

E-Bulletin

Mindful Self Compassion –6 week program

A six week **introductory** program for anyone affected by cancer.

A program designed to assist with soothing stress, difficult emotions and increase self acceptance. A blend of Eastern mindfulness and calming techniques with recent Western discoveries about brain function and human connection.

Developed by expert international psychologists and running successfully across Europe, USA, China and now in Australia.

Build skills in resilience, mindfulness and self-acceptance.

Program begins Friday 14th September and weekly thereafter for a further 5 sessions

Contact Megan (**Registration required**)

DON'T FORGET !

We now have a Transport to Treatment(t2t) service ,Launceston based ,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

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 **19th September** –Contact Ros to make an

centrelink appointment

Office Space available at the Centre

Due to the relocation of a tenant to Hobart, we currently have a small office available for lease, suitable for administration purposes only.

The applicant would need to be aligned closely to the CCT mission, “to minimise the incident and impact of cancer on all Tasmanians”

If you would like any further information please contact the

Operations Manager ,Georgina Wylde ,at gwylde@cancertas.org.au

September 2018

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 September**. To find out more or to register please contact Megan .

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).

Next meeting only on the first Thursday of the month **Thursday 4th October**

*****please note date change *****

(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.

September dates 13th and 27th.



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.

Limited spots available, contact lwilson@cancertas.org.au to sign-up.

What's on in September

Monday	3	Yoga & Meditation Ostamates
Tuesday	4	BCNA
Wednesday	5	Unicorn Foundation
Thursday	6	Breast & Gynecological Cancer Support Group
Friday	7	Palliative Care
Monday	10	Massage Yoga & Meditation
Wednesday	12	HACC Forum
Thursday	13	Coffee & Craft
Friday	14	Mindful Self compassion (week 1)
Monday	17	Yoga & Meditation
Wednesday	19	Centrelink appointments
Thursday	20	Gynecological Cancer Support Group
Friday	21	Cancer Support Group
Monday	24	Massage Yoga & Meditation
Tuesday	25	Look Good Feel Better
Thursday	27	Coffee & Craft
Saturday	26	Young Women's 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