

# RECOVERY HAVEN KERRY

# Christmas NEWSLETTER

December 2023 - Edition #3



## CHRISTMAS TREE LIGHTS UP FOR VERY SPECIAL EVENING

We had such a beautiful evening at the switching on of our Christmas Tree Lights on Friday, December 8th. We would like to once again express our huge thanks to everyone who came along, including so many of those who supported the construction of our new building. It was wonderful to celebrate with you in our new Haven.

Sincere thanks to Minister Norma Foley, Mayor Jim Finucane, our Honorary President, Marian Barnes, Tralee Chamber Alliance President, Stephen Stack and our Patrons Dick Spring & Don O'Neill and singer Aoife O'Donoghue for being part of this truly special event tonight.

To our staff, Board, volunteers and supporters.... thank you for everything you continue to do for us. We never take your support, kindness and loyalty for granted





## THANK YOU ALL FOR MAKING OUR VISION BECOME A REALITY

### DESIGN & CONSTRUCTION:

Tim Murphy & Partners QS  
Sugrue Design  
Parkway Construction  
Thermopro Heating and Plumbing  
O'Connell Electrical  
Tommy Laide Landscaping  
Pat O'Driscoll Paints  
Quirke's Security  
Roscar  
Lorraine Flanagan Interior Designer  
IT Eireann  
Fitzgibbon Interiors and Richard Williams  
Studio Harris  
James Purcell

### FUNDING SUPPORT:

Cork Kerry Community Healthcare  
JP McManus Benevolent Fund  
AIB Community €1 Million Fund  
Kerry Airport  
Kerry Group  
Kelliher's Electrical  
Ardfert Quarries  
Bon Secours Community Initiative  
Cara Credit Union  
Tralee Lions Club  
Hospital Saturday Fund  
Kerry County Council & Tralee Municipal District  
Million Dollar Roundtable Fund  
Tralee Golf Club  
The Marie Keating Foundation  
Munster Joinery  
Pat McDonnell Paints  
Chadwicks  
Reen Insurance/Murphy Sheehy  
Continuum Commerce  
SWING Golf

### ASSISTANCE AND SUPPORT:

Ballymacelligott Community Employment Scheme  
Tralee Community Hospital  
Lane Brothers Furniture  
Kerry Removals  
Cumann Iosaef Community Centre  
Jim Sheehy  
John Casey  
Pa Lynch Carpenter  
North, East West Kerry Development Programme  
Sean Ógs- Johnny McElligott  
Farranfore Medical Centre  
Oakpark Medical Centre  
Team Bramble



And not forgetting our volunteers, counsellors, therapists, Board, Honorary President, Patrons, staff and neighbours for your perseverance during the refurbishment project

*Our Mission is to deliver caring and therapeutic services to those who have experienced cancer, their families and carers in a tranquil and relaxing environment and to the highest standard*



## HAVE YOU GOT YOUR TICKET TO THE FASHION EVENT OF 2024?

### DESIGNER FASHION SHOWCASE

GLENEAGLE INEC ARENA  
FEBRUARY 1ST, 2024

Don O'Neill | Mary Kennedy | Colin Horgan

IN AID OF RECOVERY HAVEN KERRY - CANCER SUPPORT HOUSE

In Association with...  
 • Prosecco & Wine Reception  
 • Fantastic Fashion  
 • Amazing Spot Prizes  
 • Live Guest Entertainment  
 • Afterparty in The Backstage Bar

**Exclusive**  
 Don & Colin in conversation with Mary Kennedy

**BEST DRESSED LADY COMPETITION**  
 Special Guest Judge  
**HELEN MURPHY**  
 @daily\_divadiary

**TICKETS €30**  
 On Sale Now!

TICKETS NOW AVAILABLE FROM RECOVERY HAVEN KERRY, THE GLENEAGLE INEC KILLARNEY, NORMA O'DONOGHUE MODEL AGENCY, ONLINE VIA EVENTBRITE OR SCAN THE QR CODE.

UNRESERVED SEATING    DOORS OPEN 7PM

Tickets are selling fast for our highly-anticipated Designer Fashion Showcase taking place in the Gleneagle INEC Arena on February 1st 2024.

Renowned fashion designer Colin Horgan will be the star attraction of the event, showcasing a number of pieces from his new collection, while beloved Ballyheigue designer Don O'Neill - the charity's newly appointed Patron - will showcase a select few pieces from his fashion archive.

The event will be MC'd by legendary RTE broadcaster, Mary Kennedy, who will also facilitate an exclusive Q&A session with both designers. Event producer, Norma O'Donoghue, has also secured some of the country's top designers to feature in the event, while some of Kerry's leading boutiques will also be showcasing their SS2024 collections on the night →

Renowned social media influencer Helen Murphy, aka daily\_divadiary, will be a special guest on the evening and has been given the unenviable task of choosing the best dressed lady, with a fantastic prize package worth hundreds of euro up for grabs for the winner.

Kicking off with a Prosecco and wine reception at 7pm, other highlights of the evening will include special guest entertainment before and during the show - including the stunning O'Neill sisters - a bumper raffle with more great prizes on offer and an after-party at the Gleneagle's Backstage Bar.

Featuring...

- CATRIONA HANLY
- MARION MURPHY COONEY
- CAROL KENNELLY MILLINERY
- TINA GRIFFIN DESIGNS
- HEADPIECES BY CATHY TROTH
- MACBEES KILLARNEY
- SCARLETT KILLARNEY
- JASMINE TRALEE
- STRAND HOUSE DINGLE
- PHOENIX\_V CORK

**Get Your Tickets Now!**

Tickets are priced at €30 and are available now from Recovery Haven, the INEC, Eventbrite, or by scanning the QR code on the poster on the last page of the newsletter.

## WALK, RUN OR JOG 50K IN JANUARY WITH MKL GAELS

**In aid of Recovery Haven Kerry**

MKL Gaels are raising money for Recovery Haven Kerry by encouraging people to walk, jog or run 50km in the month of January and asking your friends and family to sponsor you €5 for doing it.

They are asking our members, families and friends - or anyone who wants to join in - to get the runners on and commit to doing 50Km and to update them each day on your progress by posting a pic and tagging them on your social media.

Friends and family can donate as little or as much as they wish and they can join in too as this is not limited to members.

They will track the overall progress and share it throughout the month and there may even be some spot prizes for those taking part.

For full details pop over to the MKL Gaels social media pages.

## MKL GAELS

### 50KM - JANUARY

Girls and Women's Gaelic Football Club

Walk, Jog, Run, Crawl 50Km and raise much needed funds in the month of January for a great cause.

We can all do with a bit of extra motivation to get up and get out to exercise in cold dark January.

Ask your friends to sponsor you €5 to do 50Km in January

Recovery Haven Kerry provides free cancer support services to the people of Kerry.

Sign-up now and get your sponsorship card or donate online via [iDonate.ie](https://www.idonate.ie)

SEASONS FOR GROWTH

Living with Grief, Loss & Change

Free  
8-WEEK  
Course for  
Adults

Are you struggling with a loss or a change in your life which is difficult or not easy to understand?

This course will help you gain understanding, knowledge & skills to help you to cope with your grief experiences

Explore the effects of grief & change in your life in a safe & respectful environment.

Starts Thursday, Jan 18th

Recovery Haven Kerry, Tralee (N92TH35)

6.30PM - 9PM

WELCOME TO ALL

## SUPPORT FOR THOSE SUFFERING GRIEF AND LOSS

Recovery Haven Kerry will run its next 'Grief Loss & Change' (Seasons for Growth) programme in 2024, beginning on January 18th.

This is an 8-week course, offered free of charge, delivered by a Social & Health Education Project trained facilitator.

It is open to anyone who has experienced any Change / Loss, be it through a bereavement, relationship breakdown, or any loss that may have impacted on their life.

The course is delivered in a welcoming, non-judgemental small group setting once a week for 2.5 hours where you will have the opportunity to meet other who have experienced similar events in their life.

Recovery Haven Kerry has collaborated with Social & Health Education Project in the delivery of this course and have kindly offered their Centre.

If you wish to sign up or get more information, please Contact Recovery Haven Kerry on 066 71 92122



**NOTICE BOARD**

## THANK YOU TO CAUSEWAY COMPREHENSIVE 5TH YEARS FOR CHOOSING RECOVERY HAVEN



Marisa and Siobhan were delighted to welcome some of the Causeway Comprehensive Fifth Year LCA class and teacher Margaret O'Mahony to Recovery Haven in December to accept a cheque for €561, which they raised as part of their General Education Task. The students involved were Sean Flahive, Jack Greaney, Ava Canty, Rebecca Mannix, Eva Kenny and Chloe Mannix (missing from photo Alex Crask).

## SIGN UP FOR THE 2024 RING OF KERRY CYCLE AND SUPPORT RECOVERY HAVEN

Would you like to cycle the 2024 Ring of Kerry Charity Cycle in aid of RECOVERY HAVEN KERRY Cancer Support House?

**Saturday 6th July 2024**

**Just 4 Simple Steps....**

1. Log onto [www.ringofkerrycycle.ie](http://www.ringofkerrycycle.ie)
2. Choose 'Register Now'
3. Click 'Register for Ring of Kerry Charity Fund'
4. Choose Recovery Haven Kerry from the drop down menu.

Delighted to be a **TIER 2 CHARITY 2024**

RCN 20073749

1. Log onto <https://www.ringofkerrycycle.ie>
2. Choose 'Register Now'
3. Click 'Register for Ring of Kerry Charity Fund'
4. Choose Recovery Haven Kerry from the drop down menu.

And this year, everyone who registers to cycle for us can also set up their own idonate page to raise even more funds for our charity. You can get started now, via <https://idonate.ie/event/rokcc2024-rhchsh> So if you are taking on the challenge next year, please consider choosing Recovery Haven as your charity of choice. Thank You!

## "NO-SHAVE NOVEMBER" YIELDS €800 FROM BON SECOURS STAFF IN TRALEE



Huge thanks to the members of staff at Bon Secours Hospital in Tralee who took part in a "No-Shave November" event and raised a wonderful €800 for Recovery Haven. We were delighted to accept the cheque last week from participants Padraig McCannon, Niall Conor O'Mahony, Gene Ferris Sean O'Connell, David Conway, Ignatious Makozhombwe, Chris Brennan and Nabel Salmon

## AOIFE'S CAROL SINGERS BRING CHRISTMAS CHEER TO MANOR



A huge thank you to everyone who supported the talented young carol singers and teacher Aoife O'Donoghue at Manor West on Dec 17th - raising an incredible €535. Your generosity is overwhelming Special thanks too to our volunteers Kathleen, Dermot & Helen for being there and to centre manager Derek Rusk for his continued and much valued kindness and support

## REGGIE ROGERS LIGHTS UP HIS HOME FOR RECOVERY HAVEN



The wonderful Reggie Rogers is lighting up his house & garden again this year in aid of Recovery Haven Kerry Cancer Support House with more spectacular handmade additions. Reggie has been a hugely loyal support of ours for many years, and we are so grateful for his support once again this year. His house is located in Ballinorig Tralee just beyond the train tracks.



## NETWORK IRELAND KERRY CHRISTMAS PARTY

We are delighted to be the charity partner of the newly formed Network Ireland Kerry branch for 2023/2024 - a progressive and dynamic organisation, driving the professional and personal development of woman in Kerry.

In December, our PR & Marketing Officer Marisa Reidy addressed the branch's Christmas party, outlining the vital services provided by our charity. Thanks to the incredible generosity of those in the room, a massive **€1,475** was raised through their fundraising raffle - in the space of half an hour! We are so truly humbled by such immense support, and cannot wait to work with all these wonderful women in 2024. Thanks to Marisa & Jacinta for representing Recovery Haven on the night.



Marisa and Jacinta from Recovery Haven with Network Ireland Kerry President Linda O'Mahony Logan, with her husband Aaron

## KERRY ASSOCIATION OF NEW YORK'S \$12,000 DONATION



We were thrilled to welcome Tom O'Sullivan of The Kerry Association of New York to Recovery Haven before Christmas to present us with an incredible \$12,000. The donation was part of the Association's announcement of \$25,000 for three Kerry charities from its recent annual golf fundraisers.

The association of New York -based Kerry and Kerry-New York Irish Americans had recently relaunched its golf outings in New York City for the first time since the pandemic in 2021 and has held several successful annual events since then.

The amounts included - \$12,000 for Recovery Haven Kerry (2023); \$9,500 for Aware Mental Health's outreach programs in Kerry (2022); \$2,000 for Comfort for Chemo Kerry and \$2,500 for the Sullivan Bridgeman Hardship Fund (2021)

The Kerry Association NY also announced that over the last 10 years, over \$400,000 has been donated to external charities and worthy causes in addition to other dedicated fundraisers including \$120,000 for the Kerry GAA Centre of Excellence.

Tom, a Kilgarvan native, said he was delighted to be back in Kerry on behalf of the association meeting with some of this year's beneficiaries at Recovery Haven Kerry.

"The focus of the Kerry Association is keeping Kerry people together and our focus has always been on benefitting those from Kerry, back in Kerry and representing the county abroad," he said. "It's another great reason for people to join the Kerry Association in addition to our exciting events and networking events in New York City".

Tom explained that The Kerry Association New York is a social welfare organisation that has the aim for Keeping Kerry People Together. From its cultural centre, the Kerry Hall at McLean Avenue in New York it hosts numerous meetings, social events, dancing, card games, events for the elderly as well as networking and other social events in Manhattan in New York City.

Tom O'Sullivan of the Kerry Association of NY (front centre) popped in to us just before Christmas to present us with a fantastic \$12,000 - proceeds from their annual golf outing. Meeting the Kilgarvan native - who has been living in Manhattan for four years - were Marisa Reidy, Dermot Crowley, Michael Moynihan, Kathleen Collins, Siobhan MacSweeney, Gemma Fort and Tim McSwiney of Recovery Haven Kerry

The Association's 2024 Annual Dinner Dance is taking place on Friday 22nd March 2024 - with more information and details on how to get in touch or involved available online at [www.nykerry.org](http://www.nykerry.org)

## KILFLYNN CANCER SUPPORT QUIZ - WEDNESDAY, DEC 27TH

The Kilflynn Cancer Support Group table quiz returns on Wednesday 27th December in Parker's Pub & Beer Garden and Herbert's Bar Kilflynn in aid of Recovery Haven, Kerry Hospice Foundation and Kerry Cancer Support Group. The quiz has always received unbelievable support from the people of Kilflynn and the surrounding parishes, with more than €80,000 raised to date, the vast majority of which was distributed to Kerry-based cancer charities. With such support, the quiz has become an integral part of Christmas celebrations in the village.

This year's quiz kicks off at at 8: 30PM - so why not get a team together and head to Kilflynn for what is always a fantastic night!



NOTICE BOARD



## HAPPY CHRISTMAS - AND THANK YOU ALL SO MUCH

As we look to Christmas, it is an opportunity to reflect on the year gone by. It has been a year of change and intense activity within Recovery Haven Kerry- most especially in relation to the refurbishment project undertaken at our main house. However, what has been constant throughout the year has been the commitment, dedication, effort, and immense support shown by everyone involved in the service to ensuring our clients continue to receive the best possible service at all times. For this I would like to thank all our staff, our volunteers across the service including our Board, Listeners, Gardeners, Fundraisers and Therapists, and our Counsellors and Play Therapists. Thank you also to our Honorary President Marian Barnes and our Patrons, Dick Spring and Don O'Neill for their support and involvement.

As we celebrate our first Christmas here, it is amazing what has been achieved in a year by the entire team. The support and goodwill towards Recovery Haven from our supporters in the community is inspiring and overwhelmingly positive which we are immensely grateful for. It is testimony to the respect and high regard felt towards the service within the community.

We saw this on an ongoing basis over the last year with all the fundraising carried out on our behalf, offers of assistance, sponsorship, and practical support with events and with the refurbishment project. Without this help, we could not continue to offer our services free of charge to those who need them.

From the bottom of our hearts, thank you for this.

On behalf of all in Recovery Haven Kerry, I would like to wish you all a Peaceful Christmas.



Gemma Fort - Manager

*Gemma*

## LOOK OUT FOR COURSES & CLASSES RETURNING IN JANUARY '24

# HYDROTHERAPY CLASSES

Kindly supported by

**NEW COURSE!!**

**BEGINS WEDNESDAY**

**January 10th 2024**

- Gentle Exercises
- Improves health & fitness
- Helps with Rehabilitation
- Aids mobility & pain relief

**TO BOOK YOUR PLACE...**

**066 - 7192122**

The Alliance of Community Cancer Support Centres and Services

Member 2022-2025

## Recovery Haven Kerry Bereavement Support Group

**Are you struggling with the loss of a loved one from cancer?**

**Recovery Haven Kerry's Bereavement Support Group offering a safe and supportive space to help you deal with your grief and loss....**

**Venue: 5 Haigs Terrace, Tralee**

**Next meeting on Monday the 8th of January at 11.30am-1pm.**

**To join phone Recovery Haven Kerry on 066 7192122**

CHY 18974

RCN 20073749



**NOW IN TRALEE!!!**



## Amare

wig & hair solutions

**Appointments at  
Recovery Haven Kerry  
Cancer Support House (V92TN35)  
Every Thursday**

Michelle Waters

With well over 20 years experience in the area of hair loss, Michelle and AMARE offer a truly professional, compassionate & expert service for those going through chemotherapy and all types of hair loss.

AMARE's highly skilled professional stylist, Michelle, helps her clients to feel like they are once again in charge of their lives - giving them all the time, attention and answers that they need in a safe, welcoming environment.

For those undergoing chemotherapy, Michelle offers a complete service: from fitting and ongoing maintenance, to refreshing the volume & bounce, restyling & dedicated aftercare...

To make an appointment call Michelle on 087 3843845

Meets twice monthly on Fridays 11am-1pm



To join or find out more phone us on: 0667192122

## RECOVERY HAVEN KERRY WOMEN'S CANCER SUPPORT GROUP

A safe, friendly space for women experiencing cancer to explore personal issues & support one another

**RETURNS JAN 19TH 11am-1pm**



## RECOVERY HAVEN KERRY MEN'S CANCER SUPPORT GROUP




**RETURNS JAN 8TH 7PM-9PM**

A safe space for men dealing with cancer to meet in confidence and support one another over a coffee & a chat

MEETS TWICE MONTHLY ON MONDAY NIGHTS 7PM - 9PM

CONTACT US 066 7192122 reception@recoveryhavenkerry.com

Registered Charity No. 20073749

### Would You Like To Become A Friend of Recovery Haven Kerry?

The Friends of Recovery scheme is offering businesses and individuals an opportunity to make Recovery Haven their charity of choice by making a weekly contribution or a one-time donation via a standing order.

The weekly contribution amount is at your discretion, but for individuals who donate a minimum of €5 per week or (€250 per annum) the Revenue Commissioners operate a charitable donation scheme which increases your donation to us by an extra €112.33. Equally if a company chooses to donate €250 or more in a year, that company can claim a tax deduction.

For more information or to get an application call 066 7192122 or visit [www.recoveryhavenkerry.com](http://www.recoveryhavenkerry.com)

### To Support Our Work or Make a Donation

Account Name: Recovery Haven Ltd  
Account Number: 07684-013  
Sort Code: 93-62-51  
IBAN: IE10 AIBK 9362 5107 684013  
BIC: AIBKIE2D



# DESIGNER FASHION



# SHOWCASE



**FEBRUARY 1ST, 2024**



*Don O'Neill*



*Mary Kennedy*



*Colin Horgan*

IN AID OF RECOVERY HAVEN KERRY - CANCER SUPPORT HOUSE

RCN 20073749

In Association with....



- Prosecco & Wine Reception
- Fantastic Fashion
- Amazing Spot Prizes
- Live Guest Entertainment
- Afterparty in The Backstage Bar

*Exclusive*

Don & Colin  
in conversation  
with Mary  
Kennedy

**BEST DRESSED LADY COMPETITION**

Special Guest Judge

**HELEN MURPHY**

[daily\\_divadiary](https://www.instagram.com/daily_divadiary)

**TICKETS**

**€30**

**On Sale Now!**



**TICKETS NOW AVAILABLE FROM RECOVERY HAVEN KERRY, THE GLENEAGLE INEC KILLARNEY, NORMA O'DONOGHUE MODEL AGENCY, ONLINE VIA EVENTBRITE OR SCAN THE QR CODE**

**UNRESERVED SEATING**

**DOORS OPEN 7PM**

**Group Discounts Available!!**