

# E-Bulletin

March 2019

## Mindful Self-Compassion

The 2.5 hour taster session is designed to assist with soothing stress, difficult emotions and increasing self acceptance. Learn to de-stress, find calm and be kind to yourself with mindful self compassion. Available to those who haven't completed a session previously.

Contact Ros 6779 1100

(Registration required)



## Introduction to Pilates

A gentle introduction to Pilates for anyone with a recent cancer diagnosis and who have not completed the program before.

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

Next Program starts Monday 20th May

Registration and pre start assessment required.

Contact Ros 6779 1100



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## Group Nutrition Program

Group Nutrition program for anyone with a recent cancer diagnosis and /or their carers, 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.

Contact Ros 6779 1100



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## Hearing Checks

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

Contact Ros 6779 1100



## 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: March 15th**

Contact Megan 61779 1100

### Young Women's Support Group

Open to all young women affected by cancer. This month only, due to Relay for Life, meeting will be held on the second last Saturday of the month.

**Next meeting: March 23rd**

Contact Megan 6779 1100

### Therapeutic Massage

We now have **extra** appointments available, thanks to a NewsCorp Grant, for those with a current cancer diagnosis, who haven't had a previous appointment, and 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 : April 11th**

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: March 21st**

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.



## Celebrate. Remember. Fight Back.

# Relay for Life

Relay For Life Launceston is a fun and moving overnight experience where friends, family and colleagues can come together to **CELEBRATE** local cancer survivors, patients and their carers, **REMEMBER** loved ones lost to cancer and **FIGHT BACK** through

fundraising and participating in a 20-hour Relay style challenge.

### When:

March 30, 2019 1:00 pm – March 31, 2019 9:00 am (20 hour duration)

### Where:

Northern Athletics Centre, 240 St Leonards Road, St Leonards

### Why:

Because cancer never rests, so neither should we.

Register here:

[https://secure.fundraising.cancer.org.au/site/TR/RelayforLife/CCTAS?fr\\_id=5752&pg=entry](https://secure.fundraising.cancer.org.au/site/TR/RelayforLife/CCTAS?fr_id=5752&pg=entry)

## What's on in March

|                  |           |   |
|------------------|-----------|---|
| <b>Monday</b>    | <b>4</b>  | Ostamates   |
| <b>Tuesday</b>   | <b>5</b>  | Breast Cancer Support Group<br>Palliative Care Workshop   |
| <b>Wednesday</b> | <b>6</b>  | Centrelink  |
| <b>Thursday</b>  | <b>7</b>  | Breast & Gynaecological Cancer Support Group              |
| <b>Monday</b>    | <b>11</b> | CENTRE CLOSED      Labor day Public Holiday               |
| <b>Wednesday</b> | <b>13</b> | Centrelink<br>Group Nutrition Program                     |
| <b>Thursday</b>  | <b>14</b> | Coffee & Craft Group                                      |
| <b>Friday</b>    | <b>15</b> | Cancer Support Group                                      |
| <b>Monday</b>    | <b>18</b> | Pilates<br>Massage  |
| <b>Thursday</b>  | <b>21</b> | Gynaecological Cancer Support Group                       |
| <b>Saturday</b>  | <b>23</b> | Young Women's Group ( <b>please note change of date</b> ) |
| <b>Monday</b>    | <b>25</b> | Pilates   |
| <b>Tuesday</b>   | <b>26</b> | Look Good Feel Better                                     |
| <b>Wednesday</b> | <b>27</b> | Centrelink<br>NETS support Group                          |
| <b>Thursday</b>  | <b>28</b> | Coffee & Craft Group                                      |
| <b>Friday</b>    | <b>29</b> | Mindful Self Compassion Taster                            |

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)