

# Cuisle Centre Services Report 2019

## Overview

Cancer affects one in three people in Ireland. The impact of a diagnosis is very often not understood, particularly the emotional and psychological effects, which are varied, complex and sometimes devastating. Improvements in treatment modalities for cancer are continuous, however good psychological and emotional support are key in sustaining quality of life in survivorship.

It is normal to experience worry, stress, anger, fear and anxiety, when you or someone close to you experiences cancer.



The Cuisle Cancer Support Centre services deliver psychosocial support to patients and their families in the community. The unique feeling of warmth and welcome provided at our non-clinical centres generate safety and ease.

The pathways we have designed complement the medical model, offering both patients and relatives an opportunity to find support physically and psychologically, and a safe place in which to share their fears and emotions.

## Our Services

### One to One Support

- Drop in and Telephone Support
- Counselling
- Citizens Information Advice

### Complementary Therapies

- Therapeutic Massage
- Reflexology
- Acupuncture
- Reiki
- Craniosacral Therapy

### Improving Health, Exercise & Wellbeing

- Pilates
- Art Therapy
- Mindfulness
- Louise Hay Programme
- Strides for Life (Walking Programme)

### Information & Education

- Diet in Cancer
- Bereavement Support
- Cancer Thrive & Survive Men & Women

### Programmes for Men

- One to One Support
- Prostate Cancer Support Group

### Breast Cancer Support

- Manual Lymphatic Drainage
- One to One Support
- Pilates for Women
- Early Menopause Support Group
- Bra & Prosthesis Fitting
- Garment Fitting for Lymphedema Patients

### Secondary Cancer Support

- Living Life Programme
- One to One Support
- Diet & Nutrition

### Support for Children

- Climb Programme
- Bereavement Support For Children
- One to One Counselling

### Support for Families

In 2019, 311 people affected by cancer contacted the Cuisle Cancer Support Centre for support, in person, by telephone or via digital channels.

We operated two centres, Portlaoise and an outreach service in Naas, where people affected by cancer, whether patient or family member, could assess psychological support, information and practical help, free of charge.



Together, our services team of our nurse, therapists and counsellors provided 4,458 services across our centres in 2019.



## Counselling

Counselling in cancer is case-specific and an invaluable support in times of crisis or change.

Our team of professional counsellors provided 539 sessions of high quality, therapeutic support in 2019. Our counselling service is provided on a short-term basis (6-8 sessions).

It helps people feel supported and safe and helps our patients understand and manage the complexities they face when affected by cancer.



## Citizens Information



A cancer diagnosis can put financial strain on families. We offer continued support to families who are experiencing financial hardship by providing them with information on benefit entitlements and welfare, ensuring that people are supported.

## Complementary Therapies

We believe in the power of compassionate touch through massage and reflexology. A gentle touch forms an experienced massage therapist can settle those fears and create a space of safety and understanding. The comfort from this can help our visitors get through those tough days and find a place for the body to relax, even if it is just for a little while.



## Pilates

We continued to offer a weekly guided Pilates Classes in 2019. It continued to provide our visitors with a regular opportunity to meet each other in a safe facilitated space.



**305**

Attended Pilates

## Art

Art is used to encourage personal growth and increase self-understanding. Art Therapy can address a range of issues and concerns including confidence and self-esteem, trauma, bereavement and loss, depression, stress and anxiety.

**173**

Availed of Art

## Mindfulness/Louise Hay

This programme provides techniques that focus on the emotions, thoughts and sensations enabling people to live more fully in the now.

**195**

Availed of Mindfulness

## Strides for Life Programme

This is a personalised walking programme. Exercise has been shown to improve quality of life for cancer survivors and is hugely beneficial both physically and mentally.



**165**

Attended Strides for Life Programme

## Thrive & Survive

The Cancer Thriving & Surviving Programme is adapted by the Stanford University School of Medicine. This is a self-management programme for Cancer Survivors with the aim of improving their quality of life to better manage their daily health.

**129**

Attended Thrive & Survive for  
Both Men & Women

## Prostate Cancer Support Group for Men

This group enhances men's understanding of their prostate cancer diagnosis providing information and sharing experiences with other men.

**34**

Men Attended  
Prostate  
Group

**5**

Men  
Attended  
Group

## Early Menopause Support Group

**22**

Women Attend This Support Group

This support group provides information and support to women who are experiencing early menopause due to their cancer treatments.

## Breast Cancer Support

73 new breast cancer patients accessed our services for the first time in 2019. Our dedicated team provided a wide range of support designed to provide information and support as they underwent treatment/surgery and into their recovery and rehabilitation.

Our aim is to encourage and support women with breast cancer and help them to reduce fear, anxiety and help them to improve the outlook for life going forward after breast cancer.

**259**

Women availed MLD

## Bra & Prosthesis Fitting Garment/Sleeve Fitting

**113**

Women  
Availed of Bra  
& Prosthesis  
Service

**69**

Women  
Availed of  
Garment  
Fitting Service

These services provide extremely helpful support to women. They can be professional fitted in a warm welcoming environment by professionals in their field.

## Manual Lymphatic Drainage

This is a specialised gentle massage which helps women with Lymphoedema, a condition which may result from surgery or radiotherapy.



## Living Life Programme

This programme provides people with a Secondary Cancer diagnosis an opportunity to deal with the challenges presented by their diagnosis. Topics covered in this programme are as follows:

- Understanding your psychological response to having a secondary diagnosis of cancer
- Treatment Options – current and emerging treatments for secondary cancer
- Coping with fatigue - Diet and Nutrition & Physical Activity
- Stress Management and relaxation
- Intimacy & relationships – understanding and dealing with physical and emotional difficulties
- Communications
- Benefits & Entitlements
- Diet and Nutrition & Physical Activity

26

People Attended This Programme

## Climb Programme

Helping Children Understand Cancer

This programme was attended by 15 children in 2019. This is fun and creative using drama, arts, and play and aims to help children cope with a cancer diagnosis or bereavement in the family.

15

Children Attended This Programme

The climb programme aims to help children:

- To understand a cancer diagnosis by providing information on cancer

- To learn how to express his or her feelings and emotions
- To learn how to cope with these feelings
- To feel part of a social group by making friendships with other children sharing a similar experience
- To cope with dramatic changes, they are witnessing and experiencing in the home

The feedback from the children who completed the programme and their parents/guardians was very positive and we look forward to develop this aspect of our service into 2020.

## Supporting Families

Our support services aim to empower patients and relatives to understand and adapt to a cancer diagnosis.

Family members, though not personally feeling the physical impact of a cancer diagnosis, share all the emotional, psychological, financial and spiritual effects with the cancer patient.

We provided dedicated information, education, support and complementary therapies to help alleviate the concerns and impact on patients and families to 107 relatives of cancer patients in 2019.



*“It’s a great place to come and actually relax and unwind and not have to talk about being ill all the time. Things you thought you would never need, therapy and a chat with tea or coffee actually really give you an insight into yourself. It’s not just for you – it’s for your family as well”*