



May 2020

Due to COVID - 19 (coronavirus)
our Centres are closed, but despite
this we are still here for you
Monday to Friday 10am - 4pm
We have a telephone support
service **01-215 0250** that includes
information on our remote services
- counselling, classes, talks &
programmes online

*We have launched our Virtual Cuppa
Campaign inviting anyone affected by
cancer to give us a call to have a
virtual cuppa and a chat with one of
the ARC Team.*

*We are here to help. Call us on
01 - 215 0250*

*Due to cancellation and postponement of
fundraising events we have launched an
emergency appeal for funds if you would like
to donate please visit
www.arccancersupport.ie/donte. If you have
kindly donated already, thank you.*

Please link into our Facebook

For the following:-

Recordings - Calmness to the Mind with Pat Hickey

Uploaded Monday to Thursday **3pm – 3.15pm**

**Updated information on upcoming services-
new classes and talks for the month**

Please link into our zoom, invite only

For the following talks:-

Fatigue Talk with Dr Deirdre Connolly

Thursday 7th May **2pm**

Acupressure with Perrine

Wednesday 20th May **3pm**

**Talking to children about cancer with
Yvonne O'Meara**

Wednesday 27th May **2.30pm**

Please link into our zoom, invite only

For the following zoom courses:-

**Move more with Grainne Shiel 6 week
Programme**

Wednesday 13th May **1pm**

Stress Management with Mary Scarff

Wednesdays in May **10.30am**

Resilience skills in uncertain times

Fridays in May **10.30am**

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

**Please link into our Zoom classes, invite
only**

For the following classes:-

Yoga with Liagh

Tuesdays **10.30am – 11.30am**

Relaxation With Emer

Tuesdays **2.30pm – 3.30pm**

Chair Yoga with Florence

Thursdays **10.30am – 11.30am**

Yogalates with Diana

Fridays **12pm**

**Monthly Peer Support Groups on
Zoom, invite only:-**

Open Men's Cancer Support Group

Thursday 21st May **12pm**

Secondary Cancer Support Group

Wednesday 13th May **2.30pm**

Open Women's Support Group

Thursday 28th May **12pm**

Breast Cancer Support Group

Wednesday 6th May **1.30pm**

To enquire about our online services

Email: info@arccancersupport.ie

Call: **01 - 215 0250**

**To enquire about our joining our online
Zoom classes and groups**

Email: linda@arccancersupport.ie

Call: **01 - 215 0250**