

Cancer Support Centre Launceston

E-Bulletin



September 2017



Mindful Self-Compassion

with Rosy Green

An internationally recognised skill-building course over eight weeks specifically targeted those directly affected by cancer. Over the course of the program, participants are gradually introduced to exercises and practices to stimulate awareness, kindness and self-compassion. This course is now being successfully run in numerous countries around the world so we are very pleased to be able to bring this program to the Launceston Support Centre.

Starts: Friday 27th October, 1.00-3.15pm Light refreshments provided

For more information or to pre-register please email Megan at mblakeuren@cancertas.org.au or give us a call

Outreach service

The Northern outreach service covers the whole North /North east region and is provided in direct response to demand. Call the Centre for details.



Still time to register! 10th Year Anniversary
Women's 5km Walk/Run Sunday 17 September
Register today <http://womens5k.com/enter/>

Centrelink holds regular info sessions at the Centre



Need more information? Call the Centre and ask for Richard. (Wed- Fri)

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.

Next appointments available: Wednesday 6 September

New workshop

Learning to Massage

This workshop aims to teach Caregivers how to give massage to cancer patients. Whilst massage doesn't treat cancer itself, massage can reduce the symptoms of pain, anxiety, depression, fatigue and nausea. Massage may also ease movement and maximise treatment outcomes.

When: Monday 16th Oct 2.30-4.00pm

Registration required (each session limited to 6 participants). Contact Megan

Support Groups for men

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 our support groups for men only and would like an opportunity to connect with other men in the same situation and hear from health professionals please contact Richard.



Programs and Activities

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

Mindful Self-Compassion **NEW**

An eight week program designed to assist with soothing stress, difficult emotions and increase self acceptance
Friday 27 October 1.00 pm -3.15pm
Light refreshments provided
Contact Megan (**Registration required**)

Learning to massage **NEW**

This workshop aims to teach Caregivers how to give massage to cancer patients.
Monday 16 October 2.30-4.00pm
Contact Megan (**Registration required**)

Therapeutic Massage

We have appointments available for those 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 arrive 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.
Contact Richard (**Registration required**)

Gynaecological 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.**

Shop to support Cancer Council Tasmania

blue illusion - Launceston Boutique

106 -108 Charles Street. Thursday 7 September 6.00 - 8.30pm

Join us for light refreshments, social sensibilities
and a fashion parade

15% of proceeds will be donated to Cancer Council Tasmania
RSVP bkerslake@cancertas.org.au or call 6779 1110



What's happening this September?

Monday	4	Massage Yoga and Meditation program
Tuesday	5	BCNA
Wednesday	6	Unicorn Foundation
Thursday	7	Women's 5km walk/run program Breast and Gynaecological Cancer Support Group
Monday	11	Yoga and Meditation program
Tuesday	12	Look Good Feel Better
Wednesday	13	HACC Forum
Thursday	14	Women's 5kmWalk/Run program Coffee and Craft Gynaecological Cancer Support Group
Sunday	17	Women's 5km Walk/Run (City Park)
Monday	18	Massage Yoga and Meditation program
Tuesday	19	Ostamates
Wednesday	20	Leukemia Foundation – Nurse Educator session
Thursday	21	Leukemia Foundation Support Group
Monday	25	Yoga and Meditation Program
Thursday	28	Coffee and Craft

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 csci@cancertas.org.au