



Residential Week

LARCC

“Words cannot describe how I feel about the care, help, support and friendship I have experienced here at LARCC.”

Lough Derravaragh

The Lakeland Area Retreat & Cancer Centre

The Directors and Staff at LARCC hope that you enjoy reading this booklet about the residential week that we offer. The programme was the inspiration and design of the late Ita Bourke who, after being diagnosed with cancer, travelled to an established centre in England for therapy and support.

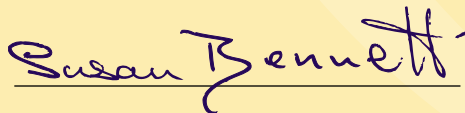
It gives the Staff great pleasure to offer a similar experience to people in Ireland who may need help and support at a time of anxiety.

The booklet outlines the activities and the opportunities that we offer.

We can give you the opportunity to come and relax, away from your busy world. Here you can reflect on your personal situation and gain help and advice about how cancer has affected you with our dedicated team of nurses and therapists. This will help you find strategies to help you recover your sense of perspective and purpose in life.

This is a hugely enjoyable week from which you will benefit greatly.

We all look forward to meeting you soon.



Susan Bennett

Sue Bennett Director of Services



The Founder of the LARCC Centre, Ita Bourke and co-founders Frank Russell and Karen Daly met in 2000 when they were diagnosed with cancer. For almost two years they became involved in fundraising, volunteer work and research in the area of psychological support for cancer patients.



After much preparation and with the help of their families, friends and business associates, the LARCC Centre was founded in September 2002.

Since then, the centre has continued to grow and expand it's services. In doing so Ita's vision is carried forward to the future.



LARCC AIMS & OBJECTIVES

- We see our centre as a place of Retreat, Reflection and Recovery.
- We assist people with a cancer diagnosis and their supporters to cope with the illness by:
 - *Providing a warm, welcoming environment where clients can seek and receive emotional support*
 - *Providing courses of counselling and complementary therapies*
 - *Providing education*
 - *Finding ways to decrease the fear that often accompanies a cancer diagnosis and which separates clients from the people and the activities that are most important in their lives.*
By doing this their quality of life will be improved
- Our centre is open to all and we never turn away anyone who needs us. This was our Founders wish.

“We see our centre as a place of Retreat, Reflection & Recovery.”



LARCC SERVICES

The Lakelands Area Retreat and Cancer Centre (LARCC) is a support centre servicing the whole of Ireland. We endeavour to give support and holistic help to cancer patients and their carers, by providing a supportive environment and courses of support, education and complementary therapies. These include...

- **One to one Counselling**
- **Complementary Therapies**
- **Workshops**
- **Guest Speakers**
- **FREE Drop in Service**
- **Telephone Support**
- **Bra & Prosthesis Fittings**





RESIDENTIAL WEEK

The purpose of the 5 day 'Residential Week' programme is to take clients on a personal journey of relaxation, reflection and recovery by skilled therapists, nurses and counsellors. The variety of therapies on offer and the ambiance of the centre provides the clients with the opportunity to discuss their issues.

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 and individuals diet preferences are accommodated.

A typical day of the Residential week consists of one or more of the following therapies.

- Discussion / Counselling
- Reflexology
- Tai Chi
- Art Therapy
- Reiki
- Indian Head Massage
- Guided Walking
- Dietary Requirements
- Beauty Treatments
- Massage
- Meditation
- *Group-Work

***What does the Group-Work involve?**

Group-Work is group therapy led by an experienced counsellor. Through this type of support, you will learn that perhaps you are not as different as you think. You will meet and interact with others, and the whole group learns to work on shared problems. The role of the counsellor is to facilitate this process while supporting the shared goal of open, honest communication where thoughts and feelings can be expressed.

'Group-Work' really does provide support, caring and friendship among the participants.



“This is a popular and well attended service and takes clients from across Ireland.”

PEOPLE YOU WILL MEET



DEBBIE MAHER COURSE FACILITATOR

Debbie is a qualified Nurse, complimentary Therapist and Counsellor. She has worked at LARCC since it opened and is available for the clients both in the group sessions and individually, and will accompany you to the Friary for Art and Pottery.



RICHARD KELLY COUNSELLOR

Fr. Richard is a highly qualified and experienced counsellor. He is available to provide additional spiritual support if required. He facilitates the “Men Only” programme.



GER CONNAUGHTON SENIOR THERAPIST

Ger is our Senior Therapist and life skills Consultant. During the week she will see you for Reflexology, Reiki and Meditation. Ger is also a bra & prosthesis specialist fitter.

FATHER JOE WALSH ART THERAPIST

Father Joe facilitates the art and pottery morning at the Franciscan Friary which you will visit for a morning during the Course.



BRIGA GORMAN NURSE / THERAPIST

Briga is a Nurse/Therapist qualified in Reflexology and Indian head massage. She will be here during the week for any help and advice you require. Briga also accompanies you to Belvedere on a day trip.



SHAY COLBERT THERAPIST

Shay is a highly qualified Instructor in Tai Chi and Qigong. During the LARCC session you will undertake exercises and learn breathing techniques which help to calm the mind and encourage emotional wellbeing.



PEOPLE YOU WILL MEET



KAMALIKA RANASINGHA
CHEF

Kamalika is our qualified 5 star Chef who does all the catering during your stay. She can cater for all dietary needs and will help you with any of your dietary enquiries.



TOMMY McDERMOTT THERAPIST

Tommy is one of our Therapists who works during residential weeks. He is qualified in Reiki, Reflexology and Indian head massage.



AMBER BABEY THERAPIST

Amber is a qualified Beauty Therapist, Reflexologist and Massage Therapist. She works during the residential week to give each client a pampering facial massage.

JOE McCORMACK THERAPIST

Joe is one of our guest speakers on the residential week. He is a qualified in acupuncture, Bio Energy and Reiki. Clients find his talks really interesting and very valuable.



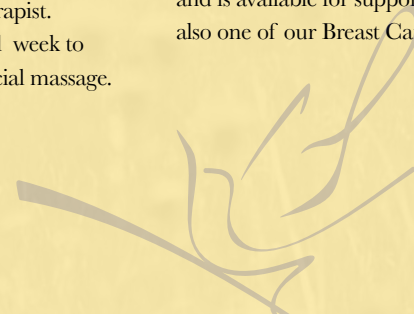
BETTY FLANAGAN CATERING

Betty is our housekeeper and she maintains the upkeep of the house to the highest standard. She also assists Kamalika in the kitchen.



SUSAN GILLEPSPIE NURSE THERAPIST

Susan co-ordinates the residential programme and is available for support and advice. She is also one of our Breast Care consultants.



MORE PEOPLE YOU WILL MEET

The Administrative Staff are available for general office Support.



PATRICIA SHERIDAN



MARIE OXLEY



KATHLEEN BERRY

COURSE FEES

Residential Week Full Fee €465

Vouchers are available.

Funding from the Irish Cancer Society can be requested.

Other payment arrangements can be agreed.

LARCC FUNDRAISING

The LARCC Centre is a registered Charity and as such needs to continually raise money to enable the Centre to continue to deliver the service to Cancer patients and their families. If you wish to get involved please contact the centre for details of future events.

Donations can be made directly to the Centre or via our website

www.larcc.ie

TESTIMONIAL

“The staff are wonderful and doing an excellent job. Keep up the good work and may God shower his blessings on each and everyone one of you. You have given me the key to unlock the trap and safety barriers I had erected around my broken self. I wanted to be free and LARCC helped me achieve it.”

LARCC LOCATION

The LARCC Cancer Centre is readily accessible from Dublin. It is approximately a two hour drive from Dublin. Mullingar is also reachable by public transport. There is a good train service to Mullingar from Connolly station and many bus services from Mullingar from Dublin and surrounding areas. The LARCC Cancer Centre also offers a client collection service. For more details about this service or anything else please do not hesitate to contact us.





The LARCC Cancer Centre
Ballinalack, Co. Westmeath.

CALL SAVE: 1850 719719

Fax: (044) 93 71900 Email: info@larcc.ie

www.larcc.ie

Supported by the Irish Cancer Society
Charity No.14959

“There are no strangers here; Only friends you haven’t yet met.”.

