



**C.A.R.E.**

**Cancer Aftercare Relaxation Education**

**C.A.R.E. CANCER CARE CENTRE**

**STRATEGY 2024 - 2029**



This too

shall

pass...



# Foreward - Chairperson

The Clonmel Cancer Care Centre (C.A.R.E.) has provided High Quality Cancer Support Services for the people of South Tipperary since its foundation in 2001. The vision for the centre for the period 2024-2029 seeks to further develop and to continue the High Quality Cancer Support Service being provided.



During the difficult Covid -19 pandemic we adapted well to change, providing telephone support and information, phone counselling and outdoor walks for our members. Access to our service continued for new and returning clients during this period. These additional telephone and online service proved very successful and will remain as an integral part of our service.

The pandemic and the constrained economy environment has resulted in a marked decrease in donations from fundraising.

For the period of this strategy increased marketing and fundraising efforts by our dedicated volunteers will be required to ensure the continued viability of the service.

The centre will further develop its service for people living beyond cancer by the provision of the Cancer Thrive and Survive Programme in association with the National Cancer Control Programme (NCCP), providing clients with skills when moving on from their cancer treatment. This service will be provided by our C.A.R.E. Counsellors and Volunteers who have all received specialist training through the NCCP.

The expansion of the CARE building in Wellington Street will include a Car Park, Healing / Sensory Garden and to enlarge the current internal space available for Support Group Meetings. It is hoped to implement this within the time frame of this strategic plan.

The Board of Trustees will continue to oversee the governance of the Clonmel Cancer Care Centre charity, ensuring that the charity complies with the Governing document and ensures that the charity is carrying out its charitable purposes for the public benefit. The Trustees will also act in the best interests of the charity by managing the assets of the charity to ensure ongoing funding of the service. The Trustees will also ensure that the charity adheres to the requirements of the Irish "Charities Governance Code".

I and the Board of Trustees are very grateful to the dedicated service provided by our Counsellors, Therapists and Volunteers since the founding of the organisation and particularly during the recent unprecedented difficulties presented by the pandemic.

We are totally funded by public donations, we could not provide the service without the generosity of the people of Clonmel and South Tipperary. We are very grateful.

Signed:

Mr Patrick Derivan  
Chairperson

## Our Mission

“To provide non-judgemental support service to persons affected by cancer, their families and carers, in a safe and confidential environment in South Tipperary and the surrounding area.”





# About Us

C.A.R.E. Cancer Support Centre provides support and information to anyone affected by cancer in South Tipperary and the surrounding area. C.A.R.E. provides emotional support and practical help to people who have experienced cancer in either the past or the present, as well as those who support them.

Counselling services are provided by trained counselling staff employed by the charity. If specialist counselling is required the charity has links with HSE Psycho-oncology services.

Therapy services: Holistic, complementary therapies are provide by volunteer therapists, namely: Reflexology, Reiki, Indian Head Massage is provided. Classes include Qi-Gong , Mindfulness, Art and Yoga.

We facilitate a Bra and Prosthesis fitting service. This is available monthly for service users post surgery.

Staff and a number of volunteers have been trained trough the National Cancer Control Programme (NCCP) to lead the Cancer Thrive and Survive Programme for people living well beyond cancer.

A Board of Trustees oversees the governance of the Clonmel Cancer Care Centre charity, ensuring that the charity complies with the Governing document and ensures that the charity is carrying out its charitable purposes for the public benefit. The Trustees also act in the best interests of the charity by managing the assets of the charity to ensure ongoing funding of the public service. The Trustees also ensure that the charity adheres to the requirements of the Irish "Charities Governance Code".



# Our Values

Care and Compassion

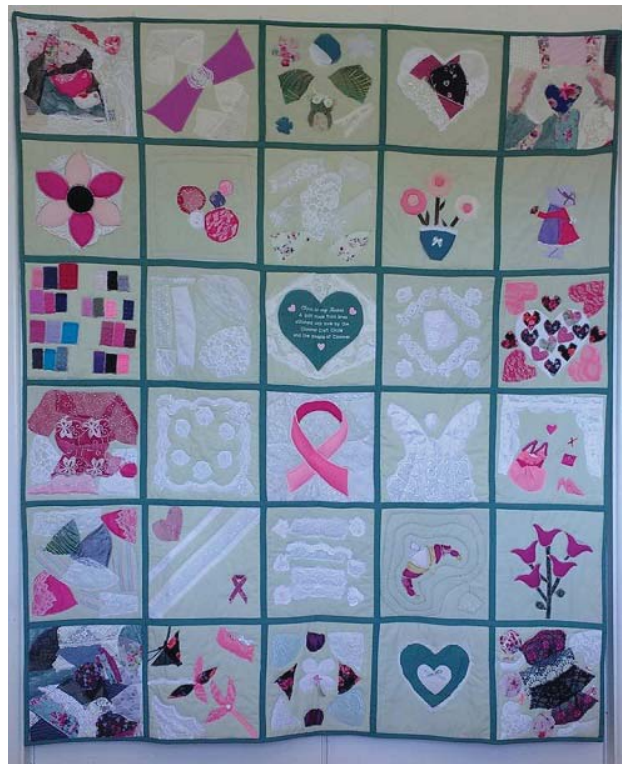
A Confidential Service

Professional / Excellence

Family

Inclusivity

Accountability



# Our Strategic Goals

1. Maintaining and Further developing Professional Counselling and Support Services.
2. Develop survivorship services to make a more meaningful difference for those living with or beyond cancer
3. Communication and Marketing of Service..
4. Sustainable Funding.
5. Developing our Staff and Volunteers to meet developing and future service needs.
5. Further Development of Physical Infrastructure.
6. Best Practice in Governance and Accountability.



## **1. Maintaining and Further developing Professional Counselling and Support Services.**

Meeting the local community needs for People going through Cancer Treatment and Cancer Survivors, through counselling, therapies and emotional support provided by C.A.R.E. professional counsellors.

By facilitating additional counselling services in the presence of increasing service demand.

Working with other statutory and voluntary Community Organisations to improve inclusivity and provide improved holistic options for people.

Affiliation with NCCP to provide a Framework of Care to support the way care is delivered to people. Communicating with the Irish Cancer Society in relation to a system of financial support that assists the funding of additional counselling services e.g for children affected by a family diagnosis.

In relation to Therapy services the centre is working towards a model of care developed by the NCCP working towards providing care to international best standards.

The centre plans to develop a system of monitoring and evaluation service quality and the potential for further development, including feedback from clients on further service improvement.

## **2. Develop our cancer support & survivorship services to make a meaningful difference for those living with or beyond cancer**

We will offer the Cancer Thrive and Survive Programme in association with the NCCP, providing clients with skills when moving on from their cancer treatment. The programme will build confidence in clients ability to manage their health and maintain an active, fulfilling life.

We will assess the requirement for additional Therapies such as Manual Lymph Drainage (funding by the NCCP) Massage and Acupuncture.

We will provide social mornings to provide peer support for our clients. We will further develop the Women and Mens support groups to enhance proven successful service.

## **3. Communication and Marketing of Service.**

We will continue publication of services on the website and Social media to inform potential clients and clinicians of service.

Further communication and Marketing on local media platforms will be required to improve funding streams significantly affected by the recent pandemic and the current economic environment.



## **4. Sustainable Funding.**

To increase the number and value of funding streams to offset the impact of the current economic climate by:

- The recruitment of additional volunteers to work solely on fundraising.
- To continue working with the Irish Cancer Society and the NCCP to obtain available grants.
- The use of Marketing tools to achieve our funding aims.

## **5. Developing our Staff and Volunteers to meet developing and future service needs.**

We will provide volunteers with induction training and an induction manual. To also provide volunteers, therapists and employees with statutory training such as Manual Handling.

We will continue to work with the Irish Cancer Society on training for Counsellors using the ICS Training Manual.

In relation to employees we will ensure that employment law is implemented correctly. Ensuring that the Trustees and Staff are fully informed of employment policy requirements.

The Board of Trustees will ensure that employment information and policies are developed and made available to staff.

## **6. Further Development of Physical Infrastructure.**

The expansion of the CARE building in Wellington Street will include a Car Park, Healing / Sensory Garden and to enlarge the current internal space available for Support Group Meetings.

We will continue ongoing maintenance work to maintain the integrity of the building.

## 6. Best Practice in Governance and Accountability.

A Board of Trustees will continue to oversee the governance of the Clonmel Cancer Care Centre charity, ensuring that the charity complies with the Governing document and ensuring that the charity is carrying out its charitable purposes for the public benefit. The Trustees also act in the best interests of the charity by managing the assets of the charity to ensure ongoing funding of the public service. The Trustees also ensure that the charity adheres to the requirements of the Irish “Charities Governance Code”.

Monthly Trustee meetings will continue to discuss Service Activity, Personnel issues including employees and Volunteers, Finance Reports and Fundraising Progress.

Implementation progress of the Charities Governance Code will continue to be discussed at Monthly Trustee Meetings. Timeframes are agreed and amendments will be made as required.

## 7. Monitoring and Evaluation of Strategy Implementation.

Implementation of this Strategy will be monitored by the Trustees and discussed at every Trustee Meeting.

A Project plan will be developed to assist implementation.



# The Future

Over the next five years we will implement our Strategic Objectives and evaluate on an ongoing basis during the time.

We will continue to Provide a Caring Service for those going through a Cancer diagnosis and those who are Cancer Survivors.

We will operate under best practice guidelines as recommended by the NCCP

We will continue to liaise with other organisations providing similar services in the South East.

To reflect our changing demographics we will focus on providing a service to all members of our diverse community.

We will continue to work with the local community and businesses to maintain our service funding stream.





# C.A.R.E.

## Cancer Aftercare Relaxation Education

*South Tipperary Cancer Support Centre  
.....for people living with cancer  
and those who care for them.....*

**Monday to Thursday 9.30am to 4.30pm**  
**Friday 10am to 2pm**

- SERVICES:**
- Emotional Support
  - Information
  - Support Groups
  - Complementary Therapies

### **“C.A.R.E.”**

*operates a drop-in centre based in Clonmel offering support for those living with cancer & their families in South Tipperary.*

**052 - 6182667**

**All services free of charge**

***For more details contact:***

14 Wellington Street, Clonmel, Co. Tipperary. E91 XR92  
Email: [cancercareclonmel@gmail.com](mailto:cancercareclonmel@gmail.com) • [www.cancercare.ie](http://www.cancercare.ie)

Accessibility T.F.I., Clonmel Local Link 11446 & 11447,  
Parnell Street & Anglesea Street CL1 & CL2