

NEW activity

LUNCH with FRIENDS – for anyone affected by cancer

As the winter months close in why not grab a friend and come down to the Centre for a light lunch (homemade soup and roll) and catch up for a chat around the kitchen table.

Its always cosy and warm inside!

Day: Wednesday

Date: 21 June

Time: 12 noon

RSVP: Monday 19 June (for catering purposes)

To : cscl@cancertas.org.au or call the Centre



NEW program

Women's 5km Walk/Run – with Georgie Palmer

An eight week program specifically targeted to women directly affected by cancer. Assist with your return to physical activity and successfully complete Cancer Council Tasmania /Harcourt's Women's 5km Walk/Run being held Sunday 17 September 2017

Starts : Monday 24 July 2017 9am -10.00am

- Pre-registration essential, twelve participants maximum.
- All applicants must be prepared to sign a medical waiver form
- be able to attend a 30 minute assessment with the programme facilitator, prior to commencement

Please call the Centre to pre-register your interest for email cscl@cancertas.org.au

Did you know? Centrelink hold regular info sessions at the Centre

Offering a range of advice, payments and services for people with a cancer diagnosis. 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 7 June

Support Group for men whose partner has a cancer diagnosis.

It's broadly known that often men are less likely to seek 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's 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. Find out what you need to do to look after your health into the future. If this sounds interesting to you please contact Richard.



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 2017 program starts 21 August. (**Registration required**)



Cancer Council Tasmania / Harcourts

Women's 5km Walk/Run

Launceston, Sunday 17 September

Register Now!



Call Sheila Tivan on 6779 1109

You can email at stivan@cancertas.org.au OR simply click on the link below

<http://womens5k.com/enter/> Doesn't work? Just copy and paste into your browser.

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.

What's happening this June

Thursday	1	Breast and Gynecological Cancer Group
Monday	5	Yoga and Meditation
Tuesday	6	Ostamates BCNA evening meeting
Wednesday	7	Centrelink visit
Thursday	8	Gynecological Cancer Support Group Prostamates Coffee and Craft
Monday	12	Massage
Tuesday	13	Leukemia Foundation -support group
Wednesday	14	HACC Forum
Tuesday	20	Look Good Feel Better
Wednesday	21	Lunch with Friends
Thursday	22	Coffee and Craft
Monday	26	Massage
Wednesday	28	Living Well after Cancer Support Group

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