



Cancer Care West

The West of Ireland Cancer Charity

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



ANNUAL REPORT 2023

Welcome

Welcome to the Cancer Care West 2023 Annual Report. It is our privilege to once again showcase a year in our charity's life and to recognise the extraordinary commitment of the people who make it all possible. Having weathered the unprecedented storm of COVID-19 with the inevitable knock-on effects and then the recent cost-of-living crises, 2023 was thankfully a quieter and more stable year for us. This has allowed us to concentrate more fully on serving the needs of cancer patients and their families, with less distractions or interruptions. As usual our resources were stretched as nearly 3,000 people availed of our services. Each person we meet has their own individual worries, as they or a loved one goes through and beyond their treatment. Our aim to provide care, kindness, consideration and empathy, ensuring everyone is welcomed and made to feel at home.

As you browse through this report we hope you get a sense of the happy times we have shared with those in our care. Living with cancer can be a scary time in anyone's life but it can also bring out the best in people. We see this every day and are humbled by their courage.

Reporting period 1st January 2023 to 31st December 2023



Contents

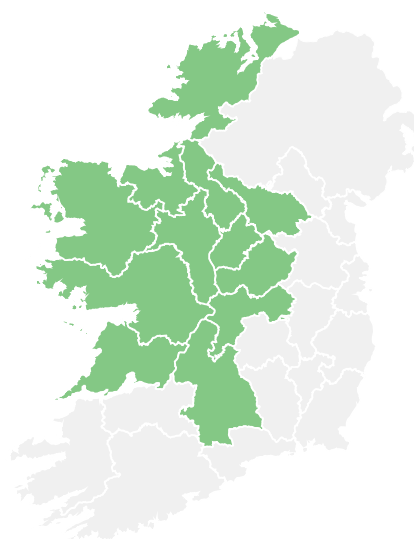
Our Story	03
Message from CEO & Chairperson	05
The Year in Numbers	07
Galway Cancer Support Centre	09
Donegal Cancer Support Centre	13
Inis Aoibhinn	17
Fundraising	21
Financial Statement	25
Board of Directors	30
Costs & Funding	31
How You Can Help	32



Club Dornalaidh & Aclaidh Chonamara

Our Story

Cancer Care West provides support and services throughout the counties of Mayo, Donegal, Sligo, Roscommon, Leitrim, Galway, Clare, Westmeath, Cavan, Tipperary, Offaly 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 centres 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 Vision

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

Our Mission

... is to provide professional support services to Cancer patients and their families throughout our region.

Our Values

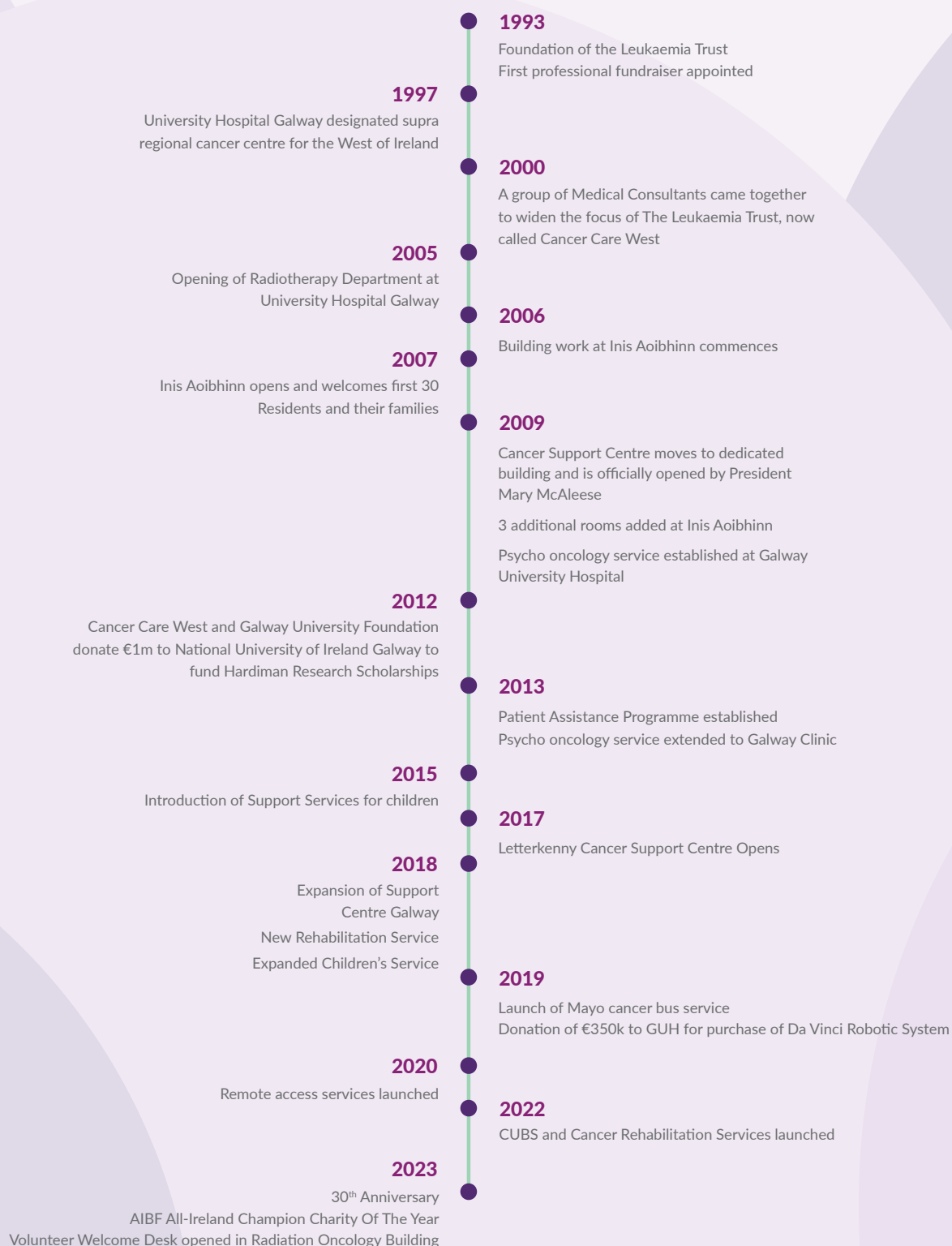
- Our focus is on people and their needs
- Our services are open to all who need them
- We support families affected by Cancer
- We are innovative
- We are professional & transparent

30

YEAR ANNIVERSARY

As we celebrate our 30th year at Cancer Care West, we are now well established as a key provider of cancer support services, supporting approximately 3,000 patients and family members every year. Our vision that no-one in our region should go through cancer alone is as bright now as it was then. Thankfully our dedicated staff, Board members and volunteers, together with an army of fund raisers, are as motivated as ever to live up to this vision. Over 25,000 people have come through our doors to be welcomed and cared for and it has been Cancer Care West's privilege to be there for each and everyone.

Cancer Care West Timeline



Message from the CEO & Chair



Richard Flaherty
Chief Executive Officer



Gerry Burke
Chairperson

2023 was a challenging year for anybody who received or was already living with a cancer diagnosis. The need for our services therefore was more important than ever. Thankfully we remained a stalwart support for anyone who came to us for help as we continued to expand and innovate our services to best meet their needs. In 2023 we provided practical and emotional support to nearly 2,850 people whether in-person at our residential lodge and cancer support centres or remotely through our online cancer awareness and support programmes.

Our Support Centres in Galway and Letterkenny continued to provide in person and remote psychological and psychosocial support to patients of all ages and their families. In total 1,486 clients availed of 9,942 sessions with support centre staff, a 10% increase in the number of sessions over 2022. As in past years we continued to deliver a hugely valued Psycho-Oncology programme for in-hospital cancer patients. In 2023 our clinical psychology team, attended 142 patients providing support to them over approximately 300 sessions.

Inis Aoibhinn, our thirty-three bedroom lodge on the grounds of University Hospital Galway, saw an increase of 10% in the number of patients we catered for, with 371 patients staying with us during their radiotherapy treatment. Our free bus service which runs weekly between Co. Mayo and Inis Aoibhinn remains crucially important to patients and their families. The service was used by 107 people in 2023

which is a 30% increase over 2022, clearly demonstrating the need for the service and its value to our community.


Funding the ever-increasing demand for our services remains challenging. Fortunately, our fundraising activity remained strong, and overall the charity's income remained similar to the previous year at €2.26m. University Hospital Galway (UHG) contributed €650,000 towards the operating costs of Inis Aoibhinn and we acknowledge this ongoing financial support, without which our residential service could not operate. We are also grateful to the National Cancer Support Programme (NCCP) who provided funding for our Cancer Support centres and in 2023 allocated €75,570 for their ongoing development. The hundreds of community events and individual endeavours, along with corporate sponsorship and the myriad individual donations we benefited from this year raised over €1m for us. We thank everyone who contributed to this total. Every event and penny collected is important and without this amazing level of support we cannot do the work we do. A key challenge our charity faces moving forward is growing our income to sustain and expand our range of services. We need to bridge our annual funding gap, which arises from our commitment to providing these essential support services free of charge to an increasing number of people who need them.

In summary, 2023 proved to be another year filled with challenges yet also marked by

significant rewards for our organisation. With a continual rise in the number of individuals seeking assistance at our centres each year, it remains vital that we persistently broaden our services to accommodate this growing demand, though we acknowledge it will be an ongoing challenge to fund this. Thanks to the unwavering dedication of our team members and the generous support from our community, we were able again to go above and beyond to aid all those who relied on our assistance throughout 2023. As always, we extend our heartfelt gratitude to everyone whose contributions make the provision of our services possible.



Richard Flaherty
Chief Executive Officer



Gerry Burke
Chairperson

2,850

NUMBER OF
PEOPLE WHO
BENEFITED
FROM OUR
SERVICES
IN 2023

Our Year in Numbers

7,485

NUMBER OF BED NIGHTS



FREE TRANSPORT FOR

107

RADIO THERAPY PATIENTS

OVER
16,000
MEALS FOR RESIDENTS



NUMBER OF PEOPLE
SUPPORTED IN 2023

2,850



ACCOMMODATION FOR

35

FAMILIES ACCOMPANYING
LOVED ONES UNDERGOING
TREATMENT IN UNIVERSITY
HOSPITAL GALWAY

PATIENTS WHO
ATTENDED CANCER
SUPPORT CENTRES

1,486

9,942

THERAPEUTIC
SUPPORT
SESSIONS
PROVIDED



SPECIALISED
SERVICES FOR

21 CHILDREN AND
YOUNG ADULTS

1,393

NUMBER OF HOLISTIC
SUPPORT SESSIONS
PROVIDED



Galway Cancer Support Centre

The support centre had a busy year in 2023. With an ever increasing number of cancer survivors, over 700 patients and family members attended our centre for the first time. In total over, 1,130 people availed of our services making over 8,400 visits to the centre.

The scope of our services has always evolved and last year this included more of a focus on group support. We have several support groups on offer ranging from specific cancer types, e.g. prostate, multiple myeloma and gynaecological cancers as well as occasional workshops such as craft classes. This year saw the introduction of a very successful online grief webinar series focusing on different aspects of coping with grief. These took place once per month and were well attended.

A key focus during the year was the launch of a significant Cancer-Rehabilitation programme to help patients in restoring their physical function and strength so that they can maintain optimal health and healthy lifestyle behaviours. This included an upgrade to our gym facility in the support centre as well as hiring an exercise physiologist to develop and deliver the programmes.

Our children's cancer support services have continued apace as we continuously look for better ways to support them through such a difficult time in their lives. In May 2023 the National Cancer Control Program (NCCP) launched the Model of Care for Psycho-Oncology for Children, Adolescents & Young Adults (CAYA). As the co-chair of the CAYA Psycho-Oncology Working Group I was instrumental in developing this Model of Care.

Subsequently we at Cancer Care West have developed a framework whereby CAYA attending the hospital for oncology treatment can be referred to our centre, ensuring strong communications between the clinical and holistic treatment teams. As a result, our team also developed and piloted a



complimentary therapy programme specifically for CAYA and this programme is expected to be fully up and running in 2024.

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.

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.

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

Dr Helen Greally
Director of Support Services

Galway Cancer Support Centre Statistics

Clients by County of Residence

YEAR	NUMBER OF CLIENT VISITS
Galway	783
Mayo	89
Donegal	70
Clare	40
Roscommon	31
Westmeath	17
Sligo	14
Leitrim	14
Other	78

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
2023	8400	1130	160

Cancer Support Centre Service Visits

SERVICE	VISITS	CLIENTS
Clinical Psychology	2411	503
Counselling	629	92
Seen in GUH	89	38
Seen in Galway Clinic	183	76
Oncology Information and screening for psychology	881	726
One to One Gym sessions	287	118
Gym Group Classes	973	102
Massage	222	105
Reflexology	101	55
Manual Lymphatic Drainage	312	105
Yoga (In centre and online)	760	89
Cancer Thrive and Survive programmes	78	20

THE JOY OF GIVING BACK

Tony Shannon's Story



Tony Shannon has dealt with a lot in his life, particularly when recovering from severe injuries sustained in some accidents which could have left him very incapacitated over the years. Tony does not succumb too easily to injury and pain though and he has always fought his way back to health and fitness with grit and determination. A recent bout with prostate cancer however tested him to the core and more than at any other time in his life Tony really had to dig deep to get through the treatment and get his life back on track. Tony credits Cancer Care West with much of his recovery as he says

“they were hugely instrumental in providing the practical and emotional support I needed to get myself back to where I am now. Without their help I am not sure where I would be.”

Tony soon felt that his debt of gratitude to the charity needed to be repaid and he knew he would not rest until he had done so. So two years after his diagnosis and treatment Tony set about doing something for the Cancer Care West, not only to thank them for their help but also to ensure that they continue to be able to help other men like him. Along with his colleagues at Riverside Cycling Club, Tony opted to cycle from Ennistymon to Croagh Patrick in Westport, Co Mayo, (approx 175km) and then climb Croagh Patrick, all in one day.

It's quite amazing that someone who went through what Tony did would be back on a bike and cycling long distances so quickly. It is beyond amazing that Tony was able to do 5 1/2 hours cycling and then climb Croagh Patrick, raising €26,550 for charity along the way (Tony divided this money between Cancer Care West and another charity that supported him, Sláinte an Chláir.) Presenting a cheque to Dr Norma. Jean Murphy and Nurse Martina Hickey of Cancer Care West was a proud moment for Tony but the story will not end there. Tony has a new mission in life and that is to help as many men as possible who develop prostate cancer. Raising money for cancer support charities is only one way of doing that. He also intends to promote the symptoms and encourage men to get checked, to speak out about his experience so others are aware of what can happen and most of all to encourage men to talk about what they are experiencing and to be there to listen to them. We wish him well with his mission and we look forward to seeing a lot more from him in the future.

Cancer Rehabilitation

For people going through or recently finished cancer treatment an exercise regime may not be the first thing on their mind but at Cancer Care West Exercise Physiologist, Alazne Larringa, believes that a specially developed and personalised programme can be of huge benefit for all cancer patients. Working at the purpose-built gym at Cancer Care West's facility in Westside, Galway, Alazna conducts an individual assessment for each patient who comes to her for help and she then designs an exercise programme to address their specific needs. For many patients their initial regime may be only 10 minutes long, but with the right exercises undertaken for a short period of time it's quite amazing how quickly a patient can re-build muscle, improve their stamina and alleviate the many side-effects of their treatment. Over time the patient builds up their regime, extending the length of the programme, introducing new elements and/or deepening the intensity of the individual moves. Most people see real improvements in pain levels, fatigue and even sleep patterns very quickly. Alongside these general benefits, specific physical problems like Lymphoedema are also alleviated while mental health conditions like depression and anxiety also improve.

For patients who do not live close enough to the gym in Galway, Alazna designs programmes they can undertake from home or from local gyms. They can then reach out to Alazna using remote technology to check on progress and adjust their programme as they gain strength and stamina. Alazna also offers online classes so they can gain some of the benefits of group workouts.

"Form the most important element of the programme was that it could be tailored to fit my individual needs. I am seventy-five now so, while I am reasonably fit, I cannot do much running and bending especially as I had back surgery some years ago. I needed something that was designed to challenge me but keep within my limits, while still giving me the benefits I wanted to achieve. My programme at Cancer Care West does just that."

- Frank Cook



Donegal Cancer Support Centre



I concluded last year's report with remarks about the ambition of the service here to move forward with a range of group based programs that we felt would contribute to assisting cancer patients.

I'm pleased to begin this report by saying that this ambition has been largely fulfilled and we have enjoyed a considerable expansion of services. Beginning with the tamoxifen support group, this has grown from strength to strength and has become a very firm monthly fixture and well attended session. In addition to this we have also introduced a 'Men's Morning', and this again has proven to be a very well received support group. Mindful of the needs of cancer patient's loved ones, we introduced a carers support group and again this has been very well received and it has been relatively well attended. We are very grateful to the ongoing referral support of the medical team especially at Letterkenny University Hospital, without whom the prosperity of these groups would not have come to fruition.

Further to the above, we introduced several additional services to the core clinics that have hallmarked our previous years. This includes the introduction of a massage clinic for the first time and patients report really benefiting from this service. Alongside this we have introduced specialist Pilates classes held on Wednesday afternoons, the aim of which is to support physical restoration, core strength and capacity for relaxation. This marks a welcome increase to our profile of complementary therapies regularly offered at the Centre. Our final group addition was the institution of the brain tumor support group which has been held on an ad hoc basis, but we look forward to consolidating this group next year.

As per previous years, this year was not without its sad farewells and we bade adieu to our lovely nurse, Rita Marrin who very generously gave of her time on a voluntary basis to assist us here. We also said goodbye to Marie Scanlon who joined us as a trainee and left as a fully qualified counsellor.

Again, as with previous years, we have also had opportunity to say hello to new members of staff and we welcome onboard, Anna Edwards who is a very experienced psychology clinician and we are very lucky to have her as part of the team going forward.

As our centre in Letterkenny is funded entirely through fundraising efforts, the Donegal Camino 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. A huge thanks to the event organisers Peggy Stringer, Deirdre McGlone and Noel Cunningham, their army of supporters and of course all those who undertook the Camino challenge in 2023, raising a whopping €85,000 for us. This is an annual event which continues to grow in reputation and importance, that not only raises significant funds for us but also highlights our services through the associated PR driven by Noel and Noreen D-Arcy.

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 through various fundraising events. 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.

Donegal Cancer Support Centre Statistics

Clients by County of Residence

YEAR	NUMBER OF CLIENT VISITS
Donegal	311
Leitrim	2
Mayo	2
Roscommon	2
Galway	12
Other	12
Cavan	1
Cork	1
Kerry	1
Kildare	1
Offaly	1
Sligo	1
Tipperary	1
Westmeath	1
Dublin	1

Cancer Support Centre Service Visits

SERVICE	VISITS	CLIENTS
Clinical Psychology	556	172
Counselling	97	41
MLD	313	59
Reflexology	156	58
Massage	42	24
Breast Care Fitting	17	
Oncology Information	36	39
Pilates & Relaxation	112	11
Men's Morning Support Group	28	9
Care for Carer's Support Group	3	3
Tamoxifen Support Group	47	15
Brain Tumour Support Group	2	2

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
2023	350	313	37	93	257

FROM THE WILDS OF DONEGAL

Terence Hegarty's Story



his treatment in Galway, Terence started his regular trips to his oncologist who determined that surgery to remove his prostate was the best option. Following surgery Terence started working on his recovery with the aim of being back to work and back to his regular fitness routine as soon as possible. "It all happened very fast and after the tests were complete I had the surgery, which was about 4 months after my initial GP visit. It's hard to get your head around it and I quickly realised that to recover well I needed to work on getting myself mentally fit as well as physically fit."

From the physical perspective Terence commenced a course of physiotherapy specifically designed to help patients recover from cancer treatment. Getting support for his mental health was less obvious but he found just what he needed in Cancer Care West. Terence quickly found that talking to the clinical psychologists at the charity was exactly what he needed to help him put his journey into perspective.

The drive from the beautiful Inishowen peninsula to Galway is approximately 300 km and takes nearly four hours. It was not a trip Terence Hegarty expected to be doing on a regular basis, but following a diagnosis of prostate cancer it became a familiar part of his life. Fit and seemingly healthy Terence had no idea this would happen following a regular check-up with his GP. He remembers "I was shocked to learn that the PSA levels in my blood were elevated and further investigation would be required." At this point Terence had no symptoms, was working full time and exercising regularly.

Two weeks later Terence had an MRI scan, followed by a biopsy and his diagnosis was confirmed. Electing to have

"Sometimes you need a stranger to talk to. Someone who listens as you work through the enormous impact this disease has on your life. I am extremely grateful that Cancer Care West was there for me. It means that now my recovery will be more complete and I can really get on with my life."

Top National Honour

Cancer Care West Named AIBF All-Ireland Champion Charity Of The Year 2023



Cancer Care West was deeply honoured to receive the 2023 AIBF All-Ireland Champion Charity of the Year accreditation. In announcing the award the AIBF Adjudication Board highlighted Cancer Care West's relentless dedication to serving the community and the immeasurable impact they have on the lives of those affected by cancer, both directly and indirectly.

This recognition is a testament to the hard work and commitment of the Cancer Care West staff, Board and volunteers, and the exceptional services that the charity has provided to cancer patients and their families on the West Coast of Ireland for over 30 years.

Inis Aoibhinn

Over the previous few years the restrictions of the pandemic meant life at Inis Aoibhinn was slightly less hectic than previous years, as residents were required to avoid unnecessary interaction and the numbers of people accompanying patients and other visitors were kept to a minimum. Thankfully all of that was over in 2023 and life returned to a more normal, hectic pace.

We welcomed 371 radiotherapy patients to the facility, making it the second busiest year ever for residential stays. Coupled with that we also implemented a policy, so that whenever we received requests from families who were looking to stay overnight to be close to a loved one undergoing cancer treatment at University Hospital Galway (UHG), we offered them a room at the lodge if one was available. While this does not happen very often it did mean that 35 families were able to avail of 54 bed nights, with meals provided. This service is hugely appreciated by the families and makes an enormous difference to them at such a difficult time.

Our residents consistently report that while at Inis Aoibhinn one of the highlights for them is the ability to meet and socialise with other people going through treatment. This sense of community has a significant impact on their mental wellbeing which in turn positively impacts their treatment and outcomes. With this in mind we focused on the communal spaces at Inis Aoibhinn this year, enhancing the sitting room and commencing a project to provide increased leisure space for residents in a separate communal room. This work was supported by a grant from the Galway City Local Community Development Committee (LCDC) for which we are very grateful.

We also upgraded 8 bathrooms during the year to accommodate an increasing number of residents with restricted mobility. A big shout out to Bathroom World who supplied the large shower trays and doors, Classic Tiles who supplied the tiles and Galway Paint Company who supplied the paint and labour. All three companies provided their products and services Free-of-charge and we are extremely grateful for their generosity. The team at Inis Aoibhinn have,

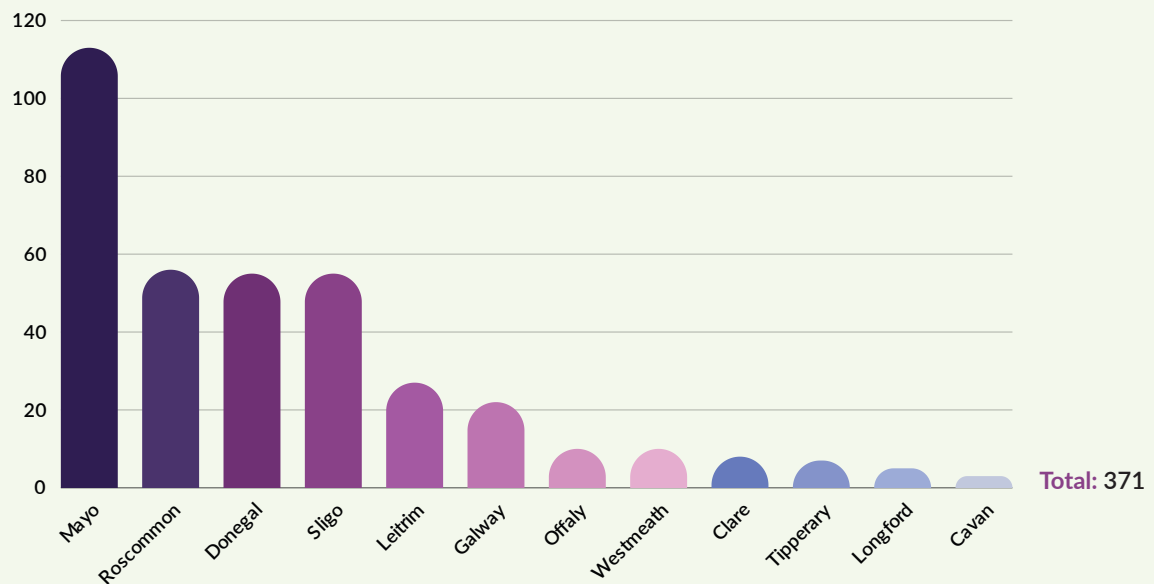


as always, gone above and beyond to make all our guests comfortable and safe in a joyful atmosphere. Thanks to the team for another excellent year and thanks to everyone who has helped and supported us. Inis Aoibhinn is such a special place and this is only possible because everyone involved brings their heart and soul to work every day.

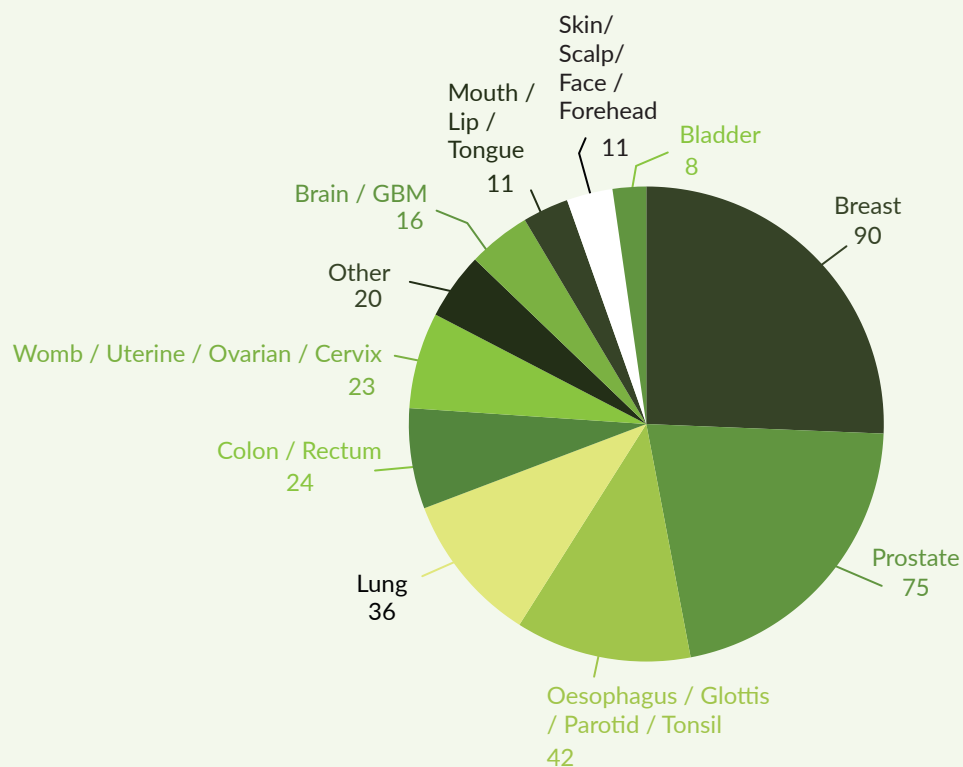


Inis Aoibhinn Statistics

Inis Aoibhinn Resident's County of Origin 2023



Summary Breakdown of Resident's Diagnosis 2023



Number of residents accommodated at Inis Aoibhinn March 2007 – December 2023

2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	TOTAL
194	287	302	288	322	324	322	398	358	345	340	313	332	320	300	334	371	5450

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

A SONG IN HER HEART

Christina Doherty's Story



A cancer diagnosis can come at any time in your life and usually comes out of the blue, when least expected. Christina Doherty was preparing for a planned hysterectomy when hers came, after her doctor decided to send her for a mammogram to ensure all was good prior to her surgery. So it was that Christina had her hysterectomy as planned and only a few short weeks later a mastectomy. This was then followed by chemotherapy, radiotherapy, and a course of Herceptin during which she developed heart problems which necessitated the installation of a stent. An awful lot for one person to cope with in a twelve month period.

One bright time for Christina however, in amongst all of her health challenges, was the weeks she spent at Inis Aoibhinn, Cancer Care West's residential facility for patients on radiotherapy. Christina had her treatment in University Hospital Galway five days a week over a period of several

weeks. During this time Cancer Care West provided lodging and meals for Christina and her husband Thomas at Inis Aoibhinn which is located on the grounds of the hospital. Christina remembers "Tommy and I stayed there for four nights each week travelling home to Foxford for the weekends. Really everything and everyone was so wonderful I could not have been more happy. One of my best memories is of us all gathering in the sitting room for a sing song in the evenings. My husband and I love music and to be able to relieve the stress of the day with a lovely sing along in the evening was a real joy."

Christina and Tommy also availed of the Cancer Care West Mayo bus service and she explained what it meant to her;

"We were picked up every Monday in Foxford and taken to Inis Aoibhinn and then home again on the Friday. Some weeks I had to stop off in Castlebar for other treatment and the bus driver took me right to the door of the hospital. He was so caring and kind. This service is absolutely brilliant and, at a time when things were very tough for me, it really helped a lot."

Christina is doing well post her treatment and glad to be back in Foxford enjoying life and keeping busy with her seventeen grandchildren. She remains grateful for the great care she received throughout her cancer ordeal and especially for the wonderful service provided, free-of-charge, by the Cancer Care West team. In return Christina and her family have done some fund-raising for the charity resulting in a generous donation – hugely appreciated by all in Cancer Care West who really enjoyed Christina's and Tommy's company during their stay.

Expanding Our Welcome

On Friday 23rd October 2023 Minister for Health Stephen Donnelly opened the Saolta Radiation Oncology Centre at University Hospital Galway (UHG). Located right next door to Cancer Care West's facility, Inis Aoibhinn, the new facility comprises a three-story radiation oncology centre at GUH and provides state of the art treatment for radiotherapy patients in the West of Ireland, improving waiting times and ensuring equal access to cutting edge therapies for patients throughout the country.

Cancer Care West opened an information desk in the new centre so that we can directly support patients who need accommodation while going through their weeks of radiotherapy. The desk is open for 2 hours every day and is staffed by volunteers who are happy to answer all the questions potential Inis Aoibhinn residents might have.



Annette Hassett (Cancer Care West), welcomes **Stephen Donnelly TD** (Minister for Health) and **Hildegard Naughton TD** (Government Chief Whip, Minister of State at the Departments of An Taoiseach & the Department of Education) to the **Cancer Care West Welcome Desk** at the official opening of the state-of-the-art **Saolta Radiation Oncology Centre**.

"We were delighted when Cancer Care West opened their Welcome Desk in the reception of our new Radiation Oncology Centre. This allows us to further integrate their services into our daily operations and provide an enhanced offering to the patients who are attending the clinic."

- Stephen Coyne, Radiation Therapy Service Manager, Galway University Hospital.



Some of the fantastic volunteers at **Cancer Care West Welcome Desk** in the new facility.

Fundraising



David O'Donnell

Head of Fundraising and Communications



Orla Cunniffe

Communication Fundraiser

Once again we are delighted to confirm that over €1m was raised on our behalf by our amazing supporters in 2023. This money is the lifeblood of our organisation, ensuring the vital services we provide remain free and available to everyone who comes to us for support.

Our flagship Galway Bay Swim was postponed in July, the wettest July on record, and rescheduled to August 19th but storm Betty arrived on our shores that weekend causing a further delay. Given the massive effort it takes to run this event, these delays were costly on everyone's time and effort, but the team managed the setbacks extremely well and to everyone's relief the event went ahead on XXX and raised just under €150k, the most ever raised by the event.

Our flagship event for our Letterkenny Support Centre is the Donegal Camino. Once again the event proved extremely popular and the participants had a fantastic time as they raised €85k for our charity. Another huge cheque for €22,210 was raised at the second annual Rosie McGauley Memorial Truck and Tractor Run in only its second year in existence, an event that is fast becoming another key annual outing.

While these large events are vital, the hundreds of small events run up and down the region are equally as important as through them over €750k was raised. These events include many individual and heroic efforts such as the climb to Everest Base Camp undertaken by Liam McDwyer and the Sea to Summit challenge which saw twelve cyclists cycle from Ennistymon to Croagh Patrick, climb the reek and then cycle back to Ennistymon.

Our thanks to everyone who organised an event or who helped out or participated in one and especially to all the individuals who undertook a personal challenge. Thanks also to everyone who supported these efforts by donating on the day. We especially thank everyone who donates to us through our direct debit facility or through corporate donations. Regular contributions form a reliable funding stream for us and we acknowledge the loyal supporters who have been making these contributions over many years.

At the beginning of each year we start out a little apprehensive about the fundraising task ahead of us. As the year progresses we see the results of so many people's efforts as they walk, run, bake, swim, shave, golf, sky dive or cycle on our behalf. Once again, in 2023, our army of supporters have been outstanding. Thanks to them we can continue to provide first class cancer support services for everyone who comes to our doors.

GALWAY MAN TICKS EVEREST BASE CAMP OFF HIS BUCKET LIST

Local man Liam McDwyer dreamed of reaching Everest Base Camp since he was a young boy and read a book about the Himalaya's. Over forty years later, and with encouragement from his wife, he decided that 2022 was the year in which he would set about making his dream come true. Now one year later Liam has completed the 130km trek, climbing 5,364m in the process, and has added a big tick against his "reach Mt. Everest Base Camp" bucket list box.

Liam commented, "One of the joys of the trek is the spectacular nature you walk through. Coming around a corner and seeing Mt Everest looming above you is just breath-taking. Then reaching the base camp is an amazing feeling, even if it's really just a very large rock with Everest Base Camp spray-painted on it! Amazingly I got a phone signal while there and was able to call my wife, Marie. It was a special moment and worth every hour of the preparation and sacrifice I made and one I will treasure forever."

Liam is keen to acknowledge that "Reaching base camp would not have been possible without the fantastic support I received from my employer, Genesys, and my wonderful colleagues, my friends and wider family who give me such encouragement and cheered me on through social media every day. Without their digital cheerleading through some tough days, I am not sure I would have made it. However, my final word goes to my wife and children for really it was their encouragement and support that spurred me to go for it and ensured I made it. I feel very lucky I got to complete this amazing adventure and I am so grateful to everyone who helped me get there."

Liam used his adventure to raise money for Cancer Care West and was delighted to exceed the target on his idonate page which he had set at €5,364, matching the height in metres he had to climb to.

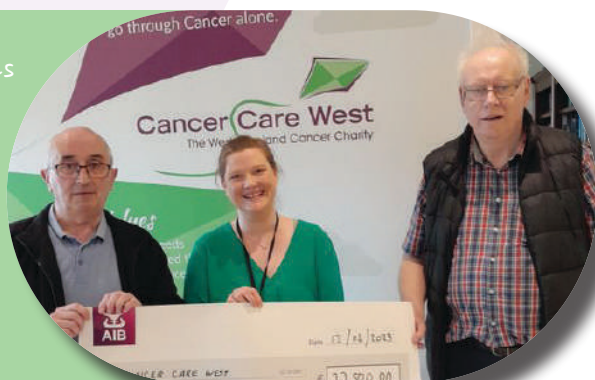


Fundraising



The East Galway G.A.A. Clubs of Cattra, Ahascragh, Fohenagh, St Gabriel's and Ballinasloe raised a fantastic sum of €12,121 for our services through their Cancer Care West Sponsored

Donegal men John Gallagher and Seamus Sharpe, both past residents of Inis Aibhinn, presenting a cheque for €22,500 to Orla. They raised this amazing amount of money through a tea party and a table quiz. Thanks



Treasa and clients from TR Fitness, Carndonagh completed the 100km challenge for February. Treasa is seen here presenting a cheque for €1,700 to Patricia. Well done to everyone who participated!

Thank you to Evan Kilmartin, a fantastic €5,685 for us through his hugely successful head shave and raffle night. Presenting the cheque here to our nurse Kathleen Finnegan.





A huge thank you to brave lady Noelle Duignan who raised a fantastic €1,520 for our services through a skydive!! Presenting her cheque here to Annette.

The wonderful Kathleen English donating a whopping €4,000 to us. Kathleen generously knits fabulous items for us, allowing them to be sold to raise funds to support our services.



Thank you to Tracey, Jimmy, Emma and Ray for dropping in to present a cheque to John and Patricia in Letterkenny. Jimmy O'Donovan held a birthday fundraiser in the Central Bar, Lifford, in aid of our support services.

Lisa Egan, Helena Donnelly and Kathleen Maughan from Ballina recently participated in the West of Ireland Women's Mini Marathon for us and raised a fantastic €1,630 for our services!! Thanks so much ladies!



Financial Statement

Income and Expenditure Account for the year ending 2023

	2023	2022
Income from fundraising and bequests	1,271,910	1,097,739
Cost of fundraising	(216,511)	(231,604)
Gross Surplus	1,055,399	866,135
Administrative expenses	(41,423)	(39,481)
Inis Aoibhinn costs	(1,126,765)	(1,110,570)
Support Centre costs	(956,758)	(944,415)
HSE annual subvention	650,000	650,000
Sundry income	96,159	279,482
Operating (Deficit) / Surplus for the year	(323,388)	(298,849)
Interest receivable and similar income	2,017	-
(Deficit) / Surplus for the year	(321,371)	(298,849)

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

	2023	2022
Fixed Assets		
Tangible assets	2,806,847	2,977,879
Current assets		
Stocks	1,295	1,687
Debtors	106,089	156,165
Designated development bank funds	3,135,190	3,133,173
Cash at bank and in hand	425,540	587,734
	3,668,114	3,878,756
Creditors: amount falling due within one year	(113,050)	(143,856)
Net current assets	3,555,064	3,734,903
Total assets less current liabilities	6,361,911	6,712,782
Deferred Income		
Dept. of Health capital grant	(238,500)	(268,000)
Net assets	6,444,782	6,444,782
Capital and reserves		
Designated reserves	3,135,190	3,133,173
Revenue reserves account	2,988,221	3,311,609
Total Equity	6,123,411	6,444,782

Auditor's Report



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 2023, 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

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.



Auditor's 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 Report

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.



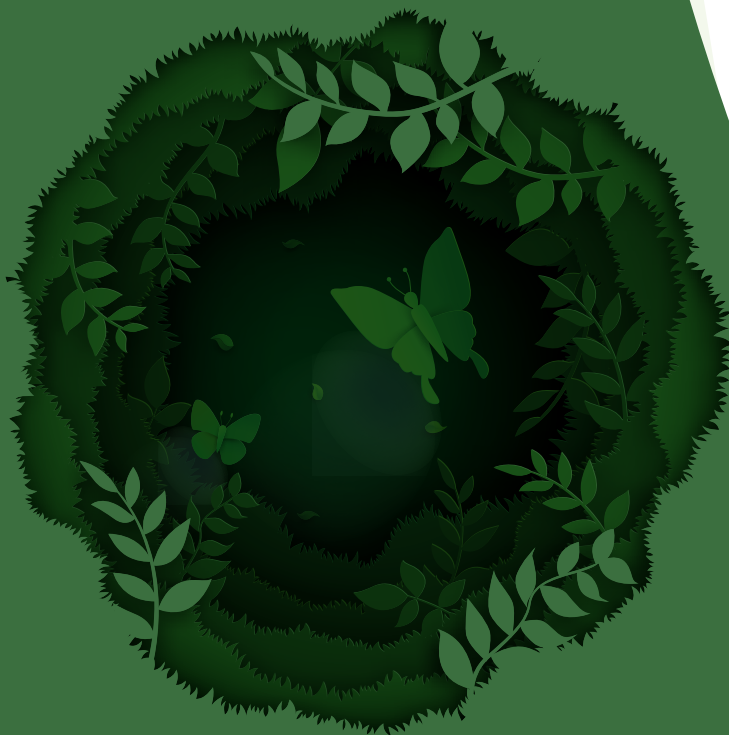
Richard Grogan
for and on behalf of
Grogans Accountancy Ltd
Chartered Accountants & Statutory Audit Firm

Chartered Accountants
4/5 high Street
Galway

Date: 24 May 2024



At Cancer Care West we are making measurable progress towards shaping a better future for Irish people and our planet. We have set out clear objectives consistent with these goals and are taking defined actions to meet these objectives.



We also continue to make good progress against the above 3 goals and will provide an update on this progress in future reports.

At Cancer Care West we are using the UN Sustainable Development Goals as a guiding structure for our commitment to a greener, fairer, better world by 2030. Of the 17 goals agreed by UN leaders, we are concentrating on 4 as detailed below. In this report we are providing an update on our progress against one of those goals - Goal 13 Climate Action.

Our Objective Is To:

Integrate climate change measures into our buildings, policies, strategies, and planning.

Our Plan Is To:

Review our carbon footprint at each of our premises over the next two years and take action to make improvements where possible.

Our Actions So Far:

Our first Climate Action project is to identify clear actions which can be taken at Inis Aoibhinn to reduce our energy and travel related emissions and to improve our recycling

1

Our first step was to commission an SEAI Energy Audit Report for the building which was completed in 2023.

2

Subsequently we appointed Stratos Energy Services as our partner to advise and guide us on defining and implementing the processes and technologies recommended in the audit report and to ensure we can measure our initiatives and report our achievements.

3

In 2024 we will implement the recommendations of the SEAI, in line with ongoing budget restrictions.

Board of Directors

Cancer Care West is governed by a Board of Directors, chaired by Mr Gerry Burke. 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, five Board Sub-Committees oversee specific areas of work including a Management Board and Psychological & Support Services, Finance & Audit, Governance and Corporate Fundraising committees.

Board Member	Info
Gerry Burke (Chairperson)	Chairperson
John MacNamara	(resigned 13/12/23)
Sheila Byrnes	
John Donnelly	
Gerry Staunton	
Brian Thornton	
AnnMarie Groarke	
Dr. Margaret Murray	
Dr. Maccon Keane	
Prof. Frank Sullivan	
Padraig Burke	
Padraic Clarke	
Breda Tierney	
Paddy O'Malley	
Jean Kelly	
Joe Smyth	
Noel Cunningham	(appointed 20/09/23)
Joe Martin	(appointed 20/09/23)
Lorna Siggins	(appointed 13/12/23)

Subcommittees

MANAGEMENT BOARD

JEAN KELLY (CHAIR)
 ANNE MARIE GROAKE
 BRIAN THORNTON
 GERRY STAUNTON
 RICHARD FLAHERTY (CEO)

PSYCHOLOGICAL & SUPPORT SERVICES COMMITTEE

ANNE MARIE GROAKE (CHAIR)
 RICHARD FLAHERTY (CEO)
 HELEN GREALLY
 JOHN BOGUE (NON CCW DIRECTOR)
 EVELYN O TOOLE (NON CCW DIRECTOR)

FINANCE & AUDIT COMMITTEE

GERRY STAUNTON (CHAIR)
 PADRAIC CLARKE
 MARGARET MURRAY
 BRIAN THORNTON
 BREDIA TIERNEY

GOVERNANCE COMMITTEE

BREDIA TIERNEY (CHAIR)
 PADRAIC CLARKE
 GERRY STAUNTON
 BRIAN THORNTON

COPORATE FUNDRAISING COMMITTEE

BRIAN THORNTON (CHAIR)
 JOE SMYTH
 JOHN MCNAMARA (NON CCW DIRECTOR)
 DAVID O DONNELL (CCW)

Costs & Funding

Our support for cancer patients and their families in 2023 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 2023 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 €2.020 million. Just over 63% 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.

The Company is compliant with all provisions of the Charities Governance Code issued by the Charities Regulator and was previously compliant with the now retired Charities Governance Code for Community, Voluntary and Charitable Organisations in Ireland. The Company is also compliant with the 'Guidelines for Charitable Organisations on Fundraising from the Public', issued by the Charities Regulatory Authority.

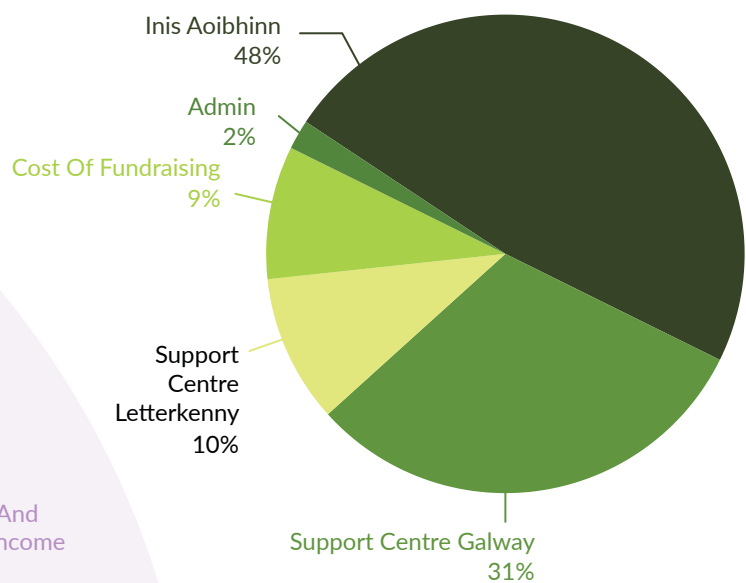
Registered Charity: CHY11260

Company Number: 230899

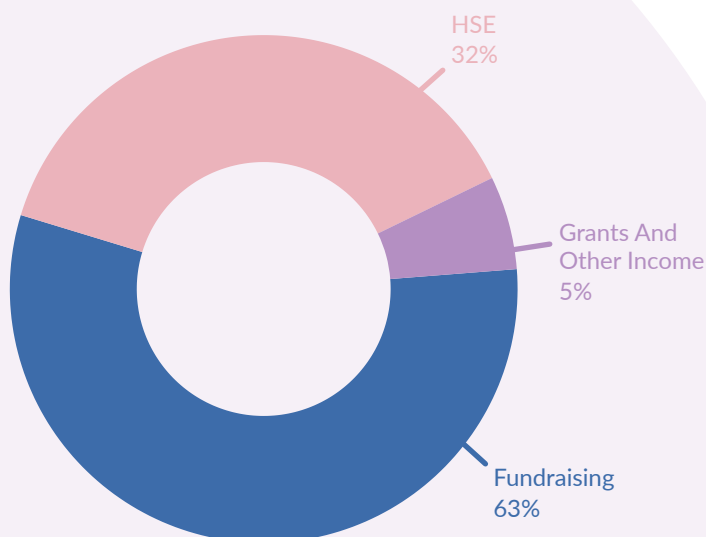
Registered Charity number: 20030438

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

How We Spend Our Funds



Sources of Income



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. 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.

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@](mailto:galwaysupport@cancercarewest.ie)

[cancercarewest.ie](mailto: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



Cancer Care West



[cancer_care_west](https://www.instagram.com/cancer_care_west)



Cancer Care West



Cancer Care West



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

www.cancercarewest.ie

