

# Sanctuary Stay

## 3 Night Programme

**Specifically tailored residential programme  
that has been delivered at LARCC since 2002**

*'Before I came to LARCC I didn't know what to expect, but I was really looking forward to it. The staff in LARCC are fantastic and the place is really relaxing. The most important thing were the group sessions, I couldn't underline enough how beneficial they were, it was really therapeutic, as the other people were on the same level playing field. If I was paid to find a fault I couldn't find one, words don't do it enough justice. To know it you have to experience it.'* George

*'I felt like a new woman, I learned from other people that were in the group. I got loads of information and really enjoyed the week and the peace. The week was just for me, me only and nobody else. It really, really helped me.'* Mary

*Typical Sanctuary Three Night Program activities:*

Monday: Arrive & meet over lunch, followed by group counselling.  
Evening - Dinner followed by group meditation

Tuesday: Breakfast followed by group work  
Afternoon - Lunch followed by relaxing  
one to one Complementary therapy.  
Evening – Cookery Class

Wed: Morning – Continental style Breakfast  
followed by trip to Belvedere House & Gardens  
Afternoon - Lunch followed by relaxing  
one to one Complementary therapy.  
Evening - Supper followed by free evening

Thurs: Morning - Breakfast followed by Group closing session

### 2018 Dates available

**September – 10th / 11th / 12th**

**October – 15th / 16th / 17th**

**November – 12th / 13th / 14th**

*Some dates are subject to change. Specific dates  
for groups can be booked by prior arrangement*

**Cost for Sanctuary Stay €345pp**



Capacity on Sanctuary Stay – minimum 4 people,  
maximum 6 if sharing.

Booking is essential.

Enquiries from groups or individuals are welcome.

Cost for Sanctuary Stay €345pp

with various methods of payment available,

including support group funding, self-funding via  
deposit & stage payments or gift vouchers

Cancer Support Sanctuary LARCC, Multyfarnham, Co. Westmeath

**Tel: 044 9371971 / Callsave 1850 719719**

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## **Pamper Day**

### **First Thursday of every month**

*Other dates available on demand – enquiries welcome*

**Arrive 10.00 am:** Meet with Team for information on our services at LARCC, followed by tea & coffee

**11.00 – 1pm:** Relaxing Therapy - options include Reflexology / Indian Head Massage / Back Massage

**1.15pm – 2.15pm:** Light Lunch

**2.30pm:** Group Meditation / Visualisation

**3.00 pm:** Free time to enjoy beautiful grounds & gardens at your leisure. Enjoy cup of tea / coffee before leaving for home.



**Capacity on Pamper Day – min.4 people, max. 6 Booking Essential**  
**Cost for Pamper Day - €50.00 per person.**

**Enquiries from groups or individuals always welcome.**

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