

RECOVERY HAVEN KERRY NEWSLETTER

AUGUST 2026 - Edition #12



VOLUNTEERS NEEDED AS WE EXPAND OUR OUTREACH SERVICES

As we prepare for another Autumn programme of services and events (how are we talking about Autumn?!!) we here at Recovery Haven Kerry are delighted to let you all know that one of our key focuses for the coming months is the expansion of our outreach services.

Bridging the gap in rural support is one of our main priorities this year and for that reason we will be offering more services and supports in Dingle, Cahersiveen and Kenmare this Autumn, as well as resuming our Killorglin Outreach Service. This expansion will allow us to bring vital services directly to the heart of these communities, ensuring more people can access the care they need closer to home. (A full list of the dates and times of these outreach services is on page five of the Newsletter).

But as we open our doors to more clients, it stands to reason that our need for dedicated volunteers grows. With that in mind, we are currently seeking passionate individuals in the above locations to join us in two key roles:

- **Volunteer Listeners:** These are people who provide a compassionate, confidential ear to those navigating a cancer journey. We are seeking natural listeners, who are comfortable with holding space for those accessing our services, who are deeply empathetic & naturally compassionate, and above all, quietly discreet, respecting every individual's privacy.
- **Volunteer Complementary Therapists:** We are also seeking volunteer complementary therapists in Kenmare and Dingle, in particular those who offer reflexology, massage, or other relaxation therapies to ease stress.

If you would like to become part of our team and offer your services in the above areas, please contact us for further information on 066 7192122 or email: reception@recoveryhavenkerry.com

CELEBRATION OF LIGHT TO UNITE THOSE TOUCHED BY CANCER

The tranquil setting of Tralee Bay Wetlands will once again provide the stunning backdrop for the 2026 Celebration of Light ceremony, organised annually by cancer support charity, Recovery Haven Kerry, to unite those touched by cancer and remember those we have lost.

Run in conjunction with the Rose of Tralee International Festival, the ceremony takes place on Friday, August 14th, at 6.15pm.

A much-anticipated event on the official Rose of Tralee itinerary, the poignant ceremony will be extremely special this year, as once again all 32 Rose contestants will be in attendance. They will be joined at The Wetlands by their escorts; Suzan O'Gara and other members of the Rose of Tralee Committee, as well as 2026 Rose of Tralee judges and reigning Rose of Tralee, Katelyn Cummins.

As in previous years, the evening will be MC'd by Sean Lyons and will feature a very special performance from Kerry Choral Union, as well as a selection of prayers and readings from a number of special guests.

As well as some beautiful readings, the emotional lighting of candles and releasing of stones will also form part of the celebration – with the valued support of Banna Sea Rescue – with candles available to buy on the night.

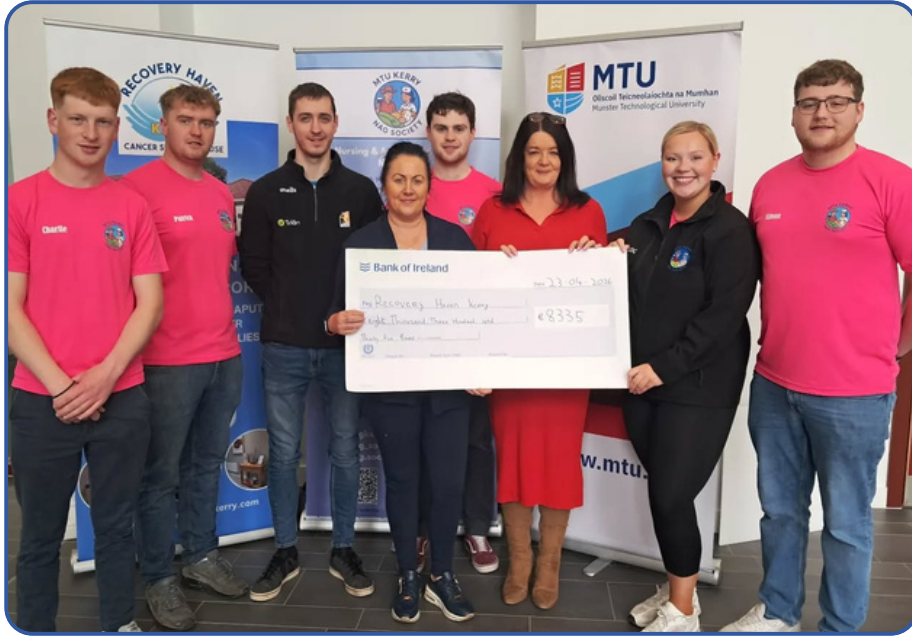
The event is also being kindly supported by Mary O'Connor and Joanie McAuliffe of Tralee Bay Wetlands, along with Margaret Kissane of The Lakeside Café.

This is always such a hugely special event for Recovery Haven, and we would encourage those affected by cancer to come along and experience what is a very special feeling of togetherness and solidarity with those around them.

The evening offers a very unique opportunity for people to join together in hope and light in honour of those touched by, and lost to, cancer and we are absolutely honoured to have all 32 Roses in attendance once this year to experience it with us.



AWARD-WINNING NAG SOCIETY PRESENTS THOUSANDS TO CHARITY



We were truly honoured to visit MTU in May to collect a staggering €8,335 from the incredible, inspiring @nag_society members who not only donated to Recovery Haven, but raised the same amount for the Kerry Hospivce Foundation and Kerry Mental Health. We tell them all the time, but we are truly in awe of this amazing bunch of young people who have done so much to support three hugely grateful charities. It has been a pleasure and an honour to have worked with you over the past year, and we will never take your kindness, passion & genuine enthusiasm for our work for granted. Ye are a credit to MTU and yourselves, and we wish you all the very, very best in your future careers. Thank you all for your incredible support

CONNECTING COMMUNITY AT KILLORGLIN COFFEE MORNING



A massive thank you to everyone who attended our outreach coffee morning in Killorglin recently. We had such a lovely morning meeting you all and sharing information about our services and supports. A huge thanks too to our wonderful volunteers who, as always, ensured the morning ran so well. Thank you all so, so much.



ANOTHER WONDERFUL RING OF KERRY CHARITY CYCLE

What a fantastic morning we had at the Cahersiveen food station for the 2026 Ring of Kerry Charity Cycle. It was wonderful to meet so many cyclists taking on this incredible challenge raising money for all the worthy chosen charities, and to work alongside such an amazing group of volunteers who gave up their time to look after everyone.

The community spirit, smiles, and teamwork throughout the morning were truly inspiring.

A huge thank you to everyone involved in making the day such a success. It was a pleasure to be part of it, and we hope all the cyclists had a safe and enjoyable journey around the Ring of Kerry.

Well done to each and every one of you!



MANAGER GEMMA WINS TEAM LEADER ACCOLADE AT CONNECT AWARDS

We are so proud of and thrilled for our manager Gemma Fort who won the Connect Kerry Women in Business Team Leader Award at the annual awards ceremony in June.

Massive congratulations Gemma and so well deserved. Gemma was joined on the night by Tina, Jacinta and Marisa from Recovery Haven (right)



TRALEE LIONS CLUB RAISES €41,000 FOR LOCAL CHARITIES WITH GOLF CLASSIC



A huge thank you Tralee Lions Club for choosing Recovery Haven Kerry as one of the beneficiaries of this year's Charity Golf Classic.

We were thrilled to attend the official presentation of funds at the Meadowlands Hotel in June, alongside so many wonderful local charities.

We are so grateful for your support and congratulations once again on your incredible fundraising endeavours for so many deserving charities.

Absolutely phenomenal.

RECOVERY HAVEN WELCOMES MEMBERS OF NMBI TO TRALEE



We were delighted to welcome Christina Lydon and Mary Devane from the Nursing and Midwifery Board of Ireland (NMBI) to Recovery Haven Kerry as part of a practice placement site inspection. We are a placement partner with MTU School of Nursing and Healthcare Sciences and host Student Nurses undertaking their BSc in General Nursing.

The NMBI are the statutory regulatory authority for nursing and midwifery in Ireland with responsibility to set and monitor standards of education and training of nurses and midwives.

As part of this, they carry out inspections of placement partners. This was an opportunity to highlight the role of Community Cancer Support Centres like Recovery Haven Kerry in the patient pathway for those on a cancer journey.

YOUNG EMMA MAKES KIND COMMUNION DONATION TO RECOVERY HAVEN

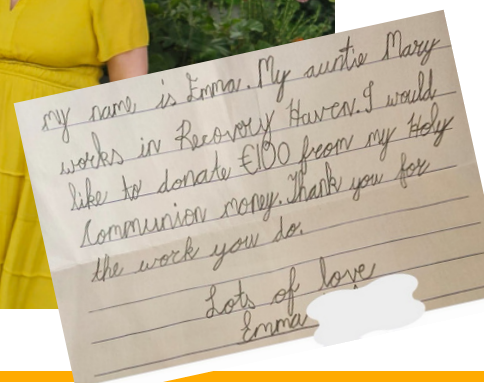
You might remember a few weeks ago we shared a heartwarming letter we received from little Emma from Clare, who donated €100 of her Communion money to Recovery Haven having heard about our work from her Auntie Mary, who works here with us. Well just last week, we had the absolute pleasure of welcoming Emma to Recovery Haven to see first hand where her wonderful donation goes, and to get a closer look at the work we - and Auntie Mary - do here.

It was a joy to welcome Emma to Recovery Haven and she was every bit as kind and sweet as we knew she would be.

Thank You for visiting. We hope you enjoyed your time here, because we loved having you!



Emma at Recovery Haven with her auntie Mary, (right) and Marisa Reidy



TOM AND OISÍN GO TO 'HELL AND BACK' TO AID RECOVERY HAVEN

Our fundraising committee was so thrilled to welcome Annascaul men Tom Hoare & Oisín Spillane to Recovery Haven in June, where they presented us with a cheque for a fantastic €1,710 which they raised through their participation in the gruelling Hell & Back 2026. The event is regarded as Ireland's premier one-day endurance and obstacle course challenge, and took place in Bray, Co. Wicklow on June 6th. The lads took on the 13K challenge and we are so truly honoured that they chose Recovery Haven to raise funds for. Thanks so much lads, it was a pleasure to welcome ye both and show ye exactly where your wonderful funds will be going! Two hugely inspirational young men.



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, September 24th
- Thurs, October 22nd
- Thurs, December 3rd

10.30AM - 2PM

WHAT WE OFFER IN CAHERSIVEEN

- Drop-in Support Service
- Reflexology
- Massage

RCN20073749

TO BOOK A THERAPY APPOINTMENT:

066-7192122

reception@recoveryhavenkerry.com

FOR MORE INFO:

www.recoveryhavenkerry.com



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

Kenmare



DROP-IN

INFORMATION MORNINGS

KENMARE FAMILY RESOURCE CENTRE

- Tuesday, September 15th
 - Tuesday, October 13th
 - Tuesday November 10th
- 10am - 12.30pm

Pop in for a cuppa, meet our staff & learn about the free supports and services available to those affected by cancer from Recovery Haven Kerry

CONTACT US:

066 7192122

reception@recoveryhavenkerry.com



RECOVERY HAVEN KERRY Cancer Support House

OUTREACH

& DROP-IN SERVICE



DINGLE PRIMARY CARE BUILDING

V92 PF65

- TUESDAY, SEPTEMBER 8TH
 - TUESDAY, OCTOBER 6TH
 - TUESDAY, NOVEMBER 3RD
 - TUESDAY, DECEMBER 8TH
- 11.30am - 2.30pm



Drop in between 11.30am & 2.30pm for a chat & a cuppa; meet our team & learn about the extensive range of free services we have to offer



Complementary therapies by appointment
Limited availability.
Phone: 066 7192122
to find out more

For more information contact Recovery Haven Kerry on 066 7192122

BALLYHEIGUE HOSTS CELEBRATION OF LIGHT MONDAY, JUNE 28TH

A huge thank you to everyone who attended our Celebration of Light in Ballyheigue at the end of June. A wonderful evening celebrating with friends & family of Recovery Haven.

We wish to thank Ballyheigue Inshore Rescue for letting off a Flare to signify HOPE for everyone going through Cancer. Thanks to Don O'Neill for all his help & especially Marian Barnes, Recovery Haven founder & Mary O'Donoghue who has helped many people through their cancer journey for being with us on the night. Thanks to everyone who attended & supported our wonderful cause.



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

LADIES
ONLY
EVENT
AUG 22ND
AT DAWN

**DIP
IN THE
NIP
KERRY
2026**



REGISTRATION NOW OPEN
via Eventbrite

In Aid Of



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



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



JOIN
OUR TEAM!

Recovery
Haven
Kerry
Cancer Support
House



WE HAVE



FREE PLACE UP FOR GRABS FOR 2026!

Visit www.irishlifedublinmarathon.ie for more or see our social media platforms for a direct link to register your interest

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

GOLFING COMMUNITY CONTINUES TO SUPPORT OUR WORK

We are so grateful to the golfing community across Kerry, who continue to support our work.

Throughout the summer, we were honoured to be the chosen charity for respective Captains Days and designated Charity Days at Tralee, Castlegregory, Ballybeggan and Ballyheigue Golf Clubs.

A huge thank you Tralee Captains Declan Crowley and Niamh Galvin; Castlegregory Lady President Geraldine Flynn; Ballyheigue Lady Captain, Mary O'Halloran, and Mary O'Sullivan, Lady Captain of Ballybeggan Ladies Golf, all of whom chose Recovery Haven for their special events over the past few months.

We are truly honoured to be chosen for such prestigious events, and are grateful for your ongoing support of our work.



Castlegregory



Tralee



Ballyheigue



Ballybeggan



A VERY MUSICAL MORNING AT MUGS & MELODIES EVENT

A huge thank you once again to everyone who attended and helped out at our most recent Mugs and Melodies event, particularly our own volunteers & staff, our fabulous clients, and our musician Ronnie Moore who was just brilliant, a truly special day here at Recovery Haven.



Volunteer Listeners Needed



Can you hold space for someone in need ?

Recovery Haven Kerry Cancer Support House is seeking compassionate, listening volunteers in the following areas:

Cahersiveen - Tralee - Dingle - Kenmare - Killorglin

We are particularly looking for people who are:

- **Natural listeners who are comfortable with difficult emotions & feelings**
- **Deeply empathetic & naturally compassionate**
- **Quietly discreet, respecting every individual's privacy**

No medical experience required and full training & ongoing mentorship provided. Next training scheduled for the Autumn

COULD YOU VOLUNTEER 3-6 HOURS PER MONTH TO HELP?



Call us on 066 71 92122

Become part of our team and ensure that no one faces cancer alone

THANK YOU TO EVERYONE WHO CONTINUES TO SUPPORT OUR WORK



A huge thanks to Tom Quane of Skelper Quanes Bar in Blennerville presenting a wonderful €1,637.43 to our volunteer Kathleen Collins in Blennerville. The money was raised from Quane's now renowned Cheltenham Preview Night which was held in early March. Thanks also to everyone that came along on the night to support this event.



We are so grateful to Robert Kelly of Kelly's Elite Painting & Decorating who popped in to us last week with a wonderful donation of €500. Robert is a valued supporter of our work and we want to say a massive thank you for his continued generosity.



We were delighted to accept a cheque from Steve Burke, who organised yet another hugely successful event at Tarbert Bridewell including a walk at Tarbert Woodland Walk and a raffle raising €2,233 for Recovery Haven. A huge thanks to everyone involved.



We were delighted to catch up with Eileen Whelan at PACO Tralee to officially thank her - and her incredible team of supporters - for raising a wonderful €1,183.54 from her recent Coffee Morning & Fashion Show.



We are so truly grateful to Tess Kelly and her friends & family for organising a wonderful "Thank You for the Music" fundraiser in memory of her beloved sister, Brenda Macbeth in Sheahans Bar Killorglin during the summer.

We are blown away by the support and delighted to reveal that the event raised an incredible €2,436.70 EACH for both ourselves and Killorglin Hospice.

What an amazing amount of money to receive and a true testament to the esteem in which Brenda is still held. Thank you to every single person who supported this special event and made it all possible.



We were delighted to welcome Mara Treacy and her mother to Recovery Haven Kerry following Mara's incredible fundraising achievement. Mara completed the Half Marathon in Killarney in support of Recovery Haven Kerry and raised an outstanding €3,248.00.

Last year, Mara's mother was diagnosed with breast cancer. Wanting to give something back to an organisation that had meant so much during this challenging period, Mara took on the Half Marathon challenge and, through her determination and the generosity of her supporters, raised this fantastic amount.

This remarkable contribution will help ensure that Recovery Haven Kerry can continue providing vital support services to individuals and families affected by cancer.

A sincere thank you and congratulations to Mara on this inspiring achievement, and to everyone who supported her fundraising efforts.



Thank you

Here at Recovery Haven Kerry, we never take for granted the overwhelming support we receive from the people of Kerry and beyond.

You choosing to support Recovery Haven enables us to continue providing compassionate care, practical assistance, and emotional support to those who need it most. Every euro raised helps us ensure that our services remain available, free of charge, to members of our community facing the challenges of cancer.

So far in 2026, the support of the public has helped us achieve the following*:



114 Counselling Sessions p/mth

↑ 10%



118 Complementary therapies p/mth

↑ 39%



177 Follow Up Calls/Reviews p/mth

↑ 27%



117 Group Activity attendances p/mth

↑ 60%



43 New Registrations p/mth

↑ 9.8%

**Based on monthly average attendance figures between January and June 2026, compared to same period last year*



066 7192122



www.recoveryhavenkerry.com



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