

E-Bulletin

April 2019

Continance Workshop

NEW

Free Education sessions anyone impacted by a cancer diagnosis. (Partners welcome)

Continance Foundation of Australia will present the session

Topics include

- ◆ What is Continance
- ◆ Types of Continance
- ◆ Healthy bladder and bowel habits
- ◆ Management options including training exercises and continance products.
- ◆ Where to get Help

Wednesday 29th May - Women AM session ,Men PM session

Refreshments provided

Contact Ros



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.

Next workshop Wednesday 5th June

Contact Ros



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



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: May 17th

Contact Ros 6779 1100

Young Women's Support Group

Open to all young women affected by cancer. Held on the last Saturday of the month.

Next meeting: April 27th

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: April 18th

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 : **April 11th**



MDS Education Session

The Leukaemia Foundation is honoured to be hosting this special event with Professor Mark Dawson in an informal education session.

Anyone with a diagnosis of Myelodysplastic Syndrome (MDS), their friends and family are all welcome to attend. For more information contact Amber Laidler on 0466 328 379 or alaidler@leukaemia.org.au. Bookings Essential

Easter Break

Note: The Cancer Support Centre will be closed for the Easter break Friday 19th April– Monday 22nd April Inclusive




ANZAC Day

Note: The Cancer Support Centre will be closed on April 25th for ANZAC Day



What's on in April

Monday	1	Pilates Massage	
Wednesday	3	Centrelink	
Thursday	4	Breast & Gynaecological Cancer Support Group	
Monday	8	Pilates	
Wednesday	10	Centrelink HACC Forum	
Thursday	11	Coffee & Craft Group Men's Support Group	
Friday	12	Leukaemia Foundation-Guest Speaker Professor Mark Dawson	
Monday	15	Pilates Massage	
Thursday	18	Gynaecological Cancer Support Group	
Friday	19	Good Friday-CENTRE CLOSED	
Monday	22	Easter Monday -CENTRE CLOSED	
Wednesday	24	Centrelink NETS support Group	
Thursday	25	ANZAC Day- Centre Closed	
Monday	29	Pilates Massage	
Saturday	27	Young Women's Group	

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