

E-Bulletin

February/March 2019



Everyone has the power to reduce the impact of cancer. What will you do?

<https://worldcancerday.org>

Seize the Day Scholarships

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. For more information, please contact Cancer Council Tasmania on 1300 656 585.

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 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

Contact Kris on 64194200 (Registration required)



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 Tuesday 12th Feb

Registration and pre start assessment required.

Contact Kris 6419 4200



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 every month.

Next meeting : Tuesday 5th February

Contact Stan 6419 4200

Your chance to win!

We've partnered with a charity raffle - Play for Purpose

Play for Purpose

We're always looking at new ways to help raise funds for Tasmanian's impacted by cancer so Cancer Council Tasmania has partnered with the charity raffle, Play for Purpose. By purchasing tickets in this raffle you will help raise much needed funds for our [Moving Through Cancer exercise physiology program](#), for people undergoing cancer treatment.

With **1 in 34** chance of winning you could win \$250k cash, cars, boat and travel vouchers or the ultimate holiday!

Visit <https://playforpurpose.com.au/cancer-council-tasmania> to enter.

Good luck and thank you for supporting Tasmanians impacted by cancer.

What's on in February

Monday	4	World Cancer Day
Tuesday	5	Men's Cancer Support Group
Wednesday	6	Centrelink
Tuesday	12	Mindfull Self Compassion Expression through Art Pilates
Tuesday	19	Pilates
Wednesday		Sheffield Cancer Support Group
Tuesday	26	Pilates

What's on in March

Tuesday	5	Men's Cancer Support Group
Wednesday	6	Centrelink Pilates
Tuesday	12	Expression through Art Pilates
Tuesday	19	Pilates
Wednesday	20	Sheffield Cancer Support Group

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