



Olivia Newton-John

Cancer Wellness & Research Centre

June - July 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:

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 & bookings:

The Wellness Centre or call 9496 3799

WELLNESS CENTRE CLOSED

Queen's Brithday Monday 11th June

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

JUNE

Breast Cancer Research Information Evening

Tuesday 12th June, 6pm - 7.30pm

Hear from our Clinician Scientists and Researchers about the future directions of Breast Cancer Research at the Olivia Newton-John Cancer Research Institute. Please book early as places are limited.

Email: events@onjcri.org.au

Phone: 03 9496 3885

Supporting Someone with Cancer

Wednesday 20th June, 6pm - 8pm

An evening open to carers and friends of cancer patients

Topic: Demystifying Palliative Care

Registration required by 19th June.

Man Your Health: A Men's Health Forum

Friday 22nd June, 1.30pm - 3.30pm

Come and attend and hear from a range of speakers discussing topics specifically for men in an interactive forum.

Online booking: www.eventbrite.com.au

Search: **Man Your Health**

Your Legacy, Your Will

Wednesday 27th June, 10.30am - 11.30am

A guide to help you protect the quality of your life, your legacy and those who matter. Presented by Sandy Probert, Relationship Manager at State Trustees.

Registration Required.

JULY

Diet & Nutrition

Thursday 5th July, 10.30am - 12.00pm

Find out more information about diet and nutrition during and after cancer treatment. Presented by Dr Maree Brinkman, Accredited Practising Dietician at Nutrition Biomed. Registration required.

Intimacy & Cancer

Tuesday 10th July, 10.30am - 11.30am

A presentation by Simone Sheridan, Sexual

Health Nurse Consultant about how cancer and its treatment may impact intimacy. This is a general information session, individual consultations are also available for Austin Health patients.

Gentle Yoga

Tuesdays 17th July - 21st August

11am - 12.20pm

In our six week program you will learn gentle yoga techniques that you can practice at home. No yoga experience needed. For new participants only. Registration required.

Supporting Someone with Cancer

Wednesday 18th July, 6pm - 8pm

An evening open to carers and friends of cancer patients

Topic: Kitchen Table Wisdom

Registration required by 17th July.

Music for Wellness

Mondays, 9th July - 3rd September (except 23rd July) 2pm - 4pm

In the 8 weeks, Dan Tynan will support you in singing, playing and writing music. No experience needed. Registration required.

Talking to Kids about Cancer

Thursday 26th July, 10.30am - 11.30am

This is a session for adults who would like to learn strategies and tips on how to talk to kids about cancer. Presented by Sue Oldfield, Social Work Senior Clinician.

Registration required.

REGULAR ACTIVITIES

Brain Space

Tuesday 26th June & 31st July, 1.30pm - 3.30pm
Room 2A, Level 2, ONJ Centre

A monthly support group for younger people affected by brain cancer. Registration required.

Brain Tumour Support Group

Wednesday 13th June & 11th July
11am - 1pm

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.

Look Good Feel Better (LGFB)

Monday 18th June or 16th July

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

Harpist - Ann Poore

Every 1st and 3rd Friday of the Month, 10.30am - 11.30am

Listen and enjoy live harp music in the Wellness Centre.

Open Studio

Wednesdays, 2pm - 4pm (except 13th June)

Engage in creativity or learn to work with art materials alongside others to enhance self-expression and well-being. No art experience or skills necessary - an art therapist will assist you to create at your own pace.

Singing for Wellness

Mondays, 12.30pm - 1.30pm

Singing for Wellness is a patient choir led by music therapist, Dan Tynan. Connect with other patients, improve your mood and immerse yourself in harmonies. No singing experience needed. Registration is required.

Enquires or questions to the ONJ Centre Music therapist Dan.TYNAN@austin.org.au

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.

Phone: 03 9496 3799

Email: wellness@austin.org.au

Calendar inside, please open.

WHAT'S ON IN CANCER CARE CALENDAR

JUNE 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Ann Poore - Harpist 10.30am - 11.30am
4 Singing for Wellness 12.30pm - 1.30pm Music for Wellness Day 8 2pm - 4pm	5 Gentle Yoga Day 6 11am - 12.20pm	6 Open Studio 2pm - 4pm Drop ins welcome	7 Mindfulness Based Stress Reduction Workshop Day 8 10am - 12.30pm <i>Join the waitlist for the next program</i>	8
11 QUEEN'S BIRTHDAY WELLNESS CENTRE CLOSED	12 Breast Cancer Research Information Evening 6pm - 7.30pm <i>Please book early as places limited</i> Email: events@onjcri.org.au Phone 03 9496 3885	13 Brain Tumour Support Group 11am - 1pm Open Studio *Cancelled Session*	14	15 Ann Poore - Harpist 10.30am - 11.30am
11 - 17 JUNE MEN'S HEALTH WEEK				
18 Look Good Feel Better 10am - 12.30pm Register Online: www.lgfb.org.au Singing for Wellness 12.30pm - 1.30pm	19 Sexual Health Consultations 10am - 2pm Call the Wellness Centre to make an appointment	20 Open Studio 2pm - 4pm Drop ins welcome Supporting Someone with Cancer 6pm - 8pm	21	22 Man Your Health: Men's Health Forum 1.30pm - 3.30pm Register Online: www.eventbrite.com.au Search: Man Your Health
25 Singing for Wellness 12.30pm - 1.30pm	26 Brain Space Room 2A, Level 2, 1.30pm - 3.30pm	27 Your Legacy - Your Will 10.30am - 11.30am Open Studio 2pm - 4pm Drop ins welcome	28	29 !

DRY JULY 2018

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2 Singing for Wellness 12.30pm - 1.30pm	3	4 Open Studio 2pm - 4pm Drop ins welcome	5 Diet & Nutrition 10.30am - 12.00pm	6 Ann Poore - Harpist 10.30am - 11.30am
9 Singing for Wellness 12.30pm - 1.30pm Music for Wellness Day 1 2pm - 4pm	10 Intimacy & Cancer 10.30am - 11.30am	11 Brain Tumour Support Group 11am - 1pm Open Studio 2pm - 4pm Drop ins welcome	12	13
16 Look Good Feel Better 10am - 12.30pm Register Online: www.lgfb.org.au Singing for Wellness 12.30pm - 1.30pm Music for Wellness Day 2 2pm - 4pm	17 Gentle Yoga Day 1 11am - 12.20pm	18 Open Studio 2pm - 4pm Drop ins welcome Supporting Someone with Cancer 6pm - 8pm	19	20 Ann Poore - Harpist 10.30am - 11.30am
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30 Singing for Wellness 12.30pm - 1.30pm Music for Wellness Day 3 2pm - 4pm	31 Gentle Yoga Day 3 11am - 12.20pm Sexual Health Consultations 10am - 2pm Contact the Wellness Centre to make an appointment			

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: Mon & Wed AM	Music Therapy cont. Ward 6S & 7S - Mon & 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