

# Cancer Support Centre Launceston

# E-Bulletin



October 2017

## Lunch with Friends

Next lunch date for anyone affected by cancer:

**Wednesday 18 October**

RSVP for catering Tuesday 17 October if possible please

Email us at [cscl@cantarc.org.au](mailto:cscl@cantarc.org.au) or call the Centre



## Mindful Self-Compassion

with Rosy Green

An internationally recognised skill-building course over eight weeks specifically targeted those directly affected by cancer.

**Starts Friday 27 October 1.00 - 3.15pm**

Light refreshments provided

For more information or to pre-register please  
Need more information? Call the Centre and ask for



## Men's Basic Cooking - catch up

New and old members welcome to join us for a social get together sharing soup and dessert for lunch.

**Date: Friday 6 October**

**Time: 12.00 – 2.00pm**

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



## Centrelink holds 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.

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



## 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, it can reduce the symptoms of pain, anxiety, depression, fatigue and nausea. Massage may also ease movement and maximise treatment outcomes.

**Monday 30 October.** Need more information? Call the Centre and ask for Megan.

## Support Groups For Men

It's broadly known that often men are less likely to seek help or support in difficult circumstances. You, or someone you know, may be interested in our support groups *for men only*. It's an opportunity to connect with other men in a similar situation and hear from health professionals.



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

## Programs and Activities

For 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.

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. Next meeting Wednesday 11 October  
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.**

# Unite in Yellow Breakfast

Hotel Grand Chancellor

Date: Friday 27 October

Time: 7.00am- 9.00am

More info? Contact Brock:  
bkerslake@cancertas.org.au

## What's happening this October?

Monday	2	Massage
Wednesday	4	Unicorn Foundation
Thursday	5	Breast and Gynaecological Cancer Support Group
Friday	6	Northern BCN meeting Men's Cooking get together
Tuesday	10	Leukemia Foundation Support Group
Wednesday	11	HACC Forum
Thursday	12	<b>SHOW DAY - Centre Closed</b>
Monday	16	Massage
Tuesday	17	Look Good, Feel Better
Wednesday	11	Lunch with Friends
Monday	23	Palliative Care Workshop
Thursday	26	Coffee and Craft
Friday	27	Unite in Yellow Breakfast – Hotel Grand Chancellor Living Well After Cancer
Monday	30	Massage Carers Massage Program

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