



ANNUAL REPORT

- 2025 -



CONTENTS

Overview	1
Services	2
Chairperson's Report	6
Fundraising	8
Accounts	12

OVERVIEW

Cancer affects one in two people in Ireland.

The impact of a diagnosis is very often not understood, particularly the emotional and psychological affects, 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 Portlaoise deliver psychosocial support to patients, family members and all those affected by a cancer diagnosis in the community. The unique feeling of warmth and welcome provided at our non-clinical center generates safety and ease.

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



SERVICES

Nurse Support & Advice

- Information & advice

Complementary Therapies

- Therapeutic Massage
- Reflexology
- Reiki
- Acupuncture
- MLD
- Foot Health Practitioner

Improving Health, Exercise & Wellbeing Classes

- Breathwork workshop
- Rest & Restore
- Chair Yoga
- Aqua Aerobics
- Mindfulness
- Creative Arts Class
- Art
- Look Good Feel Better

Women's Cancer Support

- One to One Advice
- Manual Lymphatic Drainage
- Bra & Prosthesis Fitting
- Garment Fitting for Lymphedema Patients
- Women's Support Group
- Stoma Support Group

Men's Cancer Support

- One to One Advice
- Manual Lymphatic Drainage
- Men's Support Group
- Prostate Cancer Workshop
- Stoma Support Group

Support for Children

- One to One Counselling
- Creative Arts Therapist
- Play Therapist

Information & Education Evenings

- Selfcare for Cancer Patients
- Cancer Related Fatigue
- Diet & Nutrition
- Entitlements
- Intimacy & Relationships

Support For Families



**PROVIDED
12,142
SERVICES
IN 2025.**

SERVICES

In 2025 416 new people who were affected by a cancer diagnosis contacted the Cuisle 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 12142 services in our center in 2025.

Counselling

Counselling in cancer is case-specific and an invaluable support in times of crisis or change. Our team of professional counsellors provided 753 sessions of therapeutic support in 2025. 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.

Welfare 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 every Tuesday ensuring that people are supported. 597 people availed of this service.

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. 804 people availed of this service.

Mindfulness Classes

Mindfulness Mindfulness for Men

These programmes provide techniques that focus on the emotions, thoughts and sensations enabling people to live more fully in the now. 170 people availed of this service.

Chair Yoga

295 people 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

220 people attended 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.



SERVICES

Art Therapy

Creative Arts Class Art Class

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. 240 people availed of art therapy.

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. 429 people availed of manual lymphatic drainage.

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. 181 people availed of our fitting services.

Children Support Services

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. 164 children availed of our support service.

Information Talks

Nutrition Talk

Nutrition is an important part of cancer treatment. Eating the right kinds of foods during and after treatment can help you feel better and stay stronger.

Cancer Related Fatigue

Cancer related fatigue is a distressing, persistent, and a sense of physical, emotional, or cognitive exhaustion. Unlike normal tiredness, it is not relieved by rest and can last for months or years after treatment.

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. 46 Men availed of this support group.

Women's Support Group

This support group is an open group for women with a diagnosis of cancer. This group aims to provide information and support to those



undergoing treatment for a cancer diagnosis. 41 Women availed of this support group.

Thrive & Survive Group

This programme is a self-management programme for Cancer Survivors established by Standford 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. 88 people availed of this support group.

Look Good Feel Better

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. 17 people availed of this service.

Support Services

Our support services team aim to empower patients and relatives to understand and adapt to a cancer diagnosis. Our support services team provided 7419 support calls, texts and emails.

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.

Our cancer care nurse provided 649 people with support. This support is given in a safe environment for patients to discuss the emotional and psychological impact of a cancer diagnosis.

Hardship Fund

Is in place to assist people in difficult circumstances. Collaboration with community organisations for assisting patients and families in financial difficulty.

New For 2026

- Empower Programme (Menopause & Cancer Survivorship Programme)
- Stoma Support Group
- Breathwork Workshop
- Rest & Restore Class
- Dietitian
- Relationship & Intimacy Talk
- Welfare Advice Talk
- Work & Cancer Talk
- Acupuncture
- Foot Health Practitioner

Cuisle Centre Building

- Painted interior of premises.
- Sliding portable door installed for main room to add additional room capacity at the centre.



CHAIRPERSON'S REPORT

MISSION

To provide a comprehensive range of emotional support, survivorship, and rehabilitation services to those living with, through and beyond cancer in our community

VISION

To ensure nobody in our community feels alone while living with cancer.

On behalf of the board, I would like to thank the following:

- The fundraisers who continue with their generosity to ensure the viability of the centre.
- Portlaoise SVP, Portlaoise Lions Club, People First Credit Union, Laois County Council, ICS, NCCP, HSE, National Lottery Fund.
- The staff, counsellors and therapists at the Cuisle Centre who continue a high level of service on a consistent basis.
- The current directors who are committed to progressing our Vision and Mission.

Notable events throughout 2025 include:

- The number of new people attending the centre averaged at 35 people per month.
- Bereavement groups funded by the Laois Hospice were set up and the need for them is considerable and have been very helpful for attendees.
- Information talks were held covering a range of topics from Nutrition to Dealing with Fatigue. These have proved popular and will continue in 2026.
- A hardship fund of €5k was maintained. Thomas Byrne from Citizens Advice was contracted to spend time at the centre meeting new patients and helping them with entitlements, form filling and navigating systems that can appear overwhelming. This is an invaluable service for users and much appreciated.

- Income finished at €534K against an expenditure of €493K, a surplus of €48k was recorded.
- The full audited accounts are available on our website, www.cuislecancersupport.com
- The construction of the new school next door was in full flow during 2025 and will be finished in the Spring of 2026.
- Close Cooperation with the NCCP and their program development is ongoing. The second-year funding increased from them. It is anticipated this will be an annual source of funding and already funding for 2026 has been agreed.

The Board of Cuisle meets at least 5 times per year and adheres to the Code of Governance as laid down by the Charity regulator. The Board has a number of sub committees where Board members and staff participate in and update the Board of progress at each meeting.

These include:

- Finance/ Audit and Risk
- Corporate Governance
- Facilities Management
- Operations and Services
- Communications and Fundraising

BOARD MEMBERS 2025

Niall Kavanagh	Chairperson
Antoinette Brennan	Secretary
Dr John Connaughton	Medical Director
Liz Meade	Board Member
Tom Walton	Board Member
Ciaran Conroy	Board Member
Ingrid Condell	Board Member
Liam Mc Evoy	Board Member
Irene Murray	Board Member



Left to right: Ingrid Condell, Antoinette Brennan, Liz Meade, Dr John Connaughton, Irene Murray, Tom Walton, Niall Kavanagh, Ciaran Conroy.
(Missing Liam Mc Evoy.)

Full Member of the Alliance of Community Cancer Support Centres and Services 2024 – 2027. The Cuisle Cancer Support Centre successfully undertook the Peer Review Process set out by the NCCP and became Full Members of the Alliance Community Cancer Support Centres and Services.

The NCCP launched the NCCP Best Practice Guidance for Community Cancer Support Centres in 2022 that set out a set of standards and guidelines that underpin excellence in our sector.

As part of the Best Practice Guidance, self-assessment process was developed to help centres to measure the quality of the service they

provide against the recommended areas of best practice, with the end goal of maintaining excellent standards of care.

The process is offered as a collaborative approach between stakeholders to ensure the development of a professional and equitable community cancer support service.

We undertook the Self-Assessment Peer Review Pilot in 2022 and have been a full member of the Alliance of Community Cancer Support Centres & Services 2024 – 2025.

The Alliance of
Community Cancer
Support Centres
and Services



Member 2024-2027

FUNDRAISING 2025

A sample of some of the wonderful people who have fundraised for the centre throughout 2025.

Thank you to everyone who has organised, participated and donated to any fundraising event organised throughout 2025 and to everyone who has kindly donated to the centre throughout the year.





FUNDRAISING 2025



CHRISTMAS CARDS 2025

Thank you to our
wonderful Art Class
Members who painted
our Christmas Cards.

Thank you to everyone
who kindly purchased
Christmas Cards in 2025.



ACCOUNTS

Balance Sheet
As at 31st December 2025

	2025 €	2024 €
Non Current Assets		
Property, Plant & Equipment	418,846	431,092
Current assets		
Receivables	19,118	6,731
Cash & cash equivalents	866,160	801,751
	885,278	808,482
Payables: amounts falling due within one year	(30,703)	(19,893)
Net Current Assets	854,575	788,589
Total Assets less Current Liabilities	1,273,421	1,219,681
Reserves		
Retained surplus	1,273,421	1,219,681
Members' Funds	1,273,421	1,219,681

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard

**To ensure
nobody in our
community
feels alone
while living
with cancer.**





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Co. Laois
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