

YOUR VOICE & STRENGTH IN THE ARC COMMUNITY

Spring 2026 Newsletter



You're giving Cathy and others the support they need through their toughest chapter

A community of understanding made possible by you

If you've ever curled up with a Cathy Kelly novel you'll know that real life issues, female friendship, community and love are at the heart of many of her stories.

And when Cathy was diagnosed with breast cancer in 2023, other women's stories, friendship and a sense of community were exactly what she needed.

"I found that one of the main things I craved was meeting other women on the same journey. I needed other women's voices and their experience of cancer."

And, thanks to you, she was able to find them at ARC. Cathy heard about ARC's Online Support Groups through a friend who used them during her own cancer journey.

This is what she shared with us about her experience:

"Cancer treatment can be weirdly lonely because you don't want to drive your loved ones mad with all the many, often dark, thoughts that go through your mind. In the groups, we talked about treatment, hair loss, what creams worked on radiated skin, you name it. There is such comfort in being understood and we all understood what the others were going through."

Cathy also found support through ARC's complementary therapies;

"I was offered acupuncture from an oncology acupuncturist. I had no idea how helpful acupuncture could be for someone experiencing cancer. I had five sessions and I love how they helped me forget, even briefly, that I was in Cancer World and simply lie there and relax, safe in Sinead's hands."



Cathy found comfort in speaking with others experiencing cancer during her treatment

Your kindness and generosity is what makes the care and safety offered through our online groups and therapies possible.

Thank you for making it possible for Cathy and so many others to access the community and support. Every gift you send helps hold our doors open for someone dealing with the impact of a cancer diagnosis.

**YOU HELP
MAKE THIS
HAPPEN**

Playtime at ARC Just Got Better Thanks to You

We are delighted to share that the upgrades to our Child Therapy Rooms at both Eccles Street and South Circular Road are now complete.

What a transformation!

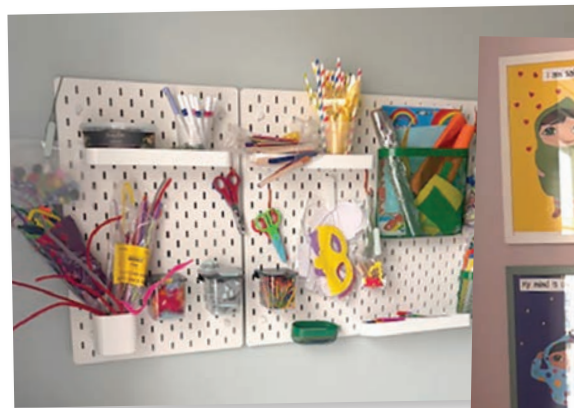
These rooms are dedicated solely to our under 18 counselling services that you make possible and they provide a sanctuary for the youngest members of our community.

A Space for Every Age

These spaces are filled with floor mats, sand, toys, and dolls to help younger children feel at home while they process big feelings. For our older children, and teenagers, we have redesigned our art rooms to include a teen chillout zone. The rooms are fully stocked with clay, paints, and plenty of glitter to help them express themselves through creativity play and art.

Every therapy hour that takes place in these wonderful rooms is funded by your generosity. By providing support in these dedicated spaces, you are helping children find the words they do not yet have, for the worry they feel when they, a parent or a sibling is sick.

Thank you for making sure that children and teenagers have a place where they feel listened to. Your support today will ensure that every member of a family dealing with cancer gets the support that is right.



At the art station, children use their creativity to express themselves



The colourful walls and inviting cosy space offer relief and comfort to a child who feels overwhelmed

COMING UP

Are you ready to take the plunge for ARC? Or maybe can take a day away from the desk to get in touch w

Get into that garden

If your team is looking to swap the spreadsheets for sunshine, we have the perfect job for you. We are looking for groups of 10 who aren't afraid to get their hands dirty to help keep our gardens beautiful, calm, and welcoming.

You'll experience:

- team bonding and connection outside
- a sense of achievement when you witness what you've made possible
- the satisfaction knowing you are helping to provide a sanctuary for people when they need it most

Let's Grow Together

We're not just looking for a day of help; we're looking for partners. If you're searching for a **Charity of Choice** that offers hands-on involvement we'd love to chat to you.

Ready to make a difference? Reach out to Tracy at tracy@arccancersupport.ie for more info on corporate partnership opportunities or to book your team's volunteer day.

Your ARC Community Corner

From sponsored swims and static cycles to bake sales and 5k a day wonderful supporters like you have been keeping busy and raising vital funds. Here's what some of our lovely community has been up to.



Cakes Not Snakes

Iseult O'Malley, Cora Farrell and Lily McQuillan showed off their flour power raising over €2,000 to support people living with cancer and their families. Well done girls.

A Swim to Remember

Dominic Mullan heroically completed the Channel Swim in memory of his wife Audrey and raised over €27,500 in vital funds. What a beautiful tribute.

5K a Day!

Best friends Gráinne and Emma pounded the pavements walking 5k every day during October for Breast Cancer Awareness month. These awesome ladies raised almost €6,000 through their efforts.

On Your Bike

Larry Clarke got on his bike for ARC again in December for his annual static cycle. Larry has been part of the ARC family for over 20 years and has raised thousands to support people and families of their cancer journey.

Have you an idea for a fundraising event you'd like to run? If so, our team will be happy to support you every step of the way. Get in touch and let's start planning...

**you and your workmates
with your inner gardener.**

Dip in the Nip

ARC's Dip in the Nip has always been a very personal event. It's a chance to come together and celebrate our wonderful community, survivorship and camaraderie.

We'd love if you'd join us and become an ARC dipper this June on Summer Solstice. Contact Tracy to be part of this very special morning of laughter and bravery. Email tracy@arccancersupport.ie to find out more.

*Come to an ARC Garden Party and
see your support in full bloom*

**Throughout the Summer ARC will be holding a number
of Supporter Garden Parties and you're invited.**

Join us in the ARC Garden on Eccles Street and enjoy tea, coffee and cake in the company of other wonderful supporters. You'll meet members of the ARC team who happily take you on a tour of the centre to show you what your support is making possible.

*To express your interest or for more information, please call Hannah
on (01) 215 0250 or email hannahhynes@arccancersupport.ie
We can't wait to meet you.*

INSIDE ARC

Annette sees the power of your donations in action



As we go inside ARC for our Spring 2026 issue, we want to introduce you to a vital member of our team at South Circular Road. Annette, our Client Services Coordinator, is often the very first person to provide the “ARC welcome” that our community relies on.

Q Annette, what is your main goal when a client first reaches out to South Circular Road?

A My priority is to put people at their ease immediately, whether we are speaking in person or on the phone. I meet and greet everyone who comes in, schedule their appointments, and help maintain a harmonious, comfortable environment.

Q That first step of contacting ARC can feel like a lot. How do you help people overcome that?

A I am very conscious of how daunting it can be for someone to contact us for the first time. It takes a lot of courage to reach out. I want to make sure people feel welcome, heard and understood from the moment they connect with us.

Q What is the most rewarding part of your day-to-day work?

A The most rewarding part is seeing a visible weight fall from someone’s shoulders when they find value and comfort in our support sessions. Knowing that you’ve helped someone feel even a little bit lighter during a stressful time makes everything worthwhile.

Q Finally, Annette, what would you like to say to ARC supporters?

A Quite simply, you enable this to happen with your support. Your compassion and kindness fund every therapy hour that takes place in these bright and welcoming spaces. Because of your generosity, our doors remain open for every family that needs us. You help make this happen!



Join the clubs hitting the courts for Tennis4Cancer this summer

Will your local club rally to bring care and support and make sure no family faces cancer alone?

Tennis4Cancer is back on the courts this summer.

Will you be part of it?

What started as a single event organised by Grace Owens in Monkstown in 2018 has grown

into a nationwide movement. Grace was inspired to start the event after a close friend and beloved family member both experienced cancer.

How it works

You can run your event at a time that suits you. Whether it is a serious tournament or a social morning, every event makes a difference. Some of our favourites include; Rusty Rackets, The Generation Game, Pizza and Tennis Nights and Club Wine Tastings.

Join the Movement: So, if your club would like to serve, smash, and volley in Tennis4Cancer this year, Grace would be delighted to hear from you.

Get in touch today: Email tennis4cancerire@gmail.com to start planning your event.



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[ARC Cancer Support Centre](https://www.linkedin.com/company/arc-cancer-support-centre)