


ANNUAL REPORT

2025



 www.recoveryhavenkerry.com

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 www.recoveryhavenkerry.com

Registered Charity Number 20073749
CHY 18974

The Alliance of
Community Cancer
Support Centres
and Services



Member 2024-2027





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OUR MISSION

“To deliver caring and therapeutic services to those impacted by cancer, their families, and carers in a tranquil and relaxing environment to the highest standard”

OUR VISION

“A future where no one in our community faces cancer alone”

OUR VALUES

RESPECT & DIGNITY

We treat every person with dignity, compassion, and empathy. We honour the unique experiences, choices, and perspectives of our clients, volunteers, staff, and community members, valuing every individual, honouring their journey, and supporting them in a way that upholds their dignity.

COMPASSION & EMPATHY

Providing care and support with a genuine understanding of the physical, emotional and social challenges of cancer recovery.

EMPOWERMENT

We support individuals to make informed decisions and take control of their journey. Through empathy, education and encouragement, we help build confidence and resilience in those we serve and work alongside.

INTEGRITY & TRANSPARENCY

We uphold the highest ethical standards in all our actions. We are honest, and act with fairness, accountability, openness and consistency in all operations and every interaction.

EXCELLENCE

We are committed to delivering the highest quality of care and support. We strive for continuous improvement, embracing feedback and innovation to better serve our clients, the community and to meet the evolving needs of cancer survivors.

COLLABORATION

Working alongside families, healthcare providers, voluntary and other organisations to provide holistic support.

ACCESSIBILITY & EQUITY

Ensuring that support and resources are available to everyone, regardless of background or circumstances.



WELCOME

Welcome to the Recovery Haven Kerry 2025 Annual Report.

This year has been shaped by the strength, courage, and resilience of the people we support, and by the unwavering commitment of the volunteers who walk beside them. As a community cancer support centre, our work is grounded in care, connection, and the steadfast belief that no one should face cancer alone.

2025 was a particularly special one for us, as we marked 15 years since the opening of our centre, proudly supporting the people of Kerry with compassionate cancer care and community support.

As a charity reliant on the time, talents, and compassion of our community, we are proud to reflect on a year in which these contributions made an extraordinary difference. Our volunteers, supporters, partners, and staff came together to advance our mission, strengthen our services, and reach even more people in need of support. This annual report celebrates their collective impact and the shared dedication that continues to drive us forward with hope and purpose.

Thanks to the remarkable generosity of our community and the tireless efforts of our volunteers, we were able to provide supports to 1,081 people navigating one of the most challenging times in their lives.

We hope this report brings our work to life and demonstrates the positive psychosocial, emotional, and physical impact our services have on those we are privileged to support.



CHAIRMAN'S STATEMENT

By Declan Crowley



It is a privilege to reflect on the past year and the vital work carried out by the staff and volunteers of Recovery Haven Kerry across the county to support individuals and families navigating life during and after a cancer diagnosis.

This year has reaffirmed something we see every day in our community: courage, compassion, and the extraordinary strength that arises when people come together with a shared purpose. Our mission is “To deliver caring and therapeutic services to those impacted by cancer, their families and carers in a tranquil and relaxing environment to the highest standard.” Whether through counselling, complementary therapies, support groups, educational programmes, or simply offering a listening ear, our team continues to meet people where they are, with dignity and care at the heart of everything we do.

We have witnessed an increase in demand for our services, a reminder of both the challenges faced by those in our county and the trust placed in us by families seeking comfort, clarity, and connection. In response, our staff and volunteers have worked tirelessly to expand service delivery and ensure that no one in Kerry walks this road alone. Their commitment is the foundation of all we achieve, and I extend my deepest gratitude for their dedication.

Our partnerships within the healthcare community, across local organisations, and among those who champion our work, continue to strengthen our ability to deliver meaningful and accessible support. We are especially grateful to the many individuals, businesses, and community groups across the county who have fundraised on our behalf. Every event, every donation, every act of kindness has a direct and lasting impact on the people we serve.

Looking ahead, we remain committed to growing our services in line with community needs. This includes developing additional programmes to support families, expanding outreach to more areas of the county, and continuing to ensure our organisation operates to the highest standards of governance, transparency, and sustainability.

To everyone who has supported us, clients, families, volunteers, staff, donors, board members, and advocates, thank you. Your belief in our mission allows us to provide hope during some of life’s most difficult moments. Together, we will continue to build a future where every person facing cancer in the county has access to the compassion, care, and support they deserve

MANAGER'S STATEMENT

By Gemma Fort



As Manager of Recovery Haven Kerry, I am proud to present our Annual Report for 2025 – a year defined by resilience, growth, and continued commitment to supporting individuals and families affected by cancer across Kerry.

Throughout 2025, Recovery Haven Kerry remained steadfast in its mission to provide free, confidential cancer support services to those in our community. We continued to offer a broad range of services including counselling, complementary therapies, support groups, survivorship programmes, workshops, oncology advice and information. Each service is delivered with compassion, professionalism, and a deep understanding of the challenges faced by those navigating a cancer diagnosis.

This year, we witnessed an increase in demand for our services. More individuals and families than ever before reached out for support – a clear reflection of the vital role Recovery Haven Kerry plays within the county. In response, we strengthened our service capacity, expanded our outreach service, and deepened collaboration with healthcare professionals to ensure timely and holistic support for all who seek our assistance.

Our team of dedicated staff and volunteers remains the heart of our organisation. Their commitment, empathy, and professionalism continue to create a welcoming and safe environment for every person who walks through our doors. I extend my sincere gratitude to them for their unwavering dedication.

We are also profoundly thankful to our funders, donors, corporate partners, and community supporters. Their continued support and generosity ensures that our services remain accessible and free of charge to all who need them. In 2025, we also focused on strengthening governance, enhancing data collection to measure impact, and progressing our strategic goals to ensure sustainability and quality service delivery into the future. Our commitment to best practice, transparency, and accountability remains central to our work.

On behalf of the team, I thank everyone who has contributed to our work this year. Together, we are making a meaningful difference in the lives of individuals and families throughout Kerry

RECOVERY HAVEN KERRY Cancer Support House



ACTIVITY REPORT - 2025



1,081

Clients

515

New Registrations



8,452

Attendances



1,787

Counselling sessions



SOURCE OF REFERRALS

HCP in acute setting

87

10

HCP in the community

Self Referral

418



141

Manual Lymphatic Drainage Sessions



1,882

Support Calls



74

Financial Clinic Attendances



199

Wig, Bra & Prosthesis Clinic Attendances



535

Hydrotherapy & Exercise Classes Attendances



1,121

Complementary Therapy Sessions



517

Oncology Information & Advice Sessions



1,190

Group Activity (inc Women's/Men's/Bereavement Group Attendances)

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, in response to increasing demand, we have expanded our services to ensure our community receives the emotional, psychological, and practical support needed throughout their cancer journey.

In 2025, the hard work and dedication of our staff team, listener volunteers, therapists, counsellors, and class leaders facilitated 8,452 attendances. We also expanded our client services team, with the appointment of an additional staff member.

The input of our Client 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 IN 2025

- The expansion of our outreach services, leading to the development of new cancer support initiatives in the region in collaboration with HSE Community Work Dept, Foilmore Community Centre; Cahersiveen Social Services, SKDP, HSE Public Health Nurses, Dingle Primary Care, South West Women's Collective & South West Kerry FRC
- As our weekly information clinic continued in UHK, Recovery Haven recorded a massive 222% increase in healthcare professional referrals. For full impact of UHK clinic, see pg 10
- We organised a self-care day for health care professionals from Oncology, Palliative Care and the Community Intervention Team in UHK.
- Our 'Mugs and Melodies' events brought cancer patients together in a warm and welcoming space to enjoy live music, relaxed conversation, and coffee, creating a sense of connection, comfort, and community.
- Over 40 women attended our Menopause & Cancer Information Talk in May, facilitated by a host of experts
- In November, RHK therapist, Kathleen Horan hosted a two-day 'Reflexology in Cancer Care' training session, attended by over 20 therapists from RHK, Solas in Waterford and Arc in Cork
- In collaboration with MTU Dept of Nursing & Healthcare Sciences and the HSE we once again offered placements to student nurses.
- We availed of a number of free training initiatives through the Network of Community Cancer Support Centres training programme, funded through The Wheel's Training Links programme, including "The Language of Cancer" workshop undertaken by 32 volunteers, along with a 'Sexuality and Intimacy After Cancer' workshop for our Client Services Team and Counsellors



SERVICE OVERVIEW



ATTENDANCES

Recovery Haven Kerry recorded 8,452 attendances in 2025, by 1,081 clients. A total of 515 new registrations were recorded between January 1st and December 31st.

COMPLEMENTARY THERAPIES

Clients benefited from holistic therapies such as reflexology, massage, acupuncture, and Yoga, Craniosacral therapy, and manual lymphatic drainage, with over 1,262 therapy sessions provided.

COUNSELLING & THERAPY

- *Individuals:* Our professional counselling services provided essential emotional support, with 1,787 individual sessions conducted in 2025.
- *Support Calls:* Our staff and volunteers conducted 1,882 support calls to clients in 2025
- *Child & Family:* We offered 62 children a total of 487 sessions of play therapy, engaging the services of a number of play therapists around the county

EXERCISE GROUPS

- We offered a 6 week programme of Therapeutic Yoga Classes for breast cancer patients
- Our Hydrotherapy classes continued weekly from Jan-July and again from Sept, offering sessions to 14/15 clients weekly
- Our fortnightly walking group continued in 2025, offering group leisurely strolls for men and women, led by volunteer leader, Anne O'Donoghue



SOME OF OUR WALKING GROUP MAKING THE MOST OF THE GLORIOUS WEATHER ON THE GORGEOUS CANAL IN TRALEE



OUR HYDROTHERAPY CLASSES CONTINUED WEEKLY IN 2025, FROM JANUARY -JULY AND AGAIN FROM SEPTEMBER ONWARDS



OUR VOLUNTEERS CLAIRE O DOHERTY & UNA SHEEHY AT THE ACTIVE AGEING EVENT AT THE MTU BACK IN MARCH

EXPANSION OF OUR OUTREACH SERVICE

In 2025, our charity continued to grow its outreach service in response to increasing community need, staying true to our vision that no one in the community faces cancer alone. As demand for support rose, we expanded our reach beyond our established outreach service in Killorglin to include new locations in Dingle and Cahersiveen. This expansion allows us to provide vital support, information, and a compassionate presence to more individuals and families affected by cancer, ensuring that help is accessible closer to home.

Meanwhile:

- The HSE Community Work Department invited RHK to showcase at their Positive Aging Event in Knocknagoshel and at their Health and Wellbeing event in Ceánn Trá, both in October.
- We hosted a stand at the SKDP Inspiring Women event in March.
- We attended the 2025 MTU Societies Day at North Campus in January
- We were also proudly represented at the Active Ageing Event at the MTU
- We participated at an Ovarian Cancer Information Day at the River Lee Hotel in Cork in December
- We attended the Free Men's Health Awareness Event at the CYMS Hall Killorglin to mark Men's Health Week in June.



TIM, SHARON & PAKIE AT THE FREE MEN'S HEALTH AWARENESS EVENT IN KILLORGLIN TO MARK MEN'S HEALTH WEEK IN JUNE.



OUR CHAIR YOGA CLASSES PROVED HUGELY POPULAR AT OUR OUTREACH SERVICE IN KILLORGLIN, FACILITATED BY ROSEMARIE

SERVICE OVERVIEW



PRACTICAL SUPPORT & WELL-BEING PROGRAMMES

Meditation Classes: Mary Moriarty delivered a five week Introduction to Meditation in April/May, while our volunteer Steve Burke continued his 'Hour of Serenity' meditation sessions on Friday mornings.

Financial Advice Clinic: This vital service continued in 2025, providing financial guidance for individuals affected by cancer. Due to high demand, it was increased from monthly to fortnightly sessions on Wednesday evening.

Lymphoedema Awareness Talk: In May 2025, Keira O'Brien UHK physio, Eimear Foley MTU Dept of Health & Leisure studies, and Sandra Murphy ANP Oncology UHK hosted a Lymphoedema Awareness Talk at RHK .

Expansion of Acupuncture Service: In response to demand, we increased the availability of this service by engaging a second therapist and offered 250 sessions to 55 clients in 2025

Hydrotherapy Research: In conjunction with MTU student, Joanne Courtney Scanlon, a research project was carried out into the value of hydrotherapy exercise in cancer support clients.

Group Activity & Support: In 2025, we registered 1,190 attendances at our group & activity sessions, including our Women's, Men's and Bereavement Groups -all of whom enjoy regular guest speakers at RHK as well as offsite trips. Among the highlights in 2025 were our Bereavement Group's trip to Dougen Beara and our Men's Group talk on Pelvic Floor Health & Prostate Cancer, which proved hugely popular.

Reflexology in Cancer Care: In November, RHK therapist, Kathleen Horan hosted a two-day 'Reflexology in Cancer Care' training session, attended by over 20 therapists from RHK, Sola in Waterford and Arc in Cork

Look Good Feel Better: We facilitated two free skincare and make-up workshop & tutorial sessions for women undergoing cancer treatment

We Can/We Will: In January we hosted a morning filled with tips & advice for looking and feeling good in 2025 led by Life Coach, Claire Kingston and RHK volunteer & fashion expert, Miranda Aherne.

Building Better Caregivers: We offered two online BBC programmes in 2025, offering practical advice for those supporting a loved one or family member on their cancer journey

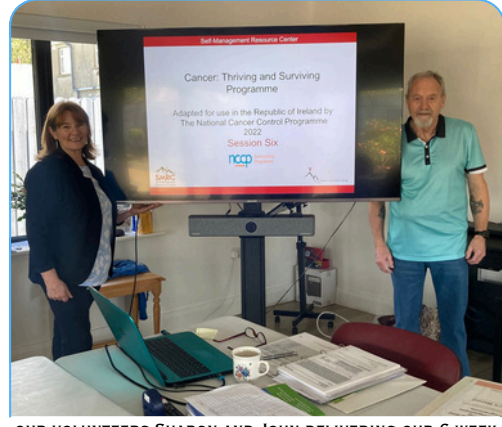
Cancer Thrive & Survive: We offered 3 CTS programmes in 2025 in Cahersiveen and Tralee, each offering a 6 week self management course for those moving on from your cancer treatment



CLAIRE KINGSTON & MIRANDA AHERNE WHO RAN OUR HUGE SUCCESSFUL 'WE CAN/WE WILL' CLIENT EVENT IN JANUARY



KEIRA O'BRIEN, EIMEAR FOLEY & SANDRA MURPHY WITH RHK'S SIOBHAN MACSWEENEY AT THE ALYMPHOEDEMA AWARENESS TALK IN MAY 2026



OUR VOLUNTEERS SHARON AND JOHN DELIVERING OUR 6 WEEK CANCER THRIVE AND SURVIVE PROGRAMME AT RHK IN MARCH



OUR VOLUNTEER STEVE BURKE LEADING ONE OF HIS FRIDAY MORNING'S 'HOUR OF SERENITY' MEDITATION SESSIONS IN 2025



WE WERE DELIGHTED TO BE INVITED TO AN OVARIAN CANCER INFORMATION DAY FOR PATIENTS, SURVIVORS, AND THEIR FRIENDS AND FAMILIES AT THE RIVER LEE HOTEL, CORK,


SERVICE OVERVIEW

IMPACT OF RECOVERY HAVEN KERRY'S INFORMATION CLINIC AT UNIVERSITY HOSPITAL KERRY IN 2025


Following research which showed that community cancer support services are often under-utilised due to limited awareness and unclear referral pathways, a weekly Recovery Haven Kerry Information Clinic was piloted at University Hospital Kerry's Oncology Outpatients Dept in 2025. The aim was to evaluate the impact and perceived usefulness of such a hospital-based information clinic for patients and healthcare professionals.

In late 2025, a cross sectional service audit was carried out, using structured questionnaire and quantitative and qualitative feedback, resulting in hugely informative feedback from patients and health care professionals alike (see findings below).

A key finding was that RHK recorded a 222% increase in healthcare professional referrals during 2025 following the introduction of the hospital-based information clinic.

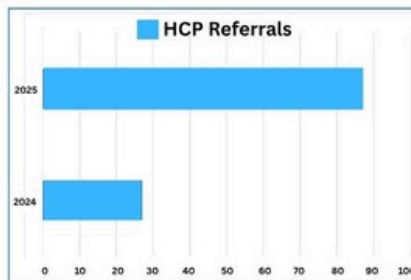
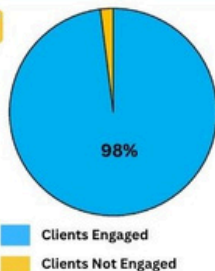
BACKGROUND AND AIM	METHODS AND ANALYSIS
<p>Background:</p> <ul style="list-style-type: none"> Cancer diagnosis and treatment frequently cause psychological, emotional and practical distress. Community cancer support services are often under-utilised due to limited awareness and unclear referral pathways. University Hospital Kerry recorded 5,379 chemotherapy attendances and 371 new oncology outpatients in 2024. A weekly Recovery Haven Kerry Information Clinic was piloted in Oncology Outpatients in 2025. <p>Aim To evaluate the impact and perceived usefulness of the hospital-based information clinic for patients and healthcare professionals.</p>	<p>Methods <i>Design:</i> Cross-sectional service audit <i>Period:</i> 26 November – 16 December 2025</p> <p>Participants</p> <ul style="list-style-type: none"> 43 patients attending oncology services 27 healthcare professionals (oncology, palliative care and allied health) <p>Data Collection</p> <ul style="list-style-type: none"> Structured questionnaires Quantitative and qualitative feedback <p>Analysis</p> <ul style="list-style-type: none"> Descriptive statistics Thematic review of comments 

RESULTS

HEALTHCARE PROFESSIONAL FEEDBACK	PATIENT FEEDBACK
<ul style="list-style-type: none"> 93% reported awareness of local cancer support services 83% had previously referred patients to Recovery Haven Kerry 63% reported improved understanding of services following engagement 70% rated the clinic as useful/somewhat useful <p>Benefits included increased patient awareness, visible support presence, and improved referral communication.</p>	<ul style="list-style-type: none"> 91% engaged with RHK staff during their hospital visit 74% rated information as very clear 88% found the information relevant 79% likely or very likely to engage further with services 91% rated staff friendliness as excellent <p>Patients highlighted feeling reassured, understood and valued the face-to-face contact</p> 

SERVICE IMPACT

98% of those referred by HCPs in 2025 have engaged with services at Recovery Haven Kerry



Recovery Haven Kerry recorded a 222% INCREASE in healthcare professional referrals in 2025 following the introduction of the hospital information clinic



Conclusions

- The information clinic improved awareness and access to psychosocial cancer supports.
- Face-to-face contact within the hospital setting was highly valued by patients.
- The clinic strengthened collaboration and referral pathways between hospital and community services.

Implications for Practice

- Hospital-embedded information services can improve early access to psychosocial supports.
- Collaboration between acute and community cancer services enhances patient experience.
- This model may be replicable across other SACT hospitals in Ireland.



UNIVERSITY HOSPITAL KERRY
OSPIDÉAL NA HOLLSCOILE, CIARRÁÍ • A UNIVERSITY AFFILIATED ACUTE HOSPITAL

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 siobhan@recoveryhavenkerry.com

OUR VOLUNTEERS - AT THE HEART OF RECOVERY HAVEN KERRY

We extend our heartfelt thanks to our volunteers for their invaluable contribution throughout 2025. Their generosity of time, compassion, and commitment continues to make a profound difference to everyone who walks through our doors. In 2025, over 70 people contributed 6014 hours of their time across all aspects of our charity. We could not continue to offer our services without this phenomenal voluntary effort.

From our Board of Directors who oversee the governance and strategic direction of the charity, to our Volunteer Listeners, Complementary Therapists, Gardening Volunteers, Fundraising and Events Volunteers, our Patrons Don O'Neill, Dick Spring, Ambassador Dara Ó Cinnéide and Honorary President Marian Barnes. Their dedication not only strengthens our services but also helps create the warm, supportive environment that defines our organisation. We are deeply grateful for their ongoing support and the vital role they play in our community.

In 2025 we marked a significant milestone in the life of Recovery Haven Kerry when we celebrated 15 years at No. 5 Haig's Terrace. In May we hosted a special appreciation morning for our incredible volunteers to mark the final day of National Volunteering Week and took the opportunity to thank and honour our many volunteers for their incredible and selfless dedication to, and passion for, Recovery Haven.



OUR VOLUNTEERS PAKIE, ANNE, MIRANDA & ANNE AT OUR VOLUNTEER APPRECIATION DAY



DAN NOLAN AND MARY BROPHY VOLUNTEERING AT OUR ANNUAL STREET COLLECTION IN LISTOWEL IN 2025



RECOVERY HAVEN KERRY PATRON, AND DESIGNER TO THE STARS, DON O'NEILL IS ALWAYS ON HAND TO SUPPORT AND PROMOTE OUR WORK



OUR WONDERFUL VOLUNTEERS TINA CUNNINGHAM AND BREDA CARMODY AT OUR ANNUAL STREET COLLECTION IN TRALEE



VOLUNTEERS TINA, NATASHA, BREDA & PAULINE WERE UP BRIGHT AND EARLY TO MAN THE RING OF KERRY CHARITY CYCLE'S BUSY FOOD STATION IN CAHERSIVEEN DURING THE 2025 CYCLE



OUR FOUNDER & HONORARY PRESIDENT, MARIAN BARNES, WITH OUR EQUALLY DEDICATED VOLUNTEER, PAKIE FAHEY, BOTH GIVING THEIR TIME TO HELP AT THE 2025 FOSSA THRESHING EVENT



SHEILA AND TRESA, ALL SMILES AS ALWAYS, AS THEY HELP OUT WITH OUR STREET COLLECTION IN TRALEE IN 2025



WE WERE DELIGHTED TO BE INVITED TO THE FRESHERS FAIR AT MTU IN SEPTEMBER TO MEET WITH THE STUDENTS AND TELL THEM ALL ABOUT THE SUPPORTS AND SERVICES WE OFFER. IT WAS ALSO A WONDERFUL OPPORTUNITY FOR OUR VOLUNTEERS JOHN, MARION, KATHLEEN & KAY TO MEET 'SAM'

FUNDRAISING IN 2025



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

A small, but dedicated team of five volunteers, supported by two staff, are responsible for organising and/or overseeing close to 100 fundraising events each year.

In 2025, an incredible 591.5 volunteer fundraising hours were recorded, made up of our fundraising committee members, house volunteers and 144 people who assisted with Flag Days and Church Collections.

Due to our brand recognition increasing every year, the number of fundraising events also increases - with a record 91 fundraising events taking place in 2025 in aid of Recovery Haven Kerry, all of which involved input from the fundraising staff, committee and volunteers.

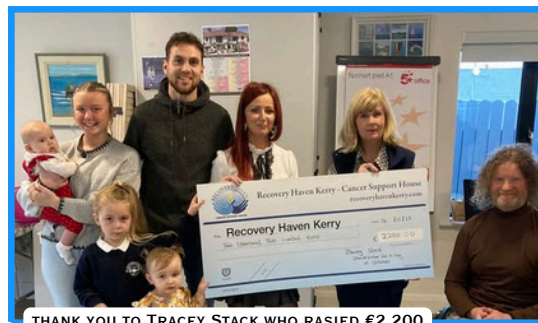
In terms of income generation, €279,391.27 was raised in through fundraising 2025 – a figure which could not have been reached without the incredible generosity, trust and good will of the people of Kerry and beyond.



KATHLEEN HARNETT AND MARIAN ROCHE PRESENTED US (JOHN, KATHLEEN & TINA) WITH €3,365, RAISED AT THE 10TH CONNIE HARNETT SWIM ON NEW YEARS DAY



SALLY RYLE, VERONICA O'BRIEN, GERALDINE SHANNON, KATHY IRWIN AND TRISH DALEY, TAKING PART IN THE DIP IN THE NIP 2025, SUPPORTING RECOVERY HAVEN KERRY



THANK YOU TO TRACEY STACK WHO RASIED €2,200 THROUGH A 'DIP DAY' DURING OCTOBER 2025



WE WERE SO GRATEFUL TO THE TEAM AT GALLY'S IN TRALEE & THIER SUPPORTERS WHO RAISED €950 FROM THEIR 2ND ANNUAL DRIVE THRU COFFEE MORNING IN NOVEMBER



WE WERE THRILLED TO WELCOME VINCENT AND SUSAN DARCY OF BEAUFORT GOLF CLUB TO RECOVERY HAVEN WHERE THEY PRESENTED US WITH A FANTASTIC €3,200 - PROCEEDS FROM THEIR CAPTAIN'S CHARITY DAY ON AUGUST 31ST 2025.



GLENFLESK'S MARY O' DONOGHUE DONATED ALL THE PROCEEDS OF HER DEBUT BOOK- "FRED HEALY-THE ONE EYED GUNNER" TO RECOVERY HAVEN KERRY. MARY'S BOOK RECEIVED NATIONAL ACCLAIM, WITH THE AUTHOR APPEARING ON RTE'S NATIONWIDE, AS WELL HUGE LOCAL MEDIA INTEREST



WE ALWAYS COUNT OURSELVES VERY LUCKY TO COLLABORATE WITH REGULAR KEY SUPPORTERS, NONE MORE SO THAN THE PURCELLS OF KILLORGLIN (ABOVE) AND TONY NOONAN AND HIS FAMILY IN TEMPLEGLANTINE, WEST LIMERICK. FRIENDS OF RECOVERY HAVEN FOR A NUMBER OF YEARS NOW, BOTH FAMILIES PUT ON SPECTACULAR CHRISTMAS LIGHTS DISPLAYS AT THEIR HOMES, WITH FUNDS RAISED BEING DONATED TO RECOVERY HAVEN, ALONG WITH SEVERAL OTHER CHARITES. IN 2025, WE RECEIVED €4,650 AND €7,000 FROM THE PURCELLS AND TONY NOONAN, RESPECTVELY



HUGE THANKS TO BRENDAN O'LEARY (CENTRE) AND EVERYONE WHO ORGANISED A CHARITY HURLING MATCH AND DJ EVENT IN ABBEYDORNEY ON ST STEPHEN'S DAY, RAISING €1,200. THIS CAME JUST A MONTH AFTER A 8 LOCAL MEN RAISED A MASSIVE €4,881 THROUGH A HUGELY SUCCESSFUL NOVEMBER SHAVE OFF, ALSO HELD AT THE COMPLEX BAR. (PICTURED WITH BRENDAN IS MARISA REIDY, RHK, AND BILL MAUNSELL, ABBEYDORNEY SPORTS COMPLEX)

COMMUNITY TIES

"One of the marvellous things about community is that it enables us to help people in a way we couldn't do as individuals."

While Recovery Haven Kerry is proud to support the communities of Kerry, West Limerick and North Cork, the strength of our work is rooted in the community ties that sustain us. We never take for granted the incredible and invaluable support we receive from our loyal supporters, campaigners and friends.

In 2025, we were once again deeply grateful for the generosity of individuals, groups and organisations who went above and beyond to support our charity – locally, nationally and internationally. Recovery Haven Kerry is built on the strength of its community ties – relationships that continue to sustain, support and inspire our work each year.

While it would be impossible to recognise everyone individually, several events and partnerships during the year stood out as powerful examples of community spirit and the impact of strong community-charity collaboration.

Among the valued partnerships we developed, and continued to strengthen, throughout 2025 were:

- Radio Kerry
- Automobilia Italia Tralee
- Network Kerry/Ireland
- MTU NAG Society
- Community foundation of Ireland
- Ring of Kerry Charity Cycle
- The Rose of Tralee Festival
- Tralee Chamber Alliance
- Kerry Choral Union
- Kerry College of Further Education
- JRI America/SMBC Bank
- Probus
- Kerry Group
- Tralee Lions Club, among others



Network Ireland /Kerry

WE WERE THRILLED TO COLLABORATE WITH THE WONDERFUL PEOPLE AT NETWORK IRELAND IN 2025, BEING THEIR CHOSEN CHARITY PARTNER FOR THE 2025 NATIONAL CONFERENCE AND BUSINESS WOMEN OF THE YEAR AWARDS AT THE END OF SEPTEMBER.

AN ASTOUNDING €12,958.50 WAS RAISED FOR RECOVERY HAVEN KERRY - THE NETWORK'S LARGEST FUNDRAISING TOTAL TO DATE! THIS ACHIEVEMENT WAS MADE POSSIBLE THANKS TO THE INCREDIBLE GENEROSITY OF EVERYONE WHO TOOK PART IN A CHARITY FOUR-BALL AT ROSS GOLF CLUB AND SUPPORTED THE RAFFLE AT THE BUSINESSWOMAN OF THE YEAR AWARDS. THIS WONDERFUL COLLABORATION CAME ON FOOT OF RECOVERY HAVEN BEING CHOSEN AS THE CHARITY PARTNER OF NETWORK IRELAND KERRY IN 2024



Radio Kerry

RECOVERY HAVEN KERRY CONTINUED ITS WONDERFUL PARTNERSHIP WITH RADIO KERRY AND RADIO KERRY BINGO IN 2025, AND WERE DELIGHTED TO ONCE AGAIN SHARE IN THE PROCEEDS OF THEIR YEAR-LONG CAMPAIGN WITH OUR FELLOW CANCER SUPPORT CHARITIES IN KERRY: KERRY CANCER SUPPORT GROUP, KERRY HOSPICE FOUNDATION AND COMFORT FOR CHEMO KERRY.

IN DECEMBER WE WERE HONOURED TO RECEIVE €25,000 - BRINGING THE TOTAL FUNDS DISTRIBUTED TO THE FOUR CHARITIES SINCE 2021 TO AN AMAZING €519,776. RECOVERY HAVEN KERRY WAS ALSO DELIGHTED TO COLLABORATE WITH RADIO KERRY WITH AN OUTSIDE BROADCAST TO MARK OUR 15TH ANNIVERSARY IN 2025



Kerry Choral Union & The Rose of Tralee International Festival

WE ARE SO PROUD OF AND GRATEFUL FOR OUR ONGOING COLLABORATION WITH BOTH KERRY CHORAL UNION AND THE ROSE OF TRALEE INTERNATIONAL FESTIVAL, WHOSE SUPPORT IS SOMETHING WE NEVER TAKE FOR GRANTED.

EACH YEAR, KERRY CHORAL UNION HOSTS TWO EVENTS IN AID OF RECOVERY HAVEN - ITS SPRING CONCERT IN TRALEE, ALONG WITH THE NOW RENOWNED CELEBRATION OF LIGHT CEREMONY AT TRALEE BAY WETLANDS.

THE LATTER IS ORGANISED WITH HUGE SUPPORT FROM THE ROSE OF TRALEE INTERNATIONAL FESTIVAL, WITH THE 2025 ROSES, ESCORTS, CHIEF EXECUTIVE OFFICER, COMMITTEE MEMBERS AND JUDGES ALL JOINING US FOR ANOTHER TRULY MEMORABLE EVENT. WE ALSO WISH TO ACKNOWLEDGE THE STAFF AND MANAGEMENT AT TRALEE BAY WETLANDS & THE LAKESIDE CAFE FOR THEIR ONGOING AND INVALUABLE SUPPORT OF THIS VERY SPECIAL EVENT



COMMUNITY TIES



ROKCC

IT IS ALWAYS AN HONOUR TO BE PART OF THE RING OF KERRY CHARITY CYCLE AND LAST YEAR WAS NO EXCEPTION. OVER €1.19M RAISED FOR AN INCREDIBLE 44 CHARITIES, INCLUDING RECOVERY HAVEN KERRY. WE ARE THRILLED TO BE A TIER 2 CHARITY FOR THE 2026 EVENT, WITH REGISTRATIONS NOW OPEN



PROBUS

THE FÁILTE LADIES PROBUS CLUB WERE JUST ONE OF THE KERRY PROBUS GROUPS WE CONNECTED WITH IN 2025, AND ARE SO HUGELY GRATEFUL TO EACH OF THEM FOR ALLOWING US TO SPREAD THE WORD OF OUR WORK ACROSS THEIR NETWORK IN KERRY



Automobilia Italia Tralee

2025 WAS OUR SECOND YEAR WORKING WITH THE WONDERFUL TEAM AT AUTOMOBILIA ITALIA TRALEE, AND WE ARE DELIGHTED TO ANNOUNCE THAT WE WILL BE PARTNERING WITH THEM AGAIN IN 2026 FOR WHAT PROMISES TO BE ANOTHER AMAZING EVENT IN SEPTEMBER FOR CAR ENTHUSIASTS.



Kerry College of Further Education

WE ARE SO GRATEFUL TO THE STUDENTS AT KERRY COLLEGE FOR CONTINUING TO VOLUNTEER AT OUR PINK NAILS EVENT YEAR AFTER YEAR TO MARK BREAST CANCER AWARENESS MONTH. WE ARE SO GRATEFUL FOR THEIR TIME AND EXPERTISE EACH YEAR

NAG Society MTU



WE WERE THRILLED TO BE ONE OF THE CHARITY PARTNERS OF MTU'S NAG (NURSES AND AG SCIENCE) SOCIETY AGAIN FOR THE 2025/26 YEAR, HAVING WORKED CLOSELY WITH THEM ALSO IN 2024. THE STUDENTS ORGANISE A NUMBER OF FUNDRAISING EVENTS EACH ACADEMIC YEAR, RAISING MONEY FOR THREE CHOSEN CHARITIES. IN 2025, RECOVERY HAVEN RECEIVED IN EXCESS OF €5,000 THROUGH THEIR INCREDIBLE EFFORTS - EFFORTS WHICH WERE RECOGNISED ON A NATIONAL SCALE WHEN THEY WON THE PRESTIGIOUS 'BEST SOCIETY CHARITY/CIVIC AWARD' AT THE 2025 BOARD OF IRISH COLLEGE SOCIETIES (BICS) NATIONAL SOCIETY AWARDS



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JRI America and SMBC Tralee



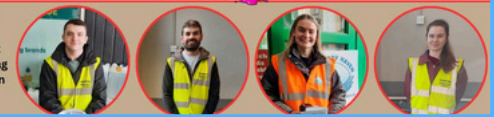
WE WERE HUGELY HONoured TO ONCE AGAIN PARTNER WITH JRI AMERICA/SMBC TRALEE IN 2025. LED BY MARTIN GILLIN FROM THE SMBC TRALEE TEAM, COLLEAGUES WERE PROUD TO COME TOGETHER TO SUPPORT THEIR VALUED CHARITY PARTNER, RECOVERY HAVEN, THROUGH TWO MEANINGFUL, HANDS-ON VOLUNTEERING INITIATIVES THAT MADE A DIRECT AND LASTING CONTRIBUTION TO THE LOCAL COMMUNITY.

AS PART OF THIS EFFORT, VOLUNTEERS ROLLED UP THEIR SLEEVES TO PAINT AND REFRESH TWO ROOMS WITHIN RECOVERY HAVEN. THESE NEWLY TRANSFORMED SPACES NOW PROVIDE A BRIGHTER, WARMER, AND MORE WELCOMING ENVIRONMENT FOR CLIENTS AS THEY CONTINUE THEIR RECOVERY JOURNEY—AN EXAMPLE OF HOW PRACTICAL SUPPORT CAN HAVE A REAL AND IMMEDIATE IMPACT.

IN ADDITION, THE SMBC TEAMS ALSO SUPPORTED OUR ANNUAL FLAG DAY COLLECTIONS IN TRALEE AND KILLARNEY, HELPING TO RAISE VITAL FUNDS AND AWARENESS FOR THE ESSENTIAL SERVICES WE PROVIDE TO INDIVIDUALS AND FAMILIES ACROSS CO. KERRY. IN RECOGNITION OF THE COMMITMENT AND EFFORTS OF THESE VOLUNTEERS, SMBC MADE A CONTRIBUTION OF \$5,850 (JUST OVER €4,900) TO RECOVERY HAVEN, SUPPORTING OUR CONTINUED WORK. WE HERE AT RECOVERY HAVEN KERRY ARE SO HUGELY HUMBLed BY, AND GRATEFUL FOR, THE CONTINUED SUPPORT OF THE TRULY SPECIAL TEAM AT JRI AMERICA & SMBC.



Thank you to those who helped out at our recent flag day collection in Killarney.



GOVERNANCE & COMPLIANCE

Recovery Haven Kerry CLG was established in 2009 as a voluntary organisation. We are a registered charity (RCN 20073749) and a company limited by guarantee, registered with the Companies Registration Office (No. 474633).

Our Board of Directors:

Recovery Haven Kerry is governed by a voluntary Board of Directors. The Board brings together expertise in business, governance, finance, healthcare, technical fields, and community development.

The role of the Board is to:

- Set the strategic direction of the organisation
- Ensure strong governance and oversight
- Safeguard financial sustainability
- Ensure compliance with all relevant legislation and the Charities Regulator Governance Code
- Oversee the effective use of resources in line with our mission, vision and values

The Board met 10 times during 2025, with the Annual General Meeting (AGM) held on 27th March 2025.

2025



BOARD

MEMBERS



DECLAN CROWLEY
CHAIRMAN



KATHLEEN JORDAN



MICHAEL MOYNIHAN



MARIE KEHOE O'SULLIVAN



EDDIE MURPHY



CÁIT UÍ CHONCHÚIR



JOHN BREEN



TIM MCSWINEY



SIOBHÁN GRIFFIN

During 2025, the Board:

- Reviewed and updated the Mission, Vision and Values to reflect the evolving work of the charity
- Reviewed service delivery to ensure alignment with our mission and committed to developing outreach services across the county to increase awareness and access
- Undertook Board training in Charities SORP, Board Roles and Responsibilities, and compliance with the Charities Regulator Governance Code
- Continued to monitor and maintain full compliance with the Charities Governance Code
- Strengthened strategic partnerships with key funders including the NCCP and HSE
- Hosted a special event to mark 15 years of service at No. 5 Haig's Terrace

GOVERNANCE & COMPLIANCE

Changes which took place at the AGM on 27th March 2025:

- Chairperson: Declan Crowley (replacing Tim McSwiney)
- Vice Chairperson: Cáit Uí Chonchúir (replacing Declan Crowley)
- Company Secretary: John Breen (replacing Ann O’Dwyer)
- Ann O’Dwyer and Patricia Dowling retired from the Board
- Siobhán Griffin & Marie Kehoe O’Sullivan were appointed

We sincerely thank retiring members for their valuable contribution and welcome our new members

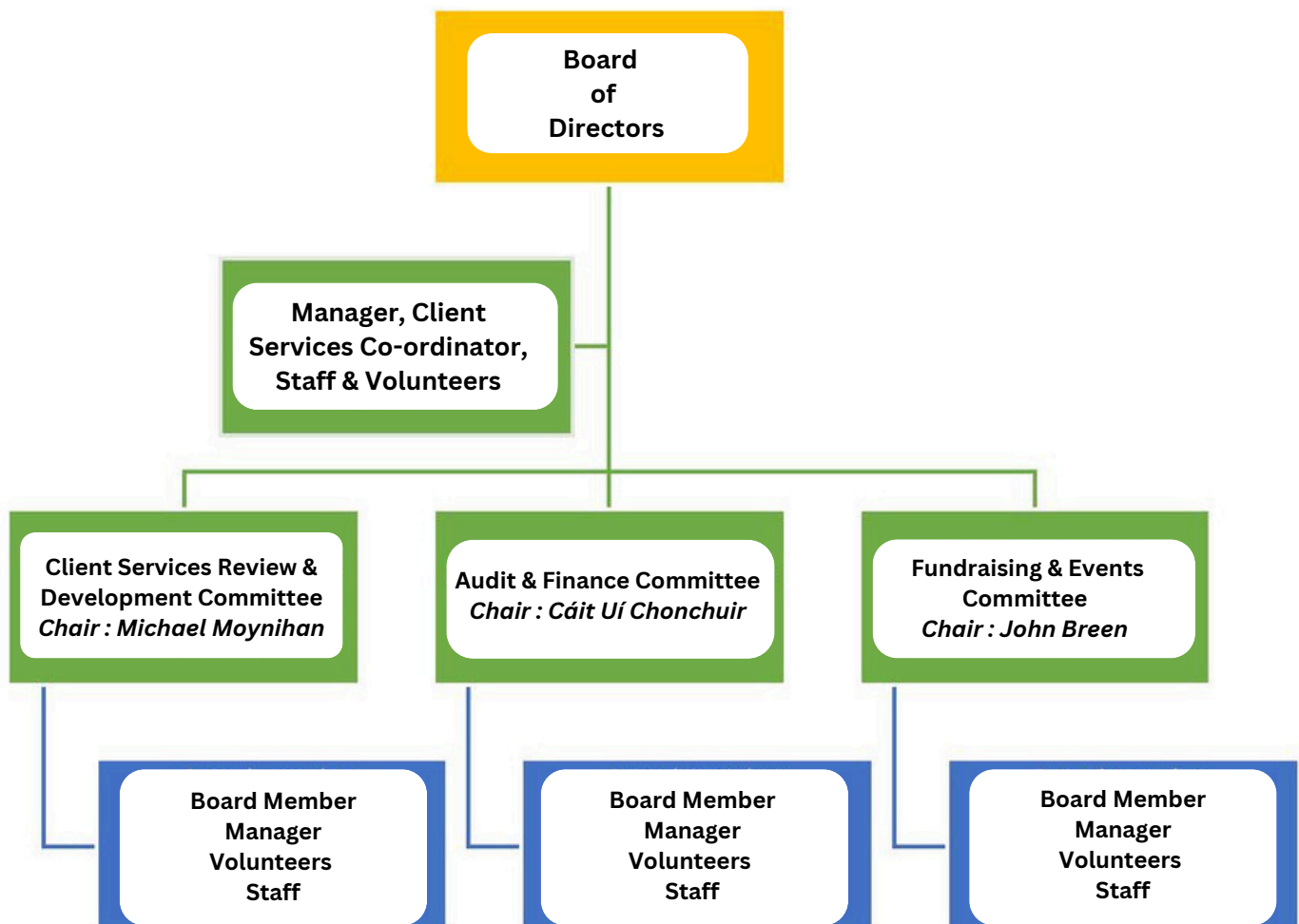
Operational Management:

The Board delegates responsibility for the day-to-day management of the organisation to the Manager, who is supported by staff and volunteers.

Board Subcommittees:

To support its work, the Board operates three subcommittees, each chaired by a Board member who reports regularly to the full Board:

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





LOOKING AHEAD

Recovery Haven Kerry Cancer Support House remains committed to playing a key role in supporting people throughout their cancer journey. We continue to work closely with hospitals, primary care and community services, in line with the HSE Model of Care for Psycho-oncology (2022), to ensure clients experience joined-up, holistic support.

We will continue to offer a wide range of free services designed to meet the individual needs of those affected by cancer. In response to growing demand, we also plan to expand our outreach services across the county so that more people can access support closer to home.

More people are now living with and beyond cancer, and many require ongoing emotional and psychosocial support during treatment and long after it ends. Recognising and responding to these needs remains central to our work.

As demand for our services continues to increase each year, we will focus on strengthening relationships with our dedicated volunteers, fundraisers, and partners across the voluntary, community, statutory and business sectors. By working together, we can ensure our services remain accessible and free of charge to everyone who needs them.

We will also continue to raise awareness of our services within the community and grow our outreach presence throughout Kerry.

As an active member of the National Cancer Control Programme Alliance of Community Cancer Support Centres and Services, we remain committed to collaboration and best practice within our sector. By working collectively, we can improve outcomes and enhance the quality of support available to our clients.

At Recovery Haven Kerry, we firmly believe that no one should have to face cancer alone – and we will continue to stand beside those who need us.

The Alliance of
Community Cancer
Support Centres
and Services



Member 2024-2027



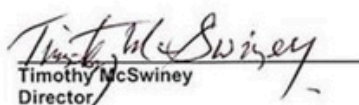
FINANCIAL STATEMENT 2025

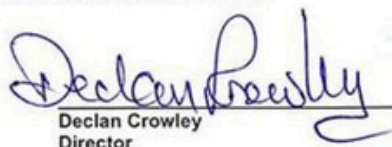
Recovery Haven Kerry CLG
STATEMENT OF FINANCIAL ACTIVITIES
(Incorporating an Income and Expenditure Account)
for the financial year ended 31 December 2025

	Notes	Unrestricted Funds 2025 €	Restricted Funds 2025 €	Total Funds 2025 €	Unrestricted Funds 2024 €	Restricted Funds 2024 €	Total Funds 2024 €
Incoming Resources							
Voluntary Income	4.1	338,265	-	338,265	458,764	-	458,764
Charitable activities							
Grants from co-funders	4.2	-	420,631	420,631	-	360,010	360,010
Investments	4.3	16,576	-	16,576	1,875	-	1,875
Other income	4.4	2,991	-	2,991	45	-	45
Total incoming resources		357,832	420,631	778,463	460,684	360,010	820,694
Resources Expended							
Raising funds	5.1	84,924	4,591	89,515	71,380	-	71,380
Charitable activities	5.2	21,100	327,018	348,118	232,442	223,394	455,836
Other expenditure	5.3	51,441	97,720	149,161	-	-	-
Total Resources Expended		157,465	429,329	586,794	303,822	223,394	527,216
Net gains/(losses) on investments		(6,062)	-	(6,062)	3,627	-	3,627
Net incoming/outgoing resources before transfers		194,305	(8,698)	185,607	160,489	136,616	297,105
Gross transfers between funds		-	-	-	281,491	(281,491)	-
Net movement in funds for the financial year		194,305	(8,698)	185,607	441,980	(144,875)	297,105
Reconciliation of funds:							
Total funds beginning of the year	15	1,517,763	530,670	2,048,433	1,075,783	675,545	1,751,328
Total funds at the end of the year		1,712,068	521,972	2,234,040	1,517,763	530,670	2,048,433

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 26 March 2026 and signed on its behalf by:


Timothy McSwiney
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.

Recovery Haven has been a beacon of light and a life raft for myself and my wife

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

I felt so grateful and relieved that my mom will have the support of Recovery Haven, as I am living away and cannot be around a lot

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

Please know just how much you all do for us all when our light has dimmed and looks like it will never shine again

I have developed a resilience I would never have thought possible because of Recovery Haven”

I was absolutely floating after my Reflexology with Catherine. It was just brilliant

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

Recovery Haven is a safe space for me- The love and support I received has changed my life”

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



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