

Empower - Menopause and Cancer Survivorship Pathway

Intimacy and Sexuality

Resources

ARC Cancer Support Centres provides a variety of [complimentary therapies and supports](#) to support you.

- ✚ Register to attend our virtual [weekly wellbeing classes](#) that include Stress Management and Mindfulness.
- ✚ Joining one of our monthly virtual support groups can be *a valuable support* in meeting with other women for shared experiences. The following are our women only groups and dates and times can be found [here](#).
 - ❖ Breast Cancer Support Group
 - ❖ Gynaecological Cancers Support Group
 - ❖ Over 50's Women Cancer Support Group
 - ❖ Under 50's Women Cancer Support Group
- ✚ When you talk with us at ARC Cancer Support Centres, you get to talk with someone about what is going on in your life. Our trained psychotherapists help clients to manage more effectively the many different types of worries and concerns that may arise. One to one session with a therapist can be in person in one of our three centres or appointments can be arranged remotely for phone call or video call, whatever suits you.
- ✚ Clients can avail of our in-person touch therapies in our centres in Dublin: Reflexology, Acupuncture, Manual Lymph Drainage.
- ✚ We host monthly virtual [specialist talks and workshops](#) that our clients find very beneficial, recordings of some are found on the Resources section of our [website](#).

To register for any support with ARC, or to find out more, please email us on info@arccancersupport.ie.

Personalized Resources – The Living Well Programme

[thisisGO.ie](#) is an online personalised resource anyone who has been impacted by a gynaecological cancer. This programme is part of the Irish Cancer Society's Women's Health Initiative (WHI), the aim of which is to improve health and wellbeing for women impacted by cancer who are dealing with the side effects and consequences of treatment. This site is rich in resources and if this is of interest to you, you can find lots more articles, disease specific, when you create a profile. Every 6 months we will update your chosen topic giving you access to the most up to date information out there.

Understanding the impact of cancer on Sex and Intimacy

Macmillan provides educational resources to help people understand the impact that cancer can have on sex and intimacy. The resources are specifically recommended to people going through menopause.

- This booklet is rather long (54 pages), but it is structured in an organized way to make it easy for readers to find the information they are looking for. There is also a section in the booklet that is specifically for those in the LGBTQ+ community as those who identify as LGBTQ+ may have different struggles than straight, cis-gender individuals.
www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/menopausal-symptoms-and-cancer-treatment
- There is also an audiobook version of the book that can be accessed easily online. www.macmillan.org.uk/cancer-information-and-support/stories-and-media/audiobooks/cancer-and-your-sex-life

As Mindfulness can also assist you getting in the mood, here's a link to a recommended one:
<https://soundcloud.com/hachetteaudiouk/the-raisin-meditation>

To help you get in the mood try listening to some sexy stories:
[Dipsea | Short and Sexy Audio Stories \(dipseastories.com\)](http://dipsea.com)

A website devoted to providing up-to-date, information on sexual health and education.
[Sexuality and U](#)

Books

- ✚ "Come as you are" Emily Negoski
- ✚ "Love Worth Making How to have ridiculously great sex in a long-lasting relationship" Stephen Snyder

Sexual Wellness and Happiness
[Body Grá – BodyGra](#)