



NEWSLETTER – AUTUMN 2025

Galway Hospice Foundation



**Galway
Sunflower
Days Raise
Record-
Breaking
€120,438**

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WELCOME



Dear Friends,

As we come to the end of summer, I'm delighted to share with you the latest edition of our Galway Hospice Foundation Newsletter. It's a chance to look back at some of the milestones we've reached so far this year, while also giving you a glimpse of the everyday work that makes such a difference for our patients and families.

Inside, you'll find stories that show the very heart of hospice care — from the compassionate support provided in our Inpatient Units and out in the community, to the creativity and joy that fills our Day Care services. You'll also read about the commitment of our volunteers, the generosity of our community, and the dedication of our staff who go above and beyond every day.

I hope you'll enjoy revisiting highlights such as our record-breaking Sunflower Days, the wonderful memories created in Day Care, and the achievements of our teams at national conferences. And, looking ahead, we share details of upcoming events — special moments when we can gather as a community in remembrance, celebration, and support.

I am deeply proud of the dedication shown every day by our staff and volunteers, who give not just their skills but their kindness and presence. I am equally grateful to our community, whose generosity makes our work possible — from fundraising events to small acts of support that together create something truly powerful.

As you read through this newsletter, I hope you will see not only the breadth of our services but also the spirit of our organisation: a community of care, compassion, and hope.

Thank you for walking alongside us — whether as a supporter, volunteer, staff member, or friend of Galway and Mayo Hospices. Together, we continue to make every moment matter.

Warm regards,

Mary Nash
Chief Executive

AT A GLANCE

Halfway There on the Wild Atlantic Way!

In mid-June, we celebrated an incredible milestone with our Day Care patients **Sean** and **John**, who have cycled **101 km** and **123 km** on the Motomed over the past year as part of a special challenge from Malin Head to Mizen Head.

They've just reached Galway — the halfway point of the route — and we marked the occasion with **well-earned certificates** and commemorative cups!

This journey has been a **group effort** — strengthening bodies, lifting spirits, and sparking conversations about the beauty of Ireland and the memories along the way.

Sean and John have inspired us all with their determination and **teamwork** — supported every step of the way by our amazing nurses.

Next stop: Mizen Head!

A Day to Remember

In July, we shared a very special outing with our Day Care patients and volunteers at the **Galway Film Fleadh**. We had the chance to enjoy **Loch Gréine: A Bright Vision**



— a beautiful documentary that brought us through the rich landscapes, stories, and legends of the Graney Valley, known as the “Killarney of Clare.” For our patients, it was more than a film — it was a journey through memory, beauty, and imagination, shared together.

Afterwards, we were treated to a wonderful **lunch at the Radisson RED Galway**, who generously supported the day and helped create a joyful, welcoming space for everyone.

Their kindness gave us more than a meal — it gave our patients time to relax, connect, and enjoy a day out filled with warmth and care.

Thank you to the Radisson Red team and to all the volunteers who helped make this day so **meaningful**. Every moment matters. And this one was full of them.



Congratulations to Our Amazing Occupational Therapist, Alannah!

A massive congratulations to the **Galway Camogie team** on their stunning victory in the All-Ireland Senior Camogie Final!

We are incredibly proud of our Occupational Therapist, **Alannah**, and her teammates for their exceptional performance.

At Galway Hospice, we believe in the power of dedication, teamwork, and striving for the best - values that resonate deeply with our palliative care team.

We are so proud to have people like Alannah, who not only shine in sports but also contribute greatly to the care and well-being of our patients. Every moment matters - in sport, in care, in life.



The Generosity of Families We Care For

Kevin Walsh's wife, Margaret, was cared for at Galway Hospice before she sadly passed away on February 2nd, 2025. In her memory, **Kevin handcrafted beautiful woodturned candle holders** — a touching gift now lighting up our Hospice Chapel and patients' rooms. His generosity and kindness mean so much to us.

Thank you, Kevin, for sharing your time, talent, and heart. Your gift **brings warmth and comfort** to many, and it's a powerful example of the generosity we so often witness from the families we support.

The Gift of Music

In June, a **beautiful electric piano** was installed in one of the rooms in our **Inpatient Unit at Mayo Hospice** — a generous gift from our dear friend Christine Dowsett.



Christine is moving house and felt this piano might find a new purpose here, in a place that "holds a special place in her heart." And now, thanks to her kindness, **music will gently fill this space** where patients and families sit together, talk, wait, and hold one another through difficult moments.

Christine, thank you. You're very close to our hearts too. This gift is more than music — it's comfort, presence, and love.





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Galway Hospice is a place where magic truly happens

“My year at Galway Hospice has been a truly transformative experience. As a final-year specialist registrar, I’ve had the privilege of working across the inpatient unit, the community, and Day Care. The care I’ve witnessed in the inpatient unit, in particular, has been exceptional — combining deep clinical expertise with extraordinary compassion for patients and their families.

What stands out most is how the values of the hospice are lived out by every single staff member and volunteer, every day. The care here is holistic — addressing not only physical symptoms like pain and breathlessness, but also emotional, psychological, and spiritual needs. And always, with kindness and dignity.

The teamwork is something I’ll carry with me always. From the moment I arrived, I was welcomed with warmth. Everyone — from the reception team to catering staff, cleaners, nurses, therapists, and doctors — works together as one team, each playing an essential role in delivering truly person-centred care.

This has been more than just a training year for me — it has shaped me profoundly as a doctor and as a person. Galway Hospice is a place where magic truly happens. Every single day, I’ve seen staff and volunteers go out of their way to create moments of beauty and tenderness in people’s lives — even during the most difficult times. I’ve witnessed extraordinary care and felt honoured to be part of it.”

— Dr Sarah Nestor

SPOTLIGHT

Always Part of the Galway Hospice Family

A few weeks ago, we shared a heartfelt goodbye — and thank you — with four wonderful doctors who have been part of the Galway Hospice family over the past year.

Dr Farhan Athar, **Dr Salma Farah**, and **Dr Sarah Nestor** have now completed their time with us, while **Dr Gabriele Orsini** will continue to support the team one day a week.

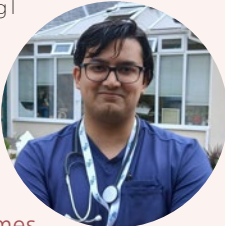
Each of them brought compassion, curiosity, and deep kindness to our patients, families, and colleagues. Their presence has left a lasting mark, and we know they’ll carry the spirit of hospice care with them wherever they go.

Though this chapter is closing, they will always remain part of our **hospice family**.

Thank you, Farhan, Salma, Sarah and Gabriele — for your care, your dedication, and all you’ve shared with us, including these **heartfelt words**. We wish you every success in your next steps.

"Before joining palliative medicine, I assumed it was mainly for terminally ill patients, referred when there was nothing else that could be done. But my experience here has completely changed that perspective. I now understand that people are referred for symptom management, not just end-of-life care. That shift in thinking has been one of the most valuable outcomes of my time here.

One of the biggest takeaways for me has been communication—learning how to speak with patients and their families in vulnerable moments. For example, explaining to a child that their parent may soon pass away, answering their questions, and making sure they feel heard. That's something I will carry with me always.



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Sometimes the most powerful care we can offer is simply helping someone feel better

If I had to explain hospice care to someone unfamiliar with it, I would say: it's not about treating the disease— it's about treating the person. We focus on what the patient feels. Whether it's pain, nausea, confusion, or emotional distress, we work to ease it. These are things that can often be overlooked in more conventional medical settings, but they are essential to dignity and comfort.

So, if there's one thing I've learned and want to pass on, it's this: sometimes the most powerful care we can offer is simply helping someone feel better."

— Dr Farhan Athar

"When I first came here, I thought the hospice was just a place where people come to die — and many patients and families feel the same way. But that's not the case. It's a place of comfort, care, and life.



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Families begin to see that it's not only about the end of life — it's about how that time is lived

We help patients manage symptoms, improve quality of life, and sometimes even return home. Families begin to see that it's not only about the end of life — it's about how that time is lived.

The care here is holistic. We look after every aspect of the patient's needs together as a multidisciplinary team — nurses, doctors, social workers, physiotherapists, music therapists, aromatherapists, volunteers. Everyone plays a part, and each role is essential.

One of the most valuable things I've learned here has been how to communicate with families — sitting down with patients and their loved ones, talking about care plans, explaining the patient's condition day by day, and offering emotional support.

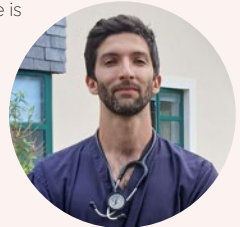
This placement exceeded my expectations. I found a team that not only supports patients with compassion and dignity but supports each other too. I'm so grateful to have been part of it."

— Dr Salma Farah

"When I first came into palliative care, I didn't know what to expect. Like many doctors, I didn't learn much about it in medical school. But I had worked with some GPs who were very passionate about integrating palliative principles into general practice, and that sparked my interest.

One unexpected thing for me was how much pharmacology is involved in palliative care. You learn to use medication in nuanced ways — not just for their primary effects, but sometimes precisely for their side effects. It's a very thoughtful use of medication, which in many ways is what medicine should be about.

Communication is another huge part of what I've gained. Spending time with the consultants, observing how they talk with patients and families — you pick up not just techniques, but a mindset. It's deeply human. And sadly, often overlooked in acute care where time is short and pressure is high.



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Seeing patients and families face serious illnesses and loss with strength and vulnerability changes you

Personally, this work makes you reflect. It challenges you to think about time, about relationships, and about what really matters. Seeing patients and families face serious illnesses and loss with strength and vulnerability changes you."

— Dr Gabriele Orsini

HOSPICE STORIES

“Every time I come here, the care brings my mood up”

My name is Yevhen Snizhko. I'm Ukrainian. I came to Ireland as a war refugee about three and a half years ago. Around eight months ago I was diagnosed with late-stage cancer. One of the tumours was compressing my spinal cord and I had a last-resort surgery, after which I was left paralysed below my chest. I now use a wheelchair and am undergoing cancer treatment. I've been through chemotherapy, radiotherapy, and immunotherapy.

I was a graphic designer for 15 years in Ukraine, working mostly in business media. My last employment was with Forbes Ukraine, where I was an infographic designer.

Lately life has been rough, so I try to keep myself calm and positive. That's basically what I do — I try not to sink into depression.

I am a home patient with Galway Hospice and have been for about five months. I was very pleasantly surprised when I discovered this service in Ireland. In Ukraine, the hospice system is very different. You just go to the place to get palliative and nursing care to basically die, because it's only for terminally ill patients when relatives aren't able to take proper care of them at home. But here it's a very different system. There is rehabilitation involved, and people do everything to help you and to cheer you up.

When I first came to Galway Hospice I was surprised by the beautiful garden, the spacious rooms for patients, and all the services they provide. We have physiotherapy, aromatherapy, art therapy, and music therapy. People come here to rest and to get energy. I use the Day Care service once a week, mainly for physio sessions and sometimes aromatherapy. It's always a very pleasant time.

There is also respite care, where you can stay for a week. You are under the care of very good, caring, and cheerful people. I've already had two respite stays — I'm in my second one now — and I always go home with more energy, more active, and feeling better overall.

Even small things make a big difference. The food is great. You can order from the menu, there's a great coffee machine, and even an ice machine that you can use anytime. The garden is very nice and well taken care of. The rooms are spacious and accessible, which is important for me as a wheelchair user.

But the most important thing, of course, is the staff. They genuinely care, and you can see they are doing their best to make patients' lives easier. Every time I come here, the care brings my mood up.

For me, palliative care means pain control, but it's also about support that lifts your mood and makes life better.

I can only welcome people to use this service. It's a great service and they will always go out of their way to help you. I had a problem with some equipment that I couldn't afford, and I wasn't even expecting help. But I just mentioned it to the art therapist, Kathy Hyland, and she found a way to get me what I needed. I'll always be very grateful for that and for all the support I receive here.

Yevhen Snizhko
Galway Hospice Patient



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You can see they are doing their best to make patients' lives easier.

OUR CARE IN ACTION

First Children's Bereavement Support Group Facilitated at Mayo Hospice

By **Agnes Hoban**,
Senior Medical Social Worker, Mayo Hospice

Working with children through bereavement gives children a voice for their grief and equips them with the skills and tools to **help them understand the emotions and reactions** to their own grief. This supports the development of coping strategies and helps them understand that their grief is a normal response to their loss.

Over the first two Saturdays in March 2025, a Children's Bereavement Group was facilitated by the Medical Social Work Department in Mayo Hospice. It was the first Children's Bereavement Group of its kind.

The Bereavement Group followed the facilitation of the **Wildlands Claddagh Camp** that was successfully run in September of 2023 and 2024, which

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I liked not having to talk if you did not want to and that we could take breaks.

supported a number of bereaved families connected with Mayo and Galway Hospices.

The Medical Social Work Department, through its work in both hospices throughout 2023 and 2024, was aware of the growing identified **need to support young families** through their bereavement.

The Medical Social Work Team, with the support of colleagues within the hospices, decided that in order to best support families, and to meet as much identified bereavement need for children as possible, both Mayo and Galway Hospices would run Children's Bereavement Groups in both sites. This led to the planning and development of the first Children's Bereavement Support Group in Mayo Hospice.

“ *I liked talking about what mum liked and didn't like.*



MAYO HOSPICE CHILDREN'S
BEREAVEMENT GROUP 2025

The Group was facilitated by two of the Senior Medical Social Workers based in Mayo Hospice. A total of **9 children attended the group**: 4 boys and 5 girls aged 6–12 years. Each of the children who attended the group had experienced **the death of a parent**. The group was a closed group and focused on group work with the children, while also involving the parents in specific interventions.



The sessions were activity-based and flexibly structured to ensure that the individual needs of the children who attended were met within the group setting. The group allowed for the exploration of each of the children's experiences of losing their parent at each child's own pace and time.

The children were all aware of their shared experience:

that they had experienced the death of either their mother or father, which allowed the development of connections within the group from the start.

Following the Group, each family received a follow-up home visit by one of the Medical Social Workers and an evaluation was completed with the child who attended the group, with their parents' input. All the families rated the Bereavement Group as 'great'.

All the feedback was very positive, and all families noted that the children benefited from the psychoeducation provided in regard to grief and loss, and also from the peer support within the group setting.

A number of months following the group, in June 2025, the families who attended the Bereavement Group were invited back to a family day in Westport House. The day focused on free fun activities that encouraged the families to come together in a relaxed environment and have fun as a family. It offered space to make further lasting memories in the presence of families who shared similar experiences of loss and bereavement.

Overall, the activities run in 2025 to support children and their families in their bereavement were very successful, and the Medical Social Work team continues to plan towards meeting this ongoing need into 2026.

“ *It was a safe space.* ”

The Group explored the following themes over the two group sessions:

- Children telling their story of grief and loss
- Expressing thoughts, feelings and behaviours
- Managing difficult feelings
- Identifying worries and questions
- Memory work
- Coping skills and strengthening support for the future
- Continuing bonds

The **Group offered a safe and supportive environment** for children to gain increased understanding of feelings and experiences that can be associated with grief. It provided the children with an opportunity to connect with others going through similar situations in a calm, relaxed, and supportive environment.



First Multidisciplinary Journal Club

At Galway Hospice, learning never stops — especially when it helps us improve the care we provide.

At the beginning of July, we held our first Multidisciplinary Journal Club, bringing together team members from across the organisation to explore how research can help us continue to improve care for patients and families.

Led by our Research Manager, **Niall Manktelow**, the group shared ideas, discussed real-life projects, and reflected on how evidence can guide meaningful changes in palliative care.

We're proud to foster a culture of curiosity, collaboration, and continuous improvement.

Every conversation, every question, and every idea are part of our commitment to compassionate, person-centred care — today and into the future.

Galway Hospice at the HSE Spark Innovation Event

Members of the Galway Hospice team took part in the **HSE Spark Innovation Programme** — an initiative that empowers healthcare workers to develop ideas to improve the health service.

We had the opportunity to meet **Bernard Gloster**, CEO of the Health Service Executive, and Grace Rothwell, National Director for Access & Integration at the HSE, and to share some of the work taking place at Galway Hospice.



We also presented a **poster on Safer Prescribing in Palliative Care**, highlighting efforts to improve medication safety through clearer communication, better documentation, and the introduction of a new **prescription** booklet now in use across both hospices.

Our **Volunteer Community Companion Pilot Programme** was shortlisted for the 2025 Bright Spark Awards under the Leadership Award category — welcome recognition of this person-centred initiative that offers patients meaningful companionship.

We're grateful to have taken part in this inspiring event — and proud to continue playing our part in advancing innovation, collaboration, and compassionate care across the health service.

Committed to Excellence in Palliative Care

Galway Hospice Foundation took part in the 17th Kaleidoscope International Palliative Care Conference at St Francis Hospice Dublin — an important gathering exploring the future of palliative care, held in June.

Members of our wider team presented two posters, showcasing our commitment to compassionate, innovative, and patient-centred care:

Supporting Nursing Homes through Specialist Palliative Care Education

Our team shared a blended education model combining Project ECHO virtual sessions with in-person training days. This approach has strengthened knowledge, skills, and confidence among nursing home staff across Galway and Mayo, and Roscommon — ultimately improving care for residents at the end of life.

Integrating Carer Support Needs Assessment (CSNAT-I)

Our Medical Social Work team highlighted how we use the CSNAT-I tool to identify and respond to carers' needs throughout the palliative journey. This person-centred approach helps carers feel seen, supported, and empowered in their role.

These initiatives reflect our ongoing work to improve care quality, empower healthcare providers, and support families through every stage of the palliative journey.





OUR VOLUNTEERS

‘Volunteer of the Year’ at Mayor’s Awards

Our amazing volunteers have been honoured with the **‘Volunteer of the Year’** award at the Galway City Council Mayor’s Awards, in recognition of their outstanding dedication to our palliative care services.

The awards ceremony, which took place in May at the Galway Bay Hotel, was hosted by Galway City Mayor Peter Keane, who said:

“These volunteers provide companionship, support grieving families, offer personal care to enhance wellbeing, and organise fundraising to support vital services. They are at the heart of hospice care, offering their time selflessly to ensure every patient and family receives compassion, dignity and comfort.”

When receiving the award, Galway Hospice volunteer **Trudy Concannon** shared:

“I love it. I absolutely love it. It’s really uplifting for us to be there. It fills my day, and I feel good for doing it.”

Volunteer **Mike Bindon** added:

“When the sliding doors open and you walk in, the first thing you see is the reception. There is the smile. That makes your day. It’s all about a smile. Then you think, I’m going to have a good day. That’s what it’s all about.”

More than **160 volunteers** generously give their time to support Galway Hospice services. They are an integral part of the Galway Hospice family, each bringing unique time, skills, and compassion.

Gerry Molloy: Forever Part of the Hospice Family

The late volunteer **Gerry Molloy**, who sadly passed away earlier this year, was also recognised during the ceremony as **‘Senior Citizen Volunteer of the Year’**. His generous contribution to our care was warmly honoured on the night, with his family members accepting the award on his behalf.



Celebrating National Volunteering Week!

In May, we marked **National Volunteering Week** with our amazing volunteers at a coffee morning in Galway and Mayo Hospices. It was a chance to thank those who give their time, care, and kindness to help make every moment matter.

This year brought extra cause for celebration. Our volunteers were not only

recognised at the Mayor's Awards, but also achieved the prestigious **Investing in Volunteers (IiV)** quality standard — the national benchmark for best practice in volunteer management across Ireland and the UK. Galway and Mayo Hospices are now among the few hospices to hold this accreditation, and the very first in the west of Ireland to receive this honour.

Caoimhe Donohue,
Volunteer Co-ordinator, said:

“Achieving these accreditations is a testament to the dedication and compassion of our incredible volunteers... this recognition celebrates the vital role they play.”

Thank you to all our volunteers — you truly make a difference!



OUR HOSPICE COMMUNITY

Galway Sunflower Days Raise Record-Breaking €120,438

Galway Hospice is deeply grateful to the people of Galway for their overwhelming support during this year's Hospice Sunflower Days campaign. Thanks to the extraordinary generosity of the public and the dedication of over **500 volunteers**, the campaign raised €120,438.77 — **the highest total in the 35-year history** of Sunflower Days in Galway, supporting specialist palliative care services across the county.

Speaking after the campaign, **Mary Nash**, CEO of Galway Hospice, said:

“We are so moved by the kindness and commitment shown by everyone who supported this year’s Sunflower Days. This is a powerful reminder that palliative care is about more than just medical support — it’s about community. It shows how deeply

rooted Galway Hospice is in the lives of our neighbours, friends, and families. Every euro raised locally stays locally, helping us continue to care for people when they need it most — and we are truly grateful for that support.”

Over two days, volunteers took to the streets across towns and villages to sell sunflower pins and merchandise, while many others donated online. Local schools also joined in by hosting Sunflower Fun Days, where children planted sunflower seeds provided by Galway Hospice.

Several companies generously contributed staff as volunteers, including Medtronic and RSA Insurance, and Galway Hospice extends a heartfelt thank-you to the staff of local stores who facilitate these collections every year.



Claddagh Credit Union Sponsors Galway Hospice Memorial Walk 2025

We are honoured to have Claddagh Credit Union as the official sponsor of this year's **Galway Hospice Memorial Walk**, taking place on Sunday, 14th September 2025.

The Memorial Walk is a special day for the **Galway community** — an opportunity to remember loved ones while raising funds for Galway Hospice. Every step taken on the walk helps ensure that patients and families continue to receive vital care and support when they need it most.

"As a community-based credit union, we are deeply committed to supporting local causes that truly matter," said **Ted Coyle**, Deputy CEO at Claddagh Credit Union. "The Galway Memorial Walk is a powerful event that brings people together in love, remembrance, and hope. We're proud to support Galway Hospice in their incredible work."

"This year we mark a significant milestone — the 20th annual Galway Memorial Walk: 20 years of bringing our community together to remember loved ones and to support Galway Hospice," explained **Mary Nash**, Galway Hospice Chief Executive. "We are sincerely grateful to Claddagh Credit Union for their generous support, helping to make this special event possible for our community."



Croagh Patrick Climb 2025: Step by Step, with Heart

Thank you to everyone who took part on 21st June in our annual **Croagh Patrick Climb** — including the many families, friends, and co-workers who took on the challenge.

Special thanks to all the corporate groups who climbed, including Coffey, Radisson RED Galway, P&O Maritime Logistics, TE Connectivity, and PTSB Athenry.

We're also deeply grateful to our bus sponsor Callinan Coaches and driver Seán, the wonderful crew from Mayo County Council Civil Defence, hospice volunteers Kevin Devally and Joe Costello, hospice chaplain Peter Joyce, Lavins Fruit & Veg, and the Croagh Patrick Stakeholders Group and Ambassadors.

It's all of you who make this day so special. Every step forward helps us continue to make every moment matter for all of our patients and their families.

**Go raibh maith agat
as tacú le hOspis na Gaillimhe.**

DATES FOR YOUR DIARY

Host a Hospice Coffee Morning



Pop on the kettle this September and help raise funds for Galway Hospice! Bring family, friends, neighbours and colleagues together by hosting a Bewley's Big Coffee Morning for Hospice on **Thursday 25th September** – or any date that suits you.

Last year, Galway Hospice provided compassionate care to **1,344 patients and families**, in the home and in the hospice. Every euro raised through Hospice Coffee Mornings helps the hospice to deliver and enhance its specialist palliative care — free of charge, where and when it's needed most.

Everyone is welcome to host their own coffee morning, in their home, local community centre, school or workplace. No matter the location, it's a chance to bring people together, share a cup of coffee, and support Galway Hospice.

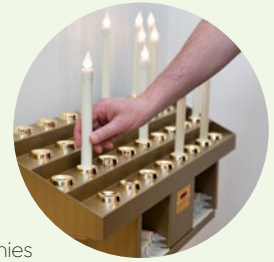
Register today to host a Hospice Coffee Morning and receive a Coffee Morning Pack containing free coffee, sponsored by Bewley's. Sign up online at **galwayhospice.ie/coffee** or call Galway Hospice Fundraising on 091-770868 or 087-1933032.

Annual Remembrance Services at Galway and Mayo

Our Annual Remembrance Services will take place on Sunday, **2nd November, in Galway** and on **9th November in Mayo**.

These memorial ceremonies give families the opportunity to come together to celebrate, reflect, and — above all — remember their loved ones.

The services are co-facilitated by the Pastoral Care Team together with Medical Social Work colleagues. During these gatherings, a **candle will be lit in memory of the people** who passed away under our care in 2025.



Tree of Lights Celebration on 30th November

The Galway Hospice Tree of Lights Celebration will take place on Sunday, 30th November 2025, at 5pm at Galway Hospice. Each light on the Galway Memorial Tree represents a tribute to a loved one.

More details about the event will be released in early November. You will also be able to sponsor a light in memory of a loved one and have their name added to our **Book of Remembrance**.



IT'S ALL THANKS TO YOU

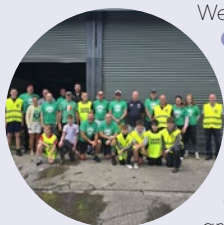
Every gesture of support — whether raising funds, organising events, or spreading the word — makes a lasting difference for the patients and families we care for. The dedication and generosity of people in our community continue to inspire us every day.

We're deeply grateful to everyone who gives their time, energy, and kindness. Your support helps us be there when we're needed most — and we couldn't do it without you.

A huge thank you to the twenty members of the **Brennan Family**, who completed the Great Limerick Run 2025 in memory of Louis Brennan from Tuam. Together, they raised an incredible €24,310 in support of our care. We're truly grateful for your generosity.



Well done to all the team at **O'Connor Fuels** for their hugely successful charity car wash in support of our work and Tuam Cancer Care. A big thank you to everyone who came along and contributed to such a great cause!



A massive thank you to the team at **RSA Group Ireland**, Knocknacarra, who completed a sponsored walk of Diamond Hill in Connemara, raising an impressive €3,220 in support of local hospice care. Your efforts are deeply appreciated.



Huge thanks to the **Collins Family** from Ballymoe, who raised a wonderful €1,500 through a golf event with Ceannt Golf Society, held in memory of John Collins. May he rest in peace, and thank you for honouring his memory through such generous support.



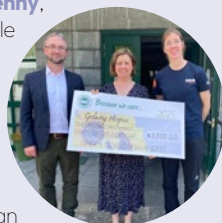
We're so grateful for the incredible support shown at the recent **Tea Dance at Carton House**, which raised an amazing €1,780 each for both our care and Parkinson's Ireland Galway. A special thank you to organiser Sharon O'Donnell and to everyone who took part — your generosity means so much.



A big thank you to dedicated supporter **Michael Uniacke** from Gort, who raised an incredible €3,742.70 as part of this year's Croagh Patrick Climb. Your continued support makes a real difference — thank you, Michael!



A huge thank you to **Áine Kenny**, who completed the incredible Marathon des Sables in Morocco in memory of her mother, Rosaleen. Covering 250km across the Sahara Desert, Áine raised a phenomenal €7,388.20 in support of our care. What an achievement — and what a tribute.



A huge thank you to everyone at **Clifden Community School News & Events**, who raised €713.11 by daring their teachers to take on an Ice Bucket Challenge! Maith sibh ar fad — your creativity and support mean so much.



Every moment matters



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