

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 Cuise 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 center 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

Our Services

One to One Support

- Nurse Support
- Counselling
- Citizens Information Advice

Complementary Therapies

- Therapeutic Massage
- Reflexology
- Reiki

Improving Health, Exercise & Wellbeing

- Gentle Strengthening & Exercise Class
- Chair Yoga
- Tai Chi
- Aqua Aerobics
- Mindfulness
- Creative Arts Class
- Art
- Look Good Feel Better

Breast Cancer Support

- Manual Lymphatic Drainage
- One to One Support
- Mindfulness in Menopause
- Bra & Prosthesis Fitting
- Garment Fitting for Lymphedema Patients
- Breast Cancer Support Group

Programmes for Men

- One to One Support
- Men's Support Group
- Mindfulness for Men

Support for Children

- One to One Counselling
- Creative Arts Therapist

Information & Education Evenings

- Selfcare for Cancer Patients
- Cancer Related Fatigue
- Diet & Nutrition
- Selfcare for Cancer Patient with Lymphedema

Support For Families

Cuisse Cancer Support Centre Services Report 2023

In 2023 446 new people who were affected by a cancer diagnosis contacted the Cuisse Cancer Support Centre for support, in person, by telephone or via digital channels.

Our center is based in Portlaoise, and people affected by cancer, whether patient or family member, can access psychological support, information, and practical help, free of charge.

Together, our services team provided 6,440 services in our center in 2023.

6,440

**Services provided at the Cuisse
Cancer Support Centre in 2023**

Counselling

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

Our team of professional counsellors provided 850 sessions of therapeutic support in 2023. 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.



850

Counselling Sessions Provided

Citizens Information

120

**People Availed of Citizens
Information Advice**

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

956

Relaxation Treatments Provided

Mindfulness Classes

Mindfulness

Mindfulness in Menopause

Mindfulness for Men

These programmes provide techniques that focus on the emotions, thoughts and sensations enabling people to live more fully in the now.

380

Attended Mindfulness Both Men & Women



Chair Yoga

326

Attended Chair Yoga

Practicing chair yoga is a gentle way to reconnect with your body during or after cancer treatment. Along with increasing mobility, yoga has a calming impact on your nervous system, which helps you feel more relaxed and at ease.



Aqua Aerobics



Aqua Aerobics is an ideal class for all cancer patients especially patients who suffer with lymphedema. Aqua Aerobics or exercising in water can really improve lymphedema and quality of life, as well as helping you keep fit, healthy, and happy.

209

**Attended Aqua Aerobics
Both Men & Women**

Pilates



We continued to offer weekly guided Pilates Classes in 2023. It continued to provide our clients with a regular opportunity to meet each other in a safe facilitated space.

111

Attended Pilates Classes

Manual Lymphatic Drainage



This is a specialised gentle massage which helps both men and women with Lymphedema, a condition which may result from surgery or radiotherapy.

424

Clients Aailed of MLD

Both Men & Women

Bra & Prosthesis Fitting Garment/Sleeve Fitting



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

132

Women Aailed
of Bra &
Prosthesis
Service

60

Women & Men
Aailed of
Garment Fitting
Service

Art Therapy

Creative Arts Class

Art Class

297

Client Aailed of Art Therapy

Art & Creative Arts are 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.

Children

142

Children Aailed of Creative Arts Therapy

Creative Arts Therapist/Play Therapist

Art Therapy is used to help Children interpret, express, and resolve their emotions and thoughts through the creative process of art. Children work with an art therapist to explore their emotions, understand conflicts or feelings that are causing them distress, and use art to help them find resolutions to those issues. This can include games, puppets, masks, storytelling, fairy tales, roleplay, and sensory and imaginative play as a means of communication and expression.



Support Groups & Programmes

Men's Support Group



The group gives men the opportunity to connect with other men living with cancer and can help them feel less alone. This group is open to men at any stage of their cancer journey and aims to provide a safe place to exchange support, get information, and receive guidance while discussing the unique challenges of living with a cancer diagnosis.

48

Men Attended this Group

Thrive & Survive Group

This programme is a self-management programme for Cancer Survivors established by Stanford University with the aim of improving their quality of life to better manage their daily health. The programme is run over 6 weeks with a 2.5 hour a week commitment. Topics covered self-management, well-being, cancer prevention, information on long term consequences of treatment, psycho-social support.

127

Both Men & Women Attended this Group

Look Good Feel Better

14

Women Attended this Group

The Look Good Feel Better Programme is an integral part of cancer care in Ireland supporting people with Cancer. To help improve the wellbeing and confidence of people undergoing treatment for any type of cancer.

This free Look Good Feel Better Workshop and advice which is given to help manage the visible side effects caused by cancer & it's treatments.



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 provide dedicated information, education, support and complementary therapies to help alleviate the concerns and impact on patients and families.



Cuisle Centre Updates in 2023



- Heating, plumbing and insulation upgrades were made at the centre to improve the internal environment.
- The centre courtyard was upgraded, and new seating installed.



- The outreach centre in Sallins, Co Kildare was closed in September '23. Kildare clients will now have all their consultations and treatments at the Cuisle Centre in Portlaoise.
- Professional videos describing the Cuisle Centre, and its activities were shot and produced and are now available on the Cuisle website.
- The Laois Hospice Foundation are now using a room for their office and administration.