

What's On in May

Southern Cancer Support Centre Programs

Yoga

Every Monday from 1pm - 2pm.

Mindfulness

Monday 5th-26th May 2 30- 3 30 pm for 4 weeks

Pilates at St Luke's

Tuesday's 2 -3 pm 29th April-27th May

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

Appointments available every first and third Monday.

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

Art Therapy Workshop Triabunna

Commencing 3rd Wednesday of each month 10-12 for 4 months

Legacy Sewing Workshop

Saturday 3rd May for 4 weeks- contact support services for enrolment and information

New Norfolk and Dunally Art Therapy Workshops

Please see attached flyers-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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Dunalley Art Therapy Workshop

You're warmly invited to attend our half-day workshop 'Me, myself and I' with Creative Arts Therapist, Imogen. This workshop provides the opportunity to connect with other people in your community that have been impacted by cancer and learn some self-care strategies whilst exploring a new skill. Art Therapy uses a range of artistic modalities and materials in addition to verbal approaches.

When: 15 May, 10am - 2pm

Where: The Dunalley Hall, 5 Franklin Street, Dunalley.

This workshop is free for anyone impacted by cancer including the person diagnosed, carers and loved one. Participants do not need any prior art-making knowledge or skill.

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



New Norfolk Art Therapy Workshop

You're warmly invited to attend our half-day workshop 'Me, myself and I' with Creative Arts Therapist, Imogen. This workshop provides the opportunity to connect with other people in your community that have been impacted by cancer and learn some self-care strategies whilst exploring a new skill. Art Therapy uses a range of artistic modalities and materials in addition to verbal approaches.

When: 29 May, 9.30am - 1.30pm

Where: 56 Blair Street, New Norfolk (access off Charlotte Street).

This workshop is free for anyone impacted by cancer including the person diagnosed, carers and loved one. Participants do not need any prior art-making knowledge or skill.

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

What's On in May

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

Commencing Wednesdays in June at 1 p.m.

Craft Group

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

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 May

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-Next workshop 21st May

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

Sleep Mindfulness Workshop--at NWRH- May 27th

Please contact Supportive care to register

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

