

# TORCH OF HOPE

*"I'm swimming in memory of my wife Audrey, who died of cancer in 2015, and I'm raising funds for ARC Cancer Support Centres who helped me greatly."*



## Dominic's Solo English Channel Swim – in Memory of Audrey



**In the early hours of Wednesday 30th July this year, at around 3:00am, Dominic Mullan stepped into the cold waters between England and France to take on one of the world's toughest swims – the English Channel.**

But this wasn't just a physical challenge. It was a deeply personal tribute to Dominic's wife, Audrey, who died of cancer in 2015. ARC Cancer Support Centres had been there for both Audrey and Dominic, providing invaluable counselling during her illness and after her passing. Support Dominic describes as "hugely valuable" has helped him navigate the difficult years and, in turn, better support his family. This sponsored swim was a way to give back so ARC could help hundreds more families navigate the turbulent seas of a cancer diagnosis.

This solo crossing came after years of dedication. In 2021, Dominic joined a relay team with friends Dara, Dario, and Boyd. Together, they raised an amazing €30,000 for ARC. This inspired Dominic to take on the challenge of swimming the channel solo. However, he faced setbacks. In 2024, bad weather and sudden illness got in his way.

This year, Dominic made his solo swim to France, finishing in 14 hours and 15 minutes. His grit, resilience, and unwavering commitment have not only honoured Audrey's

memory but also raised over €27,000 for ARC. This is that ensuring many families continue to access the free, life-changing supports that helped Dominic through his own journey.

**Because of supporters like you and because of champions like Dominic, that support can continue for many more families. Your generosity honours Audrey and shines as a beacon of hope for those facing the storm of a cancer diagnosis.**

**YOU HELP  
MAKE THIS  
HAPPEN**

## BEHIND THE SCENES AT ARC

**Thanks to your support, we're bringing in new volunteers.**

We're also adding phone lines to meet the rising demand.

Plus, we're updating our therapy spaces to better help children and teens. Services like acupuncture, reflexology, wellness classes, and support groups are in high demand.



**YOU HELP  
MAKE THIS  
HAPPEN**

***"What I do at ARC is only one small part of something bigger and meaningful."***

Susan Nevin, Adult Psychotherapist

I began working with ARC on Eccles Street in November 2024, as an Adult Psychotherapist. I see people on Mondays and Fridays who have cancer, and also relatives aged from 18 to 70+. What inspires me at work is the resilience and creativity of the people I meet. They face the practical and emotional challenges of cancer with amazing strength.

In my work at ARC, I've noticed that many people overlook how their daily choices show resilience and coping. A key part of my job is helping them see their own resilience. I also guide them on how to keep growing that resilience for themselves.

I've noticed that as people become more aware, they show positive changes. They gain more self-belief and practice better self-care.

I love that ARC values and services support the whole person during their cancer journey. They offer support groups, courses, complementary therapies, wellness classes, counselling, and play therapy. I love my work at ARC. What I do is just a small part of something bigger and meaningful that helps many children, teens, and adults who need support.



**In the first six months of this year, ARC has supported more than 1,160 people**

**Counselling:** 650 adults benefited from counselling sessions.

**Wellbeing therapies:** 200 people accessed acupuncture and 61 received reflexology.

**Weekly wellbeing classes:** 250 people took part, with more than 1,500 attendances.

**Support groups:** Around 300 people engaged in monthly cancer support groups.

**Drop-in services:** 200 people received immediate support.

**Talks & workshops:** 160+ attendees at information and educational sessions.

**New programme:** We've introduced Mindfulness-Based Stress Reduction, running two courses already, with two more planned by the end of the year.

# Mindfulness and Relaxation

Practical wellbeing tips that readers can use immediately

## Mindfulness

Mindfulness means focusing on the present moment. It involves noticing what's happening without judging it. Anyone can practice mindfulness. It is easy to fit into your day. You can do it a minute at a time. Noticing your thoughts, feelings, and sensations is the first step to mindfulness. Pay attention to the world around you, too.

### Ways you can be more mindful on a daily basis:

- notice the everyday—such as the air you breathe and the food you eat
- pick the same time each day when you can be aware of the world around you
- try something new - for example, sitting in a different seat in meetings
- gentle walking or yoga can help you cope if your mind is too busy
- name and notice thoughts, feelings, and physical sensations - for example, I 'feel tightness in my chest'
- spend some time focusing on the present.

## Relaxation

Make a conscious effort to do something relaxing every day. Even 10 minutes of rest can help you manage stress better. The more pauses you take in your day, the calmer you'll feel.

It can help to have a specific place where you go to relax. This can be your bedroom, bathroom, garden shed, or a small corner in the kitchen. It should be somewhere you feel comfortable and secure.

Relaxing gives your mind and body time to recover from the stresses of everyday life.

Breathing techniques and remembering to be in the present moment can help.

### Relaxation tips:

Fit things into your day that help you unwind. This could be:

- listening to music
- going for a walk
- being in nature
- contact with friends
- yoga
- running
- reading
- gardening
- any activities you enjoy
- reading
- activities you enjoy.



Upcoming event to  
bring hope, strength  
& community



### A Celebration of Hope

Our much-loved Torch of Hope event is evolving!

Join us for a Celebration of Hope! It's happening at **Dublin City's Unitarian Church on Sunday, 19th October at 3pm.**

This event is sponsored by Hayes Solicitors and will be an intimate gathering with a webcam to allow anyone who can't attend in person but wishes to join us online.

It will be an afternoon of fun, reflection, laughter, tears, and great memories. We'll have music and readings.

We will honour those we've lost and pass the torch of hope to those facing cancer treatment.

For more information on this ticketed event, please scan this QR code or go to **[www.arccancersupport.ie](http://www.arccancersupport.ie)**



Scan me!



## Your work is not just healing IT BRINGS HOPE...



*To ARC Cancer Support Centres,*

*I sincerely thank you for all your care, warmth and professionalism. The acupuncture sessions you organised made a huge impact on my life, decreasing the pain I was living with after my surgery and helping me to enjoy my life again.*

*After so many sleepless nights, I can finally sleep again. To me, it feels like a true miracle. Your work is not just healing - it brings hope.*

*I am thankful to the entire organisation that supports people affected by cancer. I also thank those who donate to this cause - your help changes lives.*

*With love, Lina*



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