Cancer Council Tasmania

WHAT'S ON IN OCTOBER

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