



**arc**  
CANCER SUPPORT  
CENTRES

## September 2020

*We continue to be here for you Monday to Friday 10am - 4pm. Our telephone service 01-2150250 offers support and information on our remote/online services: counselling, classes, talks & programmes. We continue to work behind the scenes to restore a limited number of services within our centres from early September. Your safety is our concern.*

***Good News!** We are extending our virtual Lap of the Map charity cycle until the end of December 2020. So, get your helmet on, clip your shoes in and get ready for the ride of your life to raise €30,000 for ARC! Entry is free, but we do ask for donations via our Everyday Hero fundraising page <https://give.everydayhero.com/ie/arc-s-lap-of-the-map>*

***ART for ARC** We would like to take our hats off to all the artists and participants involved in our first ever ART for ARC online auction! Thank you to everyone from the bottom of our hearts for all their kindness and generosity. You raised an almighty €35,000, so please take a bow because you are simply amazing!*

**Via 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**

**Via Zoom, for the following talks/workshops:**

**Prostate event with Urologist Dr Richard Power and special guest speakers:**

Monday 7<sup>th</sup> September **7pm – 8pm**

**Look Good Feel Good**

Wednesday 23<sup>rd</sup> September **2pm-3pm**

**Reflexology through the hands:**

Monday 28<sup>th</sup> September **2pm -3pm**

**Via Zoom, for the following programmes:**

**Stress Management 9 Weeks Open Group**

Tuesday 8<sup>th</sup> September **10.30am – 12.30pm**

**Prostate Course 6 Weeks**

Wednesday 16<sup>th</sup> September **11am – 1pm**

**Stress Management 9 Weeks Closed Course**

Thursday 1<sup>st</sup> October **10.30-12.30pm**

**To enquire about joining our online Zoom classes, groups and online services:**

**Email:** [info@arccancersupport.ie](mailto:info@arccancersupport.ie)

**Call:** 01-2150250

**Live classes via Zoom. To register email [info@arccancersupport.ie](mailto:info@arccancersupport.ie)**

**Relaxation With Emer**

Tuesdays **2.30pm – 3.30pm**

**Yoga with Liagh**

Tuesday 1<sup>st</sup> Sept **10:30-11:30am**

Starting 9<sup>th</sup> Sept Wednesdays **9.45am – 10.45am**

**Chair Yoga with Florence**

Thursdays **10.30am – 11.30am**

**Mindfulness with Carmel**

Thursdays **2.30pm – 3.30pm**

**Yogalates with Diana**

Fridays **12pm – 1pm**

**Monthly Peer Support Groups on Zoom. To register email [info@arccancersupport.ie](mailto:info@arccancersupport.ie)**

**Breast Cancer Support Group**

Wednesday 2<sup>nd</sup> September **1.30 -2.45pm**

**Secondary Cancer Support Group**

Wednesday 9<sup>th</sup> September **2 - 3.3pm**

**Open Men's Cancer Support Group**

Thursday 24<sup>th</sup> September **12 – 1.30pm**

**Stoma Support Group**

Wednesday 30<sup>th</sup> September **6 – 7.30pm**

***ARC relies on the continued generosity of the public, corporate benefactors and grant aid to enable us to provide our services Free of Charge.***