

June 2019

Programs and Activities

Centrelink

Centrelink holds regular info sessions 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.

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



Walk/Run program

 A graduated walking/aerobic program, for those with a cancer diagnosis who haven't completed the program before ,aimed at assisting you to complete the **Women's 5km Walk/Run** event in September.

Walking as a group when the weather is fine otherwise indoor exercise .

Everyone able to work within their own capabilities and with the support of your peers.

Registration and pre start assessment required.

*Please note : entry to the actual event is at clients own cost

Program starts Monday 22nd July

Contact Ros



Cancer Support Group

A generic cancer support group open to men & women and their partners. The group will meet on the third Friday of every month.

Next meeting: June 21st

Contact Ros 6779 1100

Young Women's Support Group

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

Next meeting: June 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: June 13th

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: June 20th

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 : **June 13th**

All welcome!

Adventure Trekking raising funds for Cancer Council Tasmania

Whether it's a tropical jungle experience, walking in the footsteps of so many brave Australian soldiers, or taking in the vast desert beauty of the Red Centre, Cancer Council Tasmania offers you the chance to take on a life-changing challenge, all whilst raising much needed funds to support Tasmanian's impacted by cancer.

Let the Adventure Begin on the **Kokoda Challenge** – 22nd – 31st October 2019 OR

Hike for Health on the **Larapinta Trail** – 25th – 31st May 2020

All enquiries to Jill on jbannon@cancertas.org.au or telephone 03 61691911



What's on in June

Monday	3	Pilates Mindful Self Compassion
Wednesday	5	Centrelink Nutrition Group program
Thursday	6	Breast & Gynaecological Cancer Support Group
Monday	10	CENTRE CLOSED– Queens Birthday public holiday
Tuesday	11	Breast Cancer Social Group Ostamates-stomal awareness week
Thursday	13	Coffee & Craft Group Men's Support Group
Friday	14	Leukaemia Foundation Support Group Massage
Monday	17	Pilates Mindful Self Compassion
Tuesday	18	Look Good Feel Better
Wednesday	19	Centrelink
Thursday	20	Gynaecological Cancer Support Group
Friday	21	Cancer Support Group
Monday	24	Pilates Mindful Self Compassion Massage
Tuesday	25	Young Women's Group
Wednesday	26	NETS P3
Thursday	27	Coffee & Craft

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