



# ANNUAL REPORT

## 2024



[www.recoveryhavenkerry.com](http://www.recoveryhavenkerry.com)



066 7192122



[www.recoveryhavenkerry.com](http://www.recoveryhavenkerry.com)

Registered Charity Number 20073749  
CHY 18974

The Alliance of  
Community Cancer  
Support Centres  
and Services



Member 2024-2027

# 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”*



Registered Charity Number 20073749  
CHY 18974





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# WELCOME

Welcome to the Recovery Haven Kerry 2024 Annual Report. It is our privilege to showcase a year in our charity's life and to recognise the extraordinary commitment of the people who make it all possible.

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. Cancer touches everyone in the community - people newly diagnosed or living with cancer, those who have successfully completed their treatment, those caring for them and those grieving for loved ones no longer with them- Recovery Haven Kerry offers a hand at the elbow of anyone needing support on a cancer journey and we walk with you as you navigate this challenging time. Our aim is to offer care, kindness, respect, compassion and empathy, ensuring everyone is welcomed and made to feel at home when they contact us.

Our daily interaction with cancer patients has always been at the heart of our existence and we never fail to be impressed with their courage and resilience. 952 people came through our doors in 2024, each on a journey that no one wants to take but showing strength and perseverance in the face of it.

2024 was the first full year of occupancy in our newly refurbished house which provides the much-needed additional space to cater for the growing numbers seeking our support.

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 hope that, through this report, our supporters gain an insight into the importance of their contributions and the success of their combined efforts in 2024 in creating a haven for those who need support





# CHAIRMAN'S STATEMENT

*By Tim McSwiney*



Recovery Haven Kerry has seen an increasing growth in the number of services it provides to people diagnosed with cancer and their families throughout 2024. It is the first year since 2019 that uninterrupted services were available at our refurbished headquarters which has had a huge impact on the range and quality of services we can now offer. Recovery Haven Kerry reached a very special milestone to mark the occasion of our membership of the Alliance of Community Cancer Support Centres and Services being renewed for a further 3- year period. Reaching this milestone cements the vital role community cancer support centres like Recovery Haven Kerry play in our healthcare system, providing invaluable psycho-social support for those living with and beyond cancer in a community setting. In line with our strategy the charity worked at the development of outreach throughout our catchment area by providing services in Dingle, Caherciveen, and Listowel. I want to thank our staff, volunteers and the Board for their continued commitment to our charity over the last five years, through COVID and the refurbishment of our headquarters.

Two of our volunteers passed away - Dolores Curtin and Paul Kirkman - who were both actively involved in the house during the year. May their gentle souls rest in peace.

# MANAGER'S STATEMENT

*By Gemma Fort*



2024 was a busy year for Recovery Haven Kerry as we continued to settle back into our newly refurbished house and to find our feet in terms of adjusting to the new additional space and the possibilities it offers. Our Client Services team led by Siobhán MacSweeney developed a diverse programme of one-to-one supports and group provision to respond to the evolving needs of our clients. The uptake on our services continued to grow in 2024 with a 7% increase in new clients registering and 52% increase in attendances on 2023.

Our staff and volunteers are the backbone of our service. From our highly experienced staff team to our counsellors, complementary therapists to our volunteer Listeners and from our fundraisers to our gardeners, and Board of Directors, we have the most caring and compassionate people making it all happen. In 2024 they worked diligently to provide the highest standard of care and support to our clients and their families and as well as ensuring that our house and gardens were beautifully maintained. We are truly grateful to them for their work.

In the course of the year we have been privileged to have the support of the most amazing, inspiring and generous people in Kerry. The efforts they make to raise funds on our behalf often leave us humbled and in awe of people's endurance and ingenuity. As always we remain truly grateful for each and every gesture.

We are also hugely fortunate to work collaboratively at local and national level with the National Cancer Control Programme (NCCP) and the HSE and acknowledge the support from both.

# OUR IMPACT IN 2024

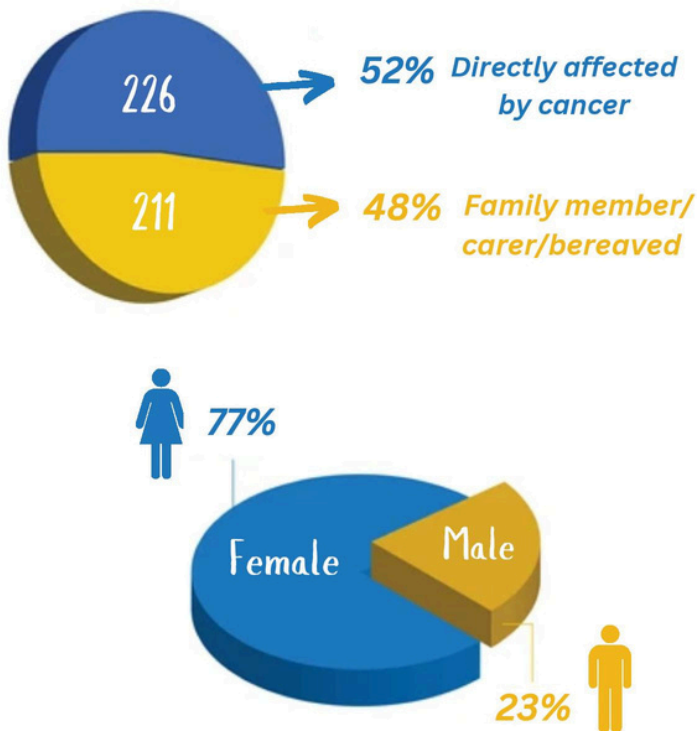
All our services are delivered free of charge  
**YOUR FUNDRAISING & SUPPORT HAS HELPED US TO  
DELIVER THE FOLLOWING SERVICES....**

**7,961 TOTAL ATTENDANCES**

**952 Clients Supported**

**437 New Clients in 2024**

Of the New Clients who engaged with the service:



## One-to-One Supports

**1,378** Counselling Sessions

**517** Play Therapy Sessions

**1,605** Support Calls

**1,146** Complementary Therapy Sessions

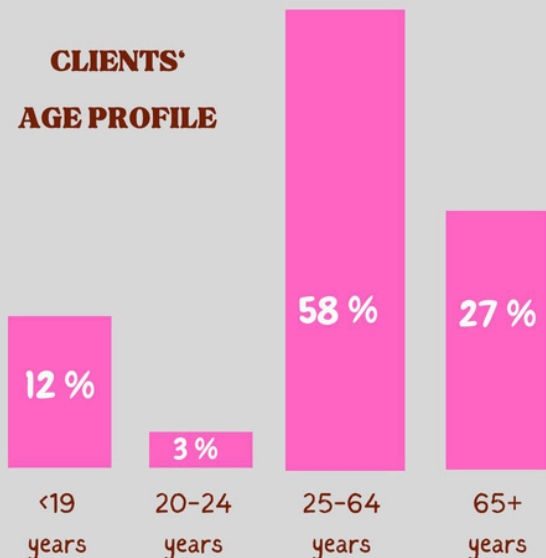
**313** Manual Lymph Drainage & Bra/Wig Fitting sessions

**492** Information & Advice Sessions

**37** Acupuncture



### CLIENTS' AGE PROFILE



## **165** GROUPS & CLASSES PROVIDED

- > Hydrotherapy
- > Men's & Women's Support Groups
- > Qi Gong
- > Bereavement Support
- > Walking Group
- > Yoga
- > Meditation





# SERVICE OVERVIEW

By Siobhan MacSweeney, Client Services Co-ordinator



Recovery Haven Kerry Cancer Support House remains committed to providing vital support to individuals and families affected by cancer.

Over the past year, we have expanded our services to ensure our community receives the emotional, psychological, and practical support needed throughout their cancer journey.

In 2024, the hard work and dedication of our staff team, listener volunteers, therapists, counsellors, and class leaders culminated in a 52% increase in attendances.

The input of our Services Review and Development Committee has been instrumental in ensuring that we fulfil our mission, uphold our core values, and meet the needs of cancer patients and their families in Kerry. Their guidance has been crucial in maintaining the quality and relevance of our services.



## KEY HIGHLIGHTS

- Expanded our outreach to South Kerry, leading to the development of new cancer support initiatives in the region in collaboration with a number of other services and organisations including HSE, Cahersiveen FRC, SKDP, Dromid Community Centre and South Kerry Women's Collective.
- Engaged in community networking, including presentations to Probus and a tour for Palliative Care students from Kerry ETB.
- Participated in the Irish Psychosocial Oncology Network (IPSON) inaugural conference, presenting research on caregiving and highlighting the importance of children's services.
- Strengthened partnerships with local healthcare providers including HSE Community Healthcare Networks, Community Work Department and community-based organizations to enhance our outreach.
- Hosted a stand at the HSE Positive Ageing Events in Knocknagoshel & Ventry, engaging with older adults and raising awareness about our support services.
- Attendance at the Head, Neck & Jaw Cancer Awareness Day in Cork's South Infirmary.
- Attended the CAYA (Children & Young Adults) Conference at Croke Park in October.
- Enrolled in a national research project, 'Can Work' with Trinity College, at the end of 2024, with recruitment continuing into 2025.
- Hosted a Lymphoedema Awareness Talk in March, presented by Keira O'Brien and Mary Hickey, physiotherapists from University Hospital Kerry. This talk was also recorded for future accessibility.
- In collaboration with MTU Dept of Nursing & Healthcare Sciences and the HSE we offered placements to student nurses, in a first for Recovery Haven and MTU



# SERVICE OVERVIEW

## COUNSELLING & THERAPY

### Counselling & Therapy:

Our professional counselling services provided essential emotional support, with 1,895 individual sessions conducted.

### Support Groups:

We facilitated 165 group sessions for clients, families, and caregivers, covering topics such as grief, survivorship, and coping strategies.

## AWARENESS RAISING

On January 28th, 2024, we hosted the YOU CAN Blues Busting Day, aimed at supporting young adults in their 20s, 30s, and 40s dealing with a cancer diagnosis. This event provided valuable networking opportunities and focused on:

- The psychological impact of cancer on younger adults.
- Discussions on complementary therapies and their benefits in managing the challenges of cancer.

In 2024, we also hosted the LACES workshop in collaboration with the Irish Cancer Society. LACES (Life After Cancer Embracing Survivorship) is a comprehensive workshop designed to support individuals after completing active cancer treatment, focusing on well-being, emotional resilience, and practical coping strategies.

## SOUTH KERRY OUTREACH INITIATIVE

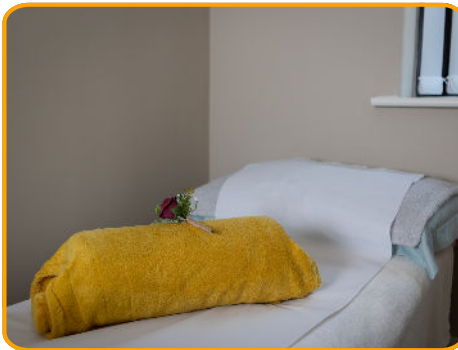
Early in 2024, we were invited by members of the Waterville community to discuss potential cancer support services for the South Kerry area. A meeting was held in Waterville on January 29th, attended by Siobhan MacSweeney and Tim McSwiney where community members expressed a strong desire for local support services. As the year progressed, we collaborated with community stakeholders and the HSE to provide sustainable support, resulting in:

- A stakeholder meeting in the summer of 2024 to assess community needs and resources.
- The delivery of the Cancer Thrive and Survive programme in Cahersiveen during autumn 2024.
- A drop-in service at the end of Nov 2024, offering complementary therapies to local residents.

This initiative has laid the groundwork for ongoing development in 2025.

## CHILD & FAMILY SERVICES

2024 saw the development of our Child Therapy Room. Thanks to all who donated games and toys and to Aaron Logan for volunteering his carpentry skills, beautifully demonstrated by the folding bench and sand box he made. In true collaboration, this space was used by the Irish Cancer Society to deliver creative therapy sessions.



## COMPLEMENTARY THERAPIES

Clients benefited from holistic therapies such as reflexology, massage, acupuncture, and Yoga, Chi Gong, craniosacral therapy, and manual lymphatic drainage, with over 1,146 therapy sessions provided. Hydrotherapy classes at the Kerry Sports Academy continue to be a very popular exercise class with great feedback and would not be possible without the assistance of our wonderful volunteers. Feedback indicates a high level of satisfaction and improved well-being among participants.

## PRACTICAL SUPPORT & WELL-BEING PROGRAMMES

Nutrition Talk: These workshops supported clients in making informed lifestyle choices and we linked in live with Dromid Centre in South Kerry.

Meditation Classes: Mary Moriarty delivered a new class, 'Meditation for Those Dealing with Secondary Diagnosis'. Steve Burke started our new drop-in meditation sessions on Friday mornings.

Financial Advice Clinic: Introduced in 2024 and facilitated by Carmel and Una, this service provides financial guidance for individuals affected by cancer. Due to high demand, it has been increased from monthly to fortnightly sessions on Wednesday evening. This initiative has proven to be beneficial, helping clients navigate the financial challenges accompanying a cancer diagnosis.

*Thank You*

We are incredibly grateful to our volunteers, donors, and partners who make our work possible. Along with 41 volunteer listeners, we also had 30 volunteer therapists and class leaders, with some volunteers helping out in more than one area. The teamwork plays such a massive part in allowing us to develop and grow, so mile mile maith agaibh. Together, we will continue to be a beacon of hope for those affected by cancer in Kerry and beyond





## OUR VOLUNTEERS - THE LIFELOOD OF RECOVERY HAVEN KERRY

Volunteers are at the heart of our team and we could not continue to offer our services without the phenomenal voluntary effort given by so many people across all aspects of our charity. Over 70 people contributed a phenomenal 5,771 hours of support in 2024 alone - 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. The directors wish to express their appreciation to all staff, volunteers, and fellow members, who give so freely 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. We remember fondly our volunteers Dolores Curtin and Paul Kirkman, who we sadly lost in 2024.





# FUNDRAISING IN 2024



It cannot be stressed enough the hugely significant role our fundraising committee plays in ensuring our financial goals are met year on year.

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

With over €300,000 raised through fundraising in the community in 2024, the role of our fundraising committee and volunteers cannot be underestimated.

Thanks to this wonderful committee – and of course the people of Kerry and 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.

Again in 2024, we were humbled by the generosity of our loyal supporters, campaigners and friends, all of whom contributed hugely to yet another impressive year.

This support is something that continues to overwhelm us daily. We are equally thankful to the amazing groups of people who regularly organise events on our behalf.

Some of the events which took place in 2024 included our inaugural Designer Fashion Showcase at the INEC, Killarney; our 2nd annual Abseil in Limerick; The Ring of Kerry Charity Cycle; Mount Brandon Climb; Dip in the Nip; Network Ireland Kerry Coffee Morning; Tralee & Ballybunion GC Captain's Charity Days; Kerry Choral Union concert; our annual flag days and church gate collections; Automobilia Tralee; Charity Christmas Lights; Barraduff Tractor Run, to name but a handful...



SOME OF OUR AMAZING VOLUNTEERS AT LAST YEAR'S RING OF KERRY CHARITY CYCLE FOOD STATION IN CAHERSIVEEN



MARY KENNEDY OF RTE WAS THE HOST OF OUR INAUGURAL DESIGNER FASHION SHOWCASE AT KILLARNEY'S INEC IN FEBRUARY, PICTURED HERE WITH OUR VOLUNTEERS DERMOT CROWLEY & PHILOMENA STACK



OUR ANNUAL FLAG DAYS ARE A MASSIVE FEATURE OF OUR FUNDRAISING CALENDAR



ANOTHER HUGE SUCCESSFUL DIP IN THE NIP IN SEPTEMBER 2024. THE EVENT WAS ORGANISED BY WILD WATER ADVENTURES, FENIT



TONY NOONAN & HIS FAMILY - INCREDIBLE SUPPORTERS OF RECOVERY HAVEN KERRY



# FUNDRAISING IN 2024



WE WERE DELIGHTED TO HOST NETWORK IRELAND KERRY'S COFFEE MORNING AT RECOVERY HAVEN LAST YEAR



ABOVE: WE WERE OVERWHELMED TO RECEIVE €18,000 FROM THE FLANNERY AND O'SULLIVAN FAMILIES FROM DINGLE/VENTRY - THE INCREDIBLE SUM WAS RAISED FROM A COFFEE MORNING AND ONLINE FUNDRAISER WHICH WAS ORGANISED IN MEMORY OF THE LATE MICHELLE FLANNERY O'SULLIVAN BY HER FAMILY.



THE WONDERFUL KATIE FOLEY WHOSE COFFEE 4 CANCER INITIATIVE RAISED THOUSANDS OF EURO



OUR VOLUNTEER PACKIE GETTING STUCK IN AT THE 2024 THRESHING EVENT IN FOSSA



ANOTHER WONDERFUL DAY IN LIMERICK FOR OUR SECOND ANNUAL CHARITY ABSEIL



MORE FUN AT LAST YEAR'S DIP IN THE NIP '24



THRILLED TO BE BENEFICIARIES OF LAST YEAR'S CAPTAIN'S DAY AT BALLYBUNION

"Alone we  
are strong....  
Together  
we are  
Stronger"



MARISA & JACINTA MANNING THE COLLECTION DESK AT AUTOMOBILIA TRALEE IN 2024



A MASSIVE TURN OUT FOR OUR INUGURAL MT BRANDON CLIMB - ORGANISED BY JOHN PAUL O'CONNOR & GEORGE BASTIBLE



WE WERE HONOURED TO BE THE BENEFICIARY OF TRALEE GC LADY CAPTAIN KAREN GEARON'S CHARITY DAY IN 2024



DEPUTY MICHAEL HEALY RAE TOOK TIME OFF TO HELP US IN 2024 - TAKING TO THE CATWALK IN KIELDUFF IN OCTOBER



While Recovery Haven Kerry prides itself on supporting the community of Kerry, West Limerick and North Cork, we never take for granted the amazing and invaluable support we too receive from our loyal supporters, campaigners and friends.

2024 was no exception, when we were again overwhelmed by the number of individuals, groups and organisations who went above and beyond to offer their support and backing to our charity - locally, nationally and internationally.

While naming everyone would be near impossible, there were several significant events and relationships that showcased community spirit and community/charity partnership at its best.

Among those we formed - and continued - our invaluable partnerships with in 2024 were:

Radio Kerry; Network Kerry Ireland; The Community Foundation of Ireland (through The Rose Hotel, Tralee); MTU; The Marie Keating Foundation; Ring of Kerry Charity Cycle; Gleneagle INEC Arena team; The Rose of Tralee Festival, Kerry Choral Union, the NCCP, Kerry ETB, Probus and many more. The level of support and enthusiasm show to us from the community is second to none and is something we truly appreciate and value as a charity.

## MEMBERSHIP EXTENSION OF ALLIANCE OF COMMUNITY CANCER SUPPORT CENTRES



The vital role that Recovery Haven Kerry is playing in our healthcare system was officially recognised in November, when we unveiled a plaque to mark a three-year extension of our membership of the Alliance of Community Cancer Support Centres and Services.

Professor Risteárd Ó Laoide, National Director of the National Cancer Control Programme (NCCP) officially unveiled the plaque in front of almost 50 guests, staff, volunteers and supporters – among them, HSE representatives Dr Andy Phillips; Julie O'Neill, Majella Doherty and Mary Fitzgerald, as well as Louise Mullen, National Lead for Cancer Survivorship, NCCP and Dorothy Thomas, Patient Engagement Manager, NCCP.

A proud Tralee man, Professor Ó Laoide said it was an honour to be back home for such a special occasion. The presentation of the plaque cements the incredible role community cancer support centres like Recovery Haven Kerry play in our healthcare system, providing invaluable psycho-social support for those living with and beyond cancer in a community setting. The Model of Care for Psycho-oncology launched in 2020 recognises the necessity for a comprehensive psychosocial support service that spans the acute hospital, satellite treatment centres, primary care and community cancer support centres, who all have a vital role to play in promoting and enhancing psychological wellbeing, in supporting patients and their families. Recovery Haven Kerry works closely with health care staff in oncology and palliative care in UHK and CUH as part of this.

Being compliant with the Best Practice Guidance for Community Cancer Support Centres is a mark of quality. It reinforces the need for good governance which keeps us on our toes as a board and we monitor our compliance in line with the Code of Governance as set out by the Charities Regulator.



IT IS ALWAYS OUR HUGE PRIVILEGE TO HAVE SOME OF THE ROSE OF TRALEE CONTESTANTS & ESCORTS AT OUR ANNUAL CELEBRATION OF LIGHT IN TRALEE



SHOBHAN, AOIFE, KATHLEEN & MARIAN WERE THRILLED TO WELCOME COUNTRY STAR DEREK RYAN ON A VISIT TO KERRY LAST YEAR



# GOVERNANCE & COMPLIANCE

Recovery Haven Kerry CLG is a voluntary organisation that was first established in 2009. It is a registered charity (RCN 20073749) and is registered with the Companies Registrations Office (474633).

It is governed by a voluntary Board of Directors with skills in the areas of business, governance, finance, technical expertise, healthcare, education, 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, vision and values of the organisation. The Board is responsible for ensuring that the governance of Recovery Haven Kerry adheres to the highest standards and that all requirements under relevant legislation are met.

In 2024, the Board met 10 times with the AGM held on 30th April 2024. Responsibility for the operational management of the charity is delegated by the Board to the Manager who is supported by staff and volunteers.

## 2024 BOARD MEMBERS



EDDIE MURPHY



KATHLEEN JORDAN



MICHAEL MOYNIHAN



ANN O'DWYER



TIM MCSWINEY  
CHAIRMAN



CÁIT UÍ CHONCHÚIR



JOHN BREEN



DECLAN CROWLEY



PATRICIA DOWLING

The Board restructured its subcommittees in early 2024, whereby a member now chairs each subcommittee and reports back to the Board on its work accordingly.

The subcommittees in 2024 were:

1. Client Services Review & Development
2. Fundraising and Events
3. Audit and Finance

In 2024, the Board undertook several actions including:

- Leading out collectively with twenty-three other Community Cancer Support Centres to secure core funding from the Department of Health to support the sustainability of the sector. As a result of this €5.5 million in funding has been allocated in the 2025 Budget for this.
- Continuing to review governance and compliance with the Charities Regulator Governance Code. Recovery Haven maintains full compliance with the Charities Governance Code.
- Hosting an event to mark the renewal of the Recovery Haven Kerry's affiliation with the Alliance of Community Cancer Support Centres and Services for the period 2024 to 2027.
- A Board Appraisal process to reflect on overall performance and support planning for 2025.



## LOOKING AHEAD

Recovery Haven Kerry Cancer Support House remains committed to being an integral part of the Integrated Patient Pathway between acute, primary care and community services as recognised in the HSE Model of Care for Psycho-oncology 2022.

As part of this we will continue to provide a wide-ranging choice of free services to meet individual client needs in the community. This is in response to the needs of many cancer patients for ongoing psychosocial support both during active medical treatment and for a significant period after active treatment is completed. More people are surviving with, and living beyond, cancer. Recognition of the on-going health and wellbeing needs of survivors, as well as the consequences of their treatment, is important.

As the demand for our services continues to grow year on year, we will endeavour to meet this need by fostering strong relationships with our dedicated Volunteers, Fundraisers and key partners in the voluntary, community, statutory and business sectors. Working collaboratively will ensure that we can continue to support those who require our services and maintain them free of charge.

Going forward we will continue to strengthen our presence within the community by increasing outreach work and awareness raising.

We will also continue to be an active member of the National Cancer Control Programme Alliance of Community Cancer Support Centres and Services working collectively to support best practice in our sector to improve outcomes for our clients. Working individually, we can achieve so much but together, we are stronger. No one should have to go through cancer on their own.





# FINANCIAL STATEMENT 2024

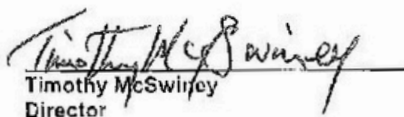
## Recovery Haven Kerry CLG STATEMENT OF FINANCIAL ACTIVITIES

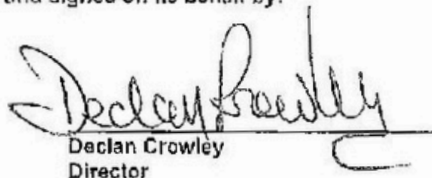
(Incorporating an Income and Expenditure Account)  
for the financial year ended 31 December 2024

	Notes	Unrestricted Funds 2024 €	Restricted Funds 2024 €	Total Funds 2024 €	Unrestricted Funds 2023 €	Restricted Funds 2023 €	Total Funds 2023 €
<b>Incoming Resources</b>							
Voluntary Income	4.1	458,764	-	458,764	270,895	21,000	291,895
Charitable activities							
Grants from co-funders	4.2	-	360,010	360,010	-	491,376	491,376
Investments	4.3	1,875	-	1,875	675	-	675
Other income	4.4	45	-	45	1,415	-	1,415
<b>Total incoming resources</b>		<b>460,684</b>	<b>360,010</b>	<b>820,694</b>	<b>272,985</b>	<b>512,376</b>	<b>785,361</b>
<b>Resources Expended</b>							
Raising funds	5.1	71,380	-	71,380	18,708	41,909	60,617
Charitable activities	5.2	232,442	223,394	455,836	246,398	133,770	380,168
<b>Total Resources Expended</b>		<b>303,822</b>	<b>223,394</b>	<b>527,216</b>	<b>265,106</b>	<b>175,679</b>	<b>440,785</b>
Net gains/(losses) on investments		3,627	-	3,627	-	-	-
<b>Net incoming/outgoing resources before transfers</b>		<b>160,489</b>	<b>136,616</b>	<b>297,105</b>	<b>7,879</b>	<b>336,697</b>	<b>344,576</b>
Gross transfers between funds		281,491	(281,491)	-	-	-	-
<b>Net movement in funds for the financial year</b>		<b>441,980</b>	<b>(144,875)</b>	<b>297,105</b>	<b>7,879</b>	<b>336,697</b>	<b>344,576</b>
<b>Reconciliation of funds:</b>							
Total funds beginning of the year	15	1,075,783	675,545	1,751,328	1,067,904	338,848	1,406,752
<b>Total funds at the end of the year</b>		<b>1,517,763</b>	<b>530,670</b>	<b>2,048,433</b>	<b>1,075,783</b>	<b>675,545</b>	<b>1,751,328</b>

The Statement of Financial Activities includes all gains and losses recognised in the financial year.  
All income and expenditure relate to continuing activities.

Approved by the Board of Directors on 3 March 2025 and signed on its behalf by:

  
Timothy McSwirley  
Director

  
Declan Crowley  
Director

# WHAT RECOVERY HAVEN MEANS TO THOSE WE SUPPORT



“Recovery Haven is a place where a person can enter and bear their pain and find support and help as the light at the end of the tunnel becomes brighter. You are that light, so please know just how much you all do for us all when our light has dimmed and looks like it will never shine again”

“A wonderful place for people on a difficult and often lonely journey. Especially when you have no family. Recovery Haven was, and still is, my lifeline when it comes to getting out, feeling supported and meeting people”

“It's the most wonderful amazing place where you are made feel so welcome & safe. The wonderful staff & volunteers are amazing. It gave me back my life & peace of mind . I love going there. Thank God for this wonderful haven of hope”

“Magnificent place with fantastic facilities, a place which is indispensable with so much love and care put into it”

“When you have cancer, you often see your world in darkness, but Recovery Haven has allowed me to see my life in colour again”

“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 thought possible because of Recovery Haven”

“From the always warm welcome to the never-ending emotional support, I will always be grateful. I would highly encourage anyone living with a cancer diagnosis to reach out to this service. Sincere thank you to every single person working there”

“I couldn't have done this journey without you all and, in particular, the Women's Support Group. It is a loving circle of strength, hope - and giggles too.”

“In my bereavement getting acknowledgement that the way I was feeling was very natural- being tired, lonely and worried was so helpful. When I went into Recovery Haven, I was able to tell my story, I have made beautiful friends and I have learned from others who help you to get through”

“Recovery Haven Kerry is a safe space for me- when I started to go there, the people there understood what I was going through, they listened to me and heard me. The love and support I received has changed my life”

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





## WOULD YOU LIKE TO BECOME A FRIEND OF RECOVERY HAVEN?

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



*Thank You*