

# E-Bulletin

May 2019

## Continenence Workshop

NEW

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

Continenence Foundation of Australia will present the session

Topics include

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

**Wednesday 29<sup>th</sup> 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 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: May 25th**

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 each month.

**Next meeting: May 9th**

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: May 16th**

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 : **May 9th**

**All welcome!**

# National Volunteer Week–CCT Volunteers ,Celebration Morning Tea

In sincere appreciation of what you do for us, we would like you to join us for a Coffee & Cake celebration

**Date—Tuesday 21st May**

**When– 10.00am-11.00am**

**Where– Cancer Council Tasmania- 69 Howick st ,Launceston**

**RSVP– COB Friday May 17th to [gwylde@cancertas.org.au](mailto:gwylde@cancertas.org.au)**



## Biggest Morning Tea at the Cancer Support Centre

**Date—Thursday 23rd May**

**When– 10.00am**

**Where– 69 Howick st ,Launceston**

**Cost \$10.00 pp**

**RSVP– COB Friday May 17th to [rtownsend@cancertas.org.au](mailto:rtownsend@cancertas.org.au) or phone 6779 1100**



## What's on in May– Morning Tea month :)

<b>Wednesday</b>	<b>1</b>	Centrelink Seize the Day Awards
<b>Thursday</b>	<b>2</b>	Breast & Gynaecological Cancer Support Group
<b>Monday</b>	<b>6</b>	Mindful Self Compassion
<b>Tuesday</b>	<b>7</b>	Breast Cancer Support Group
<b>Wednesday</b>	<b>8</b>	Centrelink
<b>Thursday</b>	<b>9</b>	Coffee & Craft Group Men's Support Group
<b>Monday</b>	<b>13</b>	Massage Mindful Self Compassion
<b>Tuesday</b>	<b>14</b>	Look Good Feel Better
<b>Thursday</b>	<b>16</b>	Gynaecological Cancer Support Group
<b>Friday</b>	<b>17</b>	Cancer Support Group
<b>Monday</b>	<b>20</b>	Pilates Mindful Self Compassion
<b>Tuesday</b>	<b>21</b>	<b>National Volunteer Week -Coffee &amp; Cake Celebration</b>
<b>Wednesday</b>	<b>22</b>	Centrelink
<b>Thursday</b>	<b>23</b>	<b>Centre ABMT</b> Coffee & Craft
<b>Saturday</b>	<b>25</b>	Young Women's Group
<b>Monday</b>	<b>27</b>	Pilates Massage Mindful Self Compassion
<b>Wednesday</b>	<b>29</b>	NETS Continence Education Sessions
<b>Friday</b>	<b>30</b>	Mindful Self Compassion