



Olivia Newton-John

Cancer Wellness & Research Centre

August - September 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

ONJ CANCER RESEARCH INSTITUTE

Breast Cancer Research Information Evening

Tuesday 14th August, 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

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

WELLNESS WALK RESEARCH RUN

Sunday 16th September - for more info visit

www.wellnesswalkresearchrun.com.au

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

AUGUST

Living with Brain Cancer Education Program

Thursday 2nd & 9th August, 10am - 2.30pm

A two week education program offering information from experts to help make sense of cancer for you, your family and friends. You will also have the opportunity to share stories and tips with others going through a similar experience. Registration required.

Heart & Soul Matters: Exploring Meaning & Value

Friday 10th August, 11am - 12pm

Family, significant relationships, community, nature, art and music help us connect to ourselves and the world around us in a meaningful way. This group involves an exercise to discover what your personal values are and explore how you can live a meaningful life from your values. Registration required.

Getting Sorted: Legal & Financial Challenges

Thursday 16th August, 10.30am - 11.30pm

Find out more about how to navigate around legal and financial issues that come with a cancer diagnosis.

Presenter: Rhys Chamberlain, Client Services Executive, Maurice Blackburn Lawyers
Registration required.

Sleep & Cancer

Friday 24th August, 11am - 12pm

Hear from Dr Christopher Worsnop, Respiratory and Sleep Physician and Director at Austin Health's Sleep Laboratory about the relationship between sleep and cancer and strategies to manage and improve your sleep.
Registration required.

SEPTEMBER

Self-Care Workshop for Carers

Tuesday 4th September, 10.30am - 11.30am

An introductory self-care workshop run by Carer Links North to provide practical skills/tips to assist carers in their caring role.
Registration required.

Live Well: Cancer Survivorship Program

Mondays, 17th September - 8th October, 10.30am - 2pm

A four week workshop for people who have completed treatment for cancer offering practical skills, support and information. Registration required.

Myeloma Morning Tea

Wednesday 19th September, 9am - 12pm

An information morning on living with myeloma and services available to those with myeloma and their carers. Registration required.

Mindfulness-Based Stress Reduction Workshop

Information Session:

Thursday 27th September, 11am - 12pm

8 Week Program:

Thursdays, 11th October, - 6th December, 10am - 12.30pm (no session 8th November)

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.
Registration required.

REGULAR ACTIVITIES

Brain Space

Tuesday 28th August & 25th September, 1.30pm - 3.30pm

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

Brain Tumour Support Group

Wednesday 8th August & 12th September 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 13th August or 10th September 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

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 (during school term)

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

Supporting Someone with Cancer

Wednesday 15th August & 19th September 6pm - 8pm

An evening open to carers and friends of cancer patients. These sessions run on a monthly basis.

Light dinner provided, please register to attend.

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

Calender inside, please open.

WHAT'S ON IN CANCER CARE CALENDAR

AUGUST 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Open Studio 2pm - 4pm Drop ins welcome	2 Living with Cancer Education Program Week 1 10am - 2.30pm	3 Ann Poore - Harpist 10.30am - 11.30am
6 Singing for Wellness 12.30pm - 1.30pm	7 Gentle Yoga Week 4 11am - 12.20pm	8 Brain Tumour Support Group 11am - 1pm Open Studio 2pm - 4pm Drop ins welcome	9 Living with Cancer Education Program Week 2 10am - 2.30pm	10 Heart & Soul Matters: Exploring Meaning & Values 11am - 12pm
13 Look Good Feel Better 10am - 12.30pm Register Online: www.lgfb.org.au Singing for Wellness 12.30pm - 1.30pm	14 Gentle Yoga Week 5 11am - 12.20pm Breast Cancer Research Information Evening 6pm - 7.30pm <i>Please book early as places limited</i> Email: events@onjcri.org.au	15 Open Studio 2pm - 4pm Drop ins welcome Supporting Someone with Cancer 6pm - 8pm	16 Getting Sorted: Legal & Financial Challenges 10.30am - 11.30am	17 Ann Poore - Harpist 10.30am - 11.30am
20 Singing for Wellness 12.30pm - 1.30pm	21 Gentle Yoga Week 6 11am - 12.20pm *Join waitlist for next term*	22 Open Studio 2pm - 4pm Drop ins welcome	23	24 Sleep & Cancer 11am - 12pm
27 Singing for Wellness 12.30pm - 1.30pm	28 Sexual Health Consultations 10am - 2pm Call the Wellness Centre to make an appointment Brain Space 1.30pm - 3.30pm	29 Open Studio 2pm - 4pm Drop ins welcome	30	31

SEPTEMBER 2018: Wellness Walk Research Run - Sunday 16th September

Monday	Tuesday	Wednesday	Thursday	Friday
3 Singing for Wellness 12.30pm - 1.30pm	4 Self - Care Workshop for Carers 10.30am - 11.30am	5 Open Studio 2pm - 4pm Drop ins welcome	6	7 Ann Poore - Harpist 10.30am - 11.30am
10 Look Good Feel Better Room 3A, 10am - 12.30pm Register Online: www.lgfb.org.au Singing for Wellness 12.30pm - 1.30pm	11	12 Brain Tumour Support Group 11am - 1pm Open Studio 2pm - 4pm Drop ins welcome	13 Living with Advanced Prostate Cancer Education Session 1pm - 4.30pm	14
17 Live Well: Cancer Survivorship Program Week 1 10.30am - 2pm Singing for Wellness 2pm - 3pm	18	19 Myeloma Morning Tea 9am - 12pm Open Studio 2pm - 4pm Drop ins welcome Supporting Someone with Cancer 6pm - 8pm	20	21 Ann Poore - Harpist 10.30am - 11.30am
24 Live Well: Cancer Survivorship Program Week 2 10.30am - 2pm	25 Sexual Health Consultations 10am - 2pm Call the Wellness Centre to make an appointment Brain Space 1.30pm - 3.30pm	26 Open Studio 2pm - 4pm Drop ins welcome	27 Mindfulness Based Stress Reduction Program Info Session 11am - 12pm	28 AFL Grand Final Friday Wellness Centre Closed

WELLNESS AT THE ONJ

Art Therapy Ward Referrals: Mon & Fri	Clinical Psychology Wellness Centre - Mon & Wed	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
Acupuncture Wellness Centre - Wed PM	Music Therapy Day Oncology: Mon & Wed AM			