



# 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**  
Spring/Summer 2007



## Hi and welcome to our first newsletter of 2007!

I wish you peace, health and happiness for 2007 and beyond.

On behalf of all of us in the

Centre, I would like to take this opportunity to thank the many individuals, clubs, sporting organisations, businesses and statutory agencies for the financial support or time they gave to our centre during 2006. It is very much appreciated and allows us to continue to support our many clients and their families.

I would like to share with you one particular verse in a card I received. It reminded me of how each life affects another. That whatever we say or do in the course of our day has an impact on the other.

'Is anyone happy because you passed this way?  
Does anyone remember that you spoke to him today?  
This day is almost over and its tolling time is through.  
Is there anyone to utter now a kindly word to you?  
Can you say tonight in parting with the day that's slipping fast?  
That you helped a single person of the many that you passed?  
Is a single heart rejoicing over what you did or said?  
Does the man whose hopes were fading with courage look ahead?  
Did I waste the day or lose it – was it well or poorly spent?  
Did I leave a trail of kindness or a scar of discontent?

Take care of yourself and I wish you well.

Regards,

*Veronica*



## News Report

# Take care of yourself

IN TODAY'S FAST-PACED AND HECTIC WORLD, it's more important than ever that people should maintain their health by eating well, attending regular screening and check-ups, and finding time for rest and relaxation.

That was the key message at the annual Public Information Evening hosted by BCSC in Bray's Royal Hotel as part of last October's Breast Cancer Awareness Month.

"We don't think twice about booking our cars in for a service when they start to show signs of wear and tear, yet we hesitate about providing such a service for our own overworked mind and body," said BCSC Director Veronica O'Leary in her opening address.

Veronica went on to introduce a panel of expert speakers who discussed key women's health issues. Cancer Information Services (CIS) nurse Jennifer Nestor of the Irish Cancer Society focused on breast awareness, CIS manager Emer O'Kane spoke about cervical screening and Michael Noble of the Mental Health Association discussed stress management and the importance of relaxation. The speakers' presentations were followed by questions from the floor.

The information evening proved to be a successful event that attracted an audience of over 60 people. It was organised at part of BCSC's ongoing commitment to providing advice, information and practical assistance to people whose lives have been affected by cancer.

As part of this effort, BCSC also regularly organises talks for schools, clubs, businesses and other interested organisations. ♥



(L-R) Emer O'Kane, Cancer Information Services Manager, Irish Cancer Society, and Jennifer Nestor, Action Breast Cancer Information Services Manager, were among the guest speakers at the BCSC public information night.



Geraldine Vickers of BCSC at the successful information night in the Royal Hotel, Bray.



## The Role of Reflexology

*Bray Cancer Support Centre provides regular reflexology sessions as part of a range of complementary therapies and treatments. Here, reflexologist Margaret Keating explains how it can help people with a cancer diagnosis.*

### What is reflexology?

Reflexology is a holistic therapy that acts on the individual's mind, body and spirit. This is very much in keeping with our philosophy at BCSC, where we take a holistic approach to our clients. In this context, reflexology is a complementary therapy, rather than an alternative to the orthodox medical approach to cancer treatment.



### How does it work?

In reflexology, the body is reflected in the feet, with each organ represented by a particular point on the foot. Treatment begins by taking a client's lifestyle and medical history. He or she then sits in a reclining chair or lies on a massage table for treatment. This consists of a short foot massage, followed by the pressing of reflexology points, and concludes with a foot massage using lotion, cream or oil. Soothing music is played throughout. To arrange a series of six to eight sessions, the client's doctor or consultant must first complete a consent form. Extra sessions can be offered if required.

### How can reflexology help people with cancer?

A cancer diagnosis can be overwhelming. From fear to denial, people respond in many different ways that can change from day to day or even hour to hour. During cancer treatment, people present with a variety of symptoms that may include nausea, fatigue, anxiety, depression, insomnia and digestive problems. They may also have to cope with family, financial or work-related problems, which can add to their stress. Reflexology can be used to provide some relief and help a person deal with some of these issues, in addition to other supports offered by the Centre.

### How can I try reflexology?

BCSC offers reflexology both in the Centre and to clients in hospital or at home. For an introductory session, contact BCSC (Tel: 01 286 6966). ♥

Source: Adapted from an article in *Feet First*, journal of the Irish Reflexologists' Institute, June 2006.



## Lug Bug Strikes Again

Cloud and rain failed to dampen the spirits of the dozens of walkers who took part in BCSC's annual Lug Challenge sponsored climb of Lugnaquilla, which raised over €12,500. With further pledges still coming in, the 2006 climb looks like setting a new record. BCSC would love to hear from anyone interested in taking part in the 2007 Lug Challenge on Sunday, 2 September next, offering the choice of the full walk or the easier Fraughen Rock Glen route. Sponsorship packs & full training provided. To take part contact BCSC (Tel: 01 - 286 6966). ♥



Some of the sponsored walkers who took part in the 2006 Lug Challenge which raised over €12,500 for BCSC.

## A Wheely Good Idea

Pedal power raised an impressive €5,115 in aid of BCSC during a charity cycle organised by Bray Wheelers Cycling Club. Close to 100 cyclists took part in the annual Joe Loughman Randonnée, which followed the scenic Route Chill de Mhantáin. BCSC would like to thank Victor Edmonds, all in Bray Wheelers and all sponsors for their support. ♥

## A New Fundraising Angle

Enthusiastic anglers raised €1,500 for BCSC when they took part in the annual Wally O'Sullivan Memorial Cup. Setting sail from Bray Harbour, the event was organised in Wally's memory by his brother Terry and friends. In a separate event, BCSC shared in €14,500 raised by local bus drivers who took part in the CABS (Charity Awareness Bus Átha Cliath) initiative. Thanks to Dessie O'Toole and colleagues for organising this event. ♥

## Thank You

BCSC wishes to sincerely thank the following individuals, businesses, clubs and other community-based organisations which made donations towards the running of the Centre over recent months. Bray Golf Club (Ladies' Day Competition plus raffle); Niall Fortune & Johnny & Anna Hegarty, for sponsoring Jennifer Dowling in Mini Marathon; Celtic Bookmakers; Evelyn Brock; Sylvia Keogh; the Roundwood Inn; Square One Theatre Group, Bray; The Thomas Family, Bray; Tommy & Sheila O'Dowd, Astron Engineering; Mary Roche & friends, Bray; Dell Computer Staff; Lilian Flynn, Bray (car boot sale); family & friends of the late Billy Doyle, Bray; Liz & Philip Ryan, Hibernian Inn, Bray; Calary School Reunion; Danny Waters, Lee Donnelly & Sean McDonald (National Learning Network); An Post, Bray; Kathleen Kavanagh & friends, Tom Sargent & friends, Katie Crowley, and Marie Laragy, Nuala Murphy & Eileen Hegarty, (all Bray); Noel



(L-R): BCSC Director Veronica O'Leary receives a cheque from Lee Donnelly, Sean MacDonald & Danny Waters, all students of the National Learning & Development Institute, Bray. Also photographed is Joan Vickers of BCSC.

Murphy; Staff at De La Rue Smurfit; National Garden Centre, Kilquade; MAC, Dundrum; Tony & Patricia Gibbons & their daughters Hayley & Hannah (car boot sale); Christmas raffle in association with Noonan Services Ltd; Hannah Williams & Aoife Lyons (Bray); Rory McArdle (Greystones) who completed a sponsored walk along the Camino de Santiago in Spain; Joy Moorkins (Enniskerry); Jane Hayes and friends; Sinead McCourt &

Anglo-Irish Bank; the Branagan family and friends; Evelyn Brock & friends, Bray (Christmas carol singing); Michele & Gerard Keane (Greystones); all who donated items or supported our Christmas raffle; and all those who bought our Christmas cards. ♥

## Therapies and Classes

### January - June '07

#### Monday

- Our Drop-in Facility is open Monday-Friday 10am-1pm for Support, Information, Counselling and Library services. Appointments necessary after 1pm.
- Counselling with Emer (by appointment).

#### Tuesday

- Drop-In Facility open 10.00a.m.-1p.m.
- Relaxation Class with Emer at 11a.m.
- Counselling with Emer (by appointment).

#### Wednesday

- Drop-In Facility open 10.00am-1pm.
- Complementary therapies available (by appointment).
- Counselling with Emer (by appointment)
- Yoga classes with Mel Manina at the Mermaid Arts Centre 10.30-11.30am every Wednesday from January to May and starting again in September 2007. Contact the Centre for more details. Booking required.

#### Thursday

- Drop-In Facility open 10.00am-1pm.
- Reflexology with Margaret after 1pm (by appointment).
- Counselling with Carmel (by appointment).

#### Friday

- Group Discussion Class at 11am, including Health Awareness and Go for Life Physical Activity Programmes.
- Swimming at the Glenview Hotel Leisure Centre at 1pm. This swimming hour is designed to provide therapeutic benefit, on a rota system basis. As places are limited, booking is essential.
- Reflexology with Margaret after 1pm (by appointment).

**For full details of the complete range of therapies and classes available at the Centre, please call us on 286 6966. ♥**

**Home and hospital visiting, and transport to and from clinics, are both available. Contact us at 01 286 6966 for details.**

## News and Reports

### Europa Donna Launches Breast Cancer Charter

Europa Donna Ireland (EDI), the Irish Breast Cancer Campaign, has launched a charter setting out the rights of all women who have received an actual or potential diagnosis of breast cancer. The 23-point document sets out in detail the rights of women with breast cancer to be treated with dignity and respect, to receive a prompt and full range of care and treatment services at local level and to have their psychological and physical needs met. In a letter to BCSC, EDI Chair Deirdre O'Connell said discussions at their first conference in Ireland in 2006 had been very useful in finalising the charter. Copies of the charter are available from BCSC or Europa Donna Ireland. ♥

### Palliative Care

Palliative care for non-malignant diseases provided the focus for an informative and well-attended conference at the Third International Palliative Medicine Symposium, which took place in the Education and Research Centre of St. Vincent's University Hospital, Dublin. A number of eminent speakers from Ireland and the UK discussed various aspects of this important topic during the day-long gathering, which was attended by Margaret Byrne and Veronica O'Leary. ♥

## Conference Report

### Highlighting Older People's Issues

Economic difficulties, poor health services, lack of information on entitlements, and shortcomings in housing and living conditions were among key issues for older people identified at a major conference in Dublin.

Margaret Byrne and Maureen Kelly of BCSC were among 180 delegates who attended the Age Action Ireland conference on the rights and entitlements of older people in Croke Park, which aimed to identify critical issues and key priorities to improve the quality of life for older people. This has been highlighted as a key issue in Ireland in recent years as the country's population grows older.

A number of speakers discussed the roles of their organisations promoting and



safeguarding the rights of older people. These included Age Action Ireland CEO Robin Webster, Niall Crowley of the Equality Authority, Ombudsman Emily O'Reilly, Human Rights Commission President Dr. Maurice Manning and Rachel Buchanan, Policy Officer of AGE, the European platform for older people. ♥

## Training

### We're a couple of PALs

Margaret Byrne and Nuala Murphy from BCSC attended a two-day Physical Activity Leaders (PAL) training course in Bray's Royal Hotel. The course was designed to educate leaders on how groups work and to apply this training to their own group and enhance their leadership role. The course was organised by the Health Service Executive as part of its Go For Life programme. Further PAL courses are planned for 2007. ♥

Right: Nuala Murphy and Margaret Byrne of BCSC completed a two-day Physical Activity Leaders (PAL) training course.



## National Conference

The National Conference of Cancer Support Groups takes place in Dublin Castle on Friday and Saturday 2-3 March 2007.

This is a very educational and stimulating event and BCSC encourages as many people as possible to go. BCSC will organise transport from Bray for people who wish to attend. There is no charge for attendance at the conference, which is hosted free of charge by The Irish Cancer Society. However, places are limited, so it is essential to register if you plan to attend.

To register and/or book transport from the centre to the event, contact BCSC on 01 – 286 6966.

To register for the conference directly, you can contact the Irish Cancer Society on 01 - 2310 500. ♥

## Women's Mini Marathon

Preparations are well underway for the 2007 Flora Women's Mini Marathon, on Bank Holiday Monday 4 June next. BCSC would love to hear from anyone interested in taking part on their behalf in this important event, which last year raised €27,819 on behalf of the Centre.

A free T-shirt, return coach transport, changing rooms, tea and sandwiches and free entry to a raffle will be provided to all those who run for the Centre. BCSC is organising regular training sessions in preparation for the



BCSC is organising training sessions for the 2007 Women's Mini Marathon, on Bank Holiday Monday June 4th next. (Photo by DG Photos)

event and can also provide sponsorship cards, entry forms and assist with the official entry process.

For more information, contact the BCSC. The closing date for entries is Tuesday, 24th April 2007, or sooner if entry levels reach the maximum limit for the total number of permitted participants.

If you would like to participate in the marathon on behalf of BCSC, please get your entry in as soon as possible to avoid disappointment. ♥

## Spring Break in Wexford

BCSC's annual two-night Spring weekend social and respite break departs by coach from the Centre in Bray to the Talbot Hotel in Wexford at 10.30am on Friday 23rd March 2007. It promises to be a relaxing and fun weekend for all. The cost per person sharing, including two nights' Bed and Breakfast accommodation plus one dinner, including transport, is €175. Booking is necessary as places are limited. ♥

## Arts & Crafts Workshops

BCSC is organising a number of arts and crafts workshops over the coming months. Details will be sent to interested people. Contact the Centre for more details. ♥



## Man U Race Night

The Bray branch of the Manchester United Supporters Club are holding a Race Night in aid of Bray Cancer Support in the Royal Hotel, Bray on Thursday 19th April 2007 at 8pm. Come along and have a fun night. ♥

## Social Outings

BCSC is planning a number of social outings to gardens and other places of interest during the months of February, March, April, May and June. For more details or to book your place, contact the Centre. ♥

## UK Cancer Support Groups' Conference

The UK's National Conference of Cancer Support and Self-help groups is taking place in Manchester in mid-June. Anyone who would like to attend can contact BCSC for more details. ♥

• For further information or to book any of the above activities, contact BCSC. Tel: 01 – 286 6966 or email [bcsc@iol.ie](mailto:bcsc@iol.ie)

## Candlelight Service

Over 370 people attended the annual Christmas Candlelight service and party, which provided clients and friends of BCSC a welcome opportunity to reflect on the year gone by and celebrate the Christmas season.

The ecumenical service in Bray's Holy Redeemer Church on December 1st last, featured tenor Ross Scanlon and music by the Holy Redeemer Folk Group and was followed a party in the Little Flower Hall, with music by Ray Cranley. ♥



Conor Jordan at BCSC's Christmas Candlelight Service in the Little Flower Hall, Bray.

## Soroptomists' Lunch

Margaret Byrne, Nuala Murphy and Veronica O'Leary represented BCSC at the Bray & District Soroptomists' annual charity lunch in the Royal St. George Yacht Club, Dun Laoghaire. Senator David Norris was the guest speaker. Sincere thanks to the Soroptomists for their continued support. ♥

## Living Life

In a separate function, Veronica and Margaret attended a reception at the Epworth Hall, Bray, to mark the 10th anniversary of the Living Life Voluntary Counselling Centre. President Mary McAleese was the guest of honour. ♥

## Social Outings

A busy programme of Autumn and Winter social outings organised by BCSC included an evening trio to enjoy Jim Molloy Promotions' production of the Broadway classic *West Side Story* at Dublin's Gaiety Theatre.

Santa Claus made a special appearance in the Centre before a group of 47 clients departed for the National Concert Hall for *The Snowman*, a concert hosted by television presenter Craig Doyle.

In September, a group of over 20 clients were joined by members of BCSC staff for a most enjoyable outing to Kiltruddery House and Gardens. ♥