



**Lakelands Area Retreat & Cancer Support Centre**

Full Time Professional Cancer Support Centre  
Ballinalack, Mullingar, Co. Westmeath.

Call Save: **1850 719719**

Tel: **(044) 93 71971**

Fax: **(044) 93 71900**

Email: **info@larcc.ie**

Web: **www.larcc.ie**

## **Introduction**

LARCC (Lakelands Area Retreat & Cancer Centre) is a Cancer Support Centre.

- The LARCC Centre endeavours to give support and holistic help to people living with cancer, and provides a supportive environment where patients and family members can participate in our courses, obtain information and experience complementary therapies.
- The LARCC Centre is managed by full time professional staff with a Board of Directors comprising of cancer patients, friends and health care professionals.
- The LARCC Centre was founded in 2002 by the late Ita Bourke

## **Our Mission**

- Our Aim is to help people living with cancer and their supporters to Cope with the fear that accompanies a cancer diagnosis.

*We see our Centre as a place of  
Retreat, Reflection and Recovery...  
We provide 'a safe place to talk'.*

After initial telephone enquiry you are invited to come into the Centre to be seen by a nurse, then you will be shown around the house where you can sit down and relax with a cup of tea to get familiar with the surroundings.

People with a cancer diagnosis and their supporters are invited to avail of our services at the Centre

- FREE Call-in service
  - Nurse Support*
  - One to one Counselling*
  - Complementary Therapies*
- Breast Care Service
- Bereavement Service
- Telephone Helpline
- Residential Week
- Groups
  - Sewing*
  - Writing*
  - Meditation*



## Call in Services

Our services are available to people with a cancer diagnosis and their supporters on a call-in basis.

**9am to 5.30pm**

**Monday to Thursday**

**9am to 5 p.m**

**Friday**

### These Services Include:

- Counselling  
for Individual Clients and / or family members,
- Bereavement Counselling  
for Individual Clients and / or family members,
- Complementary Therapies  
for Individual Clients and / or family members,
- Breast Care Services
- Groups

For information on Call-in Services and Therapies please contact the Centre

on our Callsave number **1850 719719**



## Breast Care Service

LARCC's Breast Care Service provides women with access to a comprehensive range of products and clothing through the support of qualified consultant fitters.

### These Services Include:

- On Site Consultation
- Breast Form Prosthesis Fitting
- Bra Measuring and Fitting with Discussion and Support



- "Amoena" and "Truelife" products available
- The service meets HSE standards and guidelines.
- Products are covered by prescription, medical cards and private insurance.



## Other Activities

### Complimentary Therapies

All our qualified therapists have completed the training necessary to deal with practicing their particular treatment skills on cancer patients.

Therapies include:

1. **Reflexology**
2. **Aromatherapy**
3. **Indian Head Massage**
4. **Reiki**



- Monthly Client Drop in for Tea & Chat
- Therapeutic Writing Course
- Sewing Group
- Support Group Meetings
- Breast Care
- Bereavement Services
- Meditation Group

### Bereavement Support

We offer

- 8 weeks of free Individual Bereavement counselling
- Ten week Bereavement Course.
- Bereavement Social Group



## 5-Day Residential Break

At the LARCC Centre, we provide a unique professional residential cancer support service offering a 5-day break to patients and their supporters, providing clients the opportunity to discuss relevant issues with both staff and other group members.

Residential Break costs are subsidised by the Charity to keep them at a minimum to our clients.

All of this is provided in a relaxed homely environment with staff members.

- Nurses are on duty 24-hours throughout the week
- All our rooms come with en-suite facilities
- Individuals diet preferences are accommodated.
- Men Only Groups and Carers

### Client Feedback

- *Thank you all so much for your help and support, everything changed from the day we walked into the centre, you are doing such a wonderful job! Thanks so much for everything!*





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Supported by the Irish Cancer Society & Health Service Executive

**Charity No.14959**



**Paypal System Account**

**As a not for profit organisation  
we are continuously fundraising**

## Location Map

