



ANNUAL REPORT 2022



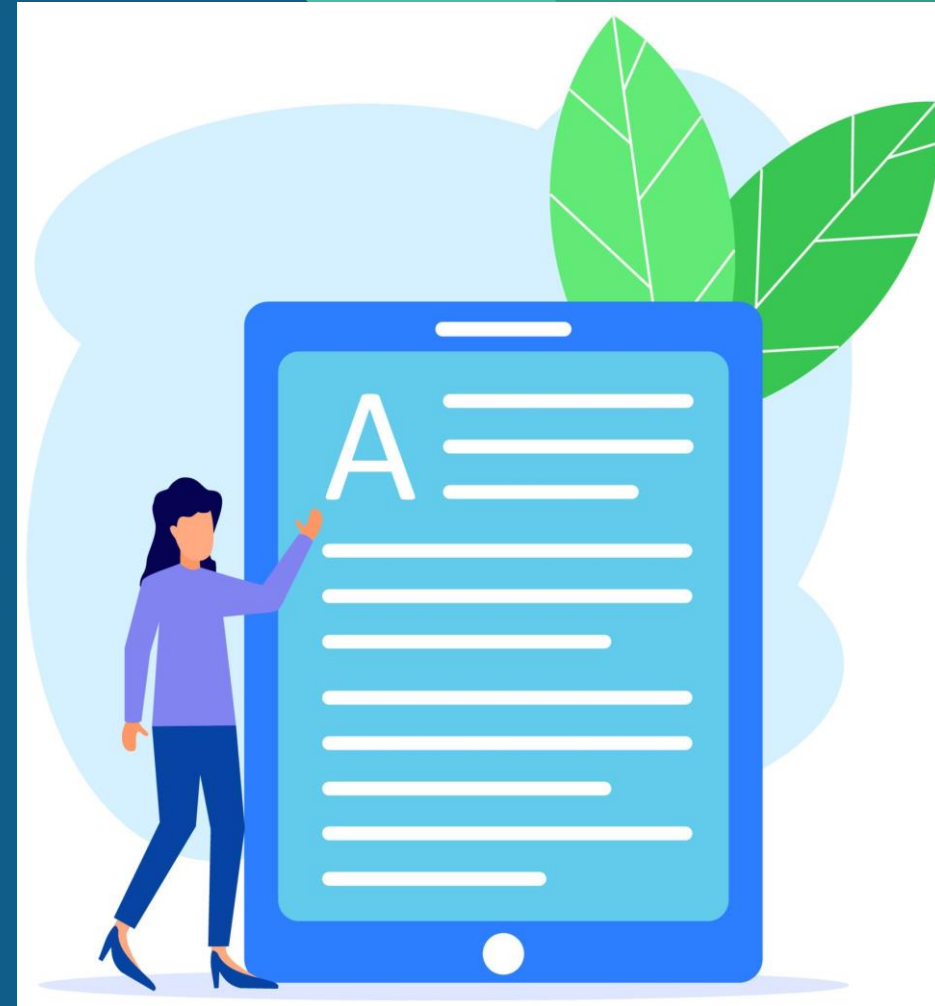
OUR MISSION

"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"



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INTRODUCTION

Welcome to the 2022 Annual Report for Recovery Haven Kerry Cancer Support House. We are proud to highlight the achievements of our Cancer Support House in 2022 in partnership with our volunteers and supporters.

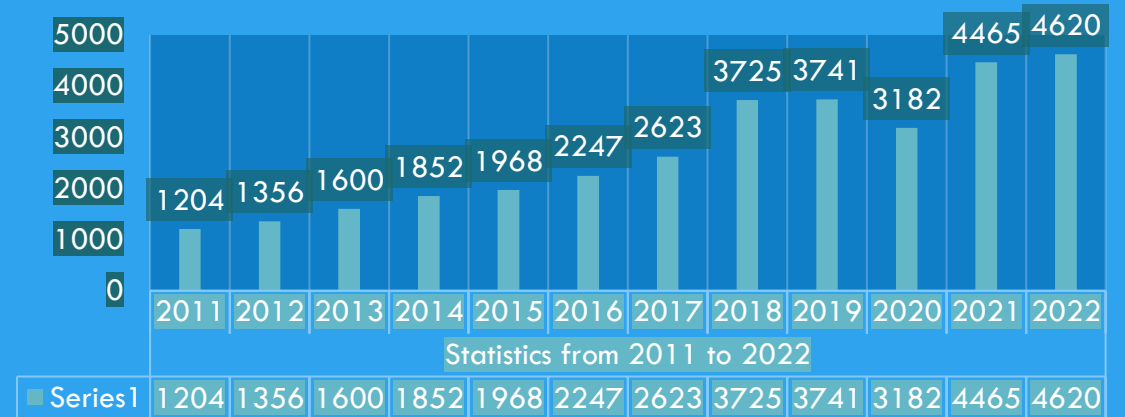
We hope that this report brings our work to life and demonstrates the positive psychosocial, emotional, and physical effects our services have had on the lives of those with whom we work. Since our house opened in 2010, we have provided a much needed service for over 5500 people from Kerry, North Cork & West Limerick

As all our services are provided free-of charge, none of our work would be possible without the voluntary donations of time, effort, and money that we receive from the community of Kerry.

We continue to be enormously grateful for this assistance and hope that, through this report, our supporters gain an insight into the importance of their contributions and the success of their combined efforts.

As the number of cancer patients in Ireland continues to rise, the need for our services also grows. We look forward therefore to further developing our services into the future and to being able to evolve and respond accordingly.

ATTENDANCES TO RECOVERY HAVEN KERRY CANCER SUPPORT HOUSE FROM 2011 TO 2022



CHAIRPERSONS STATEMENT

May I take this opportunity to thank everyone associated with our service most sincerely for their continued and valued support to Recovery Haven Kerry Cancer Support House during the past year.

This is my fourth Chairperson's report for Recovery Haven Kerry. Every year brings its own challenges and changes, each of which was addressed with solutions put in place, while always keeping our charity's purpose to the fore.

2022 was a year of change, and thanks to our Board, significant decisions were made which will secure the charity into the future.

Recovery Haven Kerry is now a full member of The Alliance of Community Cancer Support Centres and Services 2022 - 2025, the model of cancer care nationally under the direction of the NCCP. Membership of the Alliance provides assurance to Health Care Professionals when making referrals about the standards of service provided.

During 2022 the Board reviewed and signed off the principles of the Charities Governance code and the Charities Regulator was notified.

In October 2021, Tom O'Leary from O'Leary & Associates was commissioned by the Board to conduct an Organisational Structure Review and Analysis of Recovery Haven Kerry. This study was financed by NEWKD. The Board approved the recommendations from this report all of which were implemented in 2022.

2022 saw face to face activities within the House slowly and carefully getting back to action, starting in the last week of January. The Charity was now offering both an online and face to face activities for our client users. A new Manual Lymph Drainage service was set up in February in collaboration with the HSE.

A study on the Impact Monitoring of Volunteer Roles in the Charity was led by Sharon Villa, Michael Moynihan, Steve Burke and Paul Kirkman, the findings from this are used and feed into the Volunteer training.

In April RHK and MTU commenced a research project "Building Better Caregivers" which is financed and supported by the NCCP mainly led by RHK. Also, in April the Community Outreach Services re-commenced in Killorglin- this continues to be well utilised and supported by the community.

In the first quarter of the year the use of the Hydrotherapy Pool for planned exercise for our clients commenced in the MTU Kerry Sports Academy.

At this stage I want to thank Siobhán for her work commitment and vision for the charity.

She successfully reopened the House to services, while conducting a root and branch survey of how the charity works. She supported the Board through the NCCP Best Practice Guidelines process. She also played a central role in the design and consultation required in bringing the redevelopment to where it is now. Thank you Siobhán.



Tim McSwiney,
Chairperson

CHAIRPERSONS STATEMENT

In June 2022, following a progress report meeting with Michael Fitzgerald Chief Officer with the HSE, a decision was made by the Board firstly to proceed to tender with our refurbishment project of our headquarters and secondly to appoint a full time Manager.

Following an interview process, Gemma Fort was appointed Manager for the charity and took up duty in quarter 4.

In relation to the refurbishment, tenders were issued on July 5th by Recovery Haven Kerry for a suitable Works Contractor and PSCS to carry out the proposed refurbishment works including all associated SiteWorks and Site Services. Following a tender process, Parkway Construction Ltd. was chosen.

The arrival of Gemma as our first full time employee was timely as it coincided with the commencement of the refurbishment project on site. Gemma took this project on as well as the other managerial duties which were seamlessly transferred to her from Siobhán. This gave the charity the opportunity to set up a dedicated client services co-ordinator, a duty Siobhán embraced, suitably assisted by Katie, to address the psychosocial needs of client users with cancer and their families. As a result of the restructuring Siobhán and Noreen O'Flaherty delivered Thrive and Survive courses in both Dingle and Castleisland as part of our outreach policy. The completion of our refurbishment project will greatly enhance our development of psycho-oncology, cancer survivorship, child and adolescent services at our centre, which is integral to the improving quality of life for the survivors of cancer.

I want to thank all our volunteers for the many hours of work they do for the charity, making sure everything is perfect both inside and outside the house, making our space as pleasant as possible for our client users. I am also thankful to the great fundraising initiatives organised by our fundraising committee; we have had some wonderful and successful fundraising events which guarantees the financial resources required for the charity to support our client users. This work is much appreciated and is organised by our staff who are supported by our volunteers. I would like to most sincerely thank the full staff team for their commitment and work during 2022.

Change is challenging but with consultation and planning can be achieved harmoniously. In Recovery Haven Kerry we have a team who at all times keep the purpose and mission of our Charity to the fore. There is a strong culture and relationship between staff, volunteers, and board. This is a major strength which is assisting us in becoming a Community Cancer Support Centre of excellence providing services of quality to our client users.

Finally, I want to thank our Board for showing strength in their support for change with assurance from the HSE's Chief Officer Michael Fitzgerald, and to welcome John Breen and Pat Beasley to the Board who joined us in December 2022.



Tim McSwiney,
Chairperson

Structure, Governance and Management



Recovery Haven Kerry is governed by a Board of Directors.

In 2022, the Board undertook the following actions:

- Developed a dedicated clinical team led by the Client Services Co-ordinator.
- Employed an Operational Manager with responsibility for the management of the company.
- Developed three committees reporting to the Board which are:
 - Financial and Events Committee
 - Quality and Services Committee
 - HR & Finance Committee.
- DEVELOPED A FIVE YEAR STRATEGIC PLAN FOR 2023 TO 2027

BOARD OF DIRECTORS

Recovery Haven Kerry is governed by a voluntary Board of Directors with skills in the areas of business, governance, finance, technical expertise, healthcare, and community development. The Directors are in place to oversee the strategic direction and financial effectiveness of Recovery Haven Kerry ensuring the efficient use of resources and management processes in line with the mission and values of the organisation.

The Board is responsible for the Vision, Mission, and Goals of Recovery Haven Kerry, they approve strategy, structure, annual plans, and budgets and ensure the organisation is effective and accountable. They meet at least twelve times per annum. In 2022, two new members were appointed to the Board.

The Board of Directors do not receive any remuneration or benefits. Board meetings were minuted and adhered to recognised best practice in line with the Code of Governance for the Charities Sectors.

Members of the Board in 2022:

Tim McSwiney	Chairperson
Eddie Murphy	Vice Chairperson
Helena Switzer	Secretary
Michael Moynihan	
Patricia Dowling	
Ann O'Dwyer	
Kathleen Jordan	
John Breen	Joined Dec 2022
Pat Beasley	Joined Dec 2022



OUR SERVICES IN 2022



Psychosocial Services

- Counselling
- Children's Play therapy
- Adolescent counselling
- Self management programme
- Men & Women's groups
- Drop in centre /phone support
- CLIMB Project

Complementary Therapies

- Yoga
- Reflexology
- Indian Head Massage
- Mindfulness
- Pilates
- Stretch & Balance classes
- Hydrotherapy
- Manual lymphatic drainage

Practical Services

- Wig, bra and Prothesis fitting
- Information
- Advocacy and referral
- Education Programmes
- Community Outreach to Killorglin
- Pilot support Programme to Dingle/S. Kerry

Education Programmes

- 2 Cancer Thrive and Survive Programmes
- Building Better Care Givers
- Grief, Loss and Bereavement Programme
- Volunteer Training and Development



WE DELIVERED OUR SERVICES IN....

- 5 Haig's Terrace, Tralee
- Killorglin Community Centre (Killorglin Outreach Service)
- Castleisland & Dingle : (Two x 6-week Cancer Thrive & Survive Programmes)

OUR IMPACT IN 2022

ALL OUR SERVICES ARE PROVIDED FREE OF CHARGE TO CANCER PATIENTS, THEIR FAMILIES AND CARERS

772 Clients supported in 2022

301 New Clients

23% Men, 67% Women, 10% Children

4486 Total Attendances

ONE TO ONE SESSIONS

No. of Attendances (No. of Clients)

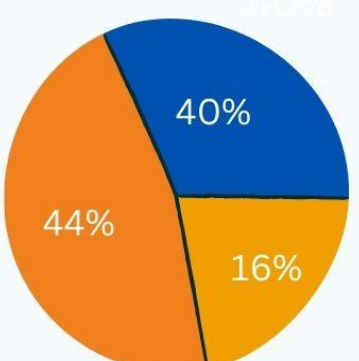
- New Registrations **307**
- Client Info & Education **461 (309)**
- Client Support **675 (258)**
- Play Therapy **451 (48)**
- Counselling **846 (177)**
- Groups & Classes **1051 (178)**
- Complementary Therapies **704 (163)**
- Clinics **298 (241)**

GROUPS, CLASSES & PROGRAMMES

- WOMEN'S SUPPORT
- HYDROTHERAPY
- STRETCH & BALANCE
- GRIEF, LOSS & CHANGE
- PILATES
- CANCER THRIVE & SURVIVE
- MINDFULNESS
- CHAIR YOGA
- MEN'S SUPPORT GROUP
- BEREAVEMENT
- LOOK GOOD/FEEL BETTER
- BUILDING BETTER CAREGIVERS

Volunteers are the Heart of Our Team

60 Volunteers provided over **5,000** hours of service in 2022



HOW WE WERE FUNDED:

- Fundraising
- Grants
- Donations

FUNDRAISING & EVENTS

*"Alone we are Strong...
Together we are Stronger"*



Out and about collecting at Castleisland Races street collection last summer



We were thrilled to team with three other amazing Kerry cancer support charities for 2022 Radio Kerry Bingo



Meeting up with rally hero Paul Nagle at The Rose Hotel after last year's Déjà vu Rally, which raised almost €40,000 for Recovery Haven



Our good friend and loyal supporter, Brendan Ferris, with Siobhan MacSweeney presenting the proceeds of last year's Threshing Cancer event



Some members of volunteer committee, Kathleen, Dermot, Sharon & Jacinta

It cannot be stressed enough what a hugely significant role our fundraising committee plays in ensuring our financial goals are met year on year – giving over 5,000 volunteer hours in 2022 alone.

A dedicated team of eight volunteers, supported by staff, are responsible for organising and/or overseeing over 40 fundraising events each year.

With no State funding guaranteed from year to year, the role of our fundraising committee and volunteers cannot be underestimated.

Thanks to this wonderful committee – and of course the people of Kerry and far beyond - Recovery Haven has been able to continue to offer an unrivalled service to cancer patients and their families - free of charge - and this is something that we are truly grateful for and never take for granted.

The Recovery Haven Kerry website was revamped and upgraded to support online donations for which we are very appreciative.

OUR VOLUNTEERS

Recovery Haven Kerry is a volunteer-led charity, founded by volunteers, with a core team of 60 men and women contributing thousands of hours of support in 2022 alone.

It is not an exaggeration to say that Recovery Haven Kerry simply could not continue to deliver its services without this incredible support – from our Board of Directors who oversee the strategic direction and financial effectiveness of the charity, to our volunteer listeners, complementary therapists, gardening group and dedicated fundraising and events committee members also.

We are extremely grateful to our wonderful volunteers who give of their time on an ongoing basis, and were delighted to see their efforts recognised at national and local level in 2022. Dermot Crowley won the Local Hero Award in the Connect Kerry *Men of Kerry Awards* in November 2022 in recognition of his tireless work for Recovery Haven Kerry and was also one of just three finalists in the Health and Wellbeing category at *Volunteer Ireland's National Awards*. (Recovery Haven Kerry won two awards at the same event in 2021 : Noreen O' Flaherty winning the overall award in the Health & Wellbeing Category and the entire volunteer team winning the overall large group category. These were presented in early 2022)

2022 also saw Siobhán MacSweeney win the Best Manager's Award in the Connect Kerry Women in Business Awards.



The directors wish to express their appreciation to all staff, volunteers, and fellow members, who freely give of their time to the charity. Their ongoing contribution is a cornerstone of the success of the charity. The directors also wish to thank most sincerely all those who contributed funds to the charity over the past year and who work tirelessly, organising fundraising events for the benefit of the charity.



Our 2022 Local Hero Dermot Crowley accepting his Connect Kerry Award (left) & with his daughter Margaret & Siobhan at the Volunteer Ireland Awards (right)



Noreen, Siobhan & Una collecting their individual and group awards at the National Volunteer Ireland Awards in Dublin



COMMUNITY SUPPORT



Again in 2022, we were humbled by the generosity of our loyal supporters, campaigners and friends, all of whom contributed hugely to yet another impressive year.

The public's support of our fundraising events is something that continues to overwhelm us daily. We are equally thankful to the dozens of people who regularly organise events on our behalf annually.

Some of the more significant events which took place included Déjà Vu Kerry, in association with Kerry Motor Club and Tralee Chamber Alliance; a fantastic collaboration with Radio Kerry Bingo; Raffle of the Toyota Starlet in association with Killarney Vintage Club; Barraduff Tractor Run; Beaufort Threshing for Cancer and Tralee Golf Club Captain's Fundraising Day, to name but a few.

Thank You for this incredible support

A NEW PHASE



One of the main developments in 2022 was the commencement of the refurbishment project to the rear of No. 5 Haig's Terrace to replace Fern Lodge with a permanent structure. Following a tendering process, Parkway Construction was awarded the contract and building work commenced on the 3rd of October 2022. This development will provide fit-for-purpose, high quality premises to meet the current and future demands of our vulnerable clients. To raise funds to support this project, a subgroup of the Board worked diligently to target corporate sponsorship, secure donations and grants. We are very grateful for the support and generosity of companies, businesses and individuals who contributed funding, resources or time to help get this project off the ground in 2022.



INCOME & EXPENDITURE

Recovery Haven Kerry CLG SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS Operating Statement for the financial year ended 31 December 2022

	2022 €	2021 €
Income	727,552	333,888
Expenses		
Wages and salaries	164,944	136,192
Social security costs	22,334	9,465
Staff training	4,097	1,384
Fundraising costs	11,843	4,634
Insurance	3,447	3,546
Light and heat	7,806	5,182
Repairs and maintenance	2,779	10,123
Use of Hydropool and Bus Hire	2,160	-
Advertising, Printing, postage and stationery	7,698	10,011
Telephone	5,614	5,914
Computer costs	17,418	9,996
Supervision	3,670	2,380
Counselling	82,788	58,548
Motor expenses	1,325	100
Outreach Programme	3,216	110
Research expenditure written off	40,597	-
Legal and professional	1,368	-
Accountancy	4,729	3,091
Auditor's remuneration	3,897	3,075
Bank charges	786	2,485
Food & Household consumables	2,719	1,164
General expenses	6,597	2,556
Depreciation	18,498	16,662
	420,330	286,618
Miscellaneous income		
Bank interest	-	10
Income from unlisted investments	150	-
	150	10
Net surplus	307,372	47,280

Recovery Haven Kerry CLG BALANCE SHEET as at 31 December 2022

	Notes	2022 €	2021 € as restated
Fixed Assets			
Tangible assets	12	707,038	609,995
Investments	13	100,000	100,000
		807,038	709,995
Current Assets			
Debtors	14	806	667
Cash at bank and in hand	15	631,617	409,990
		632,423	410,657
Creditors: Amounts falling due within one year	16	(32,709)	(21,272)
Net Current Assets		599,714	389,385
Total Assets less Current Liabilities		1,406,752	1,099,380
Funds			
Restricted trust funds		338,848	33,807
Designated funds (Unrestricted)		200,000	200,000
General fund (unrestricted)		867,904	865,573
Total funds	19	1,406,752	1,099,380

Approved by the Board of Directors on 15 August 2023 and signed on its behalf by:

Mr. Timothy McSwiney
Director

Michael Moynihan
Director

WHAT OUR CLIENTS ARE SAYING ABOUT US.....

Seeing my life in colour again

When you have cancer, you often see the world in darkness, but Recovery Haven allowed me to see my life in colour again.

It is an extremely special place

Recovery Haven gave me the strength I needed the whole way along my cancer journey. I felt safe. It is an extremely special place.

I was totally in awe

I was totally in awe that I could finally identify, and more importantly, own the fears and concerns that had been weighing me down. I have developed a resilience I would never have imagined possible.

I felt that a new doorway opened for me

It's great to feel normal again. I just felt that a new doorway opened for me. Recovery Haven helps you help yourself and empowers you. It shows you just how much YOU can do to make yourself feel better.

Recovery Haven was and still is my lifeline

A wonderful place for people on a difficult and often lonely journey. Recovery Haven was and still is my lifeline when it comes to getting out, feeling supported and meeting people. Magnificent place with fantastic facilities, a place which is indispensable with so much love and care put into it. Recovery Haven was quite simply a lifeline when I was sinking.

The treatment is all-absorbing

For me, I felt like I had fallen into a bubble for a while. The treatment is all-absorbing. To have help to navigate your way from that place – to find yourself again – was possible for me through counselling.



A recent audit of our client base showed that 100% of those questioned would recommend Recovery Haven Kerry to a friend or family member – a humbling testament to the care and support people receive, and value, from our charity.