

RECOVERY HAVEN KERRY NEWSLETTER



APRIL 2026 - Edition #11

PRESIDENT CONNOLLY PAYS SPECIAL VISIT TO RECOVERY HAVEN



What an absolute honour it was to welcome President Catherine Connolly to Recovery Haven in February as part of her 2-day trip to Kerry. The visit was made possible by our founder and Honorary President, Marian Barnes, who along with a small number of staff, clients, board members and volunteers spoke in depth about the service, sharing their personal stories and shining a light on the vital role Recovery Haven plays in the community. It was wonderful to watch President Connolly give so much of her time to sit with everyone and listen to their stories, and show such genuine interest, compassion and respect for everyone she met.

To commemorate her visit, President Connolly planted a tree in the grounds of Recovery Haven, symbolising the challenging seasons of life alongside moments of renewal and hope – values that are central to Recovery Haven’s mission. Just as the tree endures and grows through changing seasons, Recovery Haven is there to walk alongside people and families during some of the most difficult times of their lives.

A huge thank you to President Connolly, her wonderful team and indeed our own staff, board and volunteers who made this visit such a truly memorable and special one for our charity.

 Domnick Walsh Photography



MARIAN PROUDLY COLLECTS RADIO KERRY LOCAL HERO AWARD

We could not be more proud of our founder and Honorary President, Marian Barnes, who was announced as one of the Radio Kerry/Fexco Kerry Heroes of 2025 in January. Marian was nominated by her dear friend and beloved Recovery Haven volunteer, Dermot Crowley, and was recognised for her vision in setting up our cancer support charity and her continued commitment & dedication to the cause that is still so close to her heart. Huge congratulations Marian...An award so truly deserved

 Marian, far right, picking up her award from Radio Kerry's Deirdre Walsh, alongside her dear friends Dermot Crowley, Recovery Haven & Cathal Walshe, Killarney.



RUN THE **DUBLIN CITY MARATHON**
FOR A GREAT CAUSE!

2 FREE PLACES AVAILABLE!

RUN FOR **RECOVERY HAVEN KERRY**
CANCER SUPPORT HOUSE



GET ON BOARD & RAISE FUNDS
FOR **CANCER SUPPORT!**

JOIN OUR TEAM!

CONTACT US TODAY TO GRAB YOUR FREE SPOT!

www.recoveryhavenkerry.com • Call: 066 7192122

TWO FREE PLACES AVAILABLE FOR DUBLIN MARATHON

Would you like to take part in this year's Irish Life Dublin City Marathon, but have missed the deadline for the event's hugely competitive ballot system for places?

Well, the good news is that we have TWO final places up for grabs for those wishing to take on the challenge and raise money for Recovery Haven at the same time.

We have two FREE places left for the October 25th event, with those interested to get in touch with us for more information and Ts & Cs. If you would like to snap up one of our final two FREE places, apply now via the following link:

<https://consoles.realbuzz.com/charity/rerecovery-haven-kerry-cancer-support-house/listing/1738/?>

Or hop onto our Facebook or Instagram Page to sign up from there



IRISH CANCER SOCIETY SUPPORTS OUR COUNSELLING SERVICE

We are so hugely grateful to the Irish Cancer Society for their most recent contribution towards the cost of our counselling services here at Recovery Haven Kerry. This wonderful contribution partially funds our free counselling service (helping us provide 1,002 free sessions in 2025 to cancer patients, survivors and their family members)

A cancer diagnosis impacts far more than physical health, and the availability of accessible, professional and free counselling support close to home makes a real difference to people living with and beyond a cancer diagnosis and their families.

If you or someone you know is in need of such supports, please do not hesitate to get in touch with us on 0667192122 or visit www.recoveryhavenkerry.com for more information



GREAT RESPONSE TO PERIPHERAL NEUROPATHY WORKSHOP



In February, we were delighted to have Sandra Murphy - ANP, University Hospital Kerry; Michaela Brosnan - A-CNS, University Hospital Kerry and Caitríona Ní Muiris - Oncology Nurse to join our own Client Services Co-ordinator, Siobhan MacSweeney, for a hugely informative talk for those dealing with Chemotherapy-Induced Peripheral Neuropathy.

Over 40 people attended the free workshop, where our expert guests provided vital information, advice and support in dealing with CIPN - a condition whereby nerve damage from chemotherapy causes tingling, numbness, burning and weakness, usually in the hands and feet.

A huge thanks to Siobhan and our guests and to those who attended what was a really informative and well received workshop


CHORAL UNION SPRING CONCERT

we are thrilled to once again be teaming up with the wonderful members of Kerry Choral Union to host their much- anticipated Spring concert at St Brendan's Church, Tralee this Sunday, April 26th at 7.30pm.


The wonderful concert of choral music will be conducted by Sharon Reidy and is being organised, once again, to raise vital funds for Recovery Haven Kerry which provides practical and psychological supports to those dealing with cancer, their families and carers.

As in previous years, concert goers can look forward to a stunning evening of songs from the choral union's extensive repertoire - with some surprise musical treats also in store this time around.

Tickets for the event are priced at just €10 and are currently on sale from Recovery Haven's Tralee base at 5 Haig's Terrace or from Kerry Choral Union members. They will also be available to buy at the door on the night.




KERRY CHORAL UNION




Summer Concert

St Brendan's Church, Tralee (V92XA36)
Sunday, April 26th
7.30pm



A very special performance in aid of
RECOVERY HAVEN KERRY
Cancer Support House



CALLING ALL
Cyclists!



TAKE PART IN THE

RING OF KERRY

Charity Cycle

IN AID OF CANCER SUPPORT
CHARITY RECOVERY HAVEN KERRY



FRIDAY
JULY 4TH



All funds raised will help provide support for those experiencing cancer, their loved ones and carers.



CHALLENGE YOURSELF FOR A GREAT CAUSE!



TAKE IN THE BREATHTAKING VIEWS OF THE RING OF KERRY!



MAKE A DIFFERENCE IN SOMEONE'S LIFE TODAY!

REGISTER NOW!

REGISTRATION DETAILS AVAILABLE ON OUR WEBSITE AND SOCIAL MEDIA.



VISIT OUR WEBSITE
www.recoveryhavenkerry.com



FOLLOW US ON FACEBOOK
Recovery Haven Kerry



FOLLOW US ON INSTAGRAM
[@recoveryhavenkerry](https://www.instagram.com/recoveryhavenkerry)

Cycle for Hope. Cycle for Support. Cycle for Life.

THANK YOU FOR YOUR SUPPORT!



CARRAUNTOOHIL CLIMB IN MEMORY OF BEAUTIFUL LILY

SUNDAY, MAY 3RD

There is nothing more difficult than navigating the grief after losing a child - but Tralee mother Lorraine Sebestova wants to do something to make life better for other families by climbing 'Carrauntoohil for cancer' this May.

With the help of her fitness coach, John Paul O'Connor, Lorraine who lost her 10-year-old daughter Lily Anna on November 15, 2024, aims to climb Ireland's highest peak to raise vital funds for two local cancer causes - Recovry Haven Kerry and the Children's Palliative Care Suite in Cashel Ward, UHK

Lorraine and John Paul are looking for people to join them on the climb, gather afterwards at Gally's Bar and Restaurant for a great night of celebration, or simply donate to their fundraising efforts.

This is a family event, with children over 10 years of age welcome, with all donations greatly appreciated.

If you would like to help you can do so by logging on to: <https://recoveryhavenkerry.enthuse.com/pf/carrauntoohilforcancer>

To take part in the event itself, contact John Paul on 085 2710226

CARRAUNTOOHIL FOR CANCER

In Memory of
Lily Anna Sebestova

IN AID OF RECOVERY HAVEN AND PALLIATIVE CARE SUITE FOR CHILDREN IN THE CASHEL WARD, TRALEE HOSPITAL

SUNDAY 3RD MAY

FAMILY EVENT • KIDS 10+ YEARS • EVERYONE WELCOME • DONATIONS GREATLY APPRECIATED

Organiser: John Paul O'Connor 085 2710226 @jpleansuperbodycoach John Paul O Connor

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



066 7192122

reception@recoveryhavenkerry.com



MEETS TWICE MONTHLY ON MONDAY NIGHTS 7PM - 9PM



Registered Charity No. 20073749

Multiple Myeloma Support Group



Multiple Myeloma Ireland

- A new peer support group at Recovery Haven for those living with a diagnosis of Multiple Myeloma
- Come meet with others on the same journey, whether you are recently diagnosed or dealing with the condition for some time



Recovery Haven Kerry
5 Haig's Terrace,
Tralee (V92TN35)



Tuesday, May 5th



2.30pm - 4pm



For more information or to register your interest, please phone us on 066 7192122 or Just pop along on the day!!

RON 20073749

RECOVERY HAVEN KERRY Cancer Support House



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



Twice Monthly on Thursdays
The Community Care Centre
Market St, Killorglin
10.30 am - 1pm

What we offer:

- ☑ Drop in Support
- ☑ One-to-one counselling
- ☑ Meditation
- ☑ Reflexology
- ☑ Chair Yoga

COUNSELLING & THERAPIES BY APPOINTMENT:

☎ 066 7192122
@ reception@recoveryhavenkerry.com

www.recoveryhavenkerry.com  



RECOVERY HAVEN KERRY Cancer Support House

Cahersiveen



OUTREACH SERVICE

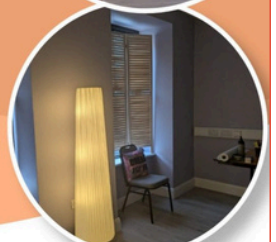
Come meet our team of staff, volunteers & therapists and learn about our range of **FREE** supports and services available for cancer patients, their families & carers

WHERE & WHEN:

South West Kerry Family Resource Centre
19 Main Street,
Cahersiveen V23 YX62

- Thurs, April 2nd
- Thurs, April 30th
- Thurs, May 28th
- Thurs, June 25th

10.30AM - 2PM



WHAT WE OFFER IN CAHERSIVEEN

- Drop-in Support Service
- Reflexology
- Massage

TO BOOK A THERAPY APPOINTMENT:

☎ 066-7192122
✉ reception@recoveryhavenkerry.com

FOR MORE INFO:
www.recoveryhavenkerry.com



RCN20073749



BEREAVEMENT SUPPORT GROUP



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



Twice monthly - on Mondays

10.30am - 12noon



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

For more information, call us on 066 7192122

RECOVERY HAVEN KERRY Cancer Support House

Recovery Haven Kerry offers free emotional and psychological support and practical advice to cancer patients, their families and carers through phone support, counselling, complementary therapies, courses, classes & online group activities.

OUR SERVICES:

- Phone & drop-in support
- Clinical support & advice
- One to one counselling
- Children's counselling & Play Therapy
- Men's & Women's Support Groups
- Bereavement Support
- Outreach support across the county
- Cancer Thrive & Survive Programme (NCCP)
- Building Better Caregivers Course
- Manual Lymph Drainage
- Pilates
- Reflexology
- Yoga
- Mindfulness
- Look Good Feel Better Course
- We also facilitate a Wig Clinic & the HSE Bra & Prosthesis fitting service



With clients from across Kerry, West Limerick and North Cork, we offer a safe place to access information, emotional support & practical help to those who have recently been recently diagnosed, those undergoing treatment, those dealing with a cancer diagnosis of a family member, relative or loved one; those who have been bereaved by cancer, as well as those caring for someone suffering with cancer.

📍 5 Haig's Terrace, Tralee, Co Kerry V92TN35
☎ 066 7192122

✉ reception@recoveryhavenkerry.com
www.recoveryhavenkerry.com

RCN 20073749



PACO TAKES FUN AND FASHION TO THE STREETS OF TRALEE

THE Mall Tralee became a temporary catwalk in mid April, when Paco staff, management and supporters held a fantastic fashion and coffee morning in aid of Recovery Haven Kerry.

It was such a fabulous morning, which raised a wonderful €1,100 for our charity.

Huge, huge thank you to Eileen and her team at Paco for organising this wonderful event and of course to everyone who took part, who modelled, who helped out with teas & coffees and home baking, those who offered spot prizes and everyone supported us on the day.



RECOVERY HAVEN HOSTS TRALEE CHAMBER NETWORKING EVENT

We were delighted to welcome close to 60 members of Tralee Chamber Alliance to RHK in late March when we were honoured to host the Chamber's second networking event of the year. With businesses attending from across the county, and representing sectors including professional services, energy solutions, hospitality, education, community and retail, the strong turnout highlighted the diversity of the Chamber's membership and underscored its continued growth and strengthening regional presence, while remaining firmly rooted in Tralee.

Hosting the event, we acknowledged the tremendous and ongoing support we receive from the local business community, while also highlighting the vital role it plays in the region. We also reminded attendees that our services are available to everyone and can provide meaningful support to both individuals and businesses alike.

A huge thank you to our volunteers Kathleen & Noreen who supplied the delicious food & baked goods on the day!

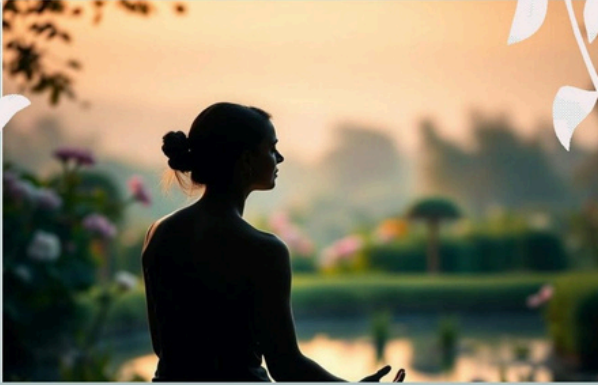




THERAPEUTIC YOGA CLASSES

for **MEN & WOMEN** with cancer

This integrative class will focus on the whole person's health. A multidisciplinary approach for cancer recovery, aiming to support and improve a person's physical, energetic, emotional, social and spiritual wellbeing.



What will you learn and apply?

- Dedicate time for kindness and self-care. Breathing, Meditation, gentle movement.
- Improve your mood, sleep quality, and cognitive dysfunction. Reduce fatigue.
- Learn to manage stress and anxiety, releasing emotional blockages in a trauma-sensitive approach.

- Support the body's natural anti-inflammatory mechanisms.
- Engage deep brain networks that regulate attention, emotion, and the nervous system.
- Improve mobility and range of motion.
- Aid bone density increase and strength.

FIVE-WEEK COURSE

at Recovery Haven Kerry, 5 Haig's Terrace, Tralee
BEGINNING: TUESDAY, APRIL 28TH
 from 11am - 12noon

Pre-booking essential on 066 7192122 *

* Places strictly limited to new participants only



With Paola Kennedy,
Yoga Therapist C-IAYT



RECOVERY HAVEN KERRY

Killorglin

OUTREACH SERVICE

COFFEE MORNING

COMMUNITY DAY CARE CENTRE,
MARKET ST, KILLORGLIN

THURSDAY, MAY 21ST
10AM - 1PM



Come for a cuppa and meet our team & learn about our range of **FREE** supports & services available to cancer patients, their families & carers in Killorglin*

OUTREACH SERVICE EVERY SECOND THURSDAY

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

WALKING GROUP

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



Who can join?

Open to men and women
 Suitable for all ages and abilities



TO BOOK YOUR PLACE:

066 - 7192122

reception@recoveryhavenkerry.com



Member 2022-2025



RCN 20073749



ACUPUNCTURE

Specifically for those with a cancer diagnosis



Acupuncture may help with:

- Nausea
- Pain
- Insomnia
- Fatigue
- Dry mouth
- Hot flushes
- It may also reduce anxiety & promote relaxation

Every Monday by appointment at
 Recovery Haven Kerry, Tralee

For bookings and more info contact us on

0667192122



Recovery Haven - Upcoming Events



**COFFEE MORNING
&
WOODLAND WALK**

**SATURDAY
MAY 2ND**

TARBERT BRIDEWELL

WALK (OPTIONAL) **10AM**
COFFEE MORNING **11AM - 2PM**

All proceeds to
RECOVERY HAVEN KERRY
Cancer Support House

RCN 20073749

**Booking on BRS April 2nd
€600 per team of 4**

PROCEEDS IN AID OF

Sponsored by
Garvey's SuperValu Tralee

**CAPTAIN'S
DECLAN & NIAMH'S
CHARITY DAY JUNE 6TH 2026**

**GLENEAGLE
CONCERT BAND
KILLARNEY**

**GLENEAGLE CONCERT BAND
ANNUAL CHARITY CONCERT**

Sunday 17th May 2026
Gleneagle Killarney | Mangerton Suite

Conductor Robert O' Brien | Commencing 4.00pm

In Aid of
Recovery Haven Kerry Cancer Support House
Kerry Stars Special Olympics Club
Fossa/Killorglin Scout Groups
Gleneagle Concert Band Music Education Youth Programme

Special Guest Artists
**ST. BRIGID'S PRESENTATION SECONDARY
SCHOOL CHOIR (KILLARNEY)**

Join us for an evening of great entertainment of band
and choral classics including:
**MILITARY MARCHES, JAZZ NUMBERS, FILM MUSIC,
CLASSICAL, MUSICAL & VOCAL HITS**

Tickets available now from Recovery Haven Kerry

Tickets: €18

"Thank You For The Music"

*A night of singing & dancing to celebrate
the memory of Brenda Macbeth
on her 10th anniversary*

In aid of Recovery Haven Kerry & Palliative Care, UHK

**FRANCIE SHEAHAN'S BAR,
KILLORGLIN**

**SATURDAY, MAY
23RD**

Live Music
with
**Barry Lynch
& Brendan O'Sullivan**

**FANCY DRESS OPTIONAL ...
BUT PRIZE FOR BEST DRESSED!**

Tickets €10 available from
Sheahan's Bar, Killorglin
Charity raffle on the night!

THANK YOU TO EVERYONE WHO CONTINUES TO SUPPORT OUR WORK



A massive thank you to Gilroy's Green Energy for their latest donation of €1,000 to Recovery Haven Kerry.



We were delighted to welcome the ladies from the Thursday Bridge Club who presented us with a generous cheque of €400.00.



A huge thank you to the fantastic staff and pupils at Nagle Rice NS who took part in Red Jumper Day recently and raised an incredible €513.60



A very special thank you to the staff and pupils of Ardfert Central NS who raised a wonderful €504.80 for Recovery Haven from their Valentine's Red Jumper Day. Thank you all so, so much



A huge thanks to the boys and girls of Duagh NS who collected a wonderful €325 by taking part in our Valentine's Red Jumper event in February.



Thank you to JRI America/SMBC Tralee who, led by Martin Gillin from the SMBC Tralee team, came 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 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. This resulted in the company donating a wonderful \$5,850 (just over €4,900) to Recovery Haven, for which we are truly grateful



Deepest thanks to the Purcell family of Killorglin, who donated a wonderful €5,780 from their annual Christmas Lights Display.



A massive thank you to the wonderful organisers of the 'Castle Gregory Choirs Evening of Song' in memory of Carole Riordan, which raised an incredible €1,458

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



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