

E-Bulletin

June/July 2019

NEW

Women's Cancer Support Group

Women's Cancer Support Group –Burnie
New group open for all women affected by cancer.
If you would like to attend please contact Stan or Kris on
6419 4200

NEW

Movement & Relaxation Sessions

Gentle movement and relaxation
sessions in our Devonport Centre
If you are interested or would like more
information please contact Kris or Stan on
6419 4200



NEW

Carer Stress & Fatigue Workshop

Being a carer for someone with cancer can be stressful,
tiring & overwhelming. This free workshop is to support you in
your role as CARER, providing strategies to help manage your
own well-being and self-care.

Wednesday June 26th

10.00-12.00 (Morning Tea supplied)

If you would like to attend please contact Stan or Kris on
6419 4200

Centrelink

Appointments for people with a cancer
diagnosis, on suitable Wednesdays!

Offering a range of advice, payments and services for people
with a cancer diagnosis.

Call us to arrange an appointment in our friendly, welcoming
environment.

For more information please contact Kris 6419 4200



Programs and Activities

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: June 19th

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: June 11th

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
third Thursday of every month.

Next meeting : June 20th

Contact Stan 6419 4200

Position Vacant

Do you have some free time ??

Looking for a volunteer co-facilitator
for a Women's Cancer Support Group in
the Burnie region. For further details
contact Kris 6419 4201 or

krastovich@cancertas.org.au.

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	10	Queens Birthday Public Holiday– Centre Closed
Tuesday	11	Expression through Art
Wednesday	19	Sheffield Cancer Support Group
Thursday	20	Men's Cancer Support Group
Wednesday	26	Carer Stress & Fatigue Workshop

What's on in July

Tuesday	14	Expression through Art
Wednesday	15	Sheffield Cancer Support Group
Thursday	18	Men's Cancer Support Group

Please don't hesitate to call the Centre on 6419 4200 or pop into Suite 2/45 Best St 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)