



Gort Cancer Support

Supporting People affected by Cancer

MARCH 2025

ISSUE 18

Welcome to the March 2025 edition of our newsletter.

March is here and spring is in the air. The countryside is vibrant with daffodils and budding trees, reminding us how swiftly the first quarter of 2025 has passed. We've moved beyond January's freezing temperatures and weathered Storm Éowyn with only a small amount of damage at Hollyblue House.

The storm brought down the wall of our therapy garden, but thankfully, John Fordham and his crew promptly arrived to restore it.

It's wonderful to see the wall reinstated and freshly painted. Now, we eagerly await the blooming of the new shrubs.



*"Spring adds new life and new beauty to all that is."
~ Jessica Harrelson*

'Wear Blue for Hollyblue'



Following the success of our blue-themed fundraiser, **"Wear Blue for Hollyblue,"** held on Friday, May 3rd, 2024, we've decided to extend the event to a full week this year. We will kick off the week with a coffee morning at Hollyblue House on Monday 28th April 2025, where volunteers and staff will be resplendent in blue. Be sure to stop by and see our chairperson sporting his newly dyed blue hair!

This event draws its inspiration from the name of our centre, Hollyblue House. Named after the Holly Blue butterfly, this small and delicate blue species can be found in certain parts of the Burren. The Holly Blue butterfly symbolizes renewal and resilience, qualities that our fundraiser aims to embody as we strive to uplift and support those affected by cancer.

We are calling on local schools, businesses and individuals to join us in showing their support by wearing any shade of blue and making a donation to our centre.

Donations can be made online at <https://www.idonate.ie/fundraiser/WearBlue4Hollyblue2025>, dropped off at our support centre or paid directly into our bank account (IBAN: IE55BOFI90386766164948). To add a fun twist, you might even consider organizing a blue-themed bake sale featuring treats like blueberry muffins, blue velvet cupcakes and other blue delights!

All funds raised through this initiative will go towards providing free services to those impacted by cancer in South Galway and North Clare. These services are crucial in offering support and care to individuals and families navigating the challenges of a cancer diagnosis.

During the week commencing 28th April 2025, we encourage everyone to dig out their blue jeans, blue dresses, blue jerseys or blue suede shoes and wear their favourite blue attire. Share your photos on social media using the hashtag #WearBlue4Hollyblue and be sure to tag us. By spreading the word to your friends, family and colleagues, you can help us make this event a success. Every euro raised makes a difference and helps us continue our mission of providing essential support to those in need.

Let's come together as a community to show our solidarity and support for those affected by cancer. Join us in wearing blue for Hollyblue and make a positive impact on the lives of many.

#WearBlue4Hollyblue

Can - REACT

Can-REACT is a University of Galway based initiative for cancer survivors. It is an exercise-based rehabilitation and wellness programme for cancer survivors.

It was a real pleasure to welcome Dr Ananya Gupta, Director of the MSc in Exercise Physiology at the University of Galway, to our support. It was great to see so many interested in learning about the Can-REACT initiative for cancer survivors.



This initiative offers tailored physical exercise programmes and nutritional advice to assist cancer patients with their rehabilitation. We are delighted to be able to offer this fantastic exercise and wellness programme from our studio room in Hollyblue House.

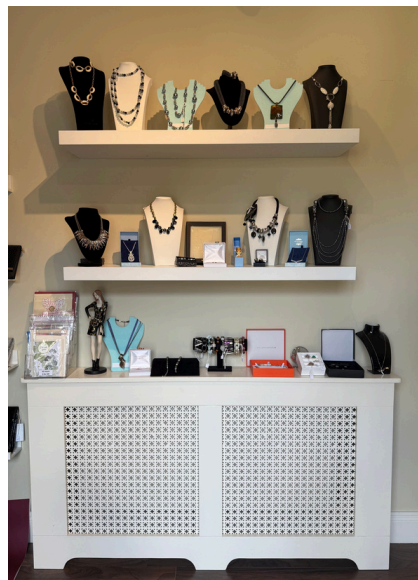
Dr Gupta was accompanied by four of her students, Devashree, Rakshita, Kashmeera and Aayushya, who are all pictured here with centre manager, Cara Brady.

Hollyblue Gifts on Instagram Now

We are thrilled to announce that you can now follow us on Instagram at **@hollyblue_gifts**. Stay updated with the latest items available for purchase from our support centre. Simply scan the QR code to join our community and discover beautiful gifts that support a great cause.

Your donations of unwanted or unopened gifts and presents are always appreciated. These contributions help us continue our mission to support those affected by cancer. Please note that we are unable to accept clothes or electrical items.

Thank you for your continued support!



Gort St Patrick's Day Parade: Celebrating Community



It was a fantastic experience to have both committee members and volunteers participating in this year's Gort St Patrick's Day Parade. The theme of this year's parade was "community," which provided us with an ideal opportunity to showcase some of the activities and services available at Hollyblue House. Our centre offers a variety of programmes designed to promote health and well-being, including Yoga, Art, Tai Chi and Chair Yoga. Additionally, we highlighted our volunteer driving service, which plays a crucial role in supporting those who need transportation assistance.

We were truly blessed with fine weather on the day of the parade and it was heartwarming to see a great crowd in Gort.

The streets were lined with enthusiastic spectators who came to witness the colourful parade of local groups, sports clubs and organizations. The vibrant atmosphere and sense of community spirit were palpable, making the event a memorable one for everyone involved.

Participating in the St Patrick's Day Parade allowed us to connect with the community, share information about our programmes and demonstrate the positive impact we strive to make in the lives of those we serve. The parade also served as a reminder of the importance of coming together as a community to support one another and celebrate our shared values. Together, we can achieve great things and make a difference in the lives of many.

Could you spare as little as €10 per month

Unfortunately, the number of people accessing our services has increased significantly. Now, more than ever, we need your support and generosity to continue providing comprehensive support to those affected by cancer. We appeal to you to assist us in any way possible.



We adopt a holistic approach to our clients and their families, offering a variety of activities and social events to enhance their wellbeing and coping skills. These include adult and adolescent counselling, children's counselling/play therapy, reflexology, acupuncture, lymph drainage, meditation, art classes, yoga, tai chi, and more. Additionally, we arrange transportation for individuals to their oncology appointments, chemotherapy sessions, or radiotherapy treatments in Galway if needed.

We would be extremely grateful if you would consider donating to Gort Cancer Support on a weekly or monthly basis. Simply set up a standing order through your online banking using our **IBAN IE73BOFI90386782915166** and **BIC BOFIE2D**.

Thank you