

RECOVERY HAVEN KERRY NEWSLETTER



SEPTEMBER 2024 - Edition #6

Welcome to our September Issue!

Welcome to the latest issue of our Newsletter. How are we in September already?

What a busy and productive few months it has been since our last issue - with lots happening in terms of our services and our events.

Once again we want to thank each and every person who has been with us along the way, supporting our work and helping and promoting our charity in their own special and individual way.

We hope you enjoy this latest issue, where you will find lots of info on the new and existing services we offer; the new programmes, courses & groups due to begin, as well as a run down on some of our upcoming events and fundraisers which may be of interest to you!

We also take a look back at some of the wonderful events that have taken place in the last few months.

In the meantime, if you or anyone you know needs our support, be sure to get in touch - 066 7192122



SAVE THE DATE!!!!

Abseil challenge
KING JOHN'S CASTLE
Limerick

**SATURDAY,
OCTOBER 19th**

In Association with Nessall Watersports & Adventures
Abseil from the amazing vantage point of the castle gatehouse turret and absorb the view of Limerick's rooftop while descending the historic walls.

In aid of...

Keep an eye on our website & social media FOR REGISTRATION DETAILS

RECOVERY HAVEN KERRY AFFIRMS ITS MEMBERSHIP OF ALLIANCE OF COMMUNITY CANCER SUPPORT CENTRES



Gemma & Siobhán, centre, accepting our plaque from Minister for State Colm Burke TD, Louise Mullins and Dr. Helen Greally, NCCP

Our manager, Gemma Fort, and Client Services Co-Ordinator, Siobhán MacSweeney, were delighted to visit Farmleigh in Dublin during the summer to accept our plaque acknowledging our full membership of the Alliance of Community Cancer Support Centres 2024-2027.

The event was organised to acknowledge the valuable role of Community Cancer Support Centres in Ireland.

The Alliance advocates for and supports the development of integrated pathways between the cancer centres, acute hospitals, community cancer support services and primary care services. All members' development is in line with the values of Sláintecare, seeking to provide assurance to healthcare professionals that these organisations are working to an agreed standard as set out in Best Practice Guidance published by the NCCP.

Being compliant with the Best Practice Guidance for Community Cancer Support Centres is a true mark of quality. It offers charities a yardstick to measure what they are doing against the standards required. As a result, healthcare professionals have more confidence in referring people to such services.



Recovery Haven Kerry Cancer Support House

PROGRAMME OF SUPPORTS & SERVICES

PSYCHOLOGICAL SERVICES

- One to one counselling
- Children's Play Therapy
- Adolescent Counselling
- Men's and Women's Support Groups
- Drop in/Phone Support
- CUBS Programme (Children)
- CLIMB Programme (Children /Teens)
- Bereavement Support



EDUCATION PROGRAMMES

- Cancer Thrive & Survive
- Building Better Care Givers
- Grief, Loss & Change Programme



COMPLEMENTARY THERAPIES

- Massage
- Reflexology
- Indian Head Massage
- Manual Lymphatic Drainage Massage
- Craniosacral Therapy

GROUP EXERCISE CLASSES

- Yoga
- Qi Gong
- Walking Group
- Hydrotherapy



PRACTICAL SERVICES

- Wig/Bra & Prosthesis Fitting
- Support & Information
- Community Outreach
- Look Good, Feel Better Classes
- Information on finance, entitlements & benefits
- Nutritional information



For more information about any of the above FREE services:

☎ Phone us on 066 7192122

📍 Drop in to see us at 5 Haig's Terrace, Tralee, Co Kerry (V92TN35)

🌐 Visit www.recoveryhavenkerry.com

If you or a family member are dealing with cancer, we invite you to contact us. Our trained team is here to provide a safe and confidential space for you to access information and emotional support. We are here to offer a hand when you need support, answer any queries you may have and guide you through the range of free supports available to you

Registered Charity Number 20073749
CHY 18974



The mission of *Recovery Haven Kerry Cancer Support House* 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.

Whether you have been recently diagnosed, are in treatment, finished treatment, or caring for a loved one with cancer, our goal is to provide psychological, emotional, educational and practical support in a warm and welcoming environment.

TRALEE

5 HAIG'S TERRACE,
KILLERISK
TRALEE
V92TN35

MON, TUES, THUR & FRI
9am - 4pm
WEDNESDAY
9am - 7pm



P: 066 7192122
E: reception@recoveryhavenkerry.com

www.recoveryhavenkerry.com

KILLORGLIN

COMMUNITY DAY CARE CENTRE
MARKET STREET
KILLORGLIN
V93HTE5

EVERY SECOND THURSDAY
10.30am - 1pm



P: 066 7192122
E: reception@recoveryhavenkerry.com

www.recoveryhavenkerry.com



Member 2024-2027

TO SUPPORT OUR WORK OR TO 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



Sign up for our newsletter at: www.recoveryhavenkerry.com



Cancer Thiving & Surviving Programme



A Self-Management Programme developed by Stanford University

SIX WEEKS



CAHERSIVEEN - SOCIAL SERVICES DAY CENTRE

Beginning Tuesday, September 10th

10.30am - 1pm

SIX-WEEK PROGRAMME



Member 2024-2027

Following your cancer treatment this is your time to **THRIVE!**

How can this programme help you?

- Cancer Thrive and Survive offers you a sense of confidence and a chance to learn self-management skills when moving on from your cancer treatment
- The shared support of fellow participants helps build confidence in your ability to manage your health and maintain an active and fulfilling life

What will you learn?

- Getting better sleep
- Nutritional advice
- Managing frustration, fatigue or pain
- Setting priorities
- Communicating effectively with family, friends and health professionals
- Regaining and maintaining physical flexibility and endurance

ONE CLASS PER WEEK

"It was great to meet, talk and listen to those who have been through the same experience"

"This course was so invaluable in every way. I found it covered all aspects of dealing with cancer"

"I got a new lease of life from this course! 12 months ago it was chemotherapy, today it's parasailing"

To book your place please phone us on 066-7192122 or email reception@recoveryhavenkerry.com



Cancer Thiving & Surviving Programme



A Self-Management Programme developed by Stanford University

SIX WEEKS



TRALEE - RECOVERY HAVEN KERRY

Beginning Monday, September 16th

10.30am - 1pm

SIX-WEEK PROGRAMME



Member 2024-2027

Following your cancer treatment this is your time to **THRIVE!**

How can this programme help you?

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- The shared support of fellow participants helps build confidence in your ability to manage your health and maintain an active and fulfilling life

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To book your place please phone us on 066-7192122 or email reception@recoveryhavenkerry.com



Automobili

ITALIA
TRALEE

7th September 2024

VENUE: BALLYGARRY ESTATE HOTEL



Contact: 087 4784515



AUTOMOBILI TRALEE '24 IN AID OF RECOVERY HAVEN KERRY SATURDAY, SEPTEMBER 7TH

Automobili Italia 24 takes place this Saturday, September 7th and promises to be a great day out for anybody with an Italian motorbike or car.

The event starts at 10am at Ballygarry Estate Hotel. The cars will be on display until 12.15 and then heading for Killorglin/Cromane before they stop for lunch at the Red Fox Inn.

After lunch the cars and bikes drive the world famous Caragh Lake before returning to Tralee.

The cars are expected to drive through Tralee town centre approx 4/4.15 pm. Most of the cars will return to the Ballygarry Estate hotel for the evening where the drivers can enjoy food and refreshments.

Entry per vehicle is €20 & all proceeds this will go to Recovery Haven, as the event is sponsored by Proplan Auctioneers. All spectators have free entry and please follow marshals parking instructions at Ballygarry Estate to assist in the smooth running of the event.



RECOVERY HAVEN KERRY

MONTHLY

Women's Cancer Support Group

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

Returns
September 27th

THE GROUP MEETS ON
THE LAST FRIDAY OF EACH
MONTH - AT 11.30AM

at RECOVERY HAVEN KERRY
5 Haig's Terrace, Tralee - V92TN35

New Members
Welcome



For more information call us on 066 7192122

RECOVERY HAVEN KERRY

MEN'S CANCER SUPPORT GROUP



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



066 7192122

reception@recoveryhavenkerry.com



Registered Charity No. 20073749

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

NETWORK IRELAND KERRY HOSTS COFFEE MORNING AT RHK



Recovery Haven was a hive of activity on Friday, August 30th as over 40 members of Network Ireland Kerry visited our Tralee premises for a special coffee morning and centre tour.

The event was a joint initiative between Network Ireland Kerry and their charity partner for 2024, and was also attended by a number of special guests, including Minister Norma Foley, Mayor of Tralee, Cllr Mikey Sheehy, along with local gardaí, Mary Gardiner and Aidan O'Mahony.

Welcoming guests to the event, Network Ireland Kerry President, Linda O'Mahony-Logan, spoke of her delight at having chosen to collaborate with Recovery Haven Kerry during her term, describing the morning as 'really special'.

"When we launched 14 months ago, every president gets to choose a charity partner, and for me choosing Recovery Haven was a no-brainer. It was so easy because at Network Ireland Kerry we're all about support and creating a community of support for businesswomen - be they employers, employees or entrepreneurs. We are all about making connections and about having a safe place to go, and we know that those same values are very strong here at Recovery Haven too."

She also paid tribute to the charity's volunteers who give so much to Recovery Haven daily, and who were instrumental in creating such a beautiful setting for Friday's event.

Recovery Haven's Client Services Co-Ordinator, Siobhan MacSweeney also spoke about the importance of working with Network Ireland Kerry, and encouraged those in the room to help spread the word about what the charity is all about and let their friends, families and communities know the free cancer support services that are available.

With the sun making a very welcome appearance during the event, several guests enjoyed some time in the charity's stunning garden before touring the newly refurbished building with staff and volunteers.

Friday's event was one of a number of collaborations between Network Ireland Kerry and Recovery Haven in 2024, which will culminate in a Christmas Lunch in Killarney in December.

This end of year party is due to be officially launched in the coming weeks.

 **Michelle Breen-Crean**



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The Kerry Wig Clinic Danny's Hair Salon & Recovery Haven Tralee

0870678549 - 0667192122



Another Happy Lady Leaving
Today With New Hair 😊



RECOVERY HAVEN
KERRY

Killorglin OUTREACH SERVICE

Come meet our team of staff, volunteers & therapists and learn about our range of FREE supports and services available for cancer patients, their families & carers

WHEN & WHERE:
Twice Monthly on Thursdays at
The Community Care Centre
Market St, Killorglin
10.30AM - 1PM







**WHAT WE OFFER
IN KILLORGLIN:**

- Drop-in Support Service
- One-to-one counselling
- Reflexology
- Massage

**COUNSELLING & THERAPIES
BY APPOINTMENT:**

Phone: 0667192122
E: reception@recoveryhavenkerry.com

FOR MORE INFO:
www.recoveryhavenkerry.com





Registered Charity No. 20073749



BEREAVEMENT SUPPORT GROUP

Registered Charity No 20073749



A safe & confidential space for those who have experienced the loss of a loved one through cancer



**Twice monthly - on Mondays
at 11.30am ***



**Recovery Haven Kerry
5 Haig's Terrace, Tralee - V92TN35**

*The group meets on the second Monday of each month

For more information call us on 0667192122



ARE YOU SUPPORTING SOMEONE WITH CANCER?

You Are Not Alone...

RECOVERY HAVEN KERRY
offers a FREE
Building Better Caregivers
6-Week Online Course

AN EVIDENCE-BASED PROGRAMME DEVELOPED
BY STANFORD UNIVERSITY

TOPICS COVERED INCLUDE:

- Staying healthy & well
- Tools for managing fatigue
- Getting a good night's sleep
- Communication skills
- Getting help & action planning
- Dealing with challenging emotions, situations & behaviours

“ The course was absolutely invaluable. I'd actually do it all over again ”

“ The best part was the contact with people who are doing or going through the same thing ”

Coming
Soon!



Keep an eye on our website & social media platforms for dates of our next course



For information contact 0667192122
or Siobhan@recoveryhavenkerry.com

Registered Charity NO. CHY 18974
RCN 20073749

'A HAND WHEN YOU NEED SUPPORT'

In association with



National Cancer Control Programme



Ring Of Kerry Cycle '24

A huge, huge thank you to everyone who took on this year's Ring of Kerry Charity Cycle on our behalf, and those who raised additional funds through individual fundraising pages. As always, we are overwhelmed by your support and goodwill. We had a fabulous morning in Cahersiveen, as always, and want to say a special thank you to our wonderful staff & volunteers who helped out on the day!



Are you getting married?



You can do us a FAVOUR...



RECOVERY HAVEN KERRY
Cancer Support House



Wedding Favours

If you would like to make a donation to Recovery Haven Kerry Cancer Support House in lieu of wedding favours on your big day, we are happy to provide dedicated table cards acknowledging your kind donation



For more information:
Phone Marisa on 066 7292122 or email: marisa@recoveryhavenkerry.com

OVER €8K RAISED FROM BRANDON CLIMB



They set off with a goal of raising €5,000 - but being the two powerhouses that they are, John Paul O'Connor and George Bastible smashed their target and raised an incredible €8,705 through their Mount Brandon Climb in May.

We are absolutely lost for words and so, so grateful to the lads for organising, all our amazing sponsors, and of course - everyone who took on the challenge and helped raised so much money for Recovery Haven Kerry.

A huge thanks to the amazing staff and management at Gally's Bar & Restaurant, where we all enjoyed a well-earned BBQ and great music to round off an incredible day!

2024 ROSES IN FULL BLOOM FOR CELEBRATION OF LIGHT

The most sincere thank you to everyone who came along to Tralee Bay Wetlands for our annual Celebration of Light. So many people go above and beyond to make this such a special evening and for that we are so grateful. Thank you to our wonderful friends at the Rose of Tralee Festival, Kerry Choral Union, Tralee Bay Wetlands, the Lakeside Cafe, our &MC Sean Lyons Banna Sea Rescue for your support once again. And to our amazing friends, supporters, volunteers & staff - you never fail to amaze us with your support. We hope you found the evening as beautiful & special as we did.



A group of lads from Ballymac got together and shaved beards, moustaches and one guy even shaved his head to raise vital funds for Recovery Haven Kerry- Cancer Support House. This event titled "Mush Tash Fest" all took place at the Half Way Inn, Ballymacelligott and raised a massive €5,156.30. A huge thanks to Thomas McQuinn of the Half Way Inn and everyone involved on the night. Thanks also to the amazing people of Ballymac for their continued support.

A huge THANK YOU to the student council and all at Knockanes National School who raised €700.00 for Recovery Haven Kerry at their recent Bake Sale. We are truly grateful and honoured to have been chosen as the beneficiary of this event



WALKING GROUP

A GENTLE GUIDED WALK IN TRALEE & SURROUNDING AREAS AND CONNECT WITH EACHOTHER



Twice Monthly

At 10am



Who can join?

Open to men and women

Suitable for all ages and abilities

TO BOOK YOUR PLACE:

066 - 7192122

reception@recoveryhavenkerry.com



RCN. 2007249

COUNTRY STAR DEREK POPS IN AHEAD OF KILLARNEY GIG



A huge thank you to Irish country star Derek Ryan who took time out of his busy schedule to visit Recovery Haven ahead of his gig at the INEC in August. A true gentleman who was so giving of his time. We truly appreciate the visit and hope to welcome him back again very soon!

OVER 170 LADIES BARE ALL FOR DIP IN THE NIP KERRY 2024

What a truly incredible morning... On Saturday, August 31st, 172 brave ladies took to the water in a secret location for our now annual Dip In The Nip Kerry.

Organised once again by the amazing team at Wild Water Adventures, the event raises fund for ourselves & Kerry Cancer Support Group.

But it has become so, so much more than just a fundraiser - it is a spectacular and emotional coming together of women of all walks of life as they honour and remember those touched by cancer.

A huge thanks too to our volunteers who were there before dawn to help out, and of course Michaela and her team at Wild Water Adventures, who continue to overwhelm us each year with their support and dedication in making this event so special.



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Winter FASHION Showcase

KIELDUFF COMMUNITY CENTRE
SATURDAY, OCT 5TH
7.30PM



SHOWCASING LOCAL BOUTIQUES

- PACO
- PAMELA SCOTT
- SHAW'S (MEN'S & WOMEN'S FASHION)
- CELSIUS
- THAT'S PERFECT ACCESSORIES
- MODS & MINIS
- SINEAD'S BOUTIQUE TRALEE
- EAST 73RD CASTLEISLAND



In aid of Recovery Haven Kerry & Kielduff Community Centre

Raffle for great spot prizes

Complimentary glass of wine on arrival

Celebrity guest male models

Best Dressed Lady - sponsored by Paco

Tickets €25 available from Recovery Haven Kerry, Paco Tralee & from Mary Lynch (0871332179)

A FEAST OF FASHION ON OCTOBER 5TH

We are so excited to join forces with Kielduff Community Centre for a Winter Fashion Showcase on Saturday, October 5th. The event will feature fashion from a host of local women's, men's and children's boutiques - with some celebrity male models lined up to part! Tickets, costing €25, will soon be available from Recovery Haven & Paco Tralee



HYDROTHERAPY CLASSES



GENTLE EXERCISES to improve your health & fitness & help with rehabilitation, mobility and pain relief

KERRY SPORTS ACADEMY

KERRY SPORTS ACADEMY HYDROTHERAPY POOL

BEGINNING
Wednesday
September 18th
12 -1pm

Places are limited to 14 so early booking is advisable by phoning 066 7192122

LOCAL GOLF OUTINGS RAISE THOUSANDS FOR RECOVERY HAVEN



A huge thank you to Tralee Golf Links Captains Karen Gearon and Tom O'Driscoll for inviting us to be part of their amazing charity day. We are so grateful to everyone who took part and sponsored the event, raising a staggering €7,000 per charity, which is so appreciated



A huge thank you also to Ballybunion Captain, Gary Scanlon, who also chose Recovery Haven Kerry as one of his charities for his Captain's Day in May. We had such a wonderful day, meeting great people and are so grateful to receive €3,500 from the event. Thank you to everyone who took part.

Fundraising Tea Dance

with Dancing to Paddy Quilligan

FR CASEY'S GAA CLUB
ABBEYFEALE

SUNDAY,
SEPTEMBER 22ND

3PM-6PM



TICKETS €10

Available from An Siopa Milseán & Kathleen's Foodstore & at the door on the day



All proceeds to
Recovery Haven Kerry Cancer Support House
& Kerry Hospice Foundation



ST ITA'S & ST JOSEPH'S PUPILS PAY A VISIT TO RECOVERY HAVEN



We were so thrilled to welcome some of the students and teachers from St Ita's & St Joseph's School to Recovery Haven in June, where they learned all about the work we do here to support those dealing with cancer and their families.

The students were so engaged and asked some really interesting questions - before we all enjoyed some tea and fabulous cake, which they brought as a treat!

Thank you all for visiting - it was our absolute pleasure to have you all here.



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

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



RECOVERY HAVEN KERRY
CANCER SUPPORT HOUSE

5 Haig's Terrace, Tralee, Co Kerry V92TN35

The Alliance of
Community Cancer
Support Centres
and Services



Member 2024-2027



066 7192122

reception@recoveryhavenkerry.com



www.recoveryhavenkerry.com