

ARC Overview of Empower Programme

Aim of today...

- Introduce the Empower Programme and what is involved
- Answer any outstanding questions


Aim of programme...

- To deliver a supportive survivorship programme to help women self-manage impact of **disruptive Menopause** following/alongside cancer treatment
- Provide peer support to reduce isolation
- Provide a resource portal for on-demand access to resources in your own time for longer term support

Limitations

- We cannot change any negative experience you may have encountered to date
- We are independent of HSE and Hospital Network and can only inform (not change) current HCP approach to this area

Programme Outline...

EMPOWER				
MENOPAUSE AND CANCER				
EIGHT WEEK SURVIVORSHIP PATHWAY				
SESSION ZERO	SESSION ONE	SESSION TWO	SESSION THREE	
Programme Outline and Commitment Explained	Menopause and Cancer: What to Expect & Symptom Management Expert Contributor Dr Deirdre Lundy	Managing Fatigue & Sleep Disturbance Expert Contributors Prof Deirdre Connolly & Dr Teresa Treacy	Mood, Brain-Fog, Stress & Anxiety Management Expert Contributor Dr Sinead Lynch	
SESSION FOUR	SESSION FIVE	SESSION SIX	SESSION SEVEN	
Lifestyle Supports Nutrition & Exercise Expert Contributors Veronica McSharry & Lisa Loughney	Losses Arising from Menopause Expert Contributor Jessica Dailey	Intimacy & Sexuality Expert Contributor Yvonne O'Meara	Integration Session Summary & Shared Learnings	
BREAK OUT WEEKS (OPTIONAL)	Session for Partners Expert Contributor - Yvonne O'Meara Coping with Young Children Expert Contributor - Eimir McGrath	SESSION EIGHT	Optional Check-Back Session 4 wks post course	

Additional Supports...

- If you feel triggered after a session and would like some additional support or a follow up, please contact me directly by email
 - Please don't use feedback survey for such requests
- Additional Supports available
 - Counselling (remote or f2f)
 - Acupuncture
 - Support Groups (Breast Cancer, Gynae, Women's Cancer (over and under 50's Groups), Secondary Cancer)
 - Stress management, Mindfulness, Relaxation and Yoga/Pilates classes

Housekeeping...

- Please pay attention to your comfort – take breaks if needed during sessions and move around if you can
- Session recordings and all resources are available afterwards
 - Contributor recording, presentation, any Tip-sheets and resources
 - Peer support element is not recorded
- Please have your own name on screen
- If you need to leave early or arrive late due to appointments that's fine, but we cannot repeat content due to tight time for each session (not above re catch-up offline)
- Code of conduct is provided and really important to respect, especially re Privacy during sessions to protect space for other participants
- Individual specific medical/treatment details cannot be addressed or discussed

Thank You!

If you have any questions or would like additional support along the way please contact us directly

info@arccancersupport.ie