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



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.









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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.



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



NEWSLETTER

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 delighted 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.









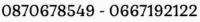




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Another Happy Lady Leaving Today With New Hair 🥰



therapists and learn about our range of FREE supports and services available for cancer patients, their families & carers

RECOVERY HAVEN

WHEN & WHERE

The Community Care Centre Market St, Killorglin

Mina

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

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ARE YOU

SUPPORTING

SOMEONE WITH

CANCER?

You Are Not Alone ...



BEREAVEMENT SUPPORT GROUP



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



RECOVERY HAVEN KERRY offers a FREE **Building Better Caregivers**

6-Week Online Course AN EVIDENCE-BASED PROGAMME DEVELOPED BY STANFORD UNIVERSITY

TOPICS COVERED INCLUDE:

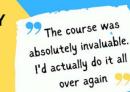
- Staying healthy & well
- Tools for managing fatigue Getting a good night's sleep Communication skills

- Getting help & action planning Dealing with challenging emotions, situations & behaviours



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

For information contact 0667192122 or Siobhan@recoveryhavenkerry.com ational Cancel Control Programm A HAND WHEN YOU NEED SUPPORT



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

NEWSLETTER



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?



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 ot 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 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!

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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



Honorary President: Marian Barnes - Patrons: Don O'Neill & Dick Spring - Registered Charity Number: 20073749 Board of Directors: Tim McSwiney (Chairperson), Ann O'Dwyer (Secretary), Eddie Murphy, Michael Moynihan, Kathleen Jordan, John Breen, Patricia Dowling, Pat Beasley, Declan Crowley and Cáit Uí Chonchuir





NEWSLETTER



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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NEWSLETTER



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.

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NEWSLETTER

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.



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



066 7192122 recention@r

reception@recoveryhavenkerry.com www.recoveryhavenkerry.com

Dancing to Paddy Quilligan

Fundraising **Tea Dance**

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



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



RECOVERY HAVEN KERRY CANCER SUPPORT HOUSE 5 Haig's Terrace, Tralee, Co Kerry V92TN35



