

What's On in August

Southern Cancer Support Centre Programs

Yoga

Every Monday from 1pm - 2pm.

Bowen Therapy

Appointments available every second and fourth Thursday.

Exercise Physiologist - by referral

Rest and Reset

Every Friday 10 am by walk in

Oncology Massage

Fortnightly by appointment

Centrelink

Fortnightly by appointment

Walking Group

Fortnightly on alternating Wednesdays and Fridays 10am - 12noon.

BYO Craft Group

Fortnightly Tuesdays 10.30am -12.30pm. Drop in with your own project, no registration required.

Art Program

Every fourth Wednesday 1-3 pm

Workshops

Legacy Sewing Workshop

4 week program Saturday 30th August -20th September-see attached flyer

Breast Prosthesis Workshop

Thursday 7th August 10 a.m.-see attached flyer

Floral Art and Cancer Support Workshop

Thursday 11th September-see attached flyer

Support groups

Metastatic Breast Cancer

Second Wednesday of the month 2pm - 4pm.

Gastro-Intestinal Cancer

Second Thursday of the month 2pm - 4pm.

Prostate Cancer

Third Tuesday of the month 2pm - 4pm.

All Cancers

Fourth Tuesday of the month 2pm - 4pm.

Triabunna Support Group

Tuesday 19th August 2-4

Cards afternoon at The Village

Registration is required for all programs, unless otherwise stated.

Southern Cancer Support Centre

15 Princes Street, Sandy Bay, Tasmania 7005

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



**Cancer
Council**
Tasmania

All of us
against cancer



Legacy Sewing Workshop

Create something meaningful for someone you care about. Join one of our group legacy making classes and create a bag, quilt or item of clothing made from photographs, clothing, text, images, symbols, memories and more, with the guidance of Wild Stitch tutors.

This is an opportunity to spend time with a loved one diagnosed with cancer or remember a loved one who has died.

Upcoming workshop dates

Saturday 3rd, 10th, 17th & 24th May 10am - 1pm

Saturday 30th August, 6th, 13th & 20th of September 2pm - 5pm

Eligibility Requirements: Anyone recently impacted by cancer or recently bereaved are able to attend. Family or close friends are able to attend as a group (no more than 4 people per group). Projects can be undertaken individually or as a small group. Classes are capped at 10 people. These classes are offered at no charge for participants. Registrations are essential. For more information and to register, please email supportservicessouth@cancertas.org.au or call 1300 65 65 85.

Proudly supported by





Breast Prosthesis Information Morning Tea

Join us at Cancer Council Tasmania for an informative session about breast prosthesis options after surgery.

Speakers: Susan Cameron - Amoena Australia
Stacey Regan - McGrath Cancer Care Nurse

Where: Cancer Council Tasmania, 15 Princes St, Sandy Bay

When: Thursday 7 August 2025, 10.00 a.m.

Registrations are essential. For more information and to register, please email supportservicessouth@cancertas.org.au OR call 1300 65 65 85

McGrath
Foundation

McGrath Cancer Care Nurse

amoena



**Cancer
Council**
Tasmania



Floral Art & Cancer Support

You're invited to join us for a floral art workshop - free for anyone impacted by cancer, including the person diagnosed, carers, and loved ones.

Where: Peppermint Bay, 3435 Channel Highway, Woodbridge

When: Thursday 11 September 2025, 10.00 am

With guidance from well-known florist Lisa Kingston, this workshop will foster connection, creativity & peer support in a beautiful environment. Cancer Council Tasmania's supportive care staff will be present to provide information and resources on cancer supportive care services in Tasmania.

This 2-hour workshop includes a hands-on session where you'll create your own floral arrangement to take home, along with a relaxed morning tea.

Registrations are essential.

For more information and to register, please email supportservicessouth@cancertas.org.au OR call 1300 65 65 85.

What's On in August

Northern Cancer Support Centre

Programs

Centrelink

Appointments available every second Thursday.

Oncology Massage

Appointments available every Tuesday morning.

Reflexology

Appointments available every second Tuesday afternoon.

Exercise Physiotherapy

Appointments available every Monday from 18th Aug

Wig service

By appointment or walk-in

Tai Chi

Every Tuesday from 11am - 12noon.

Craft Group

Every second and fourth Thursday of the month 1.30pm - 3pm.

Wendy's Games Group

First Friday of the month 11am - 1pm.

Walking Group

Every Friday 10am - 11am.

Look Good Feel Better Workshops

Check website www.lgfb.org.au for upcoming dates.

Support groups

Men's All Cancer

Second Thursday of the month 10am - 12noon.

Women's All Cancer

First Tuesday of the month 1.00 p.m-2 30 p.m

Registration is required for all programs.

Northern Cancer Support Centre

69 Howick Street, Launceston, Tasmania 7250

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



What's On in August

North West Cancer Support Centre Programs

Men's All Cancer Support Group

Support Centre Devonport-last Thursday of the month at 2 pm

Cancer Support Group Burnie

Enquire with support staff for enrolment and information

Look Good Feel Better Workshops

Check website www.lgfb.org.au for upcoming dates.

Wig Service

By appointment at the Support Centre and NWCC

Exercise Physiotherapy

First Friday of the month alternating between the North West Cancer Support Centre in Devonport and the North-West Regional Hospital (NWRH) Wellness Centre in Burnie

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 Mon, Tuesday and Thursday

Registration is required for all programs.

North West Cancer Support Centre

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

1300 65 65 85 | supportservicesnw@cancertas.org.au
Suite 2 / 45 Best Street, Devonport, Tasmania 7310

