

E-Bulletin

August 2018

Dedicate a daffodil.

This daffodil could save
the life of someone you love.

24th August 2018



Cancer Council
Daffodil Day



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 program for 2018 starts 20th August. (Registration required)**

Transport to Treatment(t2t)

Launceston based service for Northern Tasmania!



A no cost service for patients who otherwise could not get to cancer treatment. This service is made possible by our dedicated and caring volunteer drivers who undertake appropriate training.

Bookings essential as places are limited

All enquiries to Mark our Transport Coordinator on 6169 1907

Cancer Support Group

A generic cancer support group open to men and women and their partners. The group will meet on the third Friday of every second month.

Next meeting September 21st

Contact Megan **(Registration required)**



Centrelink

centrelink

Appointments, for people with a cancer diagnosis, on 3rd Wednesday of each Month!

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 available **15th August** –Contact Ros to make an appointment

New Cancer Council resource: talking about cancer in the classroom

A new resource launched by Cancer Council will help schools across the country to support a growing number of students, families and staff in its community who are affected by cancer.

Cancer in the School Community is available for download at

www.cancercouncil.com.au/cancer-in-schools,

Programs and Activities

Young Women's Support Group

Open to all young women affected by cancer. Held on the last Saturday of the month. **Next meeting 26th August.** To find out more or to register please contact Megan.

Mindful Self-Compassion introduction

A program designed to assist with soothing stress, difficult emotions and increase self acceptance. Last Friday of each month. Next session Friday 27th July. Contact Megan **(Registration required)**

Therapeutic Massage

We have appointments currently available for those with a current cancer diagnosis who might benefit from a relaxing massage. For an appointment please contact Ros or Megan.

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 partners). Group meets on the second Thursday of alternate months. Next meeting Thursday 9th August **(Registration required)**

Gynaecological Cancer Support Group

A chance to share your story and gain helpful support from people who understand. Group meets on the third Thursday of each month.

Contact Megan **(Registration required)**

Coffee and Craft Group

All welcome!

Why not join this casual, friendly fortnightly get together. Bring your own project or learn something new. Group meets on the second and fourth Thursday of each month. **August dates 9th and 23rd**



The annual Women's 5km Walk/ Run is fast approaching on Sunday September 16, 2018. Cancer Council Tasmania are thrilled to bring such a fantastic event to the Launceston community. For us, it's all about bringing the community together, promoting valuable health awareness and presentation; all while raising valuable funds for our prevention, support and research programs. The event kicks off at 8:30am, with the walk/ run commencing at 10am. To register, head to www.womens5k.com.

MyGym's Free Boot Camps

All registered Women's 5km participants are eligible to attend MyGym's free boot camps in City Park, Launceston. The first one is this weekend on Saturday 28th July, from 8:30am to 9:30am. The second will be on Saturday 18th August. Limited spots available, contact lwilson@cancertas.org.au to sign-up.

What's on in August

Wednesday	1	Unicorn Foundation
Thursday	2	Breast & Gynecological Cancer Support Group
Friday	3	Leukemia Foundation
Saturday	4	Think Pink Sparkle for Hope Ball
Wednesday	8	HACC Forum
Thursday	9	Prostamates Coffee & Craft
Monday	13	Massage
Tuesday	14	P3 Leukemia Foundation Support Group
Wednesday	15	Centrelink appointments
Thursday	16	Gynecological Cancer Support Group
Monday	20	Yoga & Meditation
Tuesday	21	Look Good Feel Better
Thursday	23	Palliative Care Coffee & Craft
Friday	24	Daffodil Day
Saturday	26	Young Women's Support Group
Monday	27	Massage Yoga & Meditation
Friday	31	Mindful Self Compassion Introduction



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