

### Parent Support Group

A new support group open to adults diagnosed with cancer who have children living at home. The group will meet on the second Tuesday of each month starting in April from 10am-12pm.



**Next meeting: 9 April**  
Contact Sarah 6169 1900  
(Registration required)

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### Centrelink

**Appointments available for people with a cancer diagnosis, now available at the Centre.**

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 15 April – Contact Support Staff on 6169 1900 to make an appointment.**

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### Wig Tutorial

Cancer Council Victoria together with Dr Susan Carland have created video tutorials on fitting, styling and caring for wigs and turbans. All videos can be viewed at:

<https://www.cancervic.org.au/get-support/wig-service>.

Our **free** wig service is available to Tasmanians experiencing hair loss as a result of their cancer treatment. Pop in any time and choose a suitable wig from our extensive range. New wigs arrive regularly.



### Programs and Activities

#### Art Therapy for Young People

This is a 2 hour workshop for young people aged 15-30 impacted by cancer. This is a space to explore your cancer journey, no artistic talent or experience required. The session will be facilitated by an Art Therapist and CCT staff.

**When: 17 April 10-12**  
Contact Sarah on 6169 1900  
(Registration required)

#### 1000 Hearts

CCT are giving away pocket hearts in all our support centres, as part of 1000 hearts, a community project dedicated to sharing and celebrating kindness. Become a “heartist” and come along to our next sewing group on 1st April from 1.30-3.30pm. To RSVP please contact Sarah on 6169 1900.

#### Bowen Therapy Oncology Massage

Bowen Therapy is designed to assist with the effects of cancer and cancer treatment. We have appointments available for those with a current cancer diagnosis. Please contact our support staff on 6169 1900 to make a booking.

#### Cancer Council Tasmania Shop

The Cancer Council Tasmania shop has a great range of hats, sunglasses, sunscreens, cosmetics and more.

Open Mon-Fri 9.30-4.30pm

#### Support Groups

CCT's Southern Cancer Support team facilitate a range of cancer support groups every month. They are available for people diagnosed with cancer and their carers. To find out more about them, contact one of our Support team staff on 61691900 or [info@cancertas.org.au](mailto:info@cancertas.org.au).

## New! Entertainment Books 2019/20

### Cancer Council Tasmania is fundraising with Entertainment!

Your support really helps our fundraising, so we're thrilled to let you know about special bonus Early Bird Entertainment Membership Offers for loyal supporters.

Pre-order the NEW 2019 | 2020 Entertainment Membership and receive bonus offers you can use right away! To order visit <https://www.entbook.com.au/240032>.



## What's on in April (RR: Registration Required)

<b>Monday</b>	<b>1</b>	1000 Hearts Sewing Group 1.30-3.30
<b>Wednesday</b>	<b>3</b>	Yoga, Wildheart Sandy Bay 2-3 (RR)
<b>Thursday</b>	<b>4</b>	Mindfulness & Meditation Information Session 11-12 (RR)
<b>Monday</b>	<b>8</b>	Expression Through Art 1-3 (RR)
<b>Tuesday</b>	<b>9</b>	Parents with Cancer Support Group 10-12 (RR) Myeloma Support Group 10-12 (RR)
<b>Wednesday</b>	<b>10</b>	Walking Group 10-12 (RR) Carers Support Group 10-12 (RR) Yoga, Wildheart Sandy Bay 2-3 (RR)
<b>Thursday</b>	<b>11</b>	Prostate Cancer Support Group 1.30-3.30 (RR) Bowen Therapy (RR)
<b>Friday</b>	<b>12</b>	Semi Colon (Bowel Cancer) Support Group 2-4 (RR)
<b>Monday</b>	<b>15</b>	Centrelink Appointments (by appointment only) 10.15-2.15
<b>Tuesday</b>	<b>16</b>	Huon Valley Support Group, Huonville 10-12 (RR)
<b>Wednesday</b>	<b>17</b>	Art Therapy for Young People Workshop 10-12 (RR) Yoga, Wildheart Sandy Bay 2-3 (RR)
<b>Thursday</b>	<b>18</b>	Hobart Generic Support Group 10-12 (RR) Prostate Cancer Support Group (Eastern) 1.30-3.30 (RR)
<b>Wednesday</b>	<b>24</b>	Yoga, Wildheart Sandy Bay 2-3 (RR)
<b>Friday</b>	<b>26</b>	Head and Neck Support Group 10-12 (RR)
<b>Monday</b>	<b>29</b>	Seize the Day Scholarships Presentation Ceremony 5-7.30

Please don't hesitate to call the Centre on 6169 1900 or visit 15 Princes Street, Sandy Bay 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 Reception at [reception@cancertas.org.au](mailto:reception@cancertas.org.au)