

# E-Bulletin

January 2019

## HAPPY NEW YEAR Everyone



### Seize the Day Scholarships

#### Applications open now

*"This scholarship says to me 'someone cares, what you've been through hasn't gone unnoticed'. It's a hand reaching out to lead me forward into the future. It's suggesting to me that I can make a difference. A cancer diagnosis, on one*

*hand terrifying, on the other a chance to offer support, friendship, hope."* ~ Alice, Scholarship recipient

Cancer Council Tasmania offers financial assistance for young Tasmanians impacted by cancer who are aged 16-25yo and engaging in post-secondary study in 2019. These scholarships are a way of acknowledging the struggle young people experience when they or someone they love receive a cancer diagnosis – it's our way of saying we care. For more information, please contact Cancer Council Tasmania on 1300 656 585.



### Introduction to Pilates

A gentle introduction to Pilates for anyone with a cancer diagnosis- focusing on balance, body awareness and stability.

This six week program is designed to assist you gain a sense of control over your body, health and recovery.

Program starts Monday 18th March  
Registration and pre start assessment required.

Contact Ros 6779 1100



### Mindful Self-Compassion (introductory)

These introductory sessions will be conducted by Rosy Green (Registered Nurse, Midwife and Mindful Self-Compassion teacher MSC)



Learn to de-stress, find calm and be kind to yourself with mindful self compassion ..

Contact Ros (**Registration required**)

## Programs and Activities

### 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: January 18th**

Contact Megan 61779 1100

### Young Women's Support Group

Open to all young women affected by cancer. Held on the last Saturday of the month. \* No meeting in January

**Next meeting: February 23rd**

Contact Megan 6779 1100

### Therapeutic Massage

We have appointments available for those with a current cancer diagnosis who might benefit from a relaxing massage.

For an appointment please contact Ros or Megan 6779 1100

### 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.

### Men's Cancer Support Group

A supportive, educative group for men diagnosed with cancer (and their partners).

Group meets on the second Thursday of alternate months.

**Next meeting : February 14th**

Contact Ros 6779 1100

### 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.

**Next meeting: January 17th**

Contact Megan 6779 1100

### Coffee and Craft Group

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.

Next get together : **February 14th**

**All welcome!**

## New in 2019



- Free Hearing checks for anyone affected by cancer. Clients receive a FREE 20 minute hearing test and information on your hearing health



- Group Nutrition program-Incorporating information on nutrition, cooking demonstrations and involving participants. Help in sorting fact from fiction when it comes to diets, nutrition for cancer and health in general.



## Relay For Life - Register for 2019

DATE (2019)	REGION	VENUE
Feb 23 <sup>rd</sup> – 24 <sup>th</sup>	Derwent Valley	Tynwald Park, New Norfolk
Mar 16 <sup>th</sup> – 17 <sup>th</sup>	North West	Penguin Sports Complex
Mar 23 <sup>rd</sup> – 24 <sup>th</sup>	Hobart	Domain Athletics Centre
Mar 30 <sup>th</sup> – 31 <sup>st</sup>	Launceston	Northern Athletics Centre

Register: [www.relayforlife.org.au](http://www.relayforlife.org.au)  
 Contact: Anthony Edwards / [aedwards@cancertas.org.au](mailto:aedwards@cancertas.org.au)

## What's on in January

<b>Tuesday</b>	<b>15</b>	Look Good Feel Better
<b>Wednesday</b>	<b>16</b>	Centrelink
<b>Thursday</b>	<b>17</b>	Gynaecological Cancer Support Group
<b>Friday</b>	<b>18</b>	Cancer Support Group
<b>Friday</b>	<b>25</b>	Mindful self Compassion (Introduction)
<b>Monday</b>	<b>28</b>	Australia Day Holiday -Centre Closed
<b>Wednesday</b>	<b>30</b>	Centrelink NETS Cancer Support Group

2018 Telstra Business Awards Winner

Tasmania Social Change Maker



#TelstraBizAwards

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](mailto:cscl@cancertas.org.au)