



# Cancer Care West

The West of Ireland Cancer Charity

Our Vision...  
is that no one will go  
through cancer alone





# Welcome



Welcome to the 2020 annual report for Cancer Care West. There is no doubt that 2020 was a challenging year for everyone. However we are thankful that through it all the care we provide at Cancer Care West never stopped. In this report, we will highlight the extraordinary efforts that were made to ensure our services continued throughout the year, while making sure that our patients and staff remained safe.

Our vision that no one should go through cancer alone was poignantly significant in 2020 as we strove to ensure cancer sufferers were not alone during COVID-19. As the burden of living with cancer was compounded by the need to isolate to keep safe and the networks of family and friends who would normally provide support became unavailable, the message from Cancer Care West was simple 'reach out to us, we can help you'. We are deeply grateful that, thanks to the combined efforts of our staff, volunteers and supporters, we remained true to our vision in 2020.

Reporting period 1st January 2020 to 31st December 2020



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# Our Story



## *Our Vision*

... is that no one will go through Cancer alone.

## *Our Mission*

... is to provide professional support services to Cancer patients and their families throughout our region.

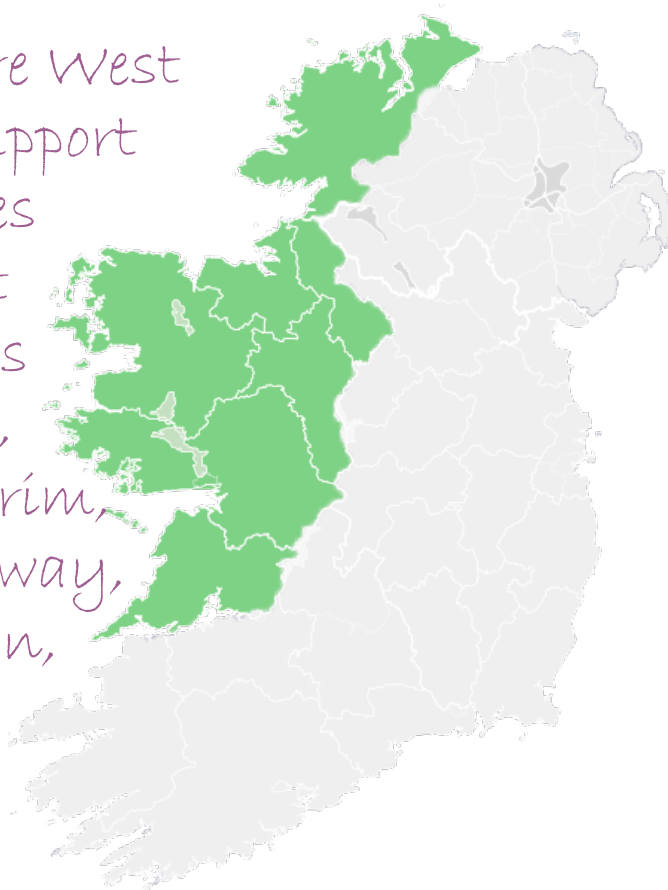
## *Our Values*

- Our focus is on people and their needs
- Our services are open to all who need them
- We support families affected by Cancer
- We are innovative
- We are professional & transparent



# Our Story

Cancer Care West provides support and services throughout the counties of Donegal, Sligo, Leitrim, Mayo, Galway, Roscommon, Clare.



People in our community are affected by cancer every day, directly or indirectly through a loved one. At Cancer Care West our vision is that no-one should have to go through a cancer experience alone, and everything we do has this vision in mind.

We provide professional community-based practical and emotional support services, free of charge, to anyone affected by cancer and to their families.

Our services fall into two categories: support services covering a range of offerings in our support centres in Galway and Letterkenny and accommodation services for patients on radiotherapy offered from our lodge, Inis Aoibhinn, in University Hospital Galway. Outside of the services we also fund a number of specific, patient focused research projects as well as co-funding projects which advance cancer patient treatments.

Our objectives as an organisation focus on building our service profile and increasing our fund raising so we can maximise the impact we can have on cancer patients living on the West Coast of Ireland. In 2020 our normal business objectives were impacted significantly and the following became our priorities:

**To keep our patients, staff and volunteers safe while on our premises**

**To keep Inis Aoibhinn open for radiotherapy patients throughout all levels of restrictions**

**To redesign our portfolio of support services and how we deliver them in line with pandemic guidelines**

**To adapt our fundraising efforts to ensure a continuous flow of funds**

**To work with our suppliers, partners and government agencies to maximise our efforts to support our patients**

# Message from CEO & Chairman



**Richard Flaherty**  
Chief Executive

Welcome to the Cancer Care West 2020 annual report.

As with many organisations in 2020, COVID-19 provided a huge challenge for Cancer Care West and the delivery of our services. Thankfully, we managed to keep all our vital services open and available to those that needed them through the pandemic. This required a significant amount of adaption and flexibility from our staff through difficult periods. As a result of this work we are happy to report that in 2020 Cancer Care West provided support to over 2,500 people in the West and Northwest of Ireland.

COVID-19 had an enormous impact on the operation of our residential facility, Inis Aoibhinn, during the year. Due to its strategic location at UHG the charity took the decision in April to vacate the lodge and offer the facility to the HSE to help in their fight against COVID-19. From April to the beginning of May Inis Aoibhinn was used to provide 220 bed nights for HSE front line workers working at UHG. During these five weeks we relocated our residential service to the nearby Harbour Hotel which generously provided alternative accommodation for our residential patients at no cost.

During 2020, our support centre in Galway continued to provide psychological and oncology support for cancer patients and their families. At various periods during the year the centre had to close its doors but services such as our Psychology counselling, Physiotherapy, Yoga and Benefits Advice



**John MacNamara**  
Chairman

continued to be provided through online interactions. When restrictions were eased the centre reopened under strict protocols and continued to offer a blended service with both remote and face to face counselling. In total almost 85% of the client interactions for the year were done remotely. In October, the centre reached the milestone of client number 10,000, since it opened its doors in March 2009.

Similar to our centre in Galway, our cancer support centre in Letterkenny had to close its doors at various times and move its services online. The centre's additional services such as Reflexology and Manual Lymphatic Drainage were also not available when the centre was closed but re-commenced when restrictions were lifted. Despite these impediments the centre still provided support to 305 people during 2020 of which 166 were first time users and the centre was visited almost 1,500 times by cancer patients and their families.

Psycho-Oncology services, provided by our staff into Galway University Hospital, Letterkenny University Hospital and Donegal Hospice were also severely curtailed as a result of restrictions however our staff continued to offer support to inpatients and their families through remote counselling. During 2020, 201 cancer patients were provided with 430 psychological consultations by the Charity's Psycho-oncologist.



# Message from CEO & Chairman

In total between the two centres 1,650 people affected by cancer were provided with almost 9,000 interactions by Cancer Care West cancer support specialists. This represents a significant achievement by our support centre staff during this unprecedented time.

In response to the pandemic Cancer Care West commenced a strategic partnership with the NCCP and the Irish Cancer Society to offer a remote counselling service to cancer patients and their families through the launch of a National Helpline called “Together for Cancer Concern”. During the year our team provided support to 75 cancer patients from all over the country through this service. Given the importance of this service it was decided to continue the helpline for 2021.

In March 2019, the charity launched the new designated bus service which takes passengers to and from Mayo to Inis Aoibhinn on a weekly basis. Due to restrictions the bus service was suspended for a period during 2020 but was back on the road with restricted capacity later in the year. In 2020, 60 patients and family members travelled on the bus to and from their treatment.

Whilst the majority of our expenditure is funded through the generosity of the public, University Hospital Galway contributes €600,000 each year towards the operating costs of Inis Aoibhinn and we were grateful for this support again this year. Further financial support was received from the Government through the Stability Fund through which the charity was awarded a grant of €200,000 in late 2020.

Due to the restrictions imposed through the year the majority of our annual fundraising events could not take place. Fortunately, our fundraising team adapted to the new environment and focussed their resources on creating and supporting virtual fundraising events and challenges. The large number of online donations and other smaller online virtual fundraising events organised throughout the west region in aid of Cancer Care West was the cornerstone of the charity’s income and is a reflection on the quality of our services and also of the increasing numbers of those in the region who are availing of them. To all who conceived and implemented fund raising initiatives, while keeping to Public Health advice, and to those who generously supported them we extend our deep appreciation. A total of €1.1m was raised through voluntary fundraising and donations in 2020, a staggering amount given the extraordinary time.

Cancer Care West is committed to continuing to provide support to cancer patients and their families in the West of Ireland through all stages of their cancer journey. We could not do so without our dedicated and hardworking staff and volunteers who went above and beyond in their work during the year in extremely difficult conditions. We also wish to acknowledge the help and support of UHG, and also our many and varied donors and fundraisers to whom we are deeply grateful.

# Coping with COVID-19

## Alone But Together - Coping With COVID-19

On February 29th 2020, the first case of COVID-19 was confirmed in Ireland. The world as we knew it was about to change dramatically and Cancer Care West, along with every other organisation in Ireland, would be plunged into a new and alien way of working.

Like everyone in Ireland, we could scarcely believe what we were hearing and it's fair to say mild panic was setting in. The urgency we felt to protect our extremely vulnerable patients was our key driving factor so already in early February we started implementing the physical environment to cope with what was to come. Perspex barriers were erected on the reception desks, hand wash stations were installed in all buildings and PPE was ordered (this alone was a herculean task as every organisation struggled to procure enough PPE to meet

their needs).

Our first significant action was taken in the first week of March when we closed the front door at Inis Aoibhinn. From that day only residents, essential staff/volunteers and critical suppliers were allowed in. This was something we never could have imagined and represented our first key step to protect the Lodge from the threat of normal human interaction. Soon after we implemented more severe social distancing as we reduced the numbers allowed into the dining room and by the end of March we had closed all social spaces and meals were served in the bedrooms. At this time we also suspended the Mayo bus service but it was reinstated with limited capacity in early June.

Meantime the two support centres closed their doors to patients on March 12th but staff continued to work on site as they shifted to redesigning our services so they could be booked and delivered online or by phone. On March 29th, Ireland went into

## Our COVID-19 Timeline





# Coping with COVID-19

its first full lockdown titled 'Stay at Home'. As of this date all non-essential Cancer Care West staff were working from home and the support centres in Letterkenny and Galway had to close their doors completely. The staff stepped up to the challenge, utilising technology such as Zoom as a way of continuing to offer vital support to our patients and their families. Thankfully the centres re-opened for patients by appointment on 8th June 2020 and remained open for the majority of the year.

As well as modifying our services for our patients and families we made many other changes to our environment. Our nursing staff worked on a bubble system to minimize close contact infection, we made significant updates to our policies and procedures, our cleaning service time was doubled to allow for regular deep cleaning, we upgraded our insurance and even re-upholstered the chairs in the facility to use antimicrobial fabric. Towards the end of the year we upgraded our wi-fi system to ensure that

residents would have access to the internet to make video calls to their families and installed all smart TVs so people could watch Netflix etc.

Thankfully it was all worth it and no cases of COVID-19 were contracted at any of our facilities. Our residential services for radiotherapy patients were maintained throughout and, while our support centres closed for a period of 5 weeks, most of our services were still available online or via the telephone. All of this was made possible by our dedicated and professional team at Cancer Care West. Once again, they have shown extreme commitment to our patients and their care, for which we are indebted. Through it all our patients were kind, respectful and caring of us and of each other. They are bearing a huge part of the COVID-19 burden. We salute them and are delighted we were able to look after them throughout this journey.



# Our Year in Numbers

2,465



INDIVIDUALS  
AVAILABLE OF OUR  
SERVICES

80%

OF SUPPORT SESSIONS  
PROVIDED ONLINE

8,045



VISITS TO  
CANCER SUPPORT  
CENTRES

6,882



BED NIGHTS PROVIDED  
TO CANCER PATIENTS AND  
THEIR FAMILIES

FUNDRAISING DURING  
RESTRICTIONS  
RAISED

€1.165 MILLION!



# A Safe Harbour

## A Safe Harbour



In March 2020 as Ireland was heading into its “Stay at Home” lockdown the HSE was looking at all options to manage the expected upsurge in hospital cases while keeping their frontline staff safe. Very distressing images were being relayed from cities like Bergamo in Italy where staff at their hospital were overwhelmed by the ferocity of the virus and the numbers of patients that lined every available space on their premises. At University Hospital Galway (UHG), as in all hospitals, emergency plans were drawn up and rapidly executed. Under UHG’s emergency plan they sent an urgent request to Cancer Care West requesting that their 33 bedroom lodge, Inis Aoibhinn, be made available for their use in support of their fight against the COVID-19 epidemic. The Inis Aoibhinn residence is located on the grounds of the hospital and is used by the charity to accommodate cancer patients who are receiving radiotherapy treatment at UHG.

As the residence was considered an essential workplace and would not be closed during the pandemic the charity had days to find alternative accommodation for their residents. It was with great relief that the Harbour Hotel, located in Galway city, stepped into the breach and offered

alternative accommodation for all of Cancer Care West’s patients. This offer was made at no cost to the charity which, given that the hotel management had taken the difficult, but necessary, decision to close their doors, was enormously generous. Starting from Monday 30th March the charity commenced relocating to the 3rd floor of the hotel and to arrange for the necessary transportation to and from the hospital that their service users would require.

The charity’s primary concern was to be able to provide their normal level of support and care in a new location and the management and staff at the Harbour Hotel were outstanding in helping them to make this happen. Also critical to keeping their services running were the team of volunteer drivers who ferried the service users to and from the hospital each day and of course the wonderful staff of Cancer Care West who worked hard to ensure their standards of care were maintained throughout.

The charity remained in residence at the hotel for 5 weeks. During that time Inis Aoibhinn was used to provide approximately 220 bed nights for front line staff working at the hospital.

*“We are very grateful to Cancer Care West for enabling us to use Inis Aoibheann over the last number of weeks.*

*This is a challenging time for all our hospitals but one that has been made that bit easier through the support of organisations and partners in our community such as Cancer Care West.”*

*Ann Cosgrove, Chief Operations Officer,  
Saolta Group*

# Galway Cancer Support Centre



In January 2020, none of us realised that it would be such a dramatic year in the life of the support centre in Galway. While it was a very challenging year, it was also a very rewarding one where we learned a lot about our ability to adapt and be flexible in the face of a global crisis. What did we learn about ourselves:

- We are a flexible service with a dedicated staff who are passionate about cancer support and who adapted our services in a matter of days during March 2020.
- Our three core services of oncology information and advice; psychological counselling; and rehab and survivorship courses have all been delivered remotely and face-to-face during 2020.
- Many of our services can be delivered remotely as well as face-to-face. While we would never want to replace our personal services, it has been fantastic to be able to offer a service at a time of significant distress to cancer patients and their families.

- The delivery of online support has extended not just on an individual basis but also to the provision of online support groups such as yoga and relaxation and a prostate cancer support group. We have also been able to deliver the CTS course online.

- We have delivered several webinars on topics of interest to our clients such as Coping with Fatigue, Coping with a Cancer Diagnosis and COVID-19, as well as targeted webinars for specific cancers such as colorectal and breast cancer.

In our centre in 2020, we saw 1120 people affected by cancer and they attended approximately 6,995 sessions, the majority of which were held remotely. During this time we witnessed firsthand the toll the pandemic was taking on cancer patients and their families with patients more isolated, scared and extremely anxious about their condition. Our services were never more needed and more welcomed.

*"The effects of cancer do not end with treatment so getting the right support is key, Thank you Cancer Care West for supporting me on the final stages of my cancer journey. I could not have done it alone."*  
**Vera McClean, Breast Cancer Survivor**

In terms of the psychology/counselling service, this has continued to expand both in the centre and in the two hospital based services at University Hospital Galway (UHG) and the Galway Clinic. A total of 532



# Galway Cancer Support Centre

sessions were held with clients this year. In UHG, 201 cancer patients have been seen on 422 occasions. In the same time period, 67 patients have been seen 110 times at the Galway Clinic.


The other major development during 2020 has been the development of the CUBS programme which supports children whose parent has died from cancer. This is run by two of our clinical psychologists, Dr Mairead Brennan, Senior Psychologist and Dr Cathy O'Sullivan. This is an eight-week course that aims to give children the language and skills needed to navigate the death of a parent from cancer. It will be offered on a pilot basis in early 2021 and the intention is to roll it out nationally through training of other professionals who work in psychosocial support.

A patient audit was also completed in 2020. It was devised and evaluated by Dr Norma Jean Murphy, Senior Psychologist. Results will be available in early 2021.

From the perspective of the National Clinical Programme Lead role in the National Cancer Control Programme (NCCP), this is a year where the current National Cancer Strategy have received some funding for the roll out of Psycho-Oncology teams in acute hospitals. Early in the pandemic, it was realised that cancer support would be adversely impacted. As a response to this, CCW offered a remote counselling service on a national basis to cancer patients who were experiencing significant levels of distress. This was in collaboration with the NCCP and funding was

secured for this service. It is very important that Cancer Care West is seen as an integral part of cancer support services and this has been achieved this year.

I want to thank most sincerely our staff, volunteers and donors who support our vision of cancer care. I also want to thank our CEO and the Board of Cancer Care West for their continuing commitment to this service. And finally to our most important group, the patients and families who use our services, without whom there would be no centre. It is our privilege to help them through their experience of cancer.



**Dr Helen Greally**  
Director of Support Services

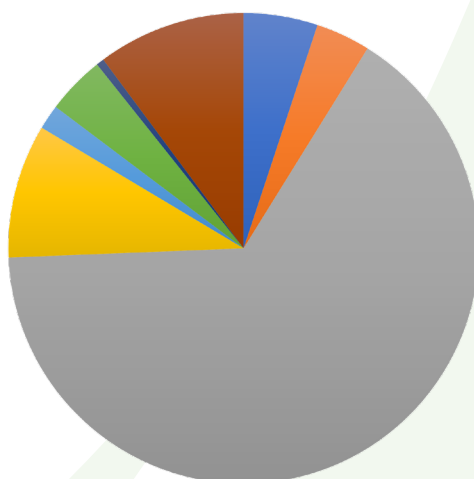
# Galway Cancer Support Centre



**Cancer Support Centre Statistics**

YEAR	NUMBER OF CLIENT VISITS	NUMBER OF CLIENTS	DROP-IN VISITS
2010	5567	1017	2900
2011	6062	1071	3630
2012	6483	1233	4100
2013	6603	1248	4210
2014	7096	1240	3912
2015	7112	1253	3858
2016	7182	1315	3611
2017	7050	1400	3255
2018	7666	1376	3414
2019	9027	1471	4121
2020	6995	1120	115

**Clients by County of Residence**



**Cancer Support Centre Service Visits**

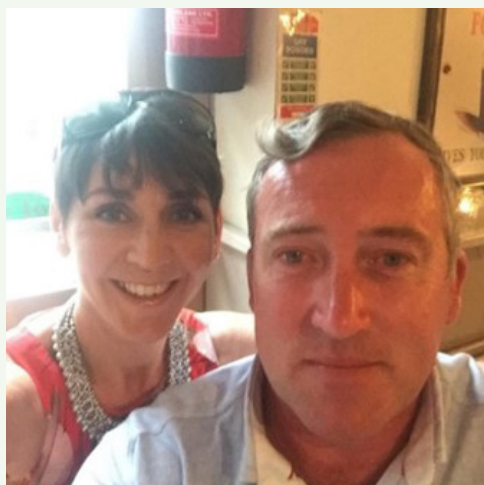
SERVICE	VISITS	CLIENTS
Clinical psychology	3308	982
Counselling	200	53
Seen in UCHG	422	201
Seen in Galway Clinic	110	67
Oncology Information	1059	558
Reflexology	42	35
Yoga	588	86
Massage	50	40
MLD	176	71
Tai-Chi	10	36
Online Exercise	106	15
Online Mental Toolkit	4	4
Online Relaxation	73	18
Benefits Advice	80	96
Relaxation Class	12	15
Mindfulness	25	7
Brain Tumour Support	132	33
Physio Assessments	375	70
Physio Treatments	616	248
Open Gym	112	26
Prostate Cancer Support	347	60



# Cedric's Story

## A Patient's Story

Galway Cancer Support Centre



No one is ever prepared for the shock of a cancer diagnosis according to Cedric Burke, who, in 2018, was diagnosed with prostate cancer at the age of 46. A father of four, Cedric and his wife Lavinia were living a busy and fulfilling family life in Woodford, near Portumna in County Galway. Looking back at the time prior to his diagnosis, Cedric can see there were a few signs that everything might not be right but these symptoms were almost unnoticeable, especially when everything else seemed so normal. So it was a profound shock for him when he received his cancer diagnosis following a routine check with his GP.

"Immediately after my diagnosis I felt a bit overwhelmed and struggled to come to terms with what this meant for me and my family. Decisions on treatment were made quickly and I had my surgery soon after and thankfully this went well. Even better I didn't require further treatment so my physical recovery also went well. However, the mental health side of my diagnosis was a lot more difficult to manage and this is where I really needed more longer-term support."

"The Cancer Care West Support Centre therefore has been an integral part of my cancer journey as this is where I have received most of my psychological counselling and also where I found the space in which I could come to terms with everything. My counsellor is Ulrike Kennedy and she has been an amazing help to me, understanding the impact having cancer has had on me and those around me. Even on the days when all I felt like doing is moaning, Ulrike and her colleagues were there for me with a warm welcome, a cup of tea and the wise words to pick you up and keep you going."

*"Moving from the traditional role of provider and protector of my family to that of someone who needs support myself has been difficult but Ulrike, my counsellor at Cancer Care West, has really helped me put this in perspective."*  
**Cedric Burke**

"With the advent of COVID-19 in 2020 everyone's lives changed dramatically and life became quite difficult for us all. Thankfully, Cancer Care West managed to keep the majority of their services going throughout. Counselling sessions over the phone and Zoom Yoga classes have remained vital to my ongoing recovery. When other supports I was availing of were closed they have remained accessible and I am very grateful for this."

"I am well on the road to recovery now and I am looking forward to the future and all it will bring. Without question my wife has been my biggest support and has gotten me through it all. But we could not have done it alone and Cancer Care West has filled that gap and made such a difference to my cancer story."

# Donegal Cancer Support Centre



It is likely that for several reasons, 2020 will merit a unique place in the annals of global history with some notoriety. It is a year that has been witness to both despair and triumph, confusion and adaptation, despondency, and humour. Like the rest of the world, our comparatively small corner has contended with much uncertainty, lockdown limitations, working from home, the delights, and downfalls of remote working and a whole host of other intricacies that may shape our society for years to come. I have heard it said from cancer patients whom I work with, that by virtue of the enforced isolation we have endured, society in general may gain a greater grasp of the many lifestyles changes inherent within the cancer journey. It is certainly a year that has taught us much about the value of connectedness with each other and how fragile our state of affairs actually is.

All of that being said, the story of Cancer Care West Donegal over the last 12 months or so is one of adaptation and innovation. Before getting into that though, we must begin by acknowledging the departure of Sr Clodagh McGuinness who left us in March. Although her time with us was brief, her dynamism, innovative spirit, and drive to enhance the service was truly formidable. Patients certainly appreciated her reassurance and advice, and we have certainly felt her loss. We wish Clodagh the best of luck in her ongoing career and future services who have her as a colleague will have gained a fantastic addition to their ranks.

While it was the case that Clodagh left, we were joined by Mrs Marie Scanlon who began her clinical placement as a counsellor here. We are again so fortunate to have secured such a dedicated student and we anticipate her skills will go from strength to strength as her experience and knowledge develops.

Returning to the themes of innovation and adaptation, our Centre changed in terms of service delivery mid-March. In line the HSE advice we suspended all face-to-face work within the Centre and we advised the public that our drop-in service was also closed as impromptu visits were prohibited. For the most part, aside from brief relaxations of Level 5 protocols, (where Manual Lymphatic Drainage services were reinstated over the summer), this broadly characterised the working constraints of 2020. Our priority became how to continue to offer support to cancer patients and their loved ones in the context of providing this support from the homes of relevant staff.

Necessity being the mother of invention, Cancer Care West as an organisation turned its attention toward the exploration of available technologies to facilitate these aims and from April, we offered remote counselling service. Patients could call us directly over the phone to have their consultations, or alternatively (and what became increasingly the case) could avail of video conferencing capability. Although confined to home, patients could interact with any of the clinicians (psychologists, physios, and nursing staff) with the organisation as a whole and while it was a steep learning curve for everyone concerned (staff and patients alike) this has proven to be a highly effective innovation.

The fruits of this labour were such that we were able to produce a range of online (or remote) initiatives including relaxations session, education videos and specialist webinars, the efficiency and 'smoothness' of which have increased as we've become more familiar with the technical aspects of production. The first of these webinars was

# Donegal Cancer Support Centre

with the Colorectal Clinical Nurse Specialist in the hospital and with our own Specialist Physiotherapist in Galway and we've run another one in conjunction with the clinical radiology team at Altnagalvin Hospital in Derry. Subsequent webinars have focussed on cancer related insomnia and cancer related fatigue.

Whilst managing the present, we also planned ahead for the safe reintroduction of face-to-face services. Key to this was the establishment of a range of practices centred on keeping visitors and staff safe via the maintenance of hygienic environment cleaning, and screening of visitors to the centre. It has been and continues to be the case that while visitors are welcome, they need to be screened via phone before their visit and briefed on the hand sanitisation and processes prior to and during their visit. Here in Donegal, we are grateful to the staff at Galway for dedicating the time and energy to developing and refining these policies which has generated a high level of safety.

In conclusion, whilst it has been a year of restrictions and limitations, it has also inaugurated a time where the reach of Cancer Care West has extended far beyond what we thought might have been possible. We look forward to exploring how these new modes of service delivery can be furthered, thus carrying forward in new and creative ways the mission of ensuring that 'no one goes through cancer alone'.

**Dr John Donohue**

Senior Clinical Psychologist  
Cancer Support Centre Donegal





# Donegal Cancer Support Centre



Cancer Support Centre Statistics - Letterkenny

YEAR	NO. OF CLIENTS	CANCER PATIENTS	RELATIVES	MALE	FEMALE
2017	265	195	70	78	187
2018	500	361	139	144	356
2019	435	307	128	105	330
2020	305	233	72	74	231

No. Of Clients seen in the hospital/hospice Service Centre Sessions (Face-to-face and Remote)

YEAR	ONCOLOGY INFORMATION
2017	32
2018	35
2019	20
2020	28

SERVICE	VISITS	CLIENTS
Clinical Psychology	823	161
MLD	164	81
Reflexology	37	32
Anxiety Management Workshop	20	5
Oncology Info	54	46
Yoga	80	19
Online Relaxation Sessions	140	7
Bowel Cancer Webinar	5	5
Insomnia Webinar	5	5
Colorectal Support Group	10	10
Online Book Club	6	4
Look Good Feel Better	7	7
Brain Tumour Support Group	5	5
LYIT Student Talk	27	27

# Sharon's Story

## A Patient's Story

Donegal Cancer Support Centre

Receiving a cancer diagnosis is probably one of the most difficult incidents any one will face in their lives. It is particularly cruel when it comes after one of the happiest times in your life, the birth of your first child. For Sharon McClean this became a reality in October 2020 when she was diagnosed with breast cancer a year after welcoming baby Zoe into her family. At only 46 Sharon could not imagine that the few symptoms she had could be cancer, indeed she attributed most of them to the ups and downs of life as a new mother. The resulting shock was enormous.

Life quickly became a whirlwind of tests, results, procedures and treatment plans. The medical side of dealing with breast cancer in Ireland is hugely advanced and works extremely well, even during COVID-19. Sharon was brave and strong and went into it all with energy and determination, not least because she had a beautiful little girl at home who just wanted her mammy. While physically Sharon was coping well with her chemotherapy at Letterkenny University Hospital, the psychological effects of her diagnosis were starting to show and her oncology team recognised them and recommended she attend Psycho-Oncology counselling. Sharon reached out to Cancer Care West in Letterkenny and was offered counselling with Dr. John Donohue a Senior Clinical Psychologist.

As Sharon looks back at those first few weeks she says "At first I was not sure what this was all about and how it would help. John was very quiet and let me do most of the talking. While I am quite good at that I didn't know if it was getting me anywhere." Soon however the benefits of these chats with John became very apparent. She describes it as "having a place where you can name your worst fears out loud and



not scare someone to death. I could talk about seeing my own grave and then once the words were said it stopped being so horrifying and I could start to mentally deal with what was happening to me."

*"I believe that I am mentally and physically stronger post my diagnosis, thanks to the wonderful support I received at Cancer Care West. John and Emma have helped me understand my new reality and to deal with it, positively and constructively, so I am in a great place to move on now."*

*Sharon McClean*

Despite the fact that Sharon never met John initially, due to COVID-19 restrictions, the remote counselling was a huge benefit to her and really helped her to move into a better place mentally. Then as she finished her chemo she also signed up to sessions with Emma Houlihan a Cancer Rehabilitation Physiotherapist with Cancer Care West. Emma is helping Sharon manage her physical rehabilitation so she understands her body's needs and works within her limits while slowly working back to the full-on life she had and will soon have again. Her husband and her rock, Gregor, and baby Zoe are thrilled to see the wonderful wife and mother that Sharon is prepared to take on the world again.

# Inis Aoibhinn



In early 2020, when we heard the words Corona Virus, we knew immediately that this was an unprecedented situation that was evolving and that it would impact hugely on us all. Covid-19 was particularly challenging for anyone with underlying conditions, so we knew that this would be a huge added complication for people already having to navigate their way through their cancer journey. Our immediate concerns were for all our cancer patients staying in the Lodge, we immediately kicked into action and started working on a plan to ensure that we continued to provide support and accommodation services for all our residents and future residents, in a safe and robust way.

As the search for masks and the scramble for hand sanitisers began, as a staff team we decided to take things "one day at a time", this enabled us to manage the situation, not to become overwhelmed and stay focused. Staff also had their own personal worries and hardships relating to the virus, but every day they all showed up to ensure that no cancer patient went through their treatment alone or in any difficulty. Staff throughout

*"It's comfortable, caring, run by unbelievable staff who will do anything for you."*

Mary Palmer, Inis Aoibhinn Resident

the organisation embraced new roles and helped whenever and wherever was needed. The day that we had to close the front door of Inis Aoibhinn to non-residents was particularly significant for us all.

Life in the Lodge has been very different over the last twelve months, there has been days that have been hard due to all the uncertainty, but we have met some wonderful characters and witnessed amazing strength and kindness from people that will never be forgotten. Inis Aoibhinn has remained open for accommodation throughout the pandemic, and this is something we are very proud of. Our Lodge has always been known as a haven, home from home for our residents, but in 2020 this has never been truer.

Lots of things have happened that we never envisioned occurring, most notably the move of the entire service to the Harbour Hotel. This move took place as the HSE required Inis Aoibhinn to manage the escalating Covid-19 situation. This move was a huge undertaking and time was of the essence. Our full Inis Aoibhinn staff team and services moved location but adapted to their new environment and focused on getting people through their treatment in very different surroundings. Thankfully, this move was only very short-term and moving back home to Inis Aobhinn was a memorable day for all involved.

Our Communal and Dining Rooms have had to close in line with government restrictions advice at different intervals throughout the year and it was especially difficult to not be able to invite former residents and daily car park radiotherapy patients in for a shared cup of tea and catch up. We have worked very closely with GUH, all our suppliers, bus drivers, caterers, cleaners and volunteers to adapt the service when required – with the primary focus on maintaining comfort,



"Inis Aoibhinn is not just a place to rest at the end of the day, it's a place to find the strength to get up and do it all again the next day."

support and safety for all those we have the pleasure of assisting through their treatment.

We were fortunate during the year that Jean Kelly was able to step into my role as Operations Manager whilst I was on maternity leave, both Jean and Richie Flaherty ensured that Inis Aoibhin met all new challenges and remained Covid-19 free to date.

Although it has been a year that many people would describe as "the year that nothing happened!", we know that 320 people from all over the West of Ireland received their cancer treatment with the support of staying in the Lodge. We know that our buses still stayed going to get patients to treatment safely. We know that we still celebrated many people finishing treatment ringing our "end of treatment bell" and we still celebrated Christmas dinner with our residents. We also know that we will have lots more to celebrate in time to come with our current and ex-residents and that Inis Aoibhinn will be back to normal soon, hosting a Ceili in the dining room. This is something to look forward to and be very thankful for indeed!

**Josie Hynes**

Operations Manager, Inis Aoibhinn



# Inis Aoibhinn

Inis Aoibhinn Residents  
County of Origin 2020



● 103 Mayo  
 ● 53 Donegal  
 ● 24 Galway  
 ● 52 Sligo  
 ● 25 Leitrim  
 ● 30 Roscommon  
 ● 33 Other

TOTAL 320

Summary Breakdown of Residents  
Diagnosis 2020



● 19% Breast  
 ● 1% Cervix  
 ● 9% Lung  
 ● 3% Oesophagus  
 ● 23% Prostate  
 ● 6% Rectum  
 ● 7% Head & Neck  
 ● 32% Other

Number of residents accommodated at Inis Aoibhinn March 2007 – December 2020

2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	TOTAL
194	287	302	288	322	324	322	398	358	345	340	313	332	320	4132

Important to note that sometimes residents may have to stay for a longer period of time due to treatment plans



# The Story of Two Thomas'

## The Story of Two Thomas'

What are the chances of two men from a remote part of Ireland being diagnosed with the same cancer and requiring treatment at the same time and in the same place. Not high you would think. But what are the chances of them having the same name and, while being aware of each other's existence, not really knowing each other despite living only miles apart.

This is the story of Thomas Keane and Thomas Noel Keane (who usually goes by the name Noel) and a small part of their cancer journey.

Both Tomas Keanes were diagnosed with prostate cancer and were prescribed a series of 8 weeks of daily radiotherapy sessions (five days a week), starting in November 2020. When neighbours familiar with both men realised that they would be required to attend their sessions at University Hospital Galway at the same time they recommended that they 'buddy up' for the long drive to the hospital from their homeplace of Blacksod in Co. Mayo. A radiotherapist at the hospital recommended that they should look for places at Inis Aoibhinn – a lodge on the hospital grounds which provides accommodation for radiotherapy patients.

*"It was great that we did the final drive from Belmullet together and had that one last night with our friends in the lodge."*

Thomas remembers the first time he arrived at the lodge. "The staff were so welcoming and so friendly I couldn't believe it. They couldn't do enough for me. I was a bit worried about how all this would work out but from the very beginning it was just so good. I started two days before Thomas Noel and so I was able to tell him all about the place and how kind everyone was."



Thomas Noel then joined him at the lodge and the adventure began. "We were immediately known as the troublemakers as we quickly found our feet and started

talking to people around us. We are both outgoing and love the chat so we got to know everyone and their stories. Of course this was during the time of COVID but at that time the dining room was open so we could meet up, while socially distanced and wearing masks."

Both Thomas' were also impressed with the nurses and staff who made sure

everyone was safe and well looked after. Tomas remembers "When the tighter restrictions came in we had to have meals in our rooms and the ability to socialise was reduced. Still we always made sure to chat with everyone when we could and keep the stories going."

Josie Hynes, Operations Manager, Cancer Care West, remembers them as two lovely men who helped each other through their treatments. "Even though they were with us during the COVID crisis, they made the most of their stay. They cheered us all up and helped us to stay positive and we were sad to see them go."

Having started earlier Thomas finished up a few days before Thomas Noel but he travelled back to Inis Aoibhinn with him on the following Monday and spent one last night with him at the lodge. Thomas and Thomas Noel then rang the end of treatment bell together to signify the end of their treatment and headed back to the beautiful Blacksod, firm friends and with their eyes firmly on the future.



# Patient & Family Support

## Patient & Family Support Programme

Cancer Care West has also been providing practical support for families in the west and northwest of Ireland who are undergoing long term cancer treatment through our Patient and Family Support Programme.

Families can apply to avail of long-term accommodation close to University Hospital Galway when a family member is receiving cancer treatment in hospital. Eligible families who don't live in Galway but want to stay close to their loved one will be found local accommodation at no cost to them.

The demand on this service was severely impacted by the pandemic with a reduction in the numbers requiring this service. During 2020 Cancer Care West supported 13 such families providing over 53 nights of accommodation in total.

We also assist individuals and families in need of financial support by providing shopping and fuel vouchers.

"In 2020 13 families were supported with a total of 53 nights' accommodation"



# Fundraising



**David O'Donnell**

Head of Fundraising and communications

Over the past number of years the fundraising efforts of our loyal supporters have provided up to 75% of our income and enabled the breadth of services we provide. Needless to say 2020 was a very different year and the restrictions we lived with dramatically affected all fundraising efforts. It is remarkable therefore to confirm that, despite the obvious obstacles, our amazing fundraisers, supporters and sponsors still managed to raise over €1.1m for the charity which this year covered 50% of our expenditure. The balance was made up by state COVID-aid and other grants. While we are always enormously grateful for this support, in 2020 it was more vital than ever that cancer patients could continue to avail of our services and our sincere thanks goes out to everyone who made it possible.

Because of Covid-19 restrictions much of our fundraising went virtual. But as with everything else, we quickly learnt to adapt. Thanks to the world of social media many people were able to raise funds without leaving their homes as they marked birthdays, anniversaries and other special occasions by setting up a fundraising page on Facebook Fundraisers or idonate.ie.

Others got very creative and came up with completely unique ideas with one person completing 5,000 push-ups, another person climbing the highest mountain in each of the 4 provinces, an opera singer live-streamed her breath-taking music concert, two lovely kids made and sold lemonade, while a group of ladies created a beautiful book of their favourite recipes.

The best example of how changes to an annual event worked in the virtual world was the "The Frances Thornton Memorial Galway Bay Swim" the charity's annual



**Orla Cunniffe**

Community Fundraiser



**Grainne McGettigan**

Donegal Fundraiser

flagship event. It was not possible for the actual swim to take place so as an alternative the event was launched as a virtual challenge in August in which people could complete the 13k in their own time over the course of the month. The event was a huge success with almost 500 people worldwide signing up and raising funds online. The event raised over €180,000, the highest in the history of the swim and brought the cumulative funds raised from the event to over €1 million since its inception in 2006.

While fundraising is often an event or activity, much of our funds are also generated through regular direct debits, payroll donations and other online donations. Despite the turmoil of the year, with many people adversely affected financially, donations continued to pour in, often with wonderful messages of goodwill and support for our work. We also continued to receive fantastic support from our corporate sponsors who were also hugely imaginative in how they generated funds through our corporate charity partnerships. Once again we extend our wholehearted appreciation for their contribution.

2020 was a scary time for everyone. Imagine how delighted we were therefore when all of our wonderful supporters came through for us and once again generated the crucial funds we need to operate. We hope that each and everyone who contributed to our efforts knows how welcome their donation was and what it has meant to cancer sufferers during COVID-19.



# Fundraising



Thanks to Patricia a former resident of Inis Aobhinn who raised €2,000 from a fun run/walk on the Lee's Road in Ennis. Well done to all her family and to Marie who helped organise the event.



When life gives you lemons, make some Lemonade!! And that's exactly what Cecilia & Josef Lettner-Gannon did! These fantastic duo from Inisheer, Aran Islands raised a super €300 for Cancer Care West through their homemade Lemonade.



Grateful thanks to Peggy Stringer and all her supporters. Seen here at the end of a fun filled gruelling week of long walks, hill climbs and sensational Donegal scenery. Peggy used her annual leave to do her personal Donegal Camino but she was never alone! with friends wanting to tag along. Well done Peggy, thank you for the €6040 raised, it is very welcome especially during these difficult times.



The TY students in Holy Rosary College Mountbellew organised and drove a Community Charity Challenge and raised a fantastic €2,988.50 for each of their chosen charities. Pictured are some of the TY students presenting the cheque to Orla Lunniffe of Cancer Care West.



Big shout out to all the staff at Galway County Council who raised €1,840 for Cancer Care West Thanks to Deirdre Caulfield Art by Deirdre who raffled her original oil painting of the Galway Hooker 'Lovely Anne' as the prize.



# Fundraising



The Galway Corinthians R.F.C. took part in the Movember Challenge & raised over €8,500 to be split between Cancer Care West & RNL. Pictured is David O'Donnell from Cancer Care West being presented with a cheque for Cancer Care West's share of the proceeds. A huge thank you to everyone at Galway Corinthians & to everyone who supported this initiative.



The Scully Family from Moycullen raised a whopping €10,218 in memory of Aidan Scully. The support towards this event was phenomenal with so many supporters braving the cold in his memory. The Scully Family themselves are fantastic supporters of Cancer Care West and we thank them so much.



Many thanks to Mairéad Slowey (centre in pink,) who organised and was ably assisted by her brother Andrew and sister Aine, a very successful cycle from Maynooth to Ardara in August for CCW and the Kevin Bell Foundation. They raised just under €12,000. This cycle was in memory of their late parents and instead of their annual BBQ for these charities. A huge shout out to the hardy cyclists and road crew for their endurance as the weather was not in their favour!



This is Nicky Lawless, who not only took part in the Movember Challenge, but he also completed a staggering 5000 push-ups to raise funds for Cancer Care West. Nicky raised a whopping €2,667.16 in support of our services and is pictured with his mum. On behalf of our patients and staff, thank you so much Nicky!



# Whispering Hope

## Virtual Fundraising Concert

In November 2020 a special one hour broadcast of beautiful songs to bring hope and heart to everyone during Level 5 restrictions was broadcast live from Corrandulla church in Galway. Presented by Irish Soprano Sara Gerdine, one of the most beautiful voices from the west coast of Ireland, the event raised over €5k for Cancer Care West.

In choosing the title 'Whispering Hope' Sara said "Hope is the flickering flame that is ever present and whispers to us in our time of need. We hope this event will fan those flames for many people around the country at this difficult time."

Sara was joined by her husband Caleb, also a talented musician, and her father, Liam Merrigan, a well-known local musician. Liam was a cancer patient and while undergoing treatment he became aware of the great services that Cancer Care West provides, it was for this reason the family had chosen to do such a beautiful event for the charity. Sadly, since then, Liam lost his battle with cancer and passed away in May 2021.

Liam was a wonderful character who loved being around people especially, but not only, when music was involved. He was talented, funny, kind and generous to a fault. We thank Sara and Caleb for such a beautiful event and we send our deepest condolences to all the family. May his gentle soul rest in peace.

*"As my Father was undergoing cancer treatment he witnessed the incredible services provided by Cancer Care West. As a family we became aware of the great work that they do and how they also provide hope to many in a time of need."*  
Sara Gerdine



# Board of Directors

## Board of Directors

John MacNamara (Chairman)  
 Sheila Byrnes  
 John Donnelly  
 Gerry Staunton  
 Brian Thornton  
 Prof. Annmarie Groarke  
 Dr. Margaret Murray  
 Dr. Maccon Keane  
 Prof. Frank Sullivan  
 Padraig Burke  
 Gerry Burke  
 Gerry Purcell  
 Breda Tierney  
 Padraic Clarke  
 Paddy O Malley  
 Jean Kelly (retired September 2020)

## Subcommittees

### PSYCHOLOGICAL & SUPPORT SERVICES COMMITTEE

Anne Marie Groake (Chair)  
 Richard Flaherty (CEO)  
 Helen Greally (Director of Psychology & Support Services)  
 John Bogue (non CCW Director)  
 Evelyn O'Toole (non CCW Director)

### FINANCE & AUDIT COMMITTEE

Padraic Clarke (Chair)  
 Gerry Staunton  
 Margaret Murray  
 Brian Thornton  
 Breda Tierney  
 Gerry Burke (Chair of Management Board)

### GOVERNANCE COMMITTEE

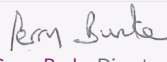
Padraic Clarke (Chair)  
 Gerry Staunton  
 Brian Thornton  
 Breda Tierney



# Financial Statement

INCOME AND EXPENDITURE ACCOUNT or the year ending 2020		Continuing Operations	
	2020	2019	
Income from fundraising and bequests	1,157,519	1,617,514	
Cost of fundraising	(170,438)	(€223,932)	
<b>Gross Surplus</b>	987,081	€1,393,582	
Administrative expenses	(26,466)	(€38,124)	
Inis Aoibhinn costs	(922,231)	(€1,055,855)	
Support Centre costs	(775,681)	(€830,981)	
Donation to UHG re Da Vinci Machine	-	(€350,000)	
HSE Annual subvention	600,000	€600,000	
Sundry Income	566,615	€13,178	
<b>Operating (deficit) for the year</b>	(429,318)	(€268,200)	
Interest receivable and similar income	287	€540	
<b>Surplus / (deficit) for the year</b>	429,605	€267,660	
There are no recognised gains or losses other than the (deficit) / surplus for the above two financial years. The income and deficit relate to continuing operations as no businesses were acquired or disposed of in either financial period.			

On behalf of the Board

  
John MacNamara Director

  
Gerry Burke Director

BALANCE SHEET as at 31 December 2020			
	2020		2019
<b>Fixed assets</b>			
Tangible assets	3,278,978		3,355,374
<b>Current assets</b>			
Stocks	-		427
Debtors	35,299		79,025
Designated development bank funds	3,134,587		2,984,300
Cash at bank and in hand	517,412		460,147
	3,687,298		3,523,899
Creditors: amounts falling due within one year	(140,466)		(453,568)
<b>Net current assets</b>	3,546,832		3,070,331
<b>Total assets less current liabilities</b>	6,825,810		6,425,705
<b>Deferred Income</b>			
Dept. of Health capital grant	(327,000)		(356,500)
<b>Net assets</b>	6,498,810		6,069,205
<b>Capital and reserves</b>			
Designated reserves	3,134,587		2,984,300
Revenue reserves account	3,364,223		3,084,905
<b>Total Equity</b>	6,498,810		6,069,205
On behalf of the Board			
 John MacNamara Director	 Gerry Burke Director		

06 May 2021



# GROGANS

CHARTERED ACCOUNTANTS | REGISTERED AUDITORS

## Independent auditors' report to the members of

### Leukaemia Trust/Cancer Care West CLG

(A company limited by guarantee and not having a share capital)

#### Opinion

We have audited the financial statements of Leukaemia Trust/Cancer Care West CLG ('the Company') for the year ended 31 December 2020, which comprise the Income and Expenditure Account, the Balance Sheet, Statement of Changes in Equity and notes to the financial statements, including the summary of significant accounting policies set out in note 3. The financial reporting framework that has been applied in their preparation is Irish Law and FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland, applying Section 1A of that standard.

In our opinion the financial statements:

give a true and fair view of the assets, liabilities and financial position of the Company as at 31 December 2020 and of its deficit for the year then ended;

have been properly prepared in accordance with FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland, applying Section 1A of that standard; and

have been properly prepared in accordance with the requirements of the Companies Act 2014.

#### Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Company in accordance with ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and we have fulfilled our other ethical responsibilities in accordance with these requirements. We have availed of an exemption provided by IAASA's Ethical Standards - Section 6 - Provisions Available for the Audit of Small Entities in the circumstances set out in note 17 to the financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

#### Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast doubt on the Company's ability to continue as a going concern for a period of at least twelve months from the date when the financial statements are authorised for issue.

4/5 High Street, Galway | Tel.: 091 561217  
Email: mail@grogans.ie | Web: grogans.ie

Directors:  
Richard Grogan B Comm M Acc FCA CTA  
Colm Grogan B Comm FCA

Portfolio Managers: Michael Lynskey FCCA  
Pat McDonough Sharon Gill FCCA  
Frank Walshe FCCA Sandra Ryan FCCA

Grogans is a registered name of Grogans Accountancy Limited Company no. 431439 (IRL)



Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

#### **Other information**

The directors are responsible for the other information. The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

#### **Opinions on other matters prescribed by the Companies Act 2014**

Based solely on the work undertaken in the course of the audit, we report that:

in our opinion, the information given in the directors' report is consistent with the financial statements; and

in our opinion, the directors' report has been prepared in accordance with the Companies Act 2014.

We have obtained all the information and explanations which we consider necessary for the purposes of our audit.

In our opinion the accounting records of the Company were sufficient to permit the financial statements to be readily and properly audited, and financial statements are in agreement with the accounting records.

#### **Matters on which we are required to report by exception**

Based on the knowledge and understanding of the Company and its environment obtained in the course of the audit, we have not identified any material misstatements in the directors' report.

The Companies Act 2014 requires us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions required by sections 305 to 312 of the Act are not made. We have nothing to report in this regard.

#### **Respective responsibilities**

##### **Responsibilities of directors for the financial statements**

As explained more fully in the directors' responsibilities statement set on page 7, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Company or to cease operations, or has no realistic alternative but to do so.

#### **Auditor's responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the IAASA's website at: [http://www.iaasa.ie/getmedia/b2389013-1cf6-458b-9b8f-a98202dc9c3a/Description\\_of\\_auditors\\_responsibilities\\_for\\_audit.pdf](http://www.iaasa.ie/getmedia/b2389013-1cf6-458b-9b8f-a98202dc9c3a/Description_of_auditors_responsibilities_for_audit.pdf). This description forms part of our auditor's report.

#### **The purpose of our audit work and to whom we owe our responsibilities**

Our report is made solely to the Company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the Company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's members, as a body, for our audit work, for this report, or for the opinions we have formed.



**Richard Grogan**

for and on behalf of

**Grogans Accountancy Ltd**

Chartered Accountants & Statutory Audit Firm

**Chartered Accountants**

**4/5 High Street**

**Galway**

**Date: 10th May 2021**



# Costs & Funding

Our support for cancer patients and their families in 2020 was made possible through the continued and significant support we receive from our donors and through statutory funding which we receive from the health service executive. In 2020 Cancer Care West received €600,000 from HSE west as a contribution to the operating costs of Inis Aoibhinn.

Our total income for 2020 was €2.324million. 50% Of this came from voluntary fundraising and donations. All of our income is used in support of our mission and goals. Cancer Care West is a not for profit organization and registered charity established as a limited company.

The charity is governed by a board of directors who serve in a voluntary capacity and who do not receive any remuneration or expenses. Each year the organization undergoes an independent annual audit and files accounts with the companies registration office.

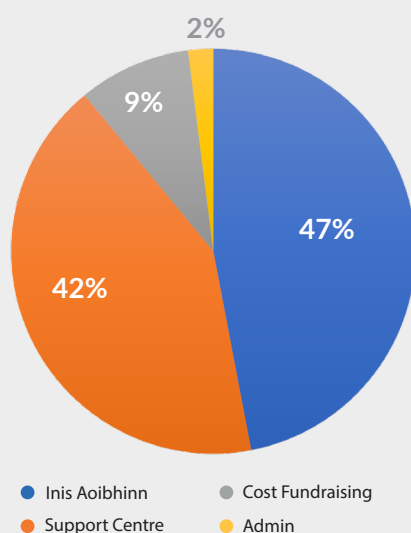
Registered Charity: CHY11260

Company Number: 230899

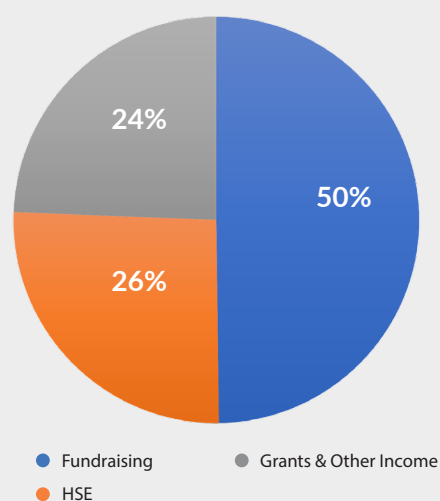
Registered Charity Number: 20030438

Almost **90%** of our revenue is spent directly delivering vital services.

### How we spend our funds



### Sources of income



## What We Spend On Our Services

SERVICE	AMOUNT
Inis Aoibhinn Residence and Family Support Programme	€829,268
Cancer Support Centre	€718,801

# How You Can Help



**CANCER CARE WEST** provides all of our services at no cost to those who need them and we are hugely reliant on fundraising and donations to fund these services. Up to 73% of our income (in a normal year) comes from fundraising, and all contributions, large and small help us to make a difference:

## Donations

All donations are channelled back to provide our core services. You can donate by:

- Online - with a credit/debit card - [www.cancercarewest.ie](http://www.cancercarewest.ie)
- Phone - 091 545000
- Post - cheque, bank draft, postal order to Cancer Care West, University Hospital Galway
- Direct to bank - please contact us for our bank details - 091 545000/info@cancercarewest.ie

## Regular Giving

Giving regularly is a simple and meaningful way to make a difference every month of the year and helps us continue providing our services. Why not become a friend of Cancer Care West from as little as €12 per month. Contact us at [info@cancercarewest.ie](mailto:info@cancercarewest.ie) for further information or download the direct debit form on our website - [www.cancercarewest.ie](http://www.cancercarewest.ie)

## Fundraising Events & Campaigns

Cancer Care West has many fundraising events and campaigns throughout the year which are detailed on [www.cancercarewest.ie](http://www.cancercarewest.ie) and our Facebook pages. You might also like to organise your own fundraising event - for support and advice please contact our fundraising team who will be happy to help you promote your event.

## Legacies

Legacies are a meaningful way to have a lasting impact by improving the lives of others. Your legacy does not have to be large; it can be a small portion of your will and is invaluable, whatever the amount. If you are making or amending your will you might consider leaving a gift to Cancer Care West. For further information or to speak in total confidence without obligation please contact our CEO Richard Flaherty - [richard.flaherty@cancercarewest.ie](mailto:richard.flaherty@cancercarewest.ie).

## Corporate Support

If you are working for an organization there are many corporate giving projects that your company, staff and customers can get involved in. Corporate donations, payroll giving, matched funding and charity of choice are just some of the ways in which your organization can show their support for Cancer Care West.

**Inis Aoibhinn Residence**

University Hospital Galway  
Galway H91 T861  
Telephone: 091 545 000  
Email: [info@cancercarewest.ie](mailto:info@cancercarewest.ie)

**Galway Cancer Support Centre**

72 Seamus Quirke Road  
Galway H91 C9W0  
Tel: 091 540 040  
Email: [galwaysupport@cancercarewest.ie](mailto:galwaysupport@cancercarewest.ie)

**Donegal Cancer Support Centre**

2nd Floor Unit Station House  
Pearse Road, Letterkenny, Co Donegal  
Tel: 074 960 1901  
Email: [donegalsupport@cancercarewest.ie](mailto:donegalsupport@cancercarewest.ie)

 [@cancercarewest](https://twitter.com/cancercarewest)

 [Cancer Care West](https://www.facebook.com/CancerCareWest)

[www.cancercarewest.ie](http://www.cancercarewest.ie)

