



Cancer Care West annual report 2013





Our Mission

Cancer Care West is dedicated to providing support to anyone affected by a cancer diagnosis in a safe, nurturing and accessible environment.

We aim to provide a holistic service that complements medical treatment through the provision of residential accommodation and support services. Patient support is the central focus of everything we do. Our priorities are to equip all those we meet with the practical and emotional support they need to maintain peace of mind and quality of life. Cancer Care West also provides cancer awareness and educational programmes and supports research into patient care.



Contents

Chairperson's Report	4
Cancer Care West - the Year in Numbers	5
Message from the CEO	6
Inis Aoibhinn	7
Helping Families	12
Cancer Support Centre	13
Research	17
Education and Awareness	18
Fundraising	21
Board of Directors & Subcommittees	24
Financial Statement	25
Costs and Funding	26
How You Can Help	27



Welcome to Cancer Care West

I am delighted to speak to you through our first annual report.

Cancer Care West is a west of Ireland charity, dedicated to the support of patients and their families who are going through a cancer journey, or who have been through a cancer journey. We provide this support through our residential facility, located on the grounds of University Hospital Galway, for individuals receiving radiotherapy treatment and through our Cancer Support Centre at Seamus Quirke Road in Galway. We have also provided funds for cancer research at The National University of Ireland Galway. Although Galway based, our residential and support services are available to anyone in Connacht, Clare and Donegal. We have plans to extend our professional psycho-oncology service to regional centres in Donegal, Sligo, Mayo and county Galway from early 2015.

The annual operating cost of the charity is €1.5m. We receive an annual payment from the HSE of €500,000, which means we have to fundraise €1m every year to meet the costs of the services we provide. Our fundraising comes from Cancer Care West organised events, community fundraising and donations. We are deeply grateful to the HSE and to our many and varied donors, fundraisers and volunteers for their support.

The charity has a very strong ethic of governance, compliance and transparency. We produce annual audited accounts; we track, record and receipt all donations no matter how small; and we employ a professional and dedicated fundraising team. All our nursing and counselling staff are professionally trained for their roles. We have a Board of Directors of 21 people made up of medical, academic, financial and other business people who are dedicated to the aims of the charity.

To anyone in the west of Ireland affected by cancer – we are available to you, please contact us to see if we can help or support you.

John MacNamara, Chairperson



Cancer Care West2013 – the Year in Numbers

1,610 individuals who availed of our services

6,732 bed nights provided at Inis Aoibhinn

6,603 visits to our Cancer Support Centre

16,320 meals served at Inis Aoibhinn



400 fundraising events
which raised €1,000,000



Message from the CEO

Welcome to our 2013 Annual Report.

Cancer Care West's services continue to be in high demand, with our residential facility, Inis Aoibhinn, consistently operating at maximum capacity, and our Cancer Support Centre continuing to expand its range of services. During the year we also supported families who have a loved one undergoing long term cancer treatment with their accommodation needs. We continue to provide a vital psycho-oncology service to inpatients at University Hospital Galway and have expanded this service to the Galway Clinic. We also continue to support cancer research and education particularly through the ongoing Cancer Care West Hardiman Fellowships at the National University of Ireland Galway. In 2013, Cancer Care West provided support to over 1,600 people.

The fact that we do not charge for any of our services at Cancer Care West is a source of great pride for all involved in our charity. This is only made possible through the amazing generosity of our donors and fundraisers. Their continued good work has allowed us not just to maintain, but to extend the range of services we offer patients and their families and I would like to thank them all for their contribution.


The continued economic conditions, coupled with the recent controversies attached to certain organisations in the charitable sector makes this a very challenging time for charities. This report clearly outlines how Cancer Care West's funding is spent and the impact it has on the lives of patients and their families. I want to assure you that every cent donated to our charity is audited and accounted for resulting in complete transparency in everything we do.

As the figures in this report will show, the need for our services is growing all the time. The unfortunate fact is that more people are being diagnosed with cancer each year. Cancer Care West is committed to continuing to support patients and their families throughout the west of Ireland through all stages of their cancer journey.

We could not do this work without the support of a lot of people. I would like to extend our thanks to the management and staff of University Hospital Galway, particularly those within the Radiotherapy Department, with whom we work closely.

I would also like to acknowledge our Chairman, John MacNamara, for his strong and focused leadership, as well as the members of the voluntary Board of Directors for their support, advice, and input throughout the year.

Finally, I want to thank the dedicated, hard-working staff & volunteers of Cancer Care West for their passion and professionalism shown to all the people and families we serve.


Richard Flaherty, Chief Executive Officer



Inis Aoibhinn

2013 was another busy year for the staff and volunteers at Inis Aoibhinn. We operated at maximum capacity with a total of 324 patients staying with us throughout the year. Our patients travel from all parts of the west and northwest of Ireland – from Donegal in the north to Tipperary in the south and all counties and west coast islands in between. We understand that it is difficult for patients to be away from their homes and families for the 6 - 7 weeks duration of their Radiotherapy treatment, and at Inis Aoibhinn we do all we can to help make the experience of our residents as welcoming and comfortable as possible.

As well as having 24 hour dedicated nursing staff to support our residents during their stay, we encourage patients to avail of the many services and supports available at our Cancer Support Centre, a 10 minute walk from Inis Aoibhinn. There are many social opportunities to meet other residents who are experiencing a similar cancer journey – this year we held a barbeque in our beautiful garden, we had many great nights of entertainment courtesy of the Newport-Westport set dancers and often have informal music and film nights.

I would like to acknowledge the huge commitment of our staff and volunteers and also to say a big thank you to all the patients and family members who continue to support us and stay in touch long after they leave.

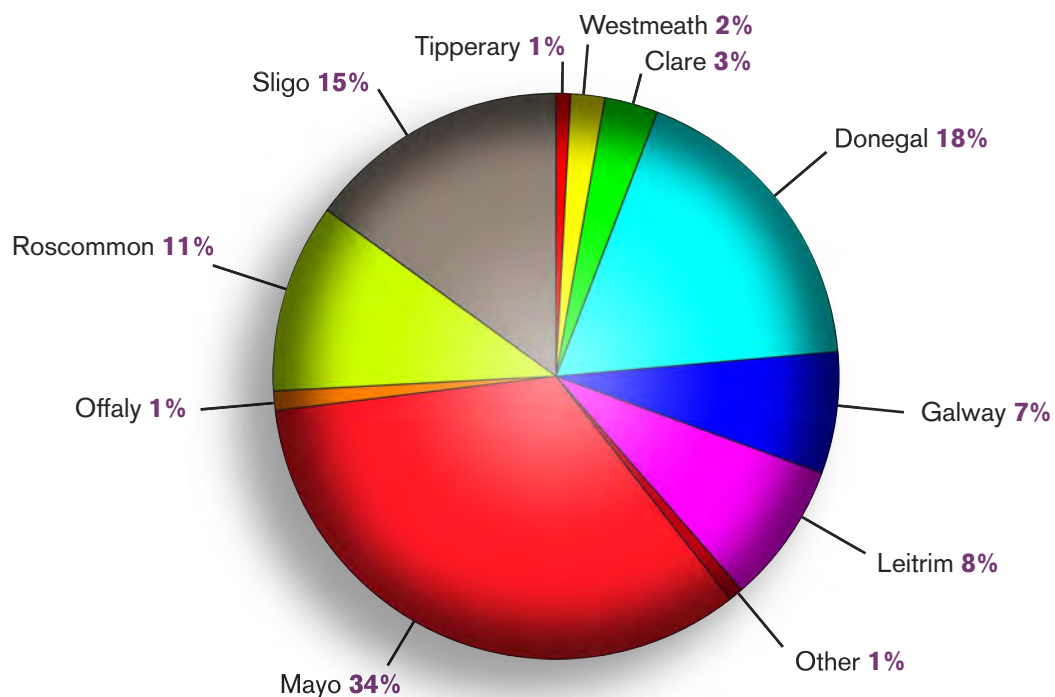
Jill Taylor,
Inis Aoibhinn Operations Manager

Inis Aoibhinn

Features

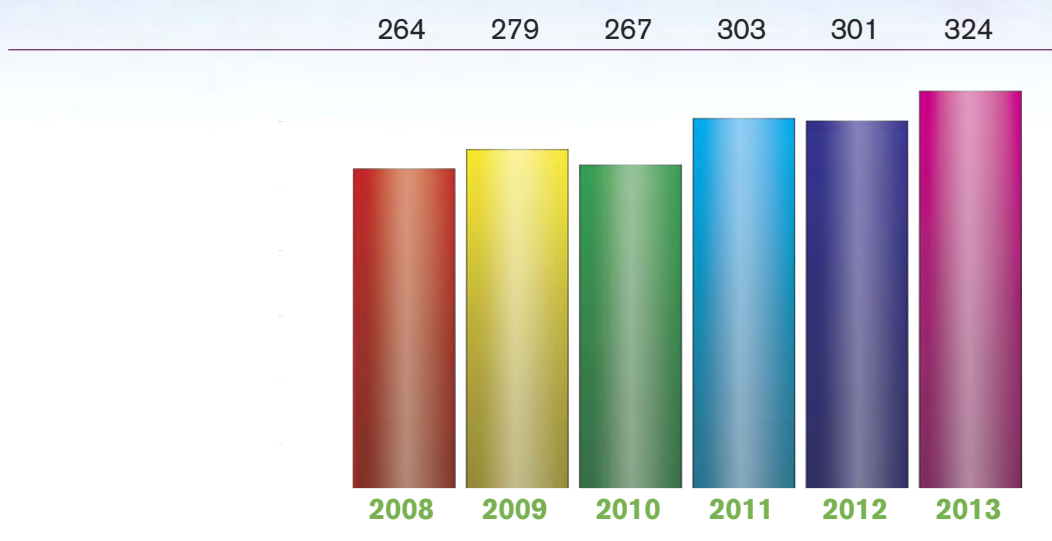
- Home from Home accommodation
- 33 ensuite bedrooms
- All rooms include twin beds allowing for family member/friend to stay with patient
- Dedicated nursing and support staff
- Within hospital grounds and in walking distance to Radiotherapy Department
- Private free car park on site
- Full breakfast & evening meal provided
- Dining facilities
- All rooms with TV, DVD, tea/coffee making facilities
- Wifi throughout; internet access available
- Full access to range of services provided at our Cancer Support Centre

Inis Aoibhinn Residents 2013, by county of residence

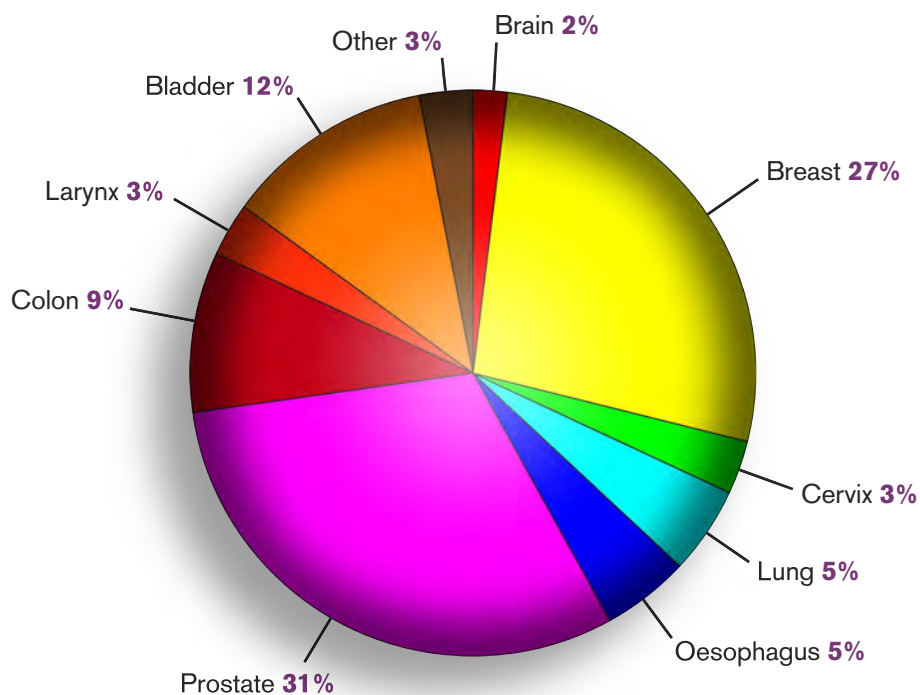


Inis Aoibhinn Statistics

Number of Residents Accommodated in 2013



Breakdown of Residents' Diagnoses January-December 2013



What our residents say about us

“Without any doubt, the staff at Inis Aoibhinn certainly helped me through the most traumatic period of my life.”

Mark

“Inis Aoibhinn was a central part of my recovery. The friends I made in Inis Aoibhinn are ones that I will always remember as we shared such a special time together.”

Betty

“I decided to make use of Inis Aoibhinn to give myself headspace and deal with my diagnosis.”

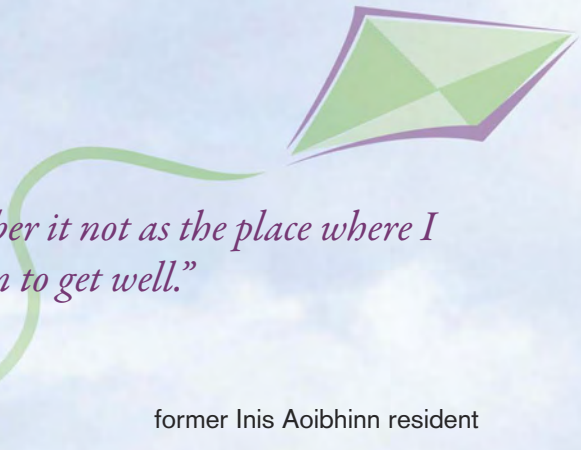
Caroline

“The minute I walked in the door I loved it, bright and airy and a lovely warm and friendly atmosphere. I didn't know it at the time but this was going to become a very important part of my recovery.”

Rachel



Staff and Residents in one of the sitting rooms at Inis Aoibhinn.



“When I think back to Inis Aoibhinn, I remember it not as the place where I was when I was sick; but the place where I began to get well.”

Betty's Story

former Inis Aoibhinn resident

They say that you never know what lies around the corner.

On February 12th, at 51 years old, my diagnosis of breast cancer was confirmed. On February 26th I underwent a lumpectomy, and thankfully I didn't need to have my breast removed.

When I think back to that time I can't believe the journey that lay ahead of me. I was strong, fit, working full-time and enjoying life to the full. I had booked a holiday to Dubai to visit my youngest daughter and I had twin grandchildren on the way. I was busy and active and found it very difficult to just stop everything and accept that I was ill. The initial shock, the worry and upset experienced by me and my entire family, the effects of chemotherapy and radiotherapy and the loss of my hair were all milestones which were as impactful as they were unexpected. And yet somehow, I found a way to get through the whole experience.

Inis Aoibhinn was a central part of my recovery. It is a place that is geared towards people going through the same trials, a place where residents and staff look beyond the headscarves, the wigs, the anger and the anxiety. A place where we were given independence and respect as individuals despite our cancer. Being at Inis Aoibhinn took tremendous pressure from my husband and family, as they knew I was being cared for professionally, in a personal and nurturing environment - not a cold, faceless clinic. My time at Inis Aoibhinn gave me space to understand what had happened to me and how life post-treatment was going to be. The friends I made in Inis Aoibhinn are ones that I will always remember as we shared such a 'special time' together for six and a half weeks. Despite being from different age groups and parts of the country, we were all united in trying to get ourselves well and encourage others to do their best and look to the future.

The day I had my last radiotherapy treatment I flew to London to visit my eldest daughter and her husband. My daughter went into labour that night and our twin granddaughters were born the next day.

When I think back to Inis Aoibhinn, I remember it not as the place where I was when I was sick; but the place where I began to get well.

Helping Families

Helping families with long-term accommodation in Galway in 2013

We identified, through our own research, a further need for accommodation for families who have a loved one undergoing long term cancer treatment. Since the beginning of the year Cancer Care West has been providing accommodation to families who live outside the Galway region who have a family member undergoing long term cancer treatment. These are the figures relating to this service in 2013:

- Number of families supported: **17**
- Total number of nights paid for in B&B/Apartments/Inis Aoibhinn: **325**



Staff and Residents in one of the sitting rooms at Inis Aoibhinn.



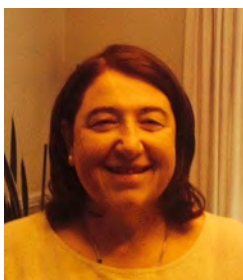
Cancer Care West Cancer Support Centre

Cancer Care West's Cancer Support Centre, located in Westside, celebrated its fifth anniversary in May 2014. Over that time, it has gone from strength to strength, filling a gap in support services that had been identified for many years in both Galway city and the whole western region. The centre's primary aim is to provide professional practical, psychological and emotional support to cancer patients and their families during and after cancer treatment. The centre is staffed by clinical and counselling psychologists, oncology nurses and a number of professionals with expertise in cancer care.

During 2013, the centre was visited over 6,000 times by almost 1,300 people affected by cancer. Our most popular services include psychological therapy and counselling, oncology information, benefits advice and complementary therapies.

One of the unique aspects of our service is that we are community based, completely free of charge and professionally staffed. All services provided are evidence based and modelled on best international practice.

While our service in Galway city has gone from strength to strength, a regional psycho-oncology service remains one of our primary goals. There are ongoing discussions with the Irish Cancer Society to progress this aim and I am glad to report that we have agreed in principle the broad outline of the service. This envisages a weekly psycho-oncology service in Sligo, Castlebar, Letterkenny and Ballinasloe which will afford cancer patients and their families the same level of professional service available in Galway city. We hope to launch this service in early 2015.



I would like to extend my best wishes to all our patients and their families. I also want to offer my condolences to the families of patients who have died during 2013. Ar dheis De go raibh a nanamacha.

Dr Helen Greally,
Director, Cancer Support Centre

“After my treatment, I really needed somewhere to go where I could be myself as it was only then I started to actually deal with the impact of cancer on my life. The Cancer Support Centre accepts you the way you are, whether it’s a good day or bad day.”

Sean, 55 year old oesophageal cancer patient

The Cancer Support Centre has been in operation since May 2009. In the past five years, it has been used by over 6,000 people who have used the services over 31,000 times. While our main focus is cancer patients, almost a third of the people who used the service were family members. This is not surprising as there is considerable research to suggest that watching someone you love go through the cancer journey can be as or more stressful as having cancer yourself.



Over the past five years, a number of trends have emerged in terms of cancer support. There is much greater awareness now of the need to treat not just the physical disease of cancer, but also the psychological and emotional impact of the illness. In addition, ongoing concerns such as fatigue post treatment, adjustment and relationship issues and living well post cancer treatment are much more openly discussed than previously. There has also been an increasing use of our various courses, particularly mindfulness intervention for coping with cancer. In addition, support groups are also found to be very useful, especially when treatment is over and the chance to share the story of cancer with other people who have been through a similar experience is very supportive and helpful.

“Learning how to meditate and relax was something I always planned to do but never seemed to have the time. This mindfulness course at the Cancer Support Centre was the silver lining on the cloud of cancer.”

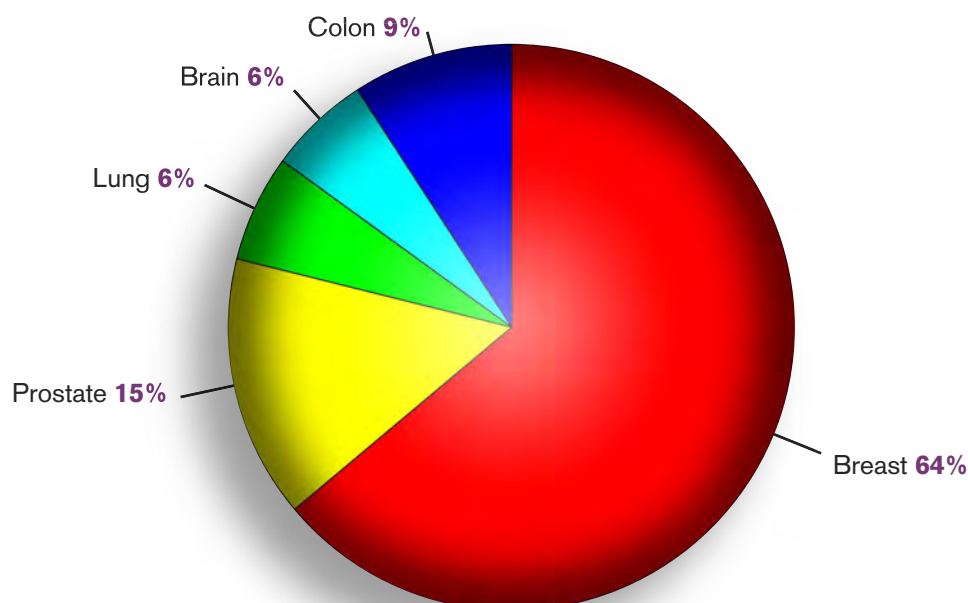
Margaret, a 30 year old leukaemia patient

Over the next year, we have ambitious plans to expand and improve our services, not just in Galway city but also throughout the HSE West area. We have just launched a support group for young people living with cancer and later on in the year we will be running a group for young women with breast cancer. We plan to hold our annual patient conference in September. Last year, 55 people attended our one day conference on all aspects of living with cancer and it was a huge success.

During 2013, we offered training to nurses and allied health professionals in supporting patients and families through the cancer experience. This course offers information and training on topics such as managing distress caused by cancer, communication skills, self-care and stress management.

Our model of psycho-oncology in the community is enhancing patient care in Galway city and the western region. The core of the model is that it is easily accessible, confidential and free of charge professional services in the communities where people live. It is our hope that we will continue to expand and improve this service.

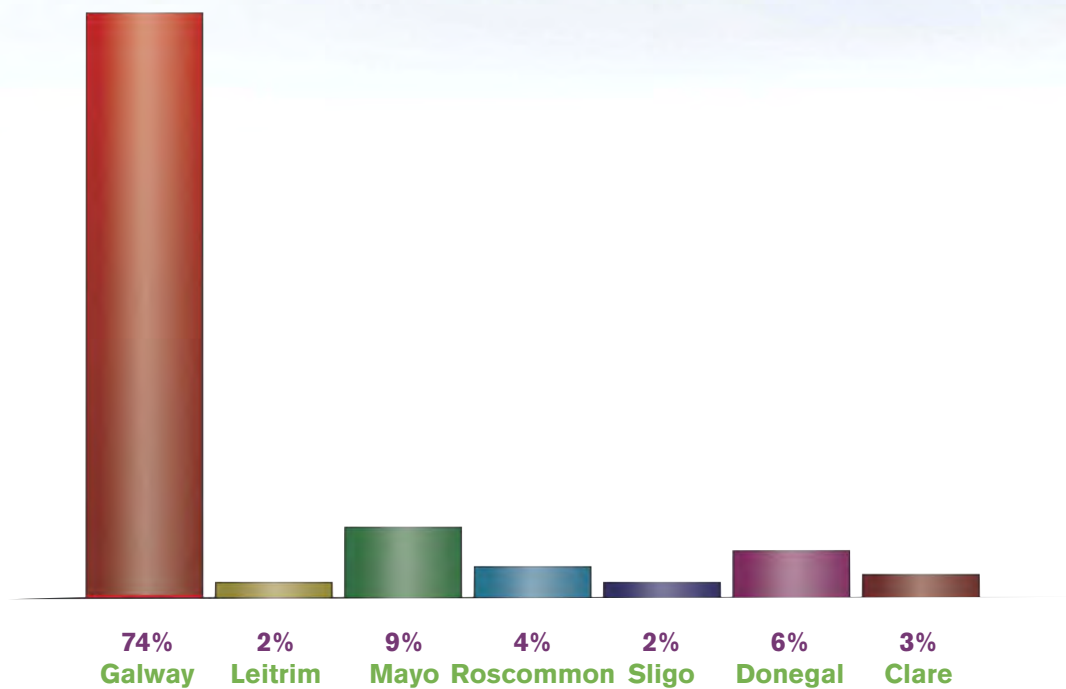
Cancer Support Centre Clients 2013, by diagnosis



“The Cancer Support Centre is such a warm and welcoming place. It should be mandatory for all newly diagnosed patients to visit. It absolutely made my journey with cancer easier.”

Kathleen, 60 year old lung cancer patient

Cancer Support Centre Clients 2013, by county of residence



Staff and clients at the Cancer Support Centre.



Research

In 2012 Cancer Care West and Galway University Foundation announced a joint fund of €1m to provide fully funded scholarships for ten PhD students at NUI Galway. Five of the fellowships will be known as the Cancer Care West Hardiman Fellowships.

The key aims of the Cancer Care West Hardiman Scholarships are: 1) to support internationally competitive translational research in Cancer Biology and Therapeutics at NUI Galway and University Hospital Galway, which will impact on cancer diagnosis and treatment in the near term; 2) to attract the best graduate students to NUI Galway, to work in translational research in the University's Biomedical Science and Engineering priority research area, focused on the Cancer Biology and Therapeutics research theme; and 3) to enhance the graduate education and training environment at NUI Galway within the state of the art National Centre for Biomedical Engineering Science and the associated Translational and Clinical Research Facilities at University Hospital Galway.

Further information about the Cancer Care West Hardiman Scholars and their research programmes is available at www.cancercarewest.ie



Members of the Maura Burke Memorial Fund fundraising group with Professor Michael O Dwyer. One of the five Cancer Care West Hardiman Scholarships being awarded is funded by the Maura Burke Memorial Fund. This Scholarship was awarded in 2013 and is in the research area of Multiple Myeloma.

Education and Awareness

PATIENT CONFERENCE

In September 2013, we held our inaugural annual patient conference at the Cancer Support Centre. This was a very successful event, officially opened by Dr Susan O'Reilly, Director of the National Cancer Control Programme. The day was comprised of a keynote address on the emotional impact of living with a cancer diagnosis as well as four workshops, facilitated by staff of the centre, exploring topics such as fatigue, exercise, nutrition and coping with emotions. It was attended by 56 participants, the maximum number we could cater for, though we had 100 applications for places. We plan to run this as an annual event.



Staff from the Cancer Support Centre with Dr Susan O'Reilly and Dr Mary Hynes of the National Cancer Control Programme at the annual patient conference in September.



Education and Awareness

CONFERENCES, TALKS AND SEMINARS

Maintaining Nutrition during Cancer Treatment: Heather Miller, a dietician from Nutrica Ireland gave a presentation in January at the Cancer Support Centre.

Incontinence and the Pelvic Floor: Ms Beatrice McGinley, physiotherapist at Galway City Physiotherapy services, presented a talk in April for men who had treatment for prostate cancer.

Blood Cancers - Diagnosis and Treatment: Prof Michael O'Dwyer, Consultant Hematologist gave a very informative public talk in April.

Parents Bereaved by Cancer: Dr Greally presented a talk to Anam Cara, a national bereavement support group.

Minding Yourself after Cancer: Dr Greally presented the keynote address at the annual patient conference day at Beaumont Hospital, Dublin.

Coping with Prostate Cancer: Dr Greally gave a talk and presented a workshop at the prostate cancer conference held in Ballinasloe in May.

Breast Cancer and You: Dr Helen Greally gave a talk for breast cancer patients at the Galway Clinic.

Psycho-Oncology in Practice: Dr Greally presented a seminar on behalf of the National Cancer Control Programm for public health nurses and practice nurses.

COURSES

- Three psycho oncology courses were provided to all grades of staff at University Hospital Galway.
- Four mindfulness courses were completed with 63 participants at the Cancer Support Centre.

OTHER

- Dr Greally was invited to sit on the Survivorship Steering committee of the National Cancer Control Programme whose aim is to develop survivorship care plans for all cancer patients.

SCHOOLS EDUCATION PROGRAMME

- Sharon Fitzpatrick, Fundraising Manager visited 15 primary and post primary schools to talk to students about the services provided by Cancer Care West.



In 2013 Cancer Care West was once again one of the 3 charity partners of the BLUE SEPTEMBER campaign, the annual one month long men's health campaign. The core aims of Blue September are to raise awareness of men's cancers and address the fact that in Ireland, more men are diagnosed with, and die from cancer than women. Blue September also fundraises for men's health programmes.

Blue September is an international men's health campaign and is well established in the USA, Australia and New Zealand. In 2013 VHI Healthcare came on board as sponsor to the campaign.



MEDIA

- Radio adverts, transmitted on Galway Bay FM, were produced at the Cancer Support Centre.
- Our website, www.cancercarewest.ie, received 2.2 million hits. Cancer Care West's facebook page has 2,500 followers.
- Cancer Care West were also asked to contribute to several television interviews including I mBarr do Shláinte, Roisin and RTE 1 News.





A thank you from our Fundraising Team

On behalf of the fundraising team I would like to thank all our fundraisers, donors and volunteers all over the West of Ireland for your outstanding support and commitment to Cancer Care West in 2013. Each year Cancer Care West must fundraise €1 million to help us fund the operating costs of Inis Aoibhinn and our Cancer Support Centre. You help us achieve this through your fundraising events and donations, by volunteering your time and by sponsoring and supporting others who are fundraising on our behalf.

We are a small team of three – David O Donnell and I are based in Galway covering Galway, Mayo, Leitrim, Roscommon, Clare and Limerick; and Grainne McGettigan is based in Donegal, supporting events in Sligo and Donegal. If we can support you with your fundraising event or you would like to get involved in one of our campaigns please don't hesitate to get in touch – info@cancercarewest.ie / 091 545000.

Warm regards,



Sharon Fitzpatrick, Fundraising Manager



Sharon Fitzpatrick
Fundraising Manager



David O Donnell
Fundraising Manager



Grainne McGettigan
Regional Fundraiser

SOME OF CANCER CARE WEST'S FUNDRAISING EVENTS IN 2013



The 9th annual **Frances Thornton Memorial Galway Bay Swim** raised €61,000 in 2013.



2013 was the 3rd year of the **Twelve Pins Challenge** which raised €9,000 in 2013 and €25,000 in total.



Clare Island 10K run/walk. Organised by the Clare Island community, this fantastic event has donated over €25,000 to Cancer Care West since it began in 2012.



A truly unique fundraising event, the **Wild Fish & Game Night** raised €5,000 for Cancer Care West for the fourth year running.



The inaugural **Donegal to Galway Fundraising Cycle** raised €48,000 for Inis Aoi bhinn and helped raise awareness of the journey undertaken by many cancer patients and their families from the west and northwest of Ireland when travelling to Galway for Radiotherapy treatment.



Members of the **Ginty Family** from Doohoma, Ballina raised €8,200 for Inis Aoibhinn in memory of Danny Ginty, RIP, who stayed at Inis Aoibhinn in 2012.



Renmore Set Dancers performing their annual Christmas fundraising Set Dance in Shop Street Galway.



Third annual **Inishbofin Loop Walks and Music Night** in aid of Cancer Care West which has raised over €25,000 to date.



Noel and Eva Reilly presenting the proceeds of the **Belmullet Quay Dip** which raised €13,269 for Cancer Care West



Members of **Team Freewheelers** who cycled a stage of the Tour de France to raise funds for Cancer Care West.



Family and Friends of Eileen O'Neill RIP from Bonniclon, Co Mayo who organised a card game and raised over €8,000 for Cancer Care West.



Anna and Michael Deane who raised €6,321 from a fundraising dance in aid of Cancer Care West.



Ladies from the west of Ireland who took part in the **2013 Women's Mini Marathon** in Dublin supporting Cancer Care West.

Cancer Care West Board of Directors

- John MacNamara (Chairman)
- Sheila Byrnes (Secretary)
- Padraig Burke
- Gerry Burke
- Prof Ruth Curtis
- Dr Paul Donnellan
- John Donnelly
- Bernard Duffy
- Keith Finnegan
- Dr Ann Marie Groarke
- Dr Maccon Keane
- Frank Kinneen
- Mr Oliver McAnena
- Dr Margaret Murray
- Stanley Porter
- Gerry Purcell
- Mr Eamonn Rodgers
- Gerry Staunton
- Prof Frank Sullivan
- Breda Tierney
- Brian Thornton

Subcommittees

Management

Gerry Staunton(Chair)
Prof Ruth Curtis
Richard Flaherty
Stanley Porter
Brian Thornton

Finance, Audit and Risk

Brian Thornton (Chair)
Padraig Clarke
Dr Margaret Murray
Gerry Staunton
Breda Tierney

Psychological and Support Services

Prof Ruth Curtis (Chair)
John Bogue
Richard Flaherty
Dr Helen Greally
Dr Ann Marie Grouke
Jill Taylor



Financial Statement

Income and expenditure account for the year ended 31 December 2013

Continuing operations	2013	2012
	€	€
Income from fundraising and bequests	979,566	923,620
Cost of fundraising	(225,599)	(219,746)
Gross Surplus	753,967	703,874
Administrative expenses	(79,532)	(66,561)
Service costs	(1,014,626)	(961,790)
Support centre costs	(297,146)	(272,664)
Research & similar costs	(61,680)	(17,530)
Other operating income	500,000	500,000
Operating (deficit) / surplus for the year	(199,017)	(114,671)
Interest receivable and similar income	92,798	120,087
(Deficit) / Surplus for the year	(106,219)	5,416

There are no recognised gains or losses other than the (loss) / surplus for the above two financial years.

On behalf of the board



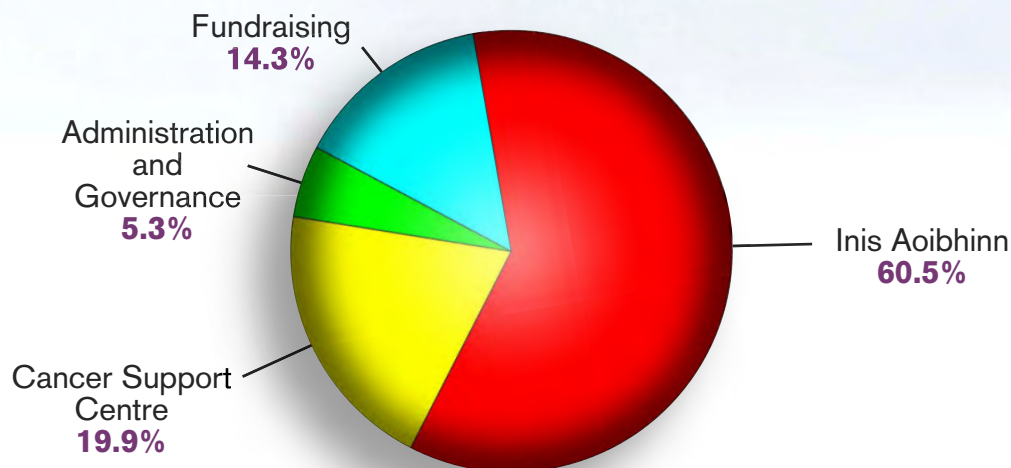
Brian Thornton
Director



John MacNamara
Director

Costs and Funding

Where the money goes

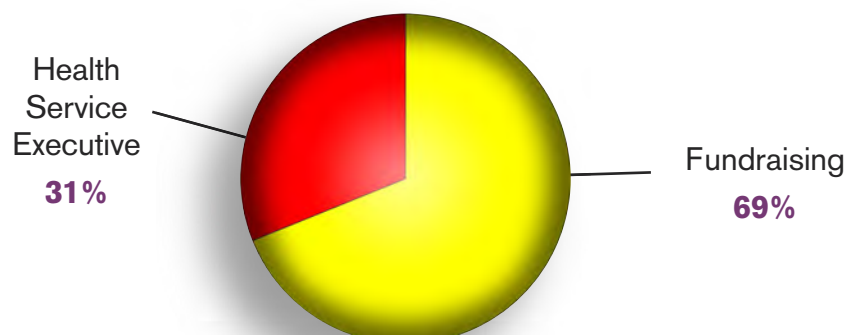


Our investment in supporting cancer patients and their families in 2013 was made possible both through statutory funding which we receive from HSE West and the continued significant support we receive from our donors. In 2013 Cancer Care West received €500,000 under a service level agreement from HSE West as a contribution to the operating costs of Inis Aoibhinn.

Our total income for 2013 was €1.572m. Two thirds of this was derived from voluntary fundraising and donations and we are very fortunate to have an incredibly loyal, committed, and growing network of supporters who continue to help us.

Cancer Care West is a not for profit organisation 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.

How Cancer Care West is funded





How you can help

Cancer Care West provides all of our services at no cost to cancer patients and their families and we rely heavily on fundraising and donations to help us fund our services. We appreciate all offers of support through donations, fundraising, sponsorship or volunteering. Here are some ways you can help Cancer Care West:

Donations

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

- Online - with a credit/debit card – 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 provide our services. Why not become a friend of Cancer Care West from as little as €12 per month. Contact us at info@cancercarewest.ie for further information or download the direct debit form on our website – www.cancercarewest.ie/fundraising.

Fundraising Events & Campaigns

Cancer Care West has many fundraising events and campaigns throughout the year which are detailed on 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.



Cancer Care West
University Hospital Galway
Galway
Tel: 091 545000
www.cancercarewest.ie

Cancer Care West are grateful
for the support of the HSE

