

What's On in July

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

Legacy Sewing Workshop

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

Registration 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





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.

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What's On in July

Northern Cancer Support Centre

Christmas in July-Wednesday 9th July-11 am-1 pm

Please call 1300 656 585 to register

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.

Hairdressing and Wig Fitting service

Appointments available every second Thursday.

Tai Chi

Every Tuesday from 11am - 12noon.

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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.

Scottsdale Supportive care and Massage

Tuesday 22nd July-bookings required

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 July

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

