WHAT'S ON IN NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED PUBLIC HOLIDAY	3 Tai Chi 11am and 3.15pm Massage 10-11am Appt only Womens Cancer Support Group 1 -2.30pm	4	5	6 Walking Group 10-11am Coffee Club 11am Games Group 11-12.30pm
9	10 Massage 10-11am Appt only	11	12 Craft Group 1.30-3pm Men's Cancer Support Group 10am-12pm	13 Walking Group 10-11am Coffee Club 11am
16 Centrelink By Appointment only	17 Tai Chi 11am and 3.15pm Massage 10-11am App only Reflexology Appt only	18	19	20 Walking Group 10-11am Coffee Club 11am
23	24 Tai Chi 11-12pm Massage 10-11am Appt only	25	26 CENTRE CLOSED FOR TRAINING	27 Walking Group 10-11am Coffee Club 11am
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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** **