

# Cancer Support Centre Launceston E-Bulletin



December 2017

A message from Cancer Council Tasmania CEO Penny Egan



## Thank you to everyone who has supported Cancer Council Tasmania in 2017

...and a special thank you to the staff, volunteers and supporters who have ensured that the Cancer Support Centre here in Launceston continues to be able to provide support to many Tasmanians who have visited us this year.

It's been an exceptional year and although busy does not seem the 'right' word, we are pleased that we've been able to provide many occasions of support to those who have sought us out. We hope that their needs have been met through the various activities and services that are provided at the Centre.

We introduced new activities this year such as yoga, cooking for men, facilitating catch ups with Centrelink and Mindful Self Compassion, as well as continuing with our other programs and activities.

There is no 'one' version of support. At the Centre there are a breadth of services available allowing us to assist people in a number of different ways, depending on what suits their own personal needs.

The Centre continues to provide a welcoming environment and we are thankful for the wonderful volunteers who assist us by making cups of tea, assisting with a wig fitting, helping with the gardening and just for being that smiling face that greets people at the door.

In 2018 we will continue to initiate new complimentary support activities at the Centre. With nearly nine Tasmanians a day receiving a cancer diagnosis, the need for our support will continue. We want to ensure that we continue to deliver the services people need and we seek your assistance to help us make it happen.

I hope you all have a safe and happy Christmas and look forward to seeing you all in 2018.

*Merry Christmas*

## Centrelink holds regular information sessions at the Centre

These sessions are offering a range of advice, payments and services for people with a cancer diagnosis. Call us if you would like to arrange an appointment in our friendly, welcoming environment.

Next appointment is Wednesday 6 December.

Call the Centre and ask for Richard. (Wednesday- Friday)



centrelink

## Programs and Activities

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



### Therapeutic Massage

We have appointments available for those with a current cancer diagnosis who might benefit from a relaxing massage before the 'Christmas Crazies.' 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 Thursday 14 December. Contact Richard (**Registration required**)

### Gynae 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 Program for 2018

with Cancer Council Tasmania's Kris Rastovich

**A FREE *six week beginners program* for those directly affected by cancer**

During the program participants will be introduced to Yoga, incorporating stretching exercises, meditation techniques and relaxation methods.

**Register now for first sessions starting 19 February 2018. Please call the centre to pre-register your interest for this event on 6779 1100**

## What's on in December?

Friday	1	Mindfulness Self Compassion
Wednesday	6	Unicorn Foundation Support Group Centrelink Visit
Thursday	7	Breast and Gynaecological Cancer Support Group
Friday	8	Mindful Self Compassion Northern BCN meeting
Monday	11	Massage
Tuesday	12	Look Good Feel Better
Thursday	14	Prostamates Gynaecological Cancer Support Group Coffee and Craft
Friday	15	Mindful Self Compassion
Friday	22	<b>Centre closes for 2017 at 4.30pm ... Re-opens 2 January 2018</b>

**Wishing everyone a very Merry Christmas and a safe and Happy New Year from all of us at Cancer Council Tasmania**

Please note that the Centre will be closed from 4.30pm on Friday 22 December re-opening 2 January 2018



Please don't hesitate to call the Centre on 6779 1100 or call 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](mailto:cscl@cancertas.org.au)