Cancer Council Tasmania

# WHAT'S ON IN OCTOBER

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | | 1<br>Exercise Physiology Class 11-12pm | 2<br>Rest and Reset 10.00am |
| 5<br>QI Gong Triabunna 10-11am<br>Yoga 1-2pm<br>Oncology Massage - Appt only | 6<br>Centrelink By Appointment only | 7<br>Exercise Physiology Class 11-12pm | 8<br>Exercise Physiology Class 9.45- 10.45 am<br>Bowen Therapy Appt Only | 9<br>Rest and Reset 10.00am<br>Walking Group 10-12pm |
| 12<br>QI Gong Triabunna 10-11am<br>Yoga 1-2pm | 13<br>Craft Group 10.30am | 14<br>Metastatic Breast Cancer Support Group 2-4pm<br>Exercise Physiology Class 11-12pm | 15<br>All Cancers Support Group 2-4pm | 16<br>Rest and Reset 10.00am |
| 19<br>Yoga 1-2pm<br>Oncology Massage - Appt only<br>Legal, Financial, Health Planning Workshop 1.30 - 3.30 pm | 20<br>Mens Prostate Cancer Support Group 2-4pm<br>Reflexology -Appt only<br>Centrelink By Appointment only | 21<br>Walking Group 10-12pm<br>Exercise Physiology Class 11-12pm | 22 | 23<br>Rest and Reset 10.00am |
| 26<br>Yoga 1-2pm | 27<br>Craft Group 10.30am | 28<br>Art Program 1-3pm<br>Exercise Physiology Class 11-12pm | 29 | 30<br>Rest and Reset 10.00am |

**Southern Cancer Support Centre**
15 Princes Street, Sandy Bay, Tasmania 7005
1300 65 65 85 | supportservicessouth@cancertas.org.au

# SOUTHERN CANCER SUPPORT SERVICES

## Services

**t2t**
Transport from home to treatment by referral
**FINANCIAL**
Financial assistance program - referral online by treatment team
**PRO BONO SERVICE**
For legal, financial and workplace advice
**CENTRELINK**
Appointments with a Centrelink Engagement Officer for advice on anything related to Services Australia
**WIG SERVICE**
Free wigs and turbans
**COUNSELLOR**
By referral for anyone impacted by cancer - eligibility criteria applies

## Programs and Activities

**Yoga**
Includes gentle movement and relaxation and known to be beneficial for people impacted by cancer.  No experience necessary.
**Qi Gong**
Ancient Chinese movement therapies that combines gentle and specific movements and focussed breathing to assist with balance, strength and stability in the body.
**Exercise Physiology**
Exercise that helps rebuild strength, manage side effects of treatment, build confidence and improve energy and wellbeing.

## Programs and Activities continued

**Oncology Massage**
A specific massage for oncology patients that can induce a deep state of relaxation and assist with physical and emotional discomfort.

**Bowen Therapy**
A gentle hands-on bodywork technique involving sequences of gentle movements that works on the body's connective tissue that can greatly impact the whole body.
**Rest and Reset**
A guided relaxation session with some simple stretching that helps to regulate stress and emotions and calm the mind.
**Walking Group**
Meet up at scheduled destinations for peer support and gentle accessible walks in different locations.
**Craft Group**
Informal meet up and peer support with personal craft activity.

**Living well with cancer**
4 week cancer survivorship program designed to improve wellbeing, physical fitness and manage side effects of treatment.
**Cancer peer support groups**
For people diagnosed with cancer to meet and share experiences in a confidential and safe environment, facilitated by supportive care staff and volunteers.

**** Please check monthly calendar for details of what is on in your region ****

Cancer Council Tasmania

# WHAT'S ON IN OCTOBER

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | | 1 | 2<br>Walking Group 10-11am<br>Coffee Club 11am<br>Games Group 11-12.30pm |
| 5<br>Centrelink By Appointment only | 6<br>Tai Chi 11am and 3.15pm<br>Massage 10-11am Appt only<br>Womens Cancer Support Group 1 -2.30pm | 7<br>Exercise Physiology, strength and balance 2-3pm | 8<br>Men's Cancer Support Group 10am-12pm<br>Craft Group 1.30-3pm | 9<br>Walking Group 10-11am<br>Coffee Club 11am |
| 12 | 13<br>Massage 10-11am Appt only | 14 | 15 | 16<br>Walking Group 10-11am<br>Coffee Club 11am |
| 19<br>Centrelink By Appointment only | 20<br>Tai Chi 11am and 3.15pm<br>Massage 10-11am App only<br>Reflexology Appt only | 21<br>Exercise Physiology, strength and balance 2-3pm | 22<br>Craft Group 1.30-3pm | 23<br>Walking Group 10-11am<br>Coffee Club 11am |
| 26 | 27<br>Tai Chi 11-12pm<br>Massage 10-11am Appt only<br>Look Good Feel Better 10-12pm | 28<br>Exercise Physiology, strength and balance 2-3pm | 29 | 30 |

**Northern Cancer Support Centre**
69 Howick Street, Launceston, Tasmania 7250
1300 65 65 85 | supportservicesnorth@cancertas.org.au

# NORTHERN CANCER SUPPORT SERVICES

## Services

**t2t**
Transport from home to treatment by referral
**FINANCIAL**
Financial assistance program - referral online by treatment team
**PRO BONO SERVICE**
For legal, financial and workplace advice
**CENTRELINK**
Appointments with a Centrelink Engagement Officer for advice on anything related to Services Australia
**WIG SERVICE**
Free wigs and turbans
**COUNSELLOR**
By referral for anyone impacted by cancer - eligibility criteria applies

## Programs and Activities

**Tai Chi**
Ancient Chinese movement therapies that combines gentle and specific movements and focussed breathing to assist with balance, strength and stability in the body.
**Exercise Physiology**
Exercise that helps rebuild strength, manage side effects of treatment, build confidence and improve energy and wellbeing.

## Programs and Activities continued

**Oncology Massage**
A specific massage for oncology patients that can induce a deep state of relaxation and assist with physical and emotional discomfort.
**Reflexology**
A type of massage specific to feet and /or hands that can provide a deeply relaxing experience throughout the whole body.

**Walking Group**
Meet up at scheduled destinations for peer support and gentle accessible walks in different locations.
**Craft Group**
Informal meet up and peer support with personal craft activity.
**Wendy's Games Group**
Peer support utilising card and board games.
**Living well with cancer**
4 week cancer survivorship program designed to improve wellbeing, physical fitness and manage side effects of treatment.
**Cancer peer support groups**
For people diagnosed with cancer to meet and share experiences in a confidential and safe environment, facilitated by supportive care staff and volunteers.

** **Please check monthly calendar for details of what is on in your region** **

# What's On in October

Cancer Council Tasmania

## North West Cancer Support Centre

### Programs

**Men's All Cancer Support Group**
Support Centre Devonport - last Thursday of the month 2pm.

**Cancer Support Group Burnie**
Enquire with support staff for enrolment and information.

**Wig Service**
**By appointment at the Support Centre and NWCC.**

### In the community

- Oncology Massage appointments.
- Centrelink appointments.
- Tai Chi.
- Outreach support in the Community by appointment.
- Face to Face support at the NW Cancer Centre Wed, Thur and Fri.
- Dixon's Pharmacy Wynyard, Face to Face support, first Thursday of the month, 1 30-4 pm by appointment. Please contact pharmacy on 6442 2132 or NW support team to book.

If you would like to see a Supportive Care staff member in our North West Centre please contact us to book a time.

**Registration is required for all programs.**

**North West Cancer Support Centre**

1300 65 65 85 | supportservicesnw@cancertas.org.au