her future endeavours.

As we start each year, we can feel daunted by the prospect of raising over €1m. It is thanks to a legion of supporters who bring such energy, creativity and passion to their fundraising efforts that we achieve it. A simple "Thank you" never seems like enough but we can assure each person who donates that cancer patients all over the West coast of Ireland are saying "Thank You" every day.

Fundraising

Fundraising



Bob Towe and Davitt Connolly climbed 5 peaks in 5 weeks during October in support of our cancer services.

Thanks to all at Ravi's Bar & Restaurant, Clifden who very kindly supported us again this year through their 80s Disco night



Olivia Kelly, Fiona Scahill, Ailish Munnelly, Martha Fleming and Audrey Coleman after finishing the West of Ireland Women's Mini Marathon These fantastic ladies raised €2,890 for our services.

Members of Tynagh Pony Club presenting a cheque of €1,740 to John Donnelly, Director of Cancer Care West. Proceeds from their recent Charity Pony Ride event.



Stephen Thumon (presenting his proceeds to David O'Donnell) swam the English Channel and raised €18,350 for us.



A huge thanks to the staff and customers of Value Centre Letterkenny for their very generous donation of €1,250 which was raised through a Teddy Bear raffle at Christmas and a Bunny raffle at Easter!

A big big thank you to Louise Goudie for her wonderful donation resulting from a very unique fundraiser 'Be Yourself Photobook'.



We were sad to say goodbye to the lovely Grainne McGettigan. Grainne was our Donegal fundraiser for many years. She was a pleasure to work with and was a tremendous asset to our team

The Rosie McGauley Memorial Truck and Tractor Run took place on November 20th 2022. Rosie's husband Daragh and his children, Rionach, Rosie and Eoghan present a check for €35,000 to Martina Hickey and Helen Grealish of Cancer Care West.



The Scully Family do amazing work to generate funds for us in memory of their son and brother, Aidan. Pictured here presenting a cheque for €15,275 to David O'Donnell from Cancer Care West.

Fundraising

Micheál's Story

Young seventeen-year olds usually have a lot going on, especially when they are into sport and their studies and preparing for the long Summer holidays. Adding a fundraising challenge to their schedule is rarely top of mind and shows an exceptional dedication to a cause that is unusual in such a young person. Micheál King epitomises such a teenager, showing dedication and commitment to a charitable cause that is a delight to see. His chosen charity, Cancer Care West, touched his family's life in 2019 when his mother was diagnosed with a brain tumour. Surgery followed by months of radiotherapy and chemotherapy have worked well and Micheál is delighted to say she is now cancer free. Throughout her ordeal Micheál saw how Cancer Care West helped her and as a result he has dedicated considerable time and effort to raising funds on their behalf.

Starting in 2021 with some mates, Micheál participated in a Shave or Dye event raising over €9k for the charity. He immediately got the fundraising bug and the following year planned his next effort, making it a personal challenge to run 50 Km over 5 days. Setting up an iDonate page Micheál set a target of €1.5k for funds raised. He promoted his challenge on social

media, stuck posters all over his hometown of Roundstone and went to every pub and business within a 10 km radius asking for permission to place the posters on their premises. His challenge was completed over 5 days – 20th -24th April. Needless to say he smashed his target raising €4,000 for the cause. Micheál was not done yet. He persuaded his school to do a "Wear Pink" for Cancer Care West day and this effort has also added €1,960 to his final tally.

As a charity Cancer Care West relies heavily on the efforts of loyal and dedicated supporters who go above and beyond to raise the much-needed funds that ensure our services remain free of charge. Without this amazing support we simply could not do what we do for our patients and their families. It's hard to single out any one effort or any one person but we salute the Micheál's of this world. Giving back at this level shows a strong set of values, a deep gratitude for a blessing in his family's life during a difficult time and a generosity of nature that is rare to see in someone so young. Thank You Micheál!



Happy Inis Aoibhinn Residents Ringing The Bell To Celebrate Their Final Radiotherapy Treatment



Celebrate

Sustainable Development Goals

At Cancer Care West we are making measurable progress towards shaping a better future for Irish people and our planet. Using the UN Sustainable Goals as a guiding structure for our ambition, and in line with those specific goals which are appropriate to our mission, we have set out clear objectives consistent with these goals and are taking defined actions to meet these objectives.



Goal 1

Good Health & Wellbeing - Ensure healthy lives and promote well-being for all at all ages.

Our objective is to: reduce premature mortality from cancer through prevention and treatment and promote mental health and well-being among cancer patients, survivors and their families.



Goal 2

Reduced Inequalities - Reduce inequality within and among countries

Our objective is to: improve the treatment, support and outcomes of cancer patients in the most rural and economically deprived region of Ireland.



Goal 3

Climate Action - Take urgent action to combat climate change and its impacts.

Our objective is to: Integrate climate change measures into our buildings, policies, strategies, and planning.



Goal 4

Partnerships For Goals Climate Action - Strengthen the means of implementation and revitalise the global partnership for sustainable development.

Our objective is to: develop multi-stakeholder partnerships that mobilise and share knowledge, expertise, technology and financial resources, to support the achievement of the Sustainable Development Goals in Ireland.

Cancer Care West is governed by a Board of Directors, chaired by Mr Padraic Clarke. The composition of the board is representative of the Medical sector by eminent cancer specialists and of the wider community. The Board of Directors serve in a voluntary capacity and do not receive any remuneration or expenses. Policy decided by the board is implemented by the Cancer Care West Management team. In addition, four Board Sub-Committees oversee specific areas of work including a Management, Psychological & Support Services, Finance & Audit and a Governance Subcommittee.

Board Member	Board Meeting Attendance
Padraic Clarke (Chairperson)	3
Gerry Burke	1
Padraig Burke	4
Sheila Byrnes	4
John Donnelly	1
Prof. Annmarie Groarke	3
Prof. Maccon Keane	-
Jean Kelly	4
John Mac Namara	1
Dr. Margaret Murray	4
Paddy O'Malley	-
Joe Smyth (joined 23/2/22)	3
Gerry Staunton	3
Prof. Frank Sullivan	0
Brian Thornton	3
Breda Tierney	4

Subcommittees

MANAGEMENT BOARD

GERRY BURKE (CHAIR)

ANNE MARIE GROAKE (CHAIR OF THE PSYCHOLOGICAL & SUPPORT SERVICES COMMITTEE)

BRIAN THORNTON

GERRY STAUNTON

RICHARD FLAHERTY (CEO)

PSYCHOLOGICAL & SUPPORT SERVICES COMMITTEE

ANNE MARIE GROAKE (CHAIR)

RICHARD FLAHERTY (CEO)

HELEN GREALLY (DIRECTOR OF PSYCHOLOGY & SUPPORT SERVICES)

JOHN BOGUE (NON CCW DIRECTOR)

EVELYN O TOOLE (NON CCW DIRECTOR)

FINANCE & AUDIT COMMITTEE

GERRY STAUNTON (CHAIR)

PADRAIC CLARKE

MARGARET MURRAY

BRIAN THORNTON

BREDA TIERNEY

GERRY BURKE (CHAIR OF MANAGEMENT BOARD)

GOVERNANCE COMMITTEE

BRIAN THORNTON (CHAIR)

GERRY STAUNTON

PADRAIC CLARKE

BREDA TIERNEY

Board of Directors

Financial Statement

Income and Expenditure Account for the year ending 2022

	2022	2021
Income from fundraising and bequests	1,097,739	1,083,713
Cost of fundraising	(231,604)	(195,995)
Gross Surplus	866,135	887,718
Administrative expenses	(39,481)	(32,766)
Inis Aoibhinn costs	(1,110,570)	(1,044,327)
Support Centre costs	(944,415)	(790,877)
HSE annual subvention	650,000	600,000
Sundry income	279,482	624,918
Operating (Deficit) / Surplus for the year	(298,849)	244,666
Interest receivable and similar income	-	155
(Deficit) / Surplus for the year	(298,849)	244,821

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

Balance Sheet as at 31st December 2022

	2022	2021
Fixed Assets		
Tangible assets	2,977,879	3,138,118
Current assets		
Stocks	1,687	-
Debtors	156,165	47,774
Designated development bank funds	3,133,173	3,134,467
Cash at bank and in hand	587,734	953,550
	3,878,756	4,134,731
Creditors: amount falling due within one year	(143,856)	(232,778)
Net current assets	3,734,903	3,903,013
Total assets less current liabilities	6,712,782	7,041,131
Deferred Income		
Dept. of Health capital grant	(268,000)	(297,500)
Net assets	6,444,782	6,743,631
Capital and reserves		
Designated reserves	3,133,173	3,134,467
Revenue reserves account	3,311,609	3,609,164
Total Equity	6,444,782	6,743,631

On behalf of the Board

Padraic Clarke
Padraic Clarke Director

Gerry Burke
Gerry Burke Director

Auditor's Report

GROGANS
CHARTERED ACCOUNTANTS | REGISTERED AUDITORS

Cancer Care West CLG
(A company limited by guarantee and not having a share capital)
Independent auditors' report to the members of Cancer Care West CLG

Opinion

We have audited the financial statements of Cancer Care West CLG ('the Company') for the year ended 31 December 2022, which comprise the Income and Expenditure Account, the Balance Sheet, Statement of Changes in Equity and notes to the financial statements, including the summary of significant accounting policies set out in note 3. 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, applying Section 1A of that standard.

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 2022 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, applying Section 1A of that standard; 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) (ISAs (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 18 to the financial statements.

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

Conclusions relating to going concern

There were four meetings held in 2022. The schedule below sets out the Board members' attendances:

Board member Gerry Burke Padraig Burke Sheila Byrnes Padraic Clarke John Donnelly AnnMarie Groarke Maccon Keane John McNamara

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast doubt on the Company's ability to continue as a going concern for a period of at least twelve months from the date when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.



Other information

The directors are responsible for the other information. The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2014

Based solely on the work undertaken in the course of the audit, we report that: in our opinion, the information given in the directors' report is consistent with the financial statements; and in our opinion, the directors' report has been prepared in accordance with 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, and financial statements are in agreement with the accounting records.

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.

Respective responsibilities

Responsibilities of directors for the financial statements

As explained more fully in the directors' responsibilities statement set on page 7, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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. 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's members those matters we are required to state to them in an auditor's 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.



Richard Grogan

for and on behalf of

Grogans Accountancy Ltd

Chartered Accountants & Statutory Audit Firm

Date 24 May 2023

Chartered Accountants
4/5 high Street
Galway

Costs & Funding

Our support for cancer patients and their families in 2022 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 2022 Cancer Care West received €650,000 from HSE West as a contribution to the operating costs of Inis Aoibhinn.

Our total income for 2022 was €2.027million. Just over 54% 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.

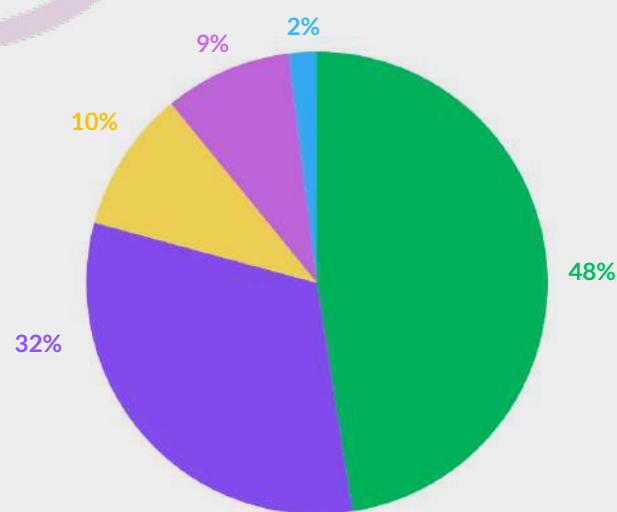
The charity is governed by a Board of Directors who serve in a voluntary capacity and who do not receive any remuneration or expenses. Each year the organization undergoes an independent annual audit and files accounts with the Companies Registration office.

Registered Charity: CHY11260
Company Number: 230899
Registered Charity number: 20030438

Almost **90%** of our spend goes directly to delivering our services

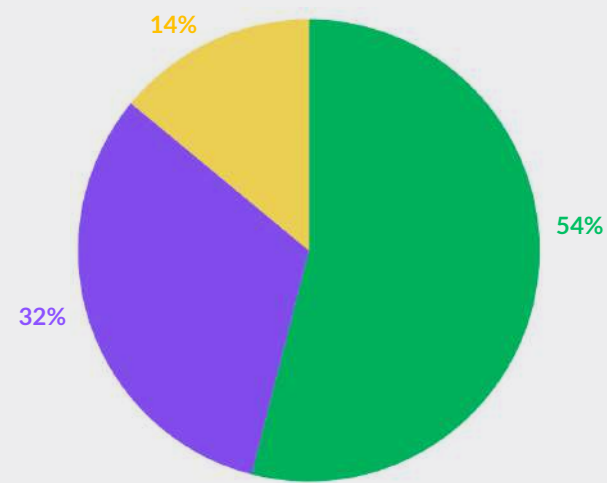
How we spend our funds

■ Inis Aoibhinn ■ Support Centre Galway
■ Cost of Fundraising ■ Admin
■ Support Centre Letterkenny



Sources of income

■ Cost of Fundraising ■ HSE
■ Grants and Other Income



What We Spend On Our Services

SERVICE	AMOUNT
Inis Aoibhinn Residence	€1,054,511
Cancer Support Centres	€874,957



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. Up to 73% of our income (in a normal year) 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
- 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 for further information or download the direct debit form on our website - 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 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.

Corporate Support

If you are working for an organisation 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 organisation can show their support for Cancer Care West.

How You Can Help

Inis Aoibhinn Residence

Galway University Hospital
Galway H91 T861
Telephone: 091 545 000
Email: info@cancercarewest.ie

Galway Cancer Support Centre

72 Seamus Quirke Road
Galway H91 C9W0
Tel: 091 540 040
Email: galwaysupport@cancercarewest.ie


Donegal Cancer Support Centre


2nd Floor Unit Station House
Pearse Road, Letterkenny,
Co Donegal, F92 P6YT
Tel: 074 960 1901
Email: donegalsupport@cancercarewest.ie

 @cancercarewest

 Cancer Care West

 cancer_care_west

 Cancer Care West

 Cancer Care West

www.cancercarewest.ie

