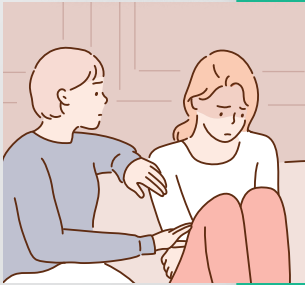


Cancer Bereavement

CANCER IN IRELAND

It is estimated that more than 45,000 people in Ireland are diagnosed with cancer each year. Being told you have cancer can be devastating but the good news is that many people go on to live long lives after a diagnosis. There are more than 170,000 people in Ireland living with and beyond cancer. The Irish Cancer Society (ICS) is the national cancer charity in Ireland, providing information and cancer prevention, detection, treatment and support. The ICS works with cancer support services throughout the country to ensure that no matter where in Ireland you are, you will have access to safe and confidential support. Each county in the South East has its own cancer support service that works in collaboration with the ICS. www.cancer.ie

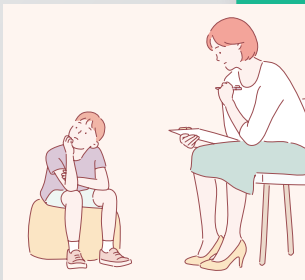


BEREAVEMENT SUPPORT

The ICS advises that when someone close to you has died, there is a natural period of sadness and loss. You are likely to experience a range of emotions for a long time including shock, guilt, grief and even relief, particularly if your loved one was unwell for a long time. These are all normal reactions and you will need time to adjust to your loss and a new routine without your loved one.

Services offered by the Cancer Support Centres in the South East include:

- One to one counselling
- Bereavement support groups
- Support for children and adolescents
- Art and music therapy
- Complementary therapies
- Wellbeing groups and classes



WATERFORD:

Solas Cancer Support Centre / info@solascentre.ie / 051 304 604

WEXFORD:

Hope Cancer Support Centre / info@hopesupportcentre.ie / 053 923 8555

CARLOW:

Éist Cancer Support Centre / info@eistcarlowcancersupport.ie / 085 866 1499

KILKENNY:

Cois Nore Cancer Support Centre / info@coisnore.ie / 056 775 2222

TIPPERARY (SOUTH):

C.A.R.E. Cancer Support Centre / cancercareclonmel@gmail.com / 052 618 2667

Circle of Friends / circleoffriendstipp@gmail.com / 062 33550

TIPPERARY (NORTH):

Suaimhneas Cancer Support Centre / suaimhneascancersupport@eircom.net / 067 37403

Suir Haven Cancer Support Centre / suirhaven@gmail.com / 0504 21197

