

What's On in June

Southern Cancer Support Centre Programs

Yoga

Every Monday from 1pm - 2pm.

Qi Gong at St Luke's

Tuesday June 24th-July 29th

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

Appointments available every second Tuesday.

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 third Wednesday 1-3 pm

Oatlands - Cancer Support and Massage

June 26th, 10.30-2pm, Oatlands Community Hub.

Legacy Sewing Workshop

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

Registration essential

Huonville Art Therapy Workshop

Thursday 5th June

Registrations essential

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.

Swansea Support Group

Fourth Monday of the month 10-30 a.m

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 Support and Massage in Oatlands

Supportive Care is coming to Oatlands. We are offering;

- 15 minute head, neck or shoulder oncology massage
- Information session and morning tea at 10-10.30am
- One on one support available with Cancer Council Tasmania staff between 10.30-2.00pm

When: Thursday 26 June, 10am - 2pm

Where: Oatlands Community Hub, 9 Barrack Street Oatlands

This workshop is free for anyone impacted by cancer including the person diagnosed, carers and loved one.

Registrations are preferred as places are limited.
Please contact Cancer Council Tasmania at
supportservicessouth@cancertas.org.au or 1300 65 65 85

What's On in June

Northern Cancer Support Centre

Programs

Centrelink

Appointments available every Thursday.

Oncology Massage

Appointments available every Tuesday morning.

Reflexology

Appointments available every second Tuesday afternoon.

Exercise Physiotherapy

Appointments available every Monday.

Hairdressing and Wig Fitting service

Appointments available every second Thursday.

Tai Chi

Every Tuesday from 11am - 12noon.

Pilates

6 week course starting Monday 19th May-30th June

Mindfulness

Wednesday June 4th-June 25th 12.00 pm-1 30 pm

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

Monthly on a Tuesday 10am - 12.30pm. 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 1.30 pm - 3pm.

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 June

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

Quarterly by Registration

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

