



Message from the CEO

Christmas can be such a wonderful time of the year. It is a time of giving, an opportunity to reflect on the year just gone and to enjoy time with family and friends.

We would like to thank all the wonderful volunteers who have been giving of their time to us this year. You have driven clients to their

treatment appointments, helped on our Daffodil Day stalls, made cups of tea in our centres, folded letters, helped with our fundraising activities and so much more. We really could not do our work without you.

To the public who support our fundraising events and donate generously to our cause, we can never thank you enough. Your support is vital to our sustainability and I am sure that when you read our 2017-18 Impact Report and the *impact* that we have had on our community, you will be pleased that your funds have been well spent.

As we reflect on what has been achieved this year, it has been a remarkable year for CCT. We opened our southern cancer support centre and relocated to larger premises on the North West coast. The northern cancer support centre has been the busiest since we opened and we have connected with many Tasmanians in communities and workplaces through our cancer prevention education programs and we have again invested in vital cancer research.

For many people though, it may have been a difficult year. We hope that there is joy for you during the Christmas period and that your challenges become less burdensome in the year ahead. We will be there to support you if you need us.

Thank you to all the staff at CCT who continue do wonderful work. It is a privilege to be the CEO and work each day with such a great team.

I hope that you all have a safe and happy Christmas and I look forward to seeing you all in the New-Year

Pen



Holiday Closures

**All Centre's will be closed Monday 24th December -
Tuesday 1st January inclusive**

To speak to a nurse please call 131120

Mon-Fri 9.00-5.00pm (excluding public holidays)

December 2018

Programs and Activities

Centrelink Appointments

Offering a range of advice, payments and services for people with a cancer diagnosis in our friendly, welcoming environment. Appointments available on the first Wednesday of every month

Next available : Wednesday 6th February
Contact Stan on 6419 4200

Pilates -for people with a cancer diagnosis

Gentle mat work class focusing on improving your balance, body awareness and core stability.

Improve your fitness in a safe gradual way with everyone able to work to their own capabilities.

This 6 week program will commence in the Burnie region in February 2019

To register contact Kris on 6419 4200

Sheffield Cancer Support Group

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

Next meeting: February 20th
Contact Stan 6419 4200

Expression through Art

A friendly cancer support group open to men and women and their partners. The group will meet on the second Tuesday of each month

Next meeting: February 12th
Contact Kris 6419 4200

Wig Service

Our **free** service is available to Tasmanians experiencing hair loss as a result of their cancer treatment. Pop in anytime between 1.00-4.00pm Monday to Friday and choose a suitable wig from our extensive range. New wigs arrive regularly.

Men's Cancer Support Group

A supportive, educative group for men affected by cancer. Group meets on the second Tuesday of alternate months.

Next meeting : Tuesday 5th February
Contact Stan 6419 4200

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.



Appointments available March 4th

Contact Stan on 6419 4200

Mindful Self-Compassion

A **NEW** program designed to assist with soothing stress ,difficult emotions and increase self acceptance. Learn to de-stress, find calm and be kind to yourself with mindful self compassion .

This 6 week program will commence at the Centre on February 12th for 6 weeks

To register contact Kris on 6419 4200 (**Registration required**)



What's on in December

Tuesday	4	Men's Cancer Support Group
Wednesday	5	Centrelink appointments
Tuesday	11	Expression through Art
Wednesday	19	Sheffield Cancer Support Group
Monday	24	Centre Closed for the Christmas Break
Tuesday	25	Centre Closed for the Christmas Break
Wednesday	26	Centre Closed for the Christmas Break
Thursday	27	Centre Closed for the Christmas Break
Friday	28	Centre Closed for the Christmas Break
Tuesday	1	Centre Closed New Years Day



2018 Telstra Business Awards Winner

Tasmania Social Change Maker



#TelstraBizAwards

Please don't hesitate to call the Centre on 6419 4200 or pop into Suite 2/45 Best street between 1.00-4.00 Mon-Fri 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 ncsc@cancertas.org.au