



Olivia Newton-John

Cancer Wellness & Research Centre

February - March 2018

What's On in Cancer Care

Wellness • Information • Support

Contact Us:

Phone: (03) 9496 3799

Email: wellness@austin.org.au

Website: www.onjcancercentre.org



For Updates and Upcoming events:
Like us on Facebook

INDIVIDUAL OUTPATIENT SERVICES

Acupuncture

Provided by medical acupuncturists, for ONJ patients with pain, shoulder problems or lymphoedema. A referral from specialist required. Enquires:

ONJ Level 3 Reception or call 9496 9838

Clinical Psychology

Support & assistance is available for ONJ patients and carers in the Wellness Centre, throughout the cancer experience. Enquires:

The Wellness Centre or call 9496 3799

Oncology Massage

Massage may be particularly helpful if you are experiencing pain, nausea, anxiety or fatigue. Available to ONJ patients, make a booking to see our specialised oncology massage therapists.

Enquires & bookings:

ONJ Level 3 Reception or call 9496 9838

Sexual Health Service

Concerns about intimacy and sexual health problems can often impact both your physical health and mental wellbeing. Our sexual health nurses are comfortable talking through any issues or questions you have and are here to provide confidential advice, support and education.

Enquires:

The Wellness Centre or call 9496 3799

INDIVIDUAL INPATIENT SERVICES

Please speak to your nurse or contact the Wellness Centre for more information about services available to you as an inpatient at ONJ Centre.

Art Therapy

Music Therapy

Oncology Massage

CANCER INFORMATION & RESOURCES

Throughout your experience at the ONJ Centre, we are committed to providing current, reliable and consumer-endorsed information that meets your needs. Visit the Info Lounge to find relevant cancer resources and information in all formats for yourself or your families.

Info Lounge

Open Mon - Fri: 9.00am - 5.00pm

Level 3, ONJ Centre

THE WELLNESS CENTRE

Drop in and use the centre to relax, wait for appointments, meet with others, or attend any of the wellness programs that you may benefit from.

Open Mon-Fri: 8.30am - 4.30pm

(Located past Level 3 Cafe, Lift accessible)

Level 3R, ONJ Centre

145 Studley Road

Heidelberg VIC 3084

P: 03 9496 3799

E: wellness@austin.org.au

The Olivia Newton-John Cancer Wellness & Research Centre is a partnership between Austin Health and the Olivia Newton-John Cancer Research Institute

FEBRUARY - registration required

Taking Care of Your Emotional Wellbeing

Wednesday 21st February, 10am - 12pm.

A cancer diagnosis brings so many changes for individuals and families. Join our psychologists in this session to better understand ways of taking care of your emotional wellbeing. Registration Required.

Gentle Yoga

Tuesdays, 6th February - 13th March, 11am - 12.20pm (FULL)

The practice of yoga can enhance your physical and emotional wellbeing. In our six week program you will learn about the benefits of yoga as well as gentle yoga techniques that you can practice at home. No yoga experience required. For new participants only.

Join the interest list for the next program.

Mindfulness-Based Stress Reduction Workshop

Thursdays, 8th February - 29th March, 10am - 12.30pm

In the 8 week workshop you will learn how the practice of mindfulness and new "habits of the mind" can help to manage the challenges of your life and to live with ease in the present moment.

Join the interest list for the next program.

MARCH - registration required

Dare to Dream Workshop

Date to be confirmed

Looking ahead and finding a new direction can be a daunting time and

working out what you really want can be confusing and challenging. Our Dare to Dream workshop encourages women to create your own reality and to take control of your life by exploring your dreams and aspirations. You will have the opportunity to work out the first steps you can take towards your new future. *For updates, contact the Wellness Centre.*

Supporting Someone with Cancer

Thursday 15th March, 6pm - 8pm

An evening open to carers and friends of cancer patients. Registration required by 12th March.

REGULAR ACTIVITIES

Something to Sing About

Mondays, 1pm - 2pm, School term only

A choir for anyone impacted by cancer. Open to all, no experience required.

Look Good, Feel Better (LGFB)

Monday 19th February or 19th March 10am-12.30pm

A practical workshop which covers skincare, make-up and headwear demonstrations for women undergoing cancer treatment.

Online bookings: www.lgfb.org.au

Tell your Story: Painting Studio & Exhibition

Starting in March, Wednesdays, 2pm - 4pm

Connected to the existing Open Studio Art Therapy Program and with the assistance of an art therapist. This is an opportunity to create a finished artwork that can be showcased through an exhibition. Open to ONJ Patients and carers. No experience necessary.

Brain Tumour Support Group

Wednesday 21st February, 1pm - 3pm, Please note that the date and location has changed for this month. A monthly support group for people affected by the diagnosis of primary malignant brain tumour. Patients, carers, family members and friends are welcome to attend.

Horticultural Therapy

Thursdays or Fridays, 2.30pm - 4.30pm, Level 3 Foyer

Open to all - come and participate connecting and creating with plants.

Refer to calendar for dates.

Harpist - Ann Poore

Every 1st and 3rd Friday of the Month, 11am - 12pm

Listen and enjoy live harp music in the Wellness Centre.

WHAT ARE YOU INTERESTED IN?

As part of the Centre's commitment to patient-centred care we welcome and encourage feedback from you and your family. If there is a program or service that you would like to see offered please ring or speak to **Suan - Admin Assistant.**

All programs require registration unless stated otherwise.

Phone: 03 9496 3799

Email: wellness@austin.org.au

WELLNESS CENTRE CLOSED

Good Friday Friday 30th March

Easter Monday Monday 2nd April

WHAT'S ON IN CANCER CARE CALENDAR

FEBRUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Horticultural Therapy, Level 3 Foyer, 2.30pm - 4.30pm	2 Ann Poore - Harpist 10.30am - 11.30am
5 Something to Sing About 1pm - 2pm	6 Gentle Yoga Day 1 11am - 12.20pm	7	8 Mindfulness Based Stress Reduction Workshop Day 1 10am - 12.30pm Horticultural Therapy, Level 3 Foyer, 2.30pm - 4.30pm	9
12 Something to Sing About 1pm - 2pm	13 Gentle Yoga Day 2 11am - 12.20pm	14	15 Mindfulness Based Stress Reduction Workshop Day 2 10am - 12.30pm	16 Ann Poore - Harpist 10.30am - 11.30am Horticultural Therapy, Level 3 Foyer, 2.30pm - 4.30pm
19 Look Good Feel Better 10am - 12.30pm Register Online: www.lgfb.org.au Something to Sing About 1pm - 2pm	20 Gentle Yoga Day 3 11am - 12.20pm	21 Taking Care of Your Emotional Wellbeing 10am - 12pm Brain Tumour Support Group 1pm - 3pm	22 Mindfulness Based Stress Reduction Workshop Day 3 10am - 12.30pm	23 Horticultural Therapy, Level 3 Foyer, 2.30pm - 4.30pm
26 Something to Sing About 1pm - 2pm	27 Sexual Health Consultations 10am - 2pm Call the Wellness Centre to make an appointment Gentle Yoga Day 4 11am - 12.20pm	28		

MARCH 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Mindfulness Based Stress Reduction Workshop Day 4 10am - 12.30pm Horticultural Therapy, Level 3 Foyer, 2.30pm - 4.30pm	2 Ann Poore - Harpist 10.30am - 11.30am
5 Something to Sing About 1pm - 2pm	6 Gentle Yoga Day 5 11am - 12.20pm	7 Art Therapy: Open Studio 2pm - 4pm	8 Mindfulness Based Stress Reduction Workshop Day 5 10am - 12.30pm Horticultural Therapy, Level 3 Foyer, 2.30pm - 4.30pm	9
12 Something to Sing About 1pm - 2pm	13 Gentle Yoga Day 6 11am - 12.20pm	14 Brain Tumour Support Group 11am - 1pm Art Therapy: Open Studio 2pm - 4pm	15 Mindfulness Based Stress Reduction Workshop Day 6 10am - 12.30pm Supporting Someone with Cancer 6pm - 8pm	16 Ann Poore - Harpist 10.30am - 11.30am Horticultural Therapy, Level 3 Foyer, 2.30pm - 4.30pm
19 Look Good Feel Better 10am - 12.30pm Register Online: www.lgfb.org.au Something to Sing About 1pm - 2pm	20	21 Art Therapy: Open Studio 2pm - 4pm	22 Mindfulness Based Stress Reduction Workshop Day 7 10am - 12.30pm	23 Horticultural Therapy, Level 3 Foyer, 2.30pm - 4.30pm
26 Something to Sing About 1pm - 2pm	27 Sexual Health Consultations 10am - 2pm Call the Wellness Centre to make an appointment	28 Art Therapy: Open Studio 2pm - 4pm	29 Mindfulness Based Stress Reduction Workshop Day 8 10am - 12.30pm Horticultural Therapy, Level 3 Foyer, 2.30pm - 4.30pm	30 Good Friday Wellness Centre Closed

WELLNESS AT THE ONJ CENTRE

Art Therapy Ward Referrals: Mon & Fri Acupuncture Wellness Centre - Wed PM	Clinical Psychology Wellness Centre - Mon & Wed Music Therapy Day Oncology: Tue & Wed AM	Music Therapy cont. Ward 6S & 7S - Tue & Wed PM Ward 8S - Mon, Tue & Fri	Oncology Massage Day Oncology: Tue & Thu AM Radiotherapy: Tue PM Ward 6S: Thu PM	Oncology Massage cont. Ward 7S: Tue & Thu PM Ward 8S: Mon & Tue PM Wellness Centre: Mon, Tue AM & Wed
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All programs held in Wellness Centre, unless stated otherwise. For further information contact the Wellness Centre: Phone 9496 3799, Email wellness@austin.org.au