

Cancer Support Centre Launceston

E-Bulletin



May 2017

Centrelink...now visiting the Centre

Offering a range of payments and services for people affected by cancer at times of major change. Call us if you would like to arrange an individual appointment in our friendly, welcoming environment.

For more information or to book an appointment please call the Centre and ask for Richard.

Appointments currently available for 3 May and 7 June



AGFEST

Cancer Council Tasmania's Cancer Prevention Team will be in the **Healthstop** tent again this year with Royal Australian College of General Practitioners (RACGP), Pharmaceutical Society of Australia (PSA) and UTas Clinical School with loads of tips and ideas on how to reduce your cancer risk.

Our main focus is to increase the knowledge of adults and families with the following cancer prevention messages

- Re- think your sugary drink
- Quit for good
- Maintain a healthy weight
- Drink less alcohol
- Be active. Sit less

Some of the resources available include Healthy Eating For Adults (Govt), Healthy Eating For Children (Govt), Meat, Fruit and Vegetables and the Healthy Shoppers Guide.

Support Group for Men whose partner has a cancer diagnosis.

It's widely accepted that men in general are less adept at seeking help or support in difficult circumstances. If you or someone you know might be interested in this group (which is for men only) contact Richard.



Are you a man who has been treated for breast cancer?

Cancer Council Tasmania wants to know if you would like an opportunity to connect with other men in the same situation, and hear from health professionals about what you need to do to look after your health into the future. If this sounds like something you may be interested in, please contact Richard

Outreach service

Our outreach service across the region is provided in direct response to demand. We aim to meet you in your locality within a week of your call. This service can cover anything from one-one support to a wig consultation from our free Wig Library. Call the Centre for details.

Programs and Activities

For any inquiries about our programs please call us on 6779 1100

Therapeutic Massage

We have appointments available for anyone with a current cancer diagnosis who might benefit from a relaxing massage.

If you would like an appointment please call the Centre.

Wig Service

Our free service is available to Tasmanians experiencing hair loss as a result of their cancer treatment. Pop in anytime and choose a suitable wig from our extensive range. New wigs are arriving regularly.

Prostamates (Men's Cancer Support Group)

A supportive, educative group for men diagnosed with prostate cancer (and their partners). Group meets on the second Thursday of alternate months. Next meeting Thursday 8 June. Contact Richard (**Registration required**)

Gynecological Cancer Support Group

A chance to share your story and gain helpful support from people who understand. Group meets on the second Thursday of each month. Contact Megan (**Registration required**)

Coffee and Craft Group

A casual friendly, fortnightly get together. Bring your own project or learn something new. Group meets on the second and fourth Thursday of each month. All welcome.

Yoga and Meditation

A six week introductory program for anyone affected by cancer.

During the program participants will be introduced to Yoga sequences and techniques in class. You'll also be given a variety of resources to assist with the beginning of home practice. Last sessions start 21 August. (**Registration required**)

You're invited to our *Biggest Morning Tea*

Come along and enjoy a fabulous morning tea with family and friends. We'll have all your usual favourites including Trade Table, raffle, lucky door prize and loads of fun.

Date: Thursday 25 May

Time: 10am

Place: Cancer Support Centre Training Room 69 Howick Street Launceston

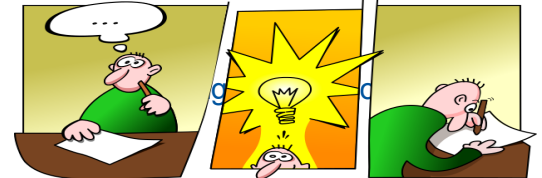
Details: Tickets \$10.00 each (\$8 concession)

***please note only limited parking available onsite**



Ideas for future programs

If you have any ideas for any future programs or Workshops please contact Megan or Richard at the Centre.



What's happening this May

Tuesday	2	BCNA
Wednesday	3	Centrelink visit
Thursday	4	Breast and Gynecological Cancer Group Community Nurses meeting
Monday	8	Yoga and Meditation
Tuesday	9	Look Good Feel Better
Wednesday	10	Volunteer Week Morning Tea HACC Forum
Thursday	11	Gynecological Cancer Support Group Coffee and Craft
Monday	15	Massage Yoga and Meditation
Thursday	18	Leukemia Foundation – patient information session
Monday	22	Yoga and Meditation
Tuesday	23	Leukemia Foundation – patient information session
Wednesday	24	Living Well after Cancer Support Group
Thursday	25	Centre- Biggest Morning Tea Coffee and Craft
Monday	29	Massage Yoga and Meditation QUIT – Equal Opportunity Training

Please don't hesitate to call the Centre on 6779 1100 or pop into 69 Howick street Launceston if you'd like any further information on any of the services provided by Cancer Council Tasmania.

To subscribe or unsubscribe from this newsletter please email Georgina at cscl@cancertas.org.au