HSE

ncccp National Cancer Control Programme

2025 Directory of Community Cancer Support Centres & Services, Ireland

The Alliance of **Community Cancer Support Centres and Services**

Table of Contents

Introduction to this Directory **5**
Connacht **8**
Cancer Care West Galway 9
East Galway & Midlands Cancer Support 10
Gort Cancer Support 11
Mayo Cancer Support Association 12
Roscommon Cancer Support Centre 13
Sligo Cancer Support Centre 14
Tuam Cancer Care Centre 15

Leinster **16**
ARC Cancer Support Centres, Dublin 17
Arklow Cancer Support 18
Ballbriggan Cancer Support Group 19
Cancer Support Sanctuary LARCC 20
Cois Nore Cancer Support Centre 21
Cuisle Cancer Support Centre 22
Dochas Offaly Cancer Support Group 23
Éist Cancer Support Centre 24
Gary Kelly Cancer Support Centre 25
Greystones Cancer Support 26
Hope Cancer Support Centre 27
Purple House Cancer Support Centre 28
Wicklow Cancer Support 29

Munster **30**
Cancer Connect 31
CARE Cancer Support Centre 32
Circle of Friends Cancer Support 33
Cork ARC Cancer Support House 34
Iris House Cork Cancer Support 35
Kerry Cancer Support Group 36
Midwestern Cancer Information and Support Centre 37
Recovery Haven Cancer Support House 38
Solas Cancer Support Centre 39
Suaimhneas Cancer Support Centre 40
Suir Haven Cancer Support Centre 41

Ulster **42**
Cancer Care West Donegal 43
Crocus Cancer Support Centre 44
CUAN Cancer Support Centre 45
Donegal Cancer Flights & Services 46

National **47**
CanTeen Ireland 48
Childhood Cancer Ireland 49
Hand in Hand 50
Irish Cancer Society 51
Look Good Feel Better 52
Marie Keating Foundation 53
Oesophageal Cancer Fund 54
YouCan Ireland 55

Nationally Available Survivorship Programmes **56**

Introduction to this Directory

A cancer support centre provides emotional and practical support for people dealing with cancer. This includes those who have had a cancer diagnosis and their family and loved ones. Cancer support centres in Ireland are registered with the Charities Regulator. They are self-governed and self-funded.

This directory refers to the Alliance of Community Cancer Support Centres and Services as the Alliance. The Alliance is an initiative of the National Cancer Control Programme, which is part of the HSE. It sets the practice standards for community based cancer support services. Participation in the Alliance is voluntary.

The Alliance

Goals

- Create a national support network where organisations can learn and work together.
- Support the development of connections between cancer centres, hospitals, and community services.

Mission

- Offer information, support, and learning opportunities to cancer support providers.
- Make sure everyone affected by cancer gets the support they need.

Vision

An Ireland where anyone dealing with cancer gets the support they need in the right place at the right time. This support should be easy to access and delivered by qualified professionals.

Membership Types

There are two types of Alliance memberships:

Member

Member organisations provide community cancer support and meet the standards set by the Alliance. The NCCP published Best Practice Guidance sets out these standards. To become a member, an organisation must complete a self-assessment and peer review process. Organisations become full members after they've proven they meet the quality standards set by the Alliance. Members must also comply with the Charities Governance Code.

Associate Member

Associate member organisations provide community cancer support but have not gone through the evaluation process mentioned above. These organisations still align with the Alliance's goals and mission. They must comply with the Charities Governance Code.

About this Directory of Services

Each member of the Alliance is an independent charity. So, the services available vary in each organisation.

This directory has grouped the variety of services offered into the following categories. Please note if an organisation lists a category, it offers one or more of the services listed. Please contact the organisations directly for full details.

Cancer Information & Support

- cancer information and advice
- nurse support
- nutrition
- parent support
- social work
- support line/1-1 service
- talks and events/workshops

Evidence-based Survivorship Services

- cancer-related lymphoedema service
- physiotherapy/physical activity
- the survivorship programmes
  - Cancer Thriving & Surviving (CTS)
  - Building Better Caregivers
- Empower Menopause Programme

Wellness & Social Activities

- arts and crafts
- choir/singing group
- complementary therapies
- exercise classes
- group activities
- horticultural programme
- Look Good Feel Better
- meditation/yoga/mindfulness classes
- peer companion service
- support groups
- wellbeing classes/courses

Professional Counselling & Psychological Support*

- bereavement support
- counselling service
- life coaching

Services for Children Affected by Cancer of a Relative

- play/art therapy
- CLIMB® survivorship programme

Services for Children with Cancer

- Beads of Courage Programme
- play/art therapy

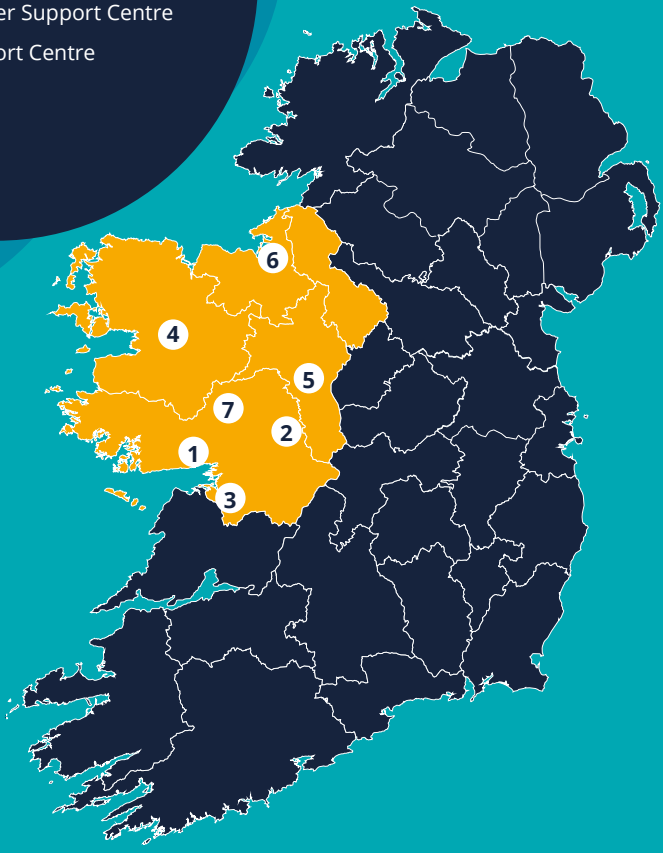
Practical Assistance

- breast care service
- drop-in service
- financial advice
- hair care service
- legal advice
- meal distribution service
- transport service
- wig, bra and prosthesis fitting

*Where psychological services are listed, the organisation has employed the services of a qualified psychologist.

Connacht

1. Cancer Care West Galway
2. East Galway & Midlands Cancer Support
3. Gort Cancer Support
4. Mayo Cancer Support Association
5. Roscommon Cancer Support Centre
6. Sligo Cancer Support Centre
7. Tuam Cancer Care



Member 2024-2027

Cancer Care West
The West of Ireland Cancer Charity

Cancer Care West Galway

Cancer Care West Support Centre Galway is a welcoming community-based cancer support centre, offering a wide range of individual and group supports for adults, children and families affected by cancer.

HSE Region: West & North West

Address:	Cancer Care West Support Centre, 72 Seamus Quirke Road, Westside, Galway, H91 C9W
Email:	support@cancercarewest.ie
Phone:	091 540 040
Website:	cancercarewest.ie

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling & Psychological Support
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Member 2024-2027

East Galway & Midlands Cancer Support

East Galway & Midlands Cancer Support provides a safe, warm and caring environment to provide physical, practical, and emotional support to cancer patients and their families.

HSE Region: West & North West

Address:	Le Chéile, Brackernagh, Ballinasloe, Co. Galway, H53 P8H0
Email:	info@egmcancersupport.com
Phone:	090 989 7111
Website:	egmcancersupport.com

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a relative
- Services for Children with Cancer
- Wellness & Social Activities

Member 2024-2027

Gort Cancer Support

Supporting People affected by Cancer

Gort Cancer Support

Gort Cancer Support offers a confidential community-based cancer support service to anybody affected by a cancer diagnosis in the South Galway / North Clare areas.

HSE Region: West & North West

Address:	Garrabeg, Gort, Co. Galway, H91 WFP8
Email:	info@gortcancersupport.ie
Phone:	091 648 606
Mobile:	086 172 4500
Website:	gortcancersupport.ie

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Member 2024-2027

Mayo Cancer Support Association

Mayo Cancer Support offers emotional support to people affected by cancer in Co Mayo. All of the services provided in Mayo Cancer Support's centres in Castlebar, Ballina and Achill are available free of charge. All service users are met by someone who understands what they are going through and can offer comfort and help, in confidence.

HSE Region: West & North West

Address:	Castlebar - Rock Rose House, 32 St. Patrick's Avenue, Castlebar, Co. Mayo, F23 P659
	Achill Outreach Centre - Achill Health Centre, Achill Sound, Co. Mayo, F28 E142
	Ballina Outreach Centre - Turning Tides Wellness Centre, The Quay, Ballina, Co. Mayo, F26 DH02
Email:	info@mayocancersupport.ie
Phone:	094 903 8407
Outreach phone:	087 280 4164
Website:	mayocancersupport.ie

Services offered:

- Cancer Information & Support
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Member 2024-2027

Roscommon Cancer Support Centre

Roscommon Cancer Support provides free, comprehensive support to individuals and families facing cancer, focusing on emotional and psychological health with a whole-person perspective.

HSE Region: West & North West

Address:	Vita House Family Centre, Abbey Street, Roscommon, F42 N677
Email:	info@vitahouse.org
Phone:	090 662 5898
Website:	vitahouse.org

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Member 2024-2027

Sligo Cancer Support Centre CLG

A place of peace and hope for people with cancer and their families

Sligo Cancer Support Centre

Sligo Cancer Support Centre is a place of peace and hope where people with cancer and their families can access support in a caring and tranquil environment in the North West of Ireland. A place where no one feels alone on their journey to recovery.

HSE Region: West & North West

Address:	44 Wine Street, Co. Sligo, F91 RF67
Email:	info@sligocancersupportcentre.ie
Phone:	071 917 0399 / 086 224 2305
Website:	sligocancersupportcentre.ie

Address:	53 Ard Aisling, Charlestown Rd, Tubbercurry, Co. Sligo F91 W2W6
Email:	info@sligocancersupportcentre.ie
Phone:	089 448 0527
Website:	sligocancersupportcentre.ie

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling & Psychological Support
- Wellness & Social Activities

Member 2024-2027

TUAM CANCER CARE
Cancer Support & Information

Tuam Cancer Care

Tuam Cancer Care provides emotional, psychological and practical support to people with a cancer diagnosis and to their families.

HSE Region: West & North West

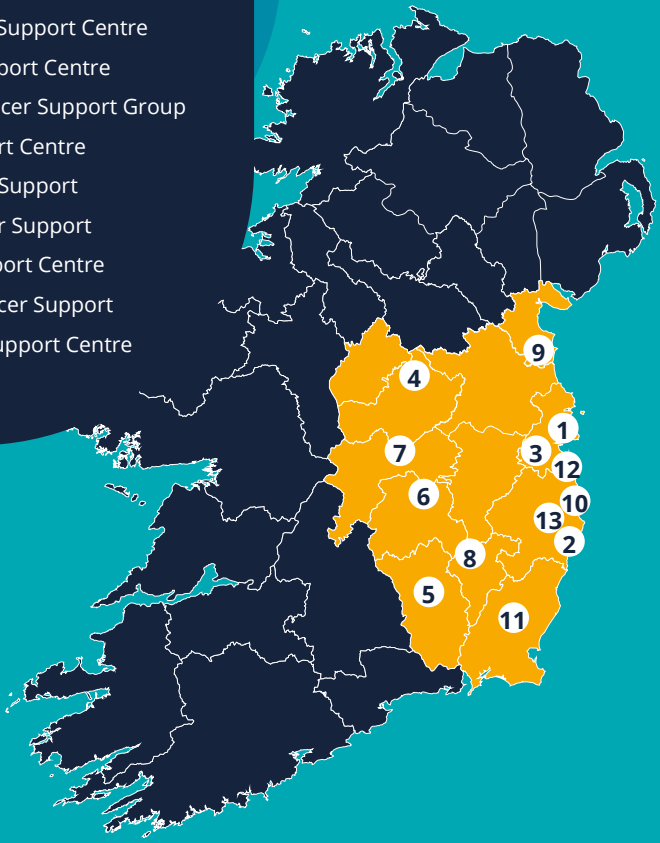
Address:	Cricket Court, Dunmore Road, Tuam, Co. Galway, H54 A318
Email:	support@tuamcancercare.ie
Phone:	093 285 222 / 087 274 2500
Website:	tuamcancercare.ie

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling & Psychological Support
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Leinster

1. ARC Cancer Support Centres, Dublin
2. Arklow Cancer Support
3. Balbriggan Cancer Support Group
4. Cancer Support Sanctuary LARCC
5. Cois Nore Cancer Support Centre
6. Cuisle Cancer Support Centre
7. Dochas Offaly Cancer Support Group
8. Éist Cancer Support Centre
9. Gary Kelly Cancer Support
10. Greystones Cancer Support
11. Hope Cancer Support Centre
12. Purple House Cancer Support
13. Wicklow Cancer Support Centre



Member 2024-2027

ARC Cancer Support Centres, Dublin

ARC's Cancer Support Centres are a haven from the outside world, offering support, free-of-charge, to men, women and children affected by cancer and those who care for them.

HSE Regions:	Dublin & North East, Dublin & South East; Dublin & Midlands
Addresses:	65 Eccles Street, Dublin 7, D07 TD35
	559 South Circular Road, Dublin 8, D08 X229
	Lowell House, 23 Herbert Ave., Dublin 4, D04 TOA4
Email:	info@arccancersupport.ie
Phone:	01 215 0250
Website:	arccancersupport.ie

Services offered:

- Cancer Information & Support
- Evidence-Based Survivorship Services
- Practical Assistance
- Professional Counselling & Psychological Support
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Associate Member 2024-2027

Arklow Cancer Support

Arklow Cancer Support offers emotional support and practical help to people with cancer and their families and friends.

HSE Region: Dublin & South East

Address:	8 St Mary's Rd, Arklow, Co. Wicklow, Y14 VW24
Email:	arklowcancersupport@gmail.com
Phone:	0402 235 90
Mobile:	085 110 0066 / 085 876 2226
Website:	arklowcancersupport.ie

Services offered:

- Cancer Information & Support
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Associate Member 2024-2027

Balbriggan Cancer Support Group

Balbriggan Cancer Support Group provides a wide range of psychological, emotional and practical support to cancer patients, their families and friends in North County Dublin.

HSE Region: Dublin & North East

Address:	Unit 23 Balbriggan Business Park, Harry Reynolds Road, Balbriggan, Co. Dublin, K32 WV12
Email:	balbriggancancersupportgroup@hotmail.com
Phone:	01 841 0116
Website:	balbriggancancersupport.ie

Services offered:

- Cancer Information & Support
- Practical Assistance
- Professional Counselling
- Wellness & Social Activities

Member 2024-2027

Cancer Support Sanctuary LARCC

LARCC is a community-based cancer support centre, offering a range of professional services, counselling and therapies, for cancer patients and their families, including children. LARCC is also Ireland's only residential cancer care provider offering various stays / breaks specifically designed to support people affected by cancer.

HSE Region: Dublin & Midlands

Address:	Coole Road, Multyfarnham, Co. Westmeath, N91 E063
Email:	info@cancersupport.ie
Phone:	044 937 1971
Website:	cancersupport.ie

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Member 2024-2027

Cois Nore Cancer Support Centre Kilkenny

Cois Nore provides free confidential support and services to people of all ages affected by cancer and their families in the Kilkenny area to enable them to live well with their diagnosis.

HSE Region: Dublin & South East

Address:	We are moving to Cois Nore House, Waterford Road, Kilkenny, R95 YKT6. Please contact us for current location.
Email:	info@coisnore.ie
Phone:	056 775 2222 / 085 888 2583
Website:	coisnore.ie

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Member 2024-2027

Cuisle Cancer Support Centre

Cuisle Cancer Support Centre aims to ensure nobody in the community feels alone while living with cancer. The centre provides a comprehensive range of emotional support, survivorship, and rehabilitation services to those living with, through and beyond cancer in the community.

HSE Region: Dublin & Midlands

Address: Block Road, Portlaoise, Co. Laois, R32 Y8P2

Email: info@cuislecancersupport.ie

Phone: 057 868 1492

Website: cuislecancersupport.com

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Member 2024-2027

DÓCHAS
OFFALY CANCER SUPPORT GROUP

Dochas Offaly Cancer Support Group

Dochas Offaly Cancer Support Group aims to provide the highest quality cancer support services to people throughout the Midlands whose lives have been affected by cancer. The treatments offered aim to nurture the clients' physical, mental, spiritual and emotional well-being. Our services are available to those with a cancer diagnosis and to their family, friends and carers.

HSE Region: Dublin & Midlands

Address:	Teach Dóchas, Offaly Street, Tullamore, Co. Offaly, R35 ED65
Email:	info@dochasoffaly.ie
Phone:	057 932 8268
Website:	dochasoffaly.com

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Member 2024-2027

Éist Cancer Support Centre

Éist Cancer Support Centre offers emotional support and practical help to anyone affected by cancer in a confidential and relaxed environment.

HSE Region: Dublin & South East

Address:	46 Idrone Park, Carlow, R93 R280
Email:	info@eistcarlowcancersupport.ie
Phone:	085 866 1499 / 059 913 9684
Website:	eistcarlowcancersupport.ie

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Member 2024-2027

Gary Kelly | Cancer Support Centre
For people living with cancer – A Centre of Hope

Gary Kelly Cancer Support

The Gary Kelly Cancer Support Centre provides support to people living with cancer, their families and those who care for them.

HSE Region: Dublin & North East

Address:	George's St., Drogheda, Co. Louth, A92 XV07
Email:	admin@gkcancersupport.com
Phone:	041 980 5100
Website:	gkcancersupport.com

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling
- Wellness & Social Activities

Associate Member 2024-2027

Greystones Cancer Support

Greystones Cancer Support is a dedicated support for people affected by cancer in Greystones, Charlesland, Delgany, Kilcoole, Newcastle and Newtownmountkennedy.

HSE Region: Dublin & South East

Address:	La Touche Place, Greystones, Co. Wicklow, A63 V624
Email:	info@greystonescancersupport.com
Phone:	01 287 1601
Website:	greystonescancersupport.com

Services offered:

- Cancer Information & Support
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Member 2024-2027

Hope Cancer Support Centre

The Hope Centre provides support for people with a cancer diagnosis and those affected by that diagnosis.

HSE Region: Dublin & South East

Address:	22 Weafer Street, Enniscorthy, Co. Wexford, Y21 A592
Email:	info@hopesupportcentre.ie
Phone:	053 923 8555
Website:	hopesupportcentre.ie

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Member 2024-2027

Purple House Cancer Support

Purple House provides professional Cancer Support & Psycho-Oncology services to people affected by cancer, supporting patients, survivors, families, friends, and healthcare workers affected by cancer.

HSE Region: Dublin & South East

Address:	2 Duncairn Terrace, Quinsborough Road, Bray, Co. Wicklow, A98 W6Y8
Email:	info@purplehouse.ie
Phone:	01 286 6966
Website:	purplehouse.ie

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Associate Member 2024-2027

Wicklow Cancer Support

Wicklow Cancer Support provides practical & emotional support to individuals & families affected by a cancer diagnosis.

HSE Region: Dublin & South East

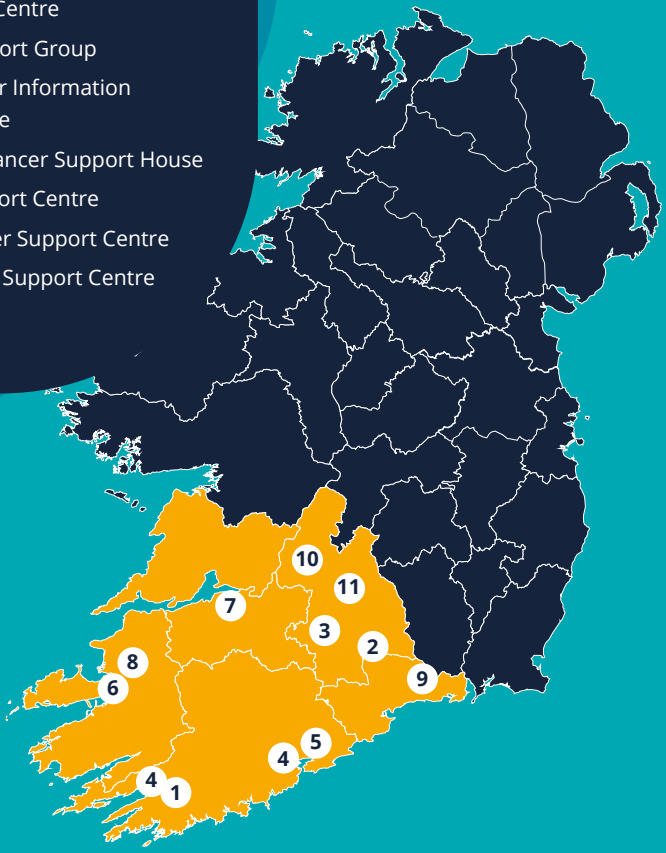
Address:	Unit 2, First Floor, (Rear of Boots), Abbey Street, Wicklow A67 WF74
Email:	info@wicklowcancersupport.ie
Phone:	0404 326 96
Website:	wicklowcancersupport.ie

Services offered:

- Cancer Information & Support
- Evidence-Based Survivorship Services
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Munster

1. Cancer Connect
2. CARE Cancer Support Centre
3. Circle of Friends Cancer Support
4. Cork ARC
5. Cork Cancer Care Centre
6. Kerry Cancer Support Group
7. Midwestern Cancer Information and Support Centre
8. Recovery Haven Cancer Support House
9. Solas Cancer Support Centre
10. Suaimhneas Cancer Support Centre
11. Suir Haven Cancer Support Centre



Associate Member 2024-2027

Cancer Connect

Cancer Connect provides county-wide transport to cancer treatments. Cancer Connect coordinates transport to Cork hospitals for passengers attending radiotherapy and chemotherapy treatments, and cancer related appointments.

HSE Region: South West

Address:	Block 2, The Warner Centre, Bantry, Co. Cork, P75 EV96
Email:	info@cancerconnect.ie
Phone:	021 203 8525
Website:	cancerconnect.ie

Services offered:

- Practical Assistance

Associate Member 2024-2027

C.A.R.E.
Cancer Aftercare Relaxation Education
South Tipperary Cancer Support Centre
14 Wellington Street, Clonmel, Co. Tipperary. T: 052-6182667
Email: caresupport@eircom.net www.cancercare.ie

CARE Cancer Support Centre

C.A.R.E. strives to provide 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.

HSE Region: Dublin & South East

Address:	14 Wellington St., Raheen, Clonmel, Co. Tipperary, E91 XR92
Email:	cancercareclonmel@gmail.com
Phone:	052 618 2667
Website:	cancercare.ie

Services offered:

- Cancer Information & Support
- Professional Counselling
- Wellness & Social Activities

Member 2024-2027

Circle of Friends Cancer Support

Circle of Friends is a community of compassion and empathy that supports those affected by cancer, their families and friends by providing emotional, psychological, social and spiritual support.

HSE Region: Dublin & South East

Address:	Knockanrawley, Co Tipperary, E34 XD51
Email:	info@circleoffriendstipperary.ie
Phone:	062 335 500 / 087 341 2600
Website:	circleoffriendstipperary.ie

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling
- Wellness & Social Activities

Member 2024-2027

Cork ARC

Cork ARC is a safe haven for people with cancer and their families, where you can find information, practical help and emotional support. Whatever stage of your cancer journey, you are not alone.

HSE Region: South West

Address:	Sarsfield Road, Wilton, Co. Cork, T12 EW9A
Email:	info@corkcancersupport.ie
Phone:	021 427 6688
Website:	corkcancersupport.ie

Address:	We are moving premises in Bantry. Please contact us for the current location.
Email:	westcork@cancersupport.ie
Phone:	027 538 91
Website:	corkcancersupport.ie

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Wellness & Social Activities

Associate Member 2024-2027

Iris House Cork Cancer Support

The team at Iris House all work in unison to provide the highest level of care to all members and are all there to support you through your cancer journey.

HSE Region: South West

Address:	26 St. Paul's Avenue, Co. Cork, T12 W294
Email:	info@irishousecork.ie
Phone:	021 494 9090
Website:	irishousecork.ie

Services offered:

- Cancer Information & Support
- Practical Assistance
- Professional Counselling
- Wellness & Social Activities

Associate Member 2024-2027

Kerry Cancer Support Group

Kerry Cancer Support Group Healthlink Transport is a free service that supports cancer patients across Kerry, West Cork, and West Limerick to get to appointments and treatment and overcome the transport barriers that often prevent access to essential healthcare.

HSE Region: South West

Address:	124 Tralee Town Centre Apartments, Maine Street, Tralee, V92 D567
Email:	info@kerrycancersupport.com
Phone:	066 719 5560
Website:	kerrycancersupport.com

Services offered:

- Cancer Information & Support
- Practical Assistance
- Wellness & Social Activities

Associate Member 2024-2027

Midwestern Cancer Information and Support Centre

The Midwestern Cancer Information and Support Centre is a friendly, relaxed place where everyone affected by cancer is welcome to call in for a cup of tea and a chat. There is a wide range of information and support available to meet everyone's needs.

HSE Region: Mid West

Address:	Mungret College, Limerick. V94 OY56
Email:	info@mwcf.ie
Phone:	085 126 1188 / 083 132 0484
Website:	mwcf.ie

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Wellness & Social Activities

Member 2024-2027

Recovery Haven Cancer Support House

Recovery Haven Kerry provides a range of psychological, emotional, and practical support services and information to cancer patients, their families, and carers in a tranquil and supportive environment.

HSE Region: South West

Address: 5 Haig's Terrace, Killerisk, Tralee, Co. Kerry, V92 TN35

Email: reception@recoveryhavenkerry.com

Phone: 066 719 2122

Website: recoveryhavenkerry.com

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Member 2024-2027

Solas Cancer Support Centre

The Solas Centre provides free support for those affected by cancer, their families and carers in Waterford and surrounding areas.

HSE Region: Dublin & South East

Address:	Williamstown, Waterford City, X91 R9VH
Address:	Main Street, Dungarvan, Co Waterford, X35 V577
Email:	info@solascentre.ie
Phone:	051 304 604
Website:	solascentre.ie

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Associate Member 2024-2027

Suaimhneas Cancer Support Centre

Suaimhneas Cancer Support Centre is there to help in whatever way possible with the experience of cancer, whether you are a cancer patient, a partner, relative or friend of someone with cancer. The Suaimhneas team will welcome you and help you explore what supports are available to you through their services. Suaimhneas Cancer Support is under the umbrella of North Tipp Hospice.

HSE Region: Mid West

Address:	2 Clonaslee, Nenagh, Co. Tipperary, E45 ET22
Email:	suaimhneas@northtipphospice.ie
Phone:	067 374 03 / 086 897 1704
Website:	northtipphospice.ie

Services offered:

- Cancer Information & Support
- Practical Assistance
- Professional Counselling
- Wellness & Social Activities

Associate Member 2024-2027

Suir Haven Cancer Support Centre

Suir Haven Cancer Support Centre is there to help in whatever way possible with the experience of cancer. Whether you are a cancer patient, a partner, relative or friend of someone with cancer, the Suir Haven team will welcome you and help you explore what supports are available to you through their services. Suir Haven is under the umbrella of North Tipp Hospice.

HSE Region: Mid West

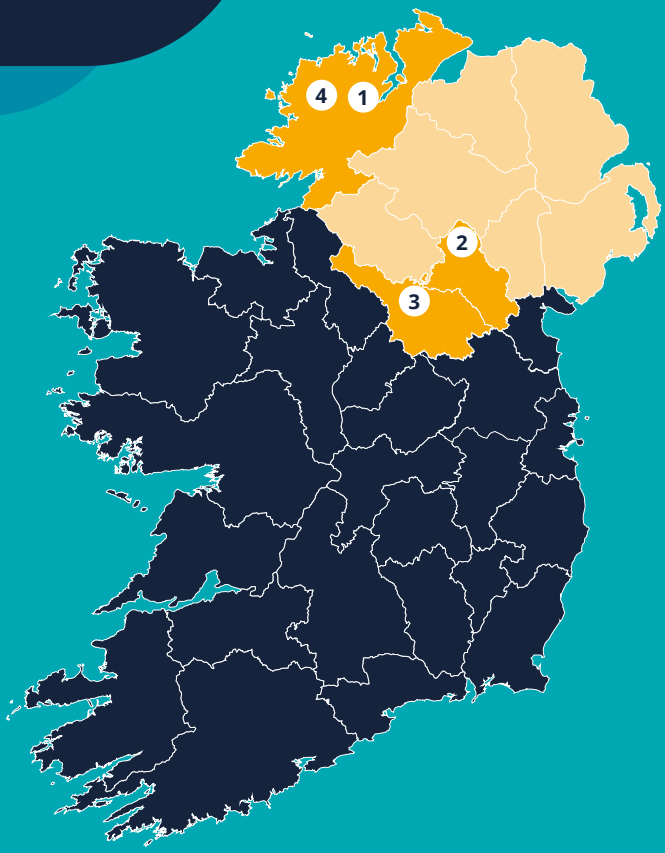
Address:	Clongour Road, Thurles, Co. Tipperary, E41 WN99
Email:	suirhaven@northtipphospice.ie
Phone:	0504 211 97 / 087 650 9494
Website:	northtipphospice.ie

Services offered:

- Cancer Information & Support
- Practical Assistance
- Professional Counselling
- Wellness & Social Activities

Ulster

1. Cancer Care West Donegal
2. Crocus Cancer Support Centre
3. CUAN Cancer Support Centre
4. Donegal Cancer Flights & Services



Member 2024-2027

Cancer Care West Donegal

Cancer Care West Donegal has a team of cancer care professionals, support staff and volunteers that provides practical and emotional supports to help cancer patients and their families through their experience of cancer.

HSE Region: West & North West

Address:	2nd Floor, Station House, Pearse Road, Letterkenny, Co. Donegal, F92 P6YT
Email:	donegalsupport@cancercarewest.ie
Phone:	074 960 1901
Website:	cancercarewest.ie

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling & Psychological Support
- Wellness & Social Activities

Associate Member 2024-2027

Crocus
Cancer Resource Of Caring Understanding & Support

Crocus Cancer Support Centre

Crocus offers free practical, emotional and social support to people with cancer and their families.

HSE Region: Dublin & North East

Address: 19 The Grange, Plantation Walk, Monaghan, H18 R261

Email: crocusmonaghan@gmail.com

Phone: 047 625 65 / 087 368 0965

Men's Den Mobile: 087 182 0079

Website: crocusmonaghan.ie

Services offered:

- Cancer Information & Support
- Professional Counselling
- Wellness & Social Activities

Member 2024-2027

CANCER UNDERSTANDING AND NURTURING

CUAN Cancer Support Centre

Cuan is a social support & wellness group that provides psychological and emotional support services for men and women with a cancer diagnosis, their family members and caregivers.

HSE Region: West & North West

Address:	Knappogue House, Tullymongan, Co. Cavan, H12 WV62
Email:	cuan@cavan.ie
Phone:	086 455 6632
Website:	cuancancercavan.ie

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer
- Wellness & Social Activities

Associate Member 2024-2027

Donegal Cancer Flights & Services

Donegal Cancer Flights & Services operates a service dedicated to the direct provision of community support for cancer patients, their families and carers. It provides reduced fare flights to and from Dublin as well as ground transport to and from Letterkenny, Derry, Sligo, Roscommon and Galway hospitals. It also provides information, support, free professional counselling and pamper days.

HSE Region: West & North West

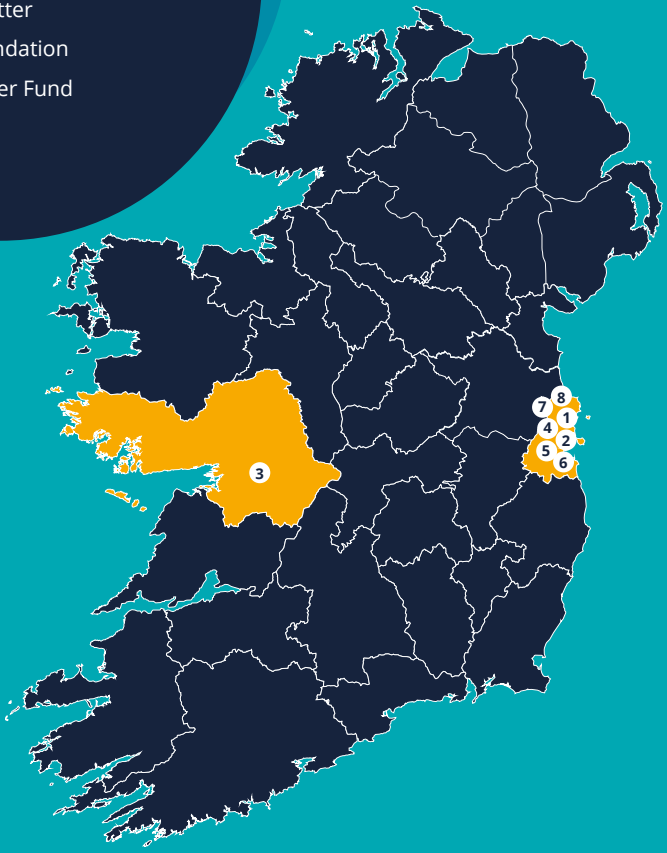
Address:	Ionad Naomh Pádraig, Upper Dore, Bunbeg, Letterkenny, Co. Donegal, F92 EH6N
Email:	donegalcancerflights@gmail.com
Phone:	074 953 2949 / 086 825 9752
Website:	ionadnp.ie/donegal-cancer-flights

Services offered:

- Cancer Information & Support
- Practical Assistance
- Professional Counselling
- Wellness & Social Activities

National

1. CanTeen Ireland
2. Childhood Cancer Ireland
3. Hand-in-Hand
4. Irish Cancer Society
5. Look Good Feel Better
6. Marie Keating Foundation
7. Oesophageal Cancer Fund
8. YouCan Ireland



Associate Member 2024-2027

CanTeen Ireland

CanTeen Ireland is a national support group for young people between the ages of 12 and 25 years who have or have had cancer and for their brothers, sisters and friends. Our mission is to support, develop and empower young people with cancer.

HSE Region: National

Address:	Carmichael House 4 North Brunswick Street, Dublin 7, D07 RHA8
Email:	info@canteen.ie
Phone:	01 872 2012
Website:	canteen.ie

Services offered:

- Cancer Information & Support
- Professional Counselling
- Wellness & Social Activities

Associate Member 2024-2027

Childhood Cancer Ireland

Childhood Cancer Ireland is a national parent and survivor-led charity solely dedicated to supporting children and young people with cancer, survivors and their families, throughout their cancer experience. Our emotional, practical and financial supports help all family members from the moment of diagnosis, through treatment and recovery and into survivorship or bereavement. Our mission is to understand, support, empower and to give a voice to children, adolescents and young adults with cancer, survivors and their families, through their cancer experience and beyond

HSE Region: National

Address:	Carmichael House 4 North Brunswick Street, Dublin 7, D07 RHA8
Email:	info@childhoodcancer.ie
Phone:	01 554 5655
Website:	childhoodcancer.ie

Services offered:

- Cancer Information & Support
- Evidence-based Survivorship Services
- Professional Counselling & Psychosocial Support
- Services for Children with Cancer
- Wellness & Social Activities

Associate Member 2024-2027

Hand-in-Hand

Hand in Hand provides practical and emotional support services to families across Ireland affected by childhood cancer. These supports are free of charge and aim to alleviate some of the stress associated with a child' s cancer diagnosis.

HSE Region: National

Address:	Ross House, Merchants Road, Galway H91FPK5
Email:	support@handinhand.ie
Phone:	087 660 0103
Website:	handinhandcharity.ie

Services offered:

- Cancer Information & Support
- Practical Assistance
- Professional Counselling
- Services for Children Affected by Cancer of a Relative
- Services for Children with Cancer

Associate Member 2024-2027

Irish Cancer Society

The Irish Cancer Society is a community of patients, survivors, volunteers, supporters, health and social care professionals and researchers. Together we are transforming the experiences and outcomes of people affected by cancer through our advocacy, support services and research.

HSE Region: National

Address:	43/45 Northumberland Road, Ballsbridge, Dublin 4, D04 VX65
Email:	support@irishcancer.ie
Phone:	1800 200 700
Website:	cancer.ie

Services offered:

- Cancer Information & Support
- Practical Assistance
- Professional Counselling
- Wellness & Social Activities

Associate Member 2024-2027

Look Good Feel Better

Look Good Feel Better Ireland is a dedicated charity that supports men, women and teenagers undergoing cancer treatment by helping them manage the visible side effects of their treatment—such as changes to skin, hair, and nails—through free self-care workshops and expert advice. The workshops are delivered in person in some hospitals and cancer support centres and also online.

HSE Region: National

Address:	Carmichael House 4 North Brunswick Street, Dublin 7, D07 RHA8
Email:	info@lookgoodfeelbetter.ie
Phone:	087 700 8366
Website:	lookgoodfeelbetter.ie

Services offered:

- Wellness & Social Activities

Associate Member 2024-2027

Marie Keating Foundation

The Foundation's mission is to make cancer less frightening by enlightening and our aim is to live in a world free from the fear of cancer.

HSE Region: National

Address:	Marie Keating Foundation, Workways, Office 26, Block 5, High Street, Dublin 24, D24 YK8N
Email:	info@mariekeating.ie
Phone:	01 628 3726
Website:	mariekeating.ie

Services offered:

- Cancer Information & Support
- Evidenced-based Survivorship Services
- Practical Assistance
- Wellness and Social Activities

Associate Member 2024-2027

Oesophageal Cancer Fund (OCF)

OCF is a national charity supporting people diagnosed with oesophageal cancer and their families, also funding vital research into this cancer and driving awareness to improve early detection. You may know us through our annual Lollipop Day campaign every February, spearheaded by our patron and golf champion, Padraig Harrington. A charity that will listen to you and try to help improve your quality of life in living with and beyond this cancer.

HSE Region: National

Address: 16 Merville Road, Stillorgan, Dublin A94 H526

Email: info@ocf.ie

Phone: 086 069 7328

Website: ocf.ie

Services offered:

- Cancer Information & Support
- Wellness & Social Activities

Associate Member 2024-2027

YouCan Ireland

YouCan Ireland provides peer and professional support through and beyond a cancer diagnosis for young adults in their 20s, 30s and 40s

HSE Region: National

Email: youcanirelandcsn@gmail.com

Phone: 089 479 9771

Instagram: youcan_ireland

Services offered:

- Cancer Information & Support
- Wellness & Social Activities

Nationally Available Survivorship Programmes

The National Cancer Control Programme (NCCP) in Ireland supports evidence-based survivorship programmes which help cancer survivors with their recovery and quality of life. These programmes are designed to help people with cancer self-manage their health and adjust to life after cancer. They are delivered both in person and online. This area is growing all the time; please consult our website for new initiatives **https://www.hse.ie/eng/services/list/5/cancer/profinfo/survivorship-programme/** or email **info@cancercontrol.ie** with queries.

HSE

nccp Survivorship Programme

CLIMB® – Children's Lives Include Moments of Bravery

A support programme dedicated to helping children cope with a parent's cancer diagnosis

What is the CLIMB programme?

The CLIMB programme is developed for children aged between 5-12 years. It aims to strengthen the children's abilities to cope with the feelings associated with a parent's cancer diagnosis and enables them to express their feelings using therapeutic art and play exercises.

Cancer Thriving & Surviving Programme

An evidence based Self-Management Programme originally developed at Stanford University

Following your cancer treatment
This is your time to THRIVE

How can this programme help you?

The *Cancer Thriving and Surviving Programme* can offer you a sense of confidence and a chance to learn skills that help you manage your health when moving on from your cancer treatment.

How is this programme taught?

- Workshops are delivered either in-person or online in a relaxed and friendly environment of 8-16 participants
- This shared support builds your confidence in your ability to manage your health and maintain an active and fulfilling life
- Participants take an active role in the workshops by setting their own weekly goals

Programme details

- FREE of charge
- In-person or online workshop
- 2½ hour sessions once a week over 6 weeks
- Led by a cancer survivor in partnership with a facilitator who have undertaken special training provided by the National Cancer Control Programme

We can help you with

Techniques to deal with problems such as:

- Getting better sleep
- Nutrition
- Managing frustration, fatigue or pain
- Making decisions about treatment
- Regaining and maintaining physical flexibility and endurance
- Relationships
- Communicating effectively with family, friends and health professionals
- **Setting priorities, action planning and problem solving**

"It was great to meet, talk and listen to those who have been through the same experience. Helped a lot"

"I've gotten a new lease of life from participating in the Thriving and Surviving Programme. 12 months ago it was chemotherapy, today it's parasailing"

"The holistic approach and specific skills development in each area gives great confidence in the ability to handle the future"

"There were times I felt so alone... the course provided me with a release valve"

"Tackling real life problems for cancer survivors made me come back"

"I feel more confident going back to work and plan to start job hunting"

For more information contact:

National Cancer Control Programme
E: info@cancercontrol.ie

© NCCP www.hse.ie/cancer NCCP-COM-091

Empower

Menopause and Cancer

Eight Week Survivorship Programme

Empower Menopause and Cancer Survivorship Programme is an in-person and online group programme for people impacted by menopause, as a result of cancer treatment. Participants watch pre-recorded modules by expert contributors who address the physical, emotional and psychological symptoms they have experienced. This is followed by an interactive peer support element where participants come together to share their experiences, feelings and knowledge, with the confidence that everything said is confidential. Each session is approximately 2 ½ hours and is free of charge.

ARE YOU SUPPORTING SOMEONE WITH CANCER?

You Are Not Alone...

RECOVERY HAVEN KERRY

is offering a FREE

Building Better Caregivers

6-Week Online Course

AN EVIDENCE-BASED PROGAMME DEVELOPED BY STANFORD UNIVERSITY

TOPICS COVERED INCLUDE:

- Staying healthy & well
- Tools for managing fatigue
- Getting a good night's sleep
- Communication skills
- Getting help & action planning
- Dealing with challenging emotions, situations & behaviours

"The course was absolutely invaluable. I'd actually do it all over again"

"The best part was the contact with people who are doing or going through the same thing"

National Cancer Control Programme

Produced by:
NCCP Survivorship Programme
Publish Date: **November 2025**
Review Date: **November 2027**

All content correct at time of publishing.

HNS01905
NCCP-COM-095