



# The Bray Cancer Support and Information Centre

BRAY CANCER  
SUPPORT CENTRE

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Offering emotional support and practical help to people with cancer and their families and friends.  
The Centre is open from Monday to Friday for support, information and counselling.

Newsletter  
Autumn/Winter 2007



## Hi and welcome to our Autumn 2007 newsletter

I would like to take this opportunity to thank the many people who sent cards and expressed kind words of sympathy to our family on the recent death of my beloved mother, Margaret Robinson. It was a great support to know so many people were thinking of us at such a difficult time. Your compassion and kindness will remain forever in my thoughts and prayers.

Margaret devoted her life to helping others and was a long time supporter of BCSC. She baked her famous apple tarts for our cake sales, sold raffle tickets, donated gifts and attended almost all our functions. On a busy day she had dinner ready when we returned home tired - her way of supporting the supporters. Her family meant everything to her and she meant everything to us.

She was shy and quiet, but also had great dignity and strength of character. Even when her health deteriorated, she was determined to continue living life to the full. We learned so much from her during this time. Her courage was an inspiration and her love for others always shone through. In spite of the hectic pace of life, she was always ready to give people all the time in the world.

Apart from one short stay in hospital, we were very fortunate that we were able to care for Mam at home where, as she had wished, she spent her final days surrounded by her loved ones. Caring for such a loving and inspiring mother was a great privilege and an enriching experience.

I realise that not everyone can be cared for at home. Frequently, medical intervention and hospital care are required to ensure a patient's comfort and wellbeing. For this reason, I am including an article in this issue on the subject of caring at home for a loved one who is very ill. I hope it will be of some value to families going through this experience.

If we can help in any way, please don't hesitate to call into us at the Centre (Tel: 01 286 6966).

Take care,

*Veronica*



## News Report

# Are you a cancer survivor?

SINCE IT WAS PIONEERED in the United States 20 years ago, Mindfulness Based Cognitive Therapy (MBCT) has been widely recognised as being of great benefit to people recovering from serious illness. This autumn, BCSC in association with St. Vincent's Hospital is offering people recovering from cancer the opportunity to take part in an eight-week course in MBCT.

Participants will attend one two-hour session per week, during which they will be introduced to relaxation exercises, gentle body movements and cognitive therapy to reduce stress and enhance coping skills following a serious illness. Participants are also requested to practise mindfulness throughout the programme.

The course is open to cancer survivors who have completed their medical treatment. It offers a chance to experience mindfulness practice and learn how to integrate its techniques into everyday life. If you are interested, you will have an opportunity to first attend a one-to-one meeting to find out more about MBCT and decide whether or not it is appropriate for you. Course Facilitator Dr. Paul D'Alton has trained in Mindfulness in the UK and USA. A Senior Clinical Psychologist, he has an ongoing interest in its application in coping with serious illness and promoting emotional wellbeing.

Starting on 1st October, the course is to be based in Bray and continues until Monday 26th November 2007. Places are limited so early booking is essential. If you are interested, contact Veronica O'Leary at BCSC (Tel: 01 286 6966) or email: [bcsc@iol.ie](mailto:bcsc@iol.ie) ♥



## Autumn Classes

# New for Autumn at BCSC

A new course of weekly art classes with an emphasis on learning through fun begins at the Mermaid Arts Centre from Friday 28th September 2007. Teacher Niamh Harding Miller says classes are pitched to the individual ability of students, who are encouraged to be creative and express themselves. Above all, Niamh believes in making classes fun and learning in an enjoyable atmosphere. Also new to BCSC's regular programme of classes this autumn are two weekly yoga courses, also in the Mermaid Centre. The first is a seven-week course starting on Wednesday September 12th and the second is for six weeks, from Wednesday November 7th. For further details, see Classes and Therapies column (page 3, inside) or contact BCSC (Tel: 01 286 6966). ♥



(Left) BCSC Director Veronica O'Leary pictured with her late mother Margaret Robinson at the launch of BCSC's *Guide to Breast Cancer* in October 2005.