

# 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 30<sup>th</sup> August - 20<sup>th</sup> September-see attached flyer

#### **Breast Prosthesis Workshop**

Thursday 7<sup>th</sup> August 10 a.m.-see attached flyer

#### **Floral Art and Cancer Support Workshop**

Thursday 11<sup>th</sup> 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 19<sup>th</sup> 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](mailto: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](mailto:supportservicessouth@cancertas.org.au) or call 1300 65 65 85.

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# 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](mailto:supportservicessouth@cancertas.org.au) OR call 1300 65 65 85**

McGrath  
Foundation

McGrath Cancer Care Nurse



**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](mailto:supportservicessouth@cancertas.org.au) OR call 1300 65 65 85.**