



# January 2017

## Services by Appointment in our Centres:

- Counselling (Short term)
- Acupuncture
- Reflexology
- Manual Lymph Drainage
- Bio Energy Therapy (S.C.Rd. only)
- Metamorphosis (S.C.Rd. only)
- Indian Head Massage (Eccles St. only)

*All services are free of charge, however we rely on the generosity and goodwill of the public, corporations, grant givers and fundraising events in order to fund these vital services.*

### New Opening Times

*10 am to 4 pm – Monday – Thursday  
Late opening , till 8 pm , Tuesday Eccles Street  
Late opening , till 8 pm Wednesday SCR  
Fridays 10 am – 2 pm both centres.*

*We would like to wish all our Clients a  
Happy New Year*

## Eccles Street

### Walk-in Services - No Appointment Necessary

**Drop-in Centre Monday – Thursday 10 am - 4 pm**

**Friday 10 am to 2 pm**

Call in and chat with one of our trained volunteers

### Relaxation & Visualisation

Tuesdays 7.30 pm - 9.00 pm

Thursday 2.30 pm – 4.00 pm

### Yoga

Mondays 11.00 am – 12.15 pm

### Monthly Peer Support Groups

#### Knitting Group

Last Wednesdays 11.00 am - 12.30 pm - 25<sup>th</sup> January

#### Prostate Peer Support Group

Last Thursdays 11.00 am – 12 .30 pm - 26<sup>th</sup> January

#### Women’s Cancer Peer Support Group

2<sup>nd</sup> Tuesday 7.30 pm – 8.30 pm – 10<sup>th</sup> January

### Booking Essential

#### Talking to Children about Cancer

Wednesday 25<sup>th</sup> January 11.00 am – 1.00 pm

#### Citizens Information

January/February date TBC 11.00 am – 12.00 pm

### Forthcoming Programmes

Prostate Cancer 6wk Programme – Feb

ARC Stanford Cancer Thrive & Survive

(6wk Programme)

CLIMB 28<sup>th</sup> February 4pm – 5.30 pm 6wk Prog

**Please telephone for details on any of the above**

65 Eccles Street, Dublin 7

Tel: 01-830 7333 Email: [info@arccancersupport.ie](mailto:info@arccancersupport.ie)

## South Circular Road

### Walk-in Services - No Appointment Necessary

**Drop-in Centre Monday – Thursday 10 am - 4 pm**

**Friday 10 am to 2 pm**

Call in and chat with one of our trained volunteers

### Knitting Group

Tuesday Mornings 10.30 am – 12.30 pm

### Mindfulness

Thursdays 2.30pm - 4.00pm

### Yoga

Mondays 11.00 – 12.30 pm

Thursdays 10.30 – 11.45 am

### Card Making

Thursdays 10.30 am – 12.30 pm

### Monthly Peer Support Groups

#### Myeloma Support Group

Next Group will be 2<sup>nd</sup> February 11.00 am – 12.30 pm

#### ARC Men’s Cancer Peer Support Group

Tuesday 10<sup>th</sup> January 11.00 am – 12.30 pm

#### Breast Cancer Peer Support Group

Last Thursday 2.30 pm – 4.00 pm – 26<sup>th</sup> January

### Booking Essential

#### Citizens Information

Friday 10<sup>th</sup> February 11.00 am – 12.00 pm

### Forthcoming Programmes

Living Life 8wk Programme – March

CLIMB 6wk Programme - March

**Please telephone for details on any of the above**

559 South Circular Road, Dublin 8

Tel: 01-707 8880 Email: [linda@arccancersupport.ie](mailto:linda@arccancersupport.ie)

## 2017

ARC has had a remarkable year in 2016 with approx. 15,000 visits to our centres. We predict that these numbers will continue to increase in 2017 and beyond and we aim to deliver the highest standard of care and support to meet the needs of everyone who comes through our doors. We are working hard to ensure we can better meet this increasing demand while continuing to deliver appropriate, professional care and support *free of charge* to ARC's clients. Please view our monthly Services Calendar, overleaf and available to download from our website for any resulting changes.

We are delighted that **Standard Life Ireland** are supporting ARC in providing its 'ARC Survivorship Programme' in 2017. This incorporates one-to-one psychotherapy counselling, drop in support and listening service, various programmes covering stress management, relaxation and visualization, yoga, complementary therapies and a series of talks and workshops. If you work in or have contacts in a company that might consider supporting ARC in a similar way, please do get in touch, as ARC relies on the generosity of the public and of corporates for the majority of its funding.

### New Programmes commencing in early Spring 2017

ARC-Stanford University Cancer Thrive and Survive 6 week programme: Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

ARC Stress Management 9 week Programme: A step by step guide to managing stress and learning ways to help cope with change.

ARC Relaxation & Visualization 8 week Programme: Learning meditation and relaxation techniques.

### Monthly Peer support Groups (all welcome, open groups)

ARC Eccles Street	ARC South Circular Road
Open Women's Group – 2nd Tuesday at 7.30pm	Open Men's Group – 1st Tuesday at 11am
Prostate Cancer Group - last Thursday at 11 am	Breast Group - last Thursday of at 2.30pm
Knitting Group – Last Wednesday 11 am	Myeloma Support Group 1st Thursday 11 am

### Change in Opening Times

Due to the increased needs expressed by carers and clients we are changing our opening and closing times to introduce more services in the evening time. Please see below:

ARC Eccles Street	ARC South Circular Road
10 am to 4 pm – Mon, Wed, Thurs	10 am to 4 pm – Mon, Tues, Thurs
10 am to 8 pm – Tues (late evening)	10 am to 8 pm – Wed (late evening)
10 am to 2 pm - Fri	10 am to 2 pm - Fri