cork ARC

Cancer Support House

Cork Arc Cancer Support Services

CLL Ireland

March 2nd

Fiona Moriarty
Breast Cancer Nurse
Counsellor

The Importance of Support Services

Allow the person space outside the medical environment to discuss their diagnosis

Provide a facility where the person can go after treatment finishes – empty void

Provision of emotional support – enhances the recovery and can improve outcomes for those going through cancer treatment- Quality of life, outlook etc

Cork ARC Cancer Support House

“Cliffdale”, 5 O’Donovan Rossa Rd, Cork

Support centre for people living with cancer & those who care for them

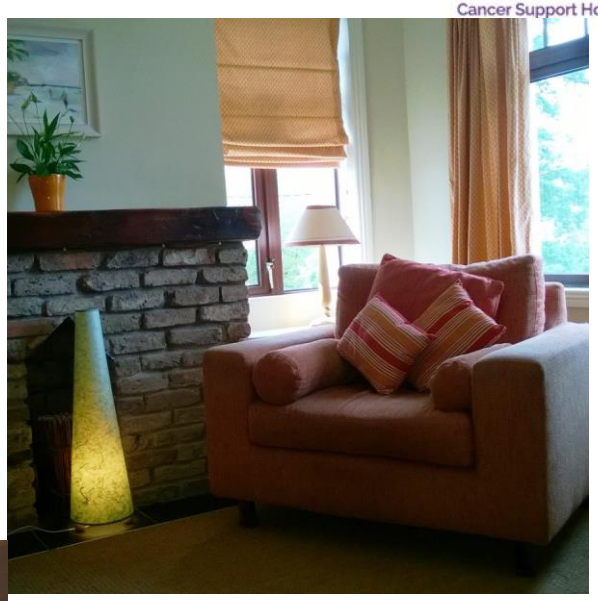
Opened in 2003

Voluntary organisation
CHY 20049881

Our Aim

To provide a confidential, holistic and safe environment to support people with cancer, their families/ friends.

Cork ARC Cancer Support House at O'Donovan Rossa Rd, Cork



Cork ARC Cancer Support

at Niche Community Health Project
Holly Hill Road, Knocknaheeny

Cork ARC Cancer Support

at Bantry

Tuesdays and Thursdays 10am to 4pm

cork ARC
Cancer Support House

Located at “The Bungalow”, Gories, Bantry
(off Glengarriff Road, 1st right after
Golf Course/Rehab Garden Centre)

What do We Offer?

8,500 services delivered in 2018

Approx 70-80 new visitors a month in Cliffdale alone

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Our Services

ONE TO ONE SUPPORT
- Drop In and Telephone Support
- Counselling
- Bereavement Support

IMPROVING HEALTH, EXERCISE & WELLBEING
- Hour of Calm Open Group
- Pilates
- T'ai Chi
- Yoga
- Mindfulness
- NEW – Getting Active After Cancer through Exercize & Wellness

BREAST CANCER SUPPORT
Breast Cancer Nurse Counsellor
- **One to One Support**
- **'Moving on in Wellness' Support Group**
- **Pilates after Breast Cancer**
- **Information Mornings: Lymphoedema and Hormonal Therapies**

METASTATIC CANCER SUPPORT
- One to One Support
- MBSR Mindfulness Based Stress Reduction Group
- Monthly re-meet for group

COMPLEMENTARY THERAPIES
- Therapeutic Massage
- Reflexology
- One to one Art Therapy Support
- Art Therapy Group
- Accupuncture

INFORMATION AND EDUCATION
- Social Welfare, Benefits & Entitlements
- Diet in Cancer
- Bereavement Support
- Managing Side Effects of Hormonal Therapies
- Lymphoedema Information Morning

SUPPORT FOR CHILDREN
- CLIMB® Programme

All our services are free of charge

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CLIMB® Programme

A six week programme for children aged 6 - 11 years old whose parents or significant adults have a cancer diagnosis

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Get Active Programme for Men with Prostate or Bowel Cancer

in partnership with
Mardyke Arena, UCC

Why we do this - Improve Outcomes

- Promoting recovery
- Reducing isolation
- Building resilience
- Educational and vocational rehabilitation
- Sustaining recovery
- Supporting participation in full and active lives
- Empowering to take responsibility for their own health and well-being
- Improving survivorship

A Cancer patient……is a normal person in an abnormal situation

Slide Title

Like any potentially serious illness,
It's a fright to get in your life

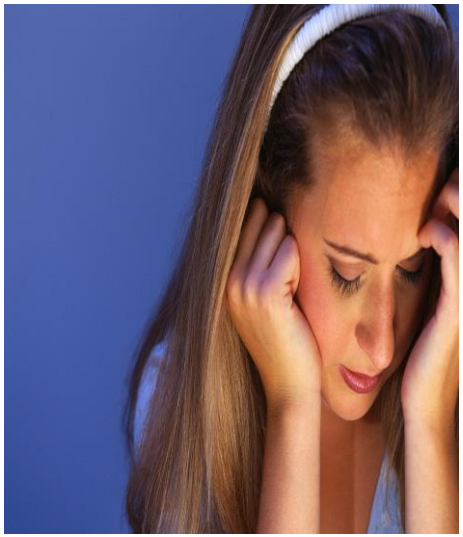
???

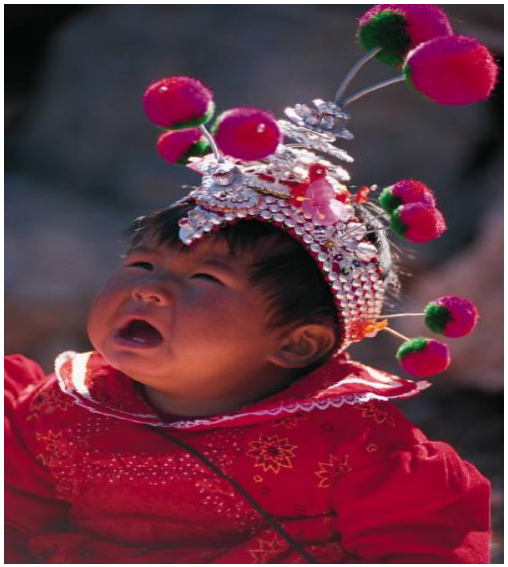
Initially you don't know what it means
for you and your life

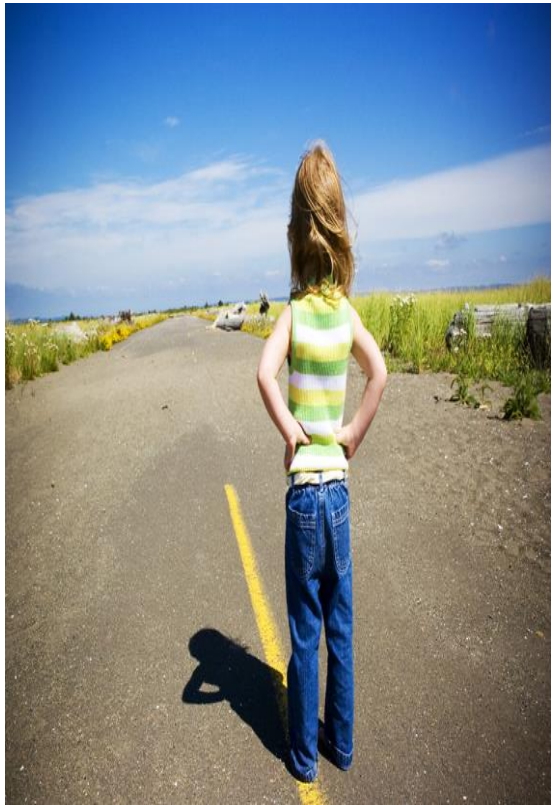
LOST
CONFUSED
UNSURE
UNCLEAR
PERPLEXED
DISORIENTED
BEWILDERED

The Ripple Effect- affects more than the patient

Everyone's Journey is different







"Everything can be taken away from a person but one thing; to be able to choose one's own way."

Cancer diagnosis can cause many challenges

- life and certainty of life
- financial independance
- relationships/ intimacy
- identity/gender identity
- confidence and self esteem
- self development
- ability to achieve life goals
- sense of belonging
- Different from friends
- Loss of shared experiences with friends

Coping Skills

- Emotional
- Social support/relationships
- Self nurturing
- Good Communication
- Recreation /Play
- Emotional release…fun
- Sense of Humour (ability to see things in prospective)

Hope

Essential to our living and wellbeing

Balance

The tyranny of positive thinking

Positive mental attitude helps in all of our experiences BUT ….being afraid, sad, angry is not the same as being negative,

Its being REAL

The fighting spirit!

Having Hope is not the same as being 'positive' or being 'strong'.

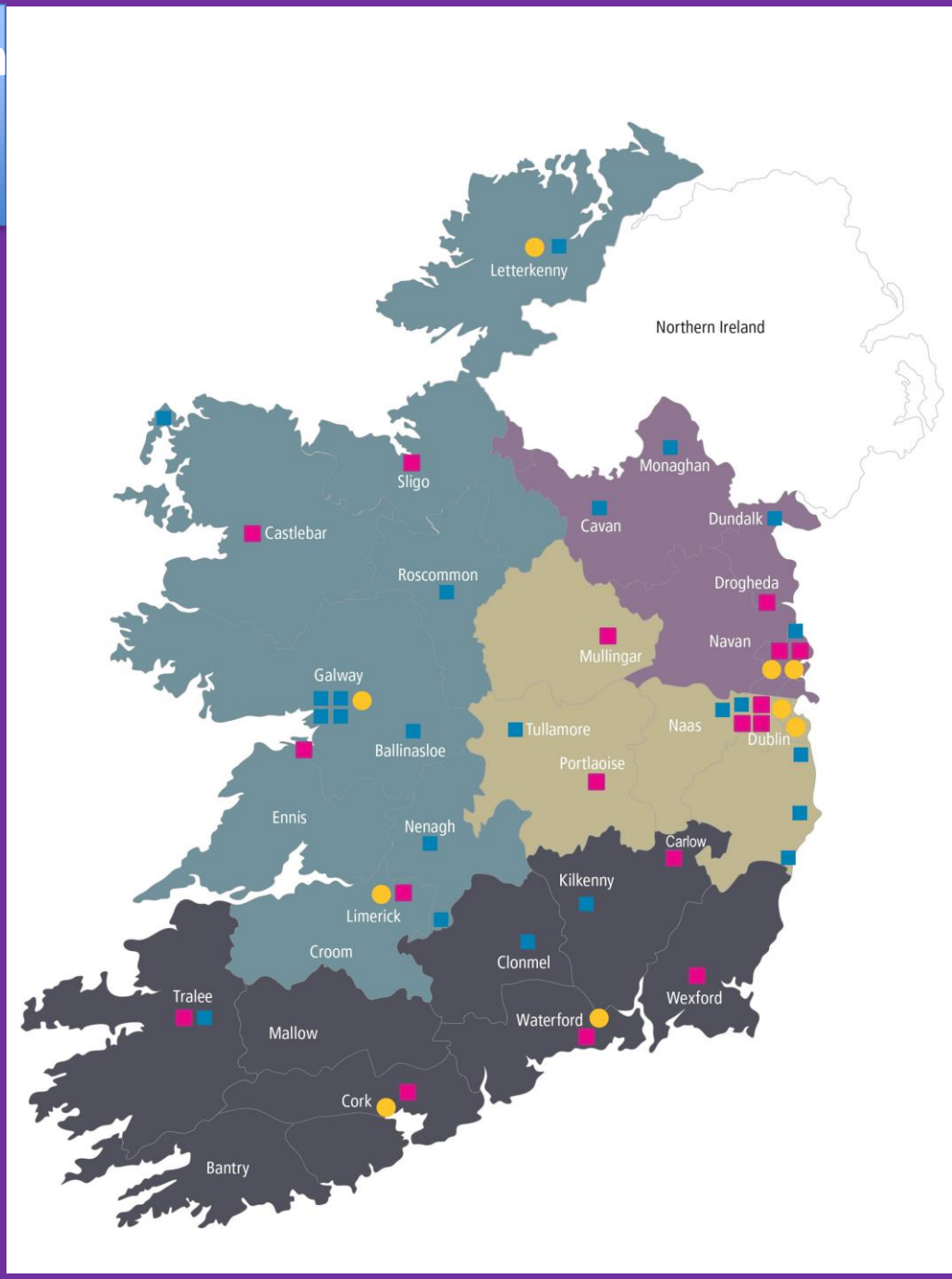
Beware of roadside advisors

What helps

Being able to control the illness experience by-

- information seeking
- symptom control
- making decisions with the health care team
- Cancer-free time!

Support Centre's through out Ireland



Map Legend

- HSE Cancer Centres
- FT Cancer Support Centres
- PT Cancer Support Centres

How does it all happen

- Good intention
- Good will
- Generosity of spirit
- Great expertise and skill mix.
- Great humour
- Every ounce of energy matters
- Every penny matters
- But most of all every person matters

More than anything we do or say, what helps a person who is suffering is…how we are”

Facing Death and Finding Hope”
Christina Lonaker.