

CENTRE PROGRAMME

Social Coffee Morning - Every Wednesday.
All welcome to call in from 10.30am - 12.30pm

Knit and Natter - Every Wednesday morning,
10.30 onwards. All Welcome

Yoga with Marella - Starting Tuesday 12th Sept
Ladies 9.30—10.30, Men 11—12noon.
All Welcome

Flower Arranging with Collette -
Wednesday 4th Oct - 1st Nov, 10.30am-12.30pm
Open to Clients and Carers only

Paverpol with Louise - Tuesday 10th Oct -21st
Nov 7pm-9.30pm
Open to Clients and Carers only

Mosaic with Frances— Friday 8th Sep—Friday
13th Oct, 10am– 12Noon
Open to Clients and Carers only

Please contact the Centre if you have any questions
on the above and to book your place on the courses
as numbers are limited.

THANK YOU

Care for Cancer would like to thank all you volunteers,
fundraisers and general public for your continued
support over the years. Without you, we couldn't
provide the support and services so many require.
Reg Charity No. NIC 103595
1, Campsie Place, Omagh, Co Tyrone, BT79 0FD
Tel: 028 8224 6599
Email: info@careforcancer.co.uk
Facebook: www.facebook.com/CareforCancerNI
Twitter: www.twitter.com/CareforCancerNI
Reg Charity No. NIC 103595

UPCOMING EVENTS

- 23rd-24th Aug -Big Bus @
Killyclogher Parish Hall Car
Park
- 26th Aug -Fintona British
Legion Dance –Organised by
Johnny McLaughlin
- 1st Sept -Street Collection.
Help Appreciated
- 29th Sept–Candlelight walk
Light for life @
Loughmacrory. Everyone
welcome.
- 28th Oct- Street Collection.
Help Appreciated
- Autumn 2017 –
Complementary Health and
Wellbeing Event –Date to be
confirmed
- 1st Dec -Christmas Outing to
Dobbies in Lisburn
- 13th Dec— Christmas Coffee
Morning & themed flower
arranging by Collette
- 15th & 16th Dec Action
Cancer Big Bus
- 16th Dec Street Collection
Help Appreciated

NEWSLETTER

Issue 8| Summer / Autumn 2017



**SUPPORTING OMAGH
AND THE SURROUNDING AREAS**

Tel: 028 8224 6599

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Email: info@careforcancer.co.uk

www.careforcancer.co.uk Reg Charity No. NIC 103595



CHAIRMAN: IVAN GILMOUR



Welcome everyone to the latest copy of our magazine. This year has already been a very busy one for Care for

Yes, they certainly have more material possessions but when I think back to my own youth our life was less cluttered and more simple than today.

Some of my happiest memories come from things or events that cost very little, a walk on a mountain top, a simple family meal or a day in the hayfield, moving cattle from the hills down to the lowland, cutting silage. Happy thoughts which stay in our memory, only to be recalled whenever life gets tough.

I hope you enjoy our magazine. If you would like us to print any stories or articles in the next copy please contact us. Our centre is always open to everyone. A cup of tea and a chat. Sometimes it's all we need.

Kind Regards

Ivan

Ivan Gilmour

Chairman of Care for Cancer

Cancer. Our centre continues to operate daily with every day bringing new challenges, pleasures and new faces.

During my time as Chairman I have been very privileged to meet so many people from many different areas. You will see from our front cover the area which Care for Cancer covers. As a local Charity, depending on funds from local people to operate, we return all our money within a radius of 26 miles. When driving, 26 miles is such a short journey, however, as I have discovered our area is vast.

During the last few years I have attended lots of fundraising events throughout this area. I am always astounded at the generosity and kindness of people, especially our youth.

We should be very proud of our young people. The youth of today have a harder time I feel than we did.

Benefits and Support

Care for Cancer are now in a position to direct those who have had a recent cancer diagnosis and are in need of benefits information and support, to an appropriately qualified advisor. Please contact our Centre to arrange a private appointment to discuss your concerns and needs



HEALTH AND WELLBEING

We are in the processes of organising a health and wellbeing event. Details are yet to be confirmed. Watch local press for further details.

Health & Wellbeing



Wedding Favours

Any future brides or grooms out there, Care for Cancer can offer you a card setting for your guests explaining that, in lieu of flowers, you have made a donation on their behalf to Care for Cancer. The card will also show the names of the bride and groom. Contact Care for Cancer for more information.

ACTION CANCER **BIG BUS**

We are pleased to announce that Action Cancer in conjunction with Care for Cancer are bringing the **BIG BUS** to Killyclogher Parish Hall Car Park on the **Wednesday 23rd and Thursday 24th August**. If you are a woman aged 40-49 or over 70, you are eligible to make an appointment for breast screening on the unit. What perhaps is not so well known is that MOT health checks are open to anyone regardless of age or gender and are a great way to get a current picture of your health.

Call **028 90803 344** to make an appointment or contact Care for Cancer for further information.



CHOOSE US FOR CHARITY??

If you are a local business, company or school we would be very grateful if you could choose us as your next charity. As you may know we support people in the local community affected by cancer.

We offer a range of services and facilities and would be happy to visit your premises to give a presentation about our work.



VOLUNTEERS NEEDED

Maybe YOU could help Care for Cancer with help in areas such as

- Driving
- Befriending
- Helping with street collections
- Helping in the office
- Organising fund raising events

Please don't hesitate to ring our office on **028 8224 6599** or email info@careforcancer.co.uk.

Volunteer: **Lorna Martin**



I have been volunteering at Care for Cancer for almost two years, taking

over from my son Alexander, who moved from Omagh to Lisburn at that time with his work. I always hoped that I would be able to do this kind of work when I retired as I had received wonderful support from a similar charity some time ago, when a close family member was unwell.

Usually I try to do one day a week in the office. No day is ever the same - sometimes I might be carrying out routine office work, responding to phone calls, creating posters or flyers, answering and sending emails and such like. Other days the role is much more varied and I might be welcoming and talking to clients coming into the centre, making tea for visitors, helping out at Care for Cancer events such as the Vintage Tea, an annual event at Mullaghmore House.

Training is available either in the centre or at other venues where appropriate – nothing too high-powered! I was offered the Befriending and Mentoring Course and, since completing this,

have been happy to visit a couple of clients in their own homes.

Most of the volunteers have also been educated about various aspects of cancer as a disease and how it can impact not only on our physical state, but also our emotional well-being.

The volunteers here at Care for Cancer are a wonderful, warm group of people who work so hard to help those in need whose lives are affected in any way by cancer. I am more than happy to be a part of this close team and have made many new friends.

WHAT WE DO

Care for Cancer provides information and practical support to individuals and families whose lives have been impacted by cancer. Here are some of the services we provide:

- A Drop in Centre in Campsie, Omagh
- Transport to Hospital Appointments
- Complementary Therapies
- A Bra Fitting Service
- Counselling
- Recliner Chairs
- Classes, Courses & Social Activities

For more information, please call

028 8224 6599 or visit
www.careforcancer.co.uk

YOUR DONATIONS

Thank you all for your continued support and generosity. Care for Cancer relies on your continued support - either representing us, coming to events or donating to our cause. Throughout the year we receive generous donations from clubs, grants and individual donors. Here is a selection from recent months.



Members of staff from the Foyle group who raised £1145 by climbing Croagh Patrick.



Omagh Anglers presenting a Cheque to Chairman, Ivan Gilmour. The group raised £500 at a fishing festival and draw.



Members of Omagh Active Club presenting a cheque for £1000 to Ivan Gilmour, Care for Cancer, on behalf of Omagh Active Club in memory of the late Anthony Connolly

BRA FITTING

We at Care for Cancer provide a personal and confidential bra fitting service for women who have had breast surgery. Our volunteers are fully trained and can help you choose the right bra that fits and feels comfortable.

So if you or someone you know needs a helping hand to buy a post surgery bra, please call into the centre at 1 Campsie Place, Omagh, email us at info@careforcancer.co.uk or simply give us a ring on 02882246599 to make an appointment.

STAIR LIFT

We have recently had a stair lift installed in the Centre to make access to our upstairs rooms easier.



PRE-LOVED BRAS

Ladies, we also have a bra bank, so if you have any bras that you no longer want please drop them in for us to recycle.



It was a shock when my wife was diagnosed with breast-cancer in December 2011. I just didn't expect it. Neither did she. Nor did our children. It's a surreal place to be in. Fairly quickly we got dates for Chemotherapy Treatments.

On the Wednesday afternoon before my wife's first Treatment we were driving through Omagh 's Campsie Road, when she suddenly asked to call into the Care For Cancer Centre. She was met at the door by Joan Hamilton. She explained her circumstances and Joan's support began immediately.

Over the months the Care for Cancer Centre became a haven of tranquillity for her, a place where she could spend time in the company of people who understood her and gave her unconditional love and support. Now, 5 years later, my wife's breast-cancer has returned and spread a bit.

It's come as a surprise to me that I'm now a "carer". I never thought of it in that way.

OK, it's difficult for me at times, but it's always more difficult for my wife. More worry, more uncertainty, more Chemo, more tears, more prayers

But, in the midst of all the terrible chaos...our friends in Care for Cancer continue to provide invaluable support, offering a variety of activities..complementary therapies, social activities, classes and courses, transport to appointments, counselling ...and more. I can't praise them enough.

God Bless



Linda and Steven Hunter with Chairman Ivan Gilmour presenting a Cheque for £650. Money was raised during an open day at their Gortrush premises. One lucky visitor won the main prize of a lawnmower in the raffle.



Members of Phoenix Masonic Lodge No. 836, Pomeroy presenting a cheque for £1200 to Ivan Gilmour, Chairman following their golf competition.



Members of Drumquin Care Group presenting a cheque for £9025.78, raised through a sponsored walk.

YOUR DONATIONS



Pupils from Langfield Primary School presenting a cheque for £142.11 to chairman, Ivan Gilmour following a fundraising event at the school.



Pupils representing local post-primary schools at the St Patrick's Day Parade during which Care for Cancer held a successful street collection.



Omagh Explorer Scouts raising money at a Bag Pack in Marks and Spencers in Omagh—many thanks to all those who volunteered and donated!



The grandchildren of Evelyn and the late Fred Kenwell, presenting a cheque for £950 to Ivan Gilmour and Teresa Mullin (Complementary Therapist). The money was raised from donations by customers visiting Kenwell's Christmas Showroom

VINTAGE AFTERNOON TEA

The 4th Vintage Afternoon Tea, which was held at Mullaghmore House, a particularly interesting and characterful local property, was enjoyed by all. Visitors relaxed in the beautiful garden and enjoyed music by the Strule River String Band along with a fashion show by Rustic Runaway. The weather once again this year was on our side. Both volunteers and guests both enjoyed a lovely afternoon. Thank you to everyone who helped on the day and came along to support Care for Cancer.



Models from Rustic Runaway at the launch with chairman, Ivan Gilmour.



Models from Rustic Runaway at the Vintage Tea



Strule River String Band who entertained our guests at Mullaghmore House



Visitors enjoying afternoon tea

EVENTS & CLASSES



Guests and Volunteers who attended our Complementary and Natural Health Care Evening. Our therapists gave a talk about the many health benefits of a variety of complementary therapies.



The men together group enjoying a 'fly tying' demonstration given by Joe McDonald



Mike Reynolds from St. Eugene's Band who held an information evening in the Centre.

YOUR DONATIONS



Ivan Gilmour, Chairman receives a cheque for £1,700 from Derek and Joan Lyons raised in lieu of presents for their 50th wedding anniversary.



Tom and Madge Gavin present a cheque for £6,700 to Ivan Gilmour. This was raised at their 60th wedding anniversary with a party at Fintona Golf Club.



Johnny McLaughlin MBE presents a cheque for £915 to Ivan Gilmour, Joan Hamilton MBE and Martina Morris. The money was raised through donations from clients visiting Johnny McLaughlin & Co

GIFT AID

Care for Cancer relies on the support of local businesses and local people. Each year we are surprised by the generosity of everyone who donates to our charity.

One way you can ensure that your donation goes as far as possible is to donate through Gift Aid. Donating through Gift Aid means Care for Cancer can claim an extra 25p for every £1 you give. It **won't cost you any extra** and all of those numbers add up to make a real difference. All you need to do is write or type a signed note to tell us you wish to donate via Gift Aid and we'll do the rest! Contact the Centre for more information.

GALA BALL

Guests gathered at the Silverbirch Hotel in April. Everyone had a wonderful evening meal followed by a raffle and auction by Richard Beattie. Renowned Country Star Gerry Guthrie and his band provided the highlight of the night, with music and dancing everyone enjoyed



Gerry Guthrie, Country music artist playing at the Gala Ball.



Committee member ,Johnny McLaughlin MBE with his wife Olive and son Steven.



Care for Cancer volunteers, Kevin and Irene Lowry, at the Gala Ball.



Gala Ball guests, Heather and David McKinley with Adrian McFarland and Lorraine and Ray Elkin.

EVENTS & CLASSES



Belinda Keely of Bella Rose Crafts, organised a Knitathon at which Angel Pockets were knit and crocheted. Here she is handing over a selection of them to Geraldine Beattie of the Mothers' Union.

Knit and Natter is a very popular activity, held in our centre on Wednesday mornings. Everyone is welcome.



Some of our ladies enjoying Knit and Natter in the Centre

Enjoying home-made pancakes and treats



The Clarins ladies from Boots, Omagh, who held an evening of beauty as part of our Get Together programme in our Care for Cancer Centre.

