

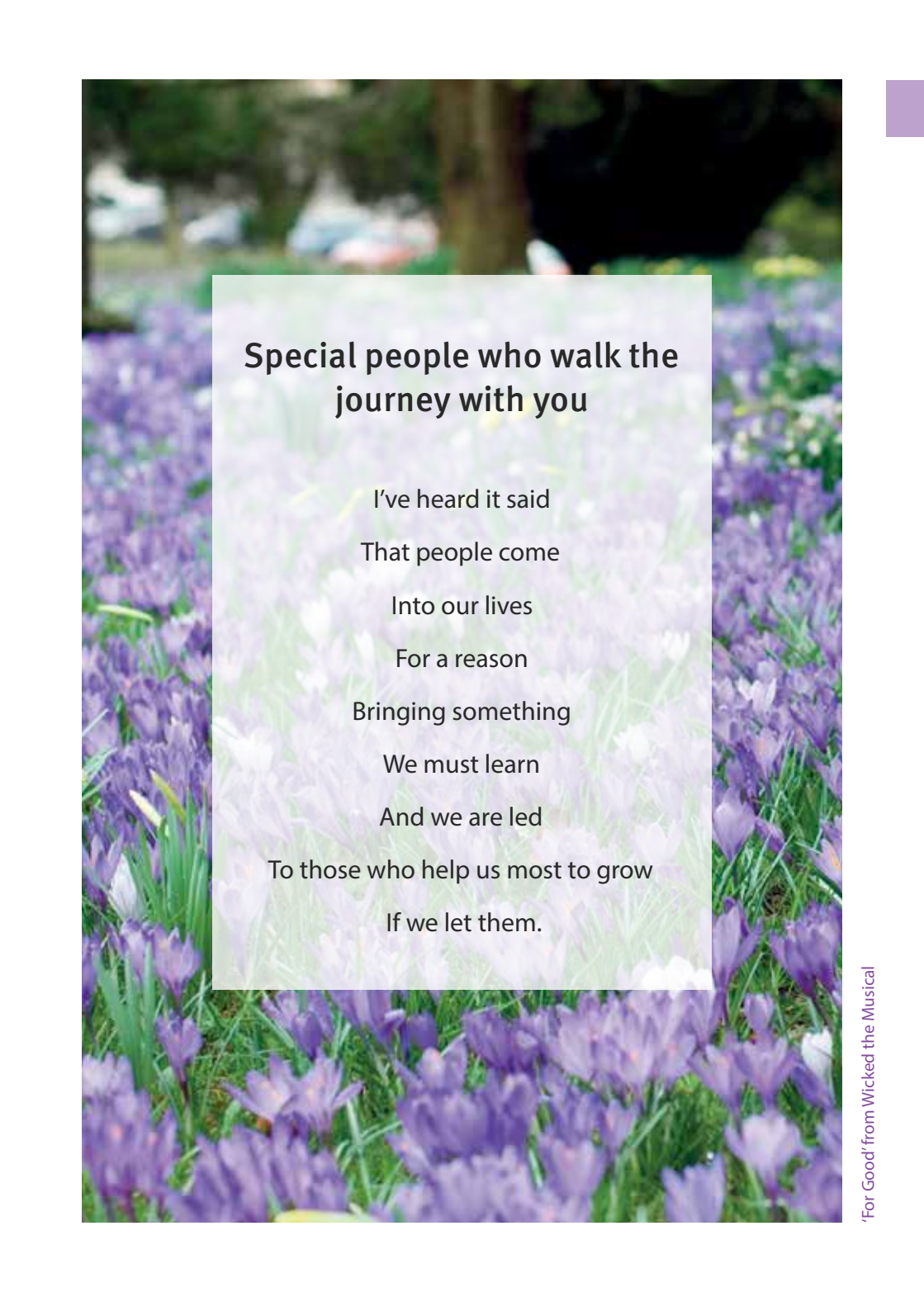


# Crocus

*Cancer Resource Of Caring Understanding & Support*

# Welcome Pack

*To get through the hardest journey, we need take only  
one step at a time, but we must keep on stepping.*

A photograph of a field of purple crocuses in bloom, with green grass and some blurred trees in the background. A semi-transparent white rectangular box is centered over the image, containing text.

## Special people who walk the journey with you

I've heard it said  
That people come  
Into our lives  
For a reason  
Bringing something  
We must learn  
And we are led  
To those who help us most to grow  
If we let them.

# Mission Statement

Crocus is a Peer Support Group for those women and men who are living with a cancer diagnosis who are at different stages of their journey. We are all here as equals in the group to support each other, share experiences offer advice and help out if we can.

This group offers understanding, support and confidentiality in a caring environment. Our centre is open 5 days a week, Monday to Thursday 10am - 1pm and 2pm - 4pm and on Friday 10am - 2pm. We offer a drop-in-facility during opening hours.

Whether you are newly diagnosed or managing your cancer for some time, we are here to offer you the support that you need.



# Crocus

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*'May you find the wisdom to listen to your illness; Ask it why it came? Why it chose your friendship? Where it wants to take you? What it wants you to know? What quality of space it wants to create in you? What you need to learn to become more fully yourself that your presence may shine in the world?'*

*(John O'Donohue, Benedictus)*

# Services

We offer a counselling service to members and their families. We also provide a range of complimentary therapies and support programmes.

*“Looking forward to a brighter tomorrow can help us get through a gloomy day”*



# Facilities

## Counselling and Therapy rooms



*Many patients that are stressed either physically or emotionally because of their illness find real benefit from complimentary therapies and develop an increased sense of well-being and improvement in their quality of life.*





## Seed of Hope

What seemed to be the end

Proved to be the beginning.

What seemed to be a cause of fear

Proved to be the cause for courage.

What seemed defeat

Proved to be victory and

What seemed to be the basis for despair

Proved to be the basis for hope.

Suddenly a wall became a gate and

although we are not able to say

with much clarity or pre-vision

what lies behind that gate,

the tone of all we do and say

on our way to the gate changes

profoundly.

# Member Testimonials

"When the future seemed bleak, the Crocus Group was a life-line, and continues to be..."

"Attending the group gave me the confidence to realise the rest of my life lay ahead of me, the courage to take charge of my future and embrace all the changes I encountered. Words cannot describe the kindness and wonderful support this group is giving me during my recovery phase"

"It gave me hope and courage to face my cancer, it made cancer doable, a place of peace and comfort in a loving environment"

"Life is not measured by the breaths you take, but by the moments that take your breath away"

"Crocus was my little haven, a place where I felt I could be myself and talk to other women who understood how I felt, especially on a bad day"

"I am surrounded by lots of great family & friends who support me but no one truly understands how I felt from the initial diagnosis to the late effects of my treatment. Crocus understands! The help & support that I personally get from the group has made me person I am today. The group provides an outlet for these feelings & concerns that we all carry"

# Resources

## Useful Contacts

Oncology Dept Cavan / Monaghan,  
Cavan General Hosp 049 4376047/6112

Oncology Dept Our Lady of Lourdes Hosp,  
Drogheda 041 9874684

Beaumont Hospital  
01 809 3000 [www.beaumont.ie](http://www.beaumont.ie)

The Mater University Hospital  
Unit Secretary 01 8032456/8032549

## Useful Websites

[www.irishcancersociety.ie](http://www.irishcancersociety.ie)  
[www.macmillan.org.uk](http://www.macmillan.org.uk)  
[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)  
[www.chemocare.com](http://www.chemocare.com)  
[www.hrsmedicalwigs.com](http://www.hrsmedicalwigs.com)  
[www.almacare.ie](http://www.almacare.ie)  
[www.roches.ie](http://www.roches.ie)

## Useful Books

Not the Year you had planned

*Cathy McCarthy*

Peace Begins With Me

*Ted Kuntz M.Ed*

Say Yes To Life

*Dr Linda Finnegan & Christy Kenneally*

We have a wide range of books and  
information available at the Crocus group.

## North Monaghan Cancer Treatment Support (Transport)

North Monaghan Cancer Treatment  
Support is a very useful service,  
they provide transport to and from  
treatment. Covering all areas of north  
Monaghan, more information can be  
found by contacting 087 2024047  
(Mon – Fri, 9.30am – 5.30pm)

**Volunteer Driver Service** 01 2310522



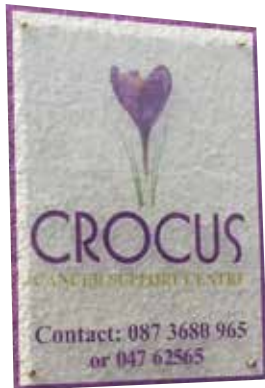


## This is my wish for you

Hope not to lose heart  
Light to show you the way  
Strength on difficult days  
Courage to keep going  
Patience when you feel like giving up  
Friends to walk with you  
Beauty for your eyes to see  
Laughter to make you smile  
Faith when you doubt  
A hug when your heart is heavy  
An angel to guide you  
The belief that you can make a difference  
Wisdom to stop and reflect  
Silence to touch your soul  
Confidence to believe in yourself  
Perseverance when you might quit  
The gift of believing that  
The rest of your life awaits you.

## Notes

## Contact Information



The Crocus Centre is situated in a quiet location in Monaghan town at 19 the Grange, Plantation Walk, and is easily accessible for all users.

For more information contact us at

[crocusmonaghan@gmail.com](mailto:crocusmonaghan@gmail.com)

or

telephone 047 62565 / 087 3680965

[www.crocusmonaghan.ie](http://www.crocusmonaghan.ie)

### Opening Hours

*Monday -Thursday*

*10am - 1pm & 2pm - 4pm*

*Friday*

*10am - 2pm*

National Cancer Information Service

Free phone cancer services

1800 200 700



*“Sometimes it’s easy to get wrapped up in the details of life and forget about the things that bring us True Joy”*

**C** - *Cancer*  
**R** - *Resource*  
**O** - *Of*  
**C** - *Caring*  
**U** - *Understanding*  
**S** - *Support*



**Crocus**

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Crocus Centre | 19 The Grange  
Plantation Walk | Monaghan

Telephone **047 62565 / 087 3680965**

Email **crocusmonaghan@gmail.com**

Web **www.crocusmonaghan.ie**



Find us on Facebook **Crocus**

