

## Upcoming Events

### Chemo Brain Workshop with Professor Deirdre Connolly

Join us for an interactive workshop with Prof. Connolly of Trinity St. James Cancer Institute.

Cancer-related cognitive impairment, AKA Chemo Brain, can impact our concentration, memory, problem solving and organisation/planning skills.

Prof. Connolly will share practical, everyday tips to help manage and improve during and after cancer treatment.

Open to patients and family members

**Location:** 559 SCR, D8

**Start Date:** Monday, 21<sup>st</sup> July

**Time:** 11:00am - 12:30pm

## INTRODUCING

### Sunset Social Hikes

Join us and Cancer Take A Hike where every step is supported and every pace is welcome.

Open to all who want to try out or get back to hiking.

**Location:** Howth

**Date:** Thursday, 23<sup>rd</sup> July

**Time:** 7:00pm (approx. 2 hours)

To chat with us or to sign up to any of our supports please:



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



**(01) 215 0250**



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

*ARC gratefully acknowledges the generous support of our partners and funders, ensuring our services remain free for all clients*

Registered Charity Number:  
20028428



## July

*Supports for You and Your Family*

**Care, Connection and Understanding**

**All supports are free of charge**

**Your Local Centres:**

65 Eccles Street, Dublin 7

559 South Circular Road, Dublin 8

23 Herbert Ave, Dublin 4

## Daily Supports

### Listening Support (no appointment needed)

- E-mail
  - Phone
  - Drop In to ARC
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### Individual Support

- Acupuncture
  - Adult Counselling
  - Art and Play Therapy for children (ES and SCR)
  - Manual Lymph Drainage Physiotherapy Clinic (SCR)
  - Reflexology
  - Teen Talk Counselling
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## Online Weekly Wellness Classes

### Mondays

**Pilates** -12:00pm – 1:00pm

### Wednesdays

**Yoga** - 9:30am – 10:30am

### Thursdays

**Mindfulness** - 2:30pm – 3:30pm

## Online Support Groups

### Breast Support Group:

Wed 01 July : 5pm–6:15pm

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### Prostate Support Group:

Fri 03 July: 10:30am–11:30am

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### Gynaecological Support Group:

*Paused for summer*

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### Secondary Support Group:

Wed 08 July: 1:30pm–2:45pm

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### Myeloma Support Group:

Wed 15 July: 12:30pm–1:30pm

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### Women Under-50 Support Group:

Wed 15 July: 5pm–6:15pm

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### Women Over-50 Support Group:

Tues 28 July: 5pm–6:30pm

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### Men's Support Group:

Thurs 30 July: 12:45–2:00pm

## Summer Notices

### Short Summer Break

We will pause our courses over the summer.

In the background we are planning a jam packed Autumn schedule.

*Keep an eye on our social media and website for updates!!*

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### ARC Team Away Day

*Our ARC Centres will be closed on Friday, 3rd July as our teams comes together.*

We're taking this time to celebrate our collective achievements, strengthen our team, and recharge—so we can continue delivering the best service to you.

Normal service will resume on Monday, 6th July, and we'll respond to any calls or emails as soon as we return.