



Olivia Newton-John

Cancer Wellness & Research Centre

March - April 2019

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

Exercise

A new service for people undergoing cancer treatment. We will give you a specialised exercise program based on your cancer treatment and health needs.

Enquires:

onjexercise@austin.org.au or leave a message on 9496 9945 or 9496 9946

Outpatient Psychology

Support & assistance is available for ONJ patients and carers. Speak to the Wellness Centre to make a referral.

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

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

MARCH PROGRAMS

Bookings required unless stated otherwise

Diet & Nutrition

Monday 4th March, 10.30am - 12pm

Presenter: Dr. Maree Brinkman, Accredited Practising Dietician, Nutrition Biomed. Find out more information about diet and nutrition during and after cancer treatment.

Immune therapies and cancer

Monday 25th March, 1.30pm - 3pm

Seminar Rooms 5A and 5B, Level 5, ONJ Centre

Hosted in partnership with Counterpart.

Presenter: Prof. Jonathan Cebon, Medical Director and Head of Cancer Immunobiology Laboratory, Olivia Newton-John Cancer Research Institute.

Hear about the links between the immune system and cancer, immunotherapy and the development of new treatments that target cancer cells.

Dare to Dream Workshop

Tuesday 26th March, 9am - 3pm

For women who have recently completed their cancer treatment.

Our Dare to Dream workshop supports you to take control of your life and envision your reality by reconnecting with your hopes and dreams. Join us in a safe and nurturing space where you will have the opportunity to work out the first steps towards your future.

Mindful Clay

Friday 29th March, 1pm - 3pm

Discover the restorative and meditative benefits of working three-dimensionally with

clay. In this workshop you will be introduced to the process of engaging with this natural material through a variety of exercise before mindfully manipulating and forming a "lump of clay" into an object.

APRIL PROGRAMS

Living Well with Brain Cancer

Wednesday 27th March & 3rd April

9.30am - 12.30pm

A two week education program for people with brain cancer. Offering practical skills, support and information. Registration open.

Healing through Movement

Friday 22nd February, 10am - 12pm

Be guided through gentle improvisation and creative movement methods, uniting mind, body and spirit in a positive and light-hearted manner. Movement gives you a gentle access point to learn about yourself and the connection between mind and body. Other art modalities such as writing and drawing will be incorporated to facilitate creativity and the mind-body connection.

Live Well: Cancer Survivorship Program

Dates to be Confirmed

A four week workshop for people who have recently completed treatment for cancer. Offering practical skills, support and information. Register your interest.

WELLNESS CENTRE CLOSED

LABOUR DAY - Monday 11th March

GOOD FRIDAY - Friday 19th April

EASTER MONDAY - Monday 22nd April

ANZAC DAY - Thursday 25 April

REGULAR ACTIVITIES

Brain Tumour Support Group

Wednesday 13th March & 10th April

10.30am - 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

Monday 18th March*Full or 15th April

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

Open Studio

Wednesdays, 2pm - 4pm

Drop in and 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.

TO BOOK IN TO PROGRAMS

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

WHAT'S ON IN CANCER CARE CALENDAR

MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 BEEP (Breast Cancer Exercise Education Program) 9am - 10am
4 Diet & Nutrition 10.30am - 12pm	5 Immunotherapy Group Education 9am - 10am Gentle Yoga Week 5 11am - 12.20pm	6 Brain Cancer QandA 10.00am - 12.30pm Open Studio 2pm - 4pm Drop ins welcome	7	8
11 Labour Day Wellness Centre Closed	12 Gentle Yoga Week 6 11am - 12.20pm	13 Brain Tumour Support Group 10.30am - 1pm Open Studio 2pm - 4pm Drop ins welcome	14	15 BEEP (Breast Cancer Exercise Education Program) 9am - 10am
18 Look Good Feel Better 10am - 12.30pm	19	20 Open Studio 2pm - 4pm Drop ins welcome	21 Immunotherapy Group Education 9am - 10am	22
25 Immune Therapies and Cancer 1.30pm - 3pm Seminar room 5A&5B Level 5, ONJ Centre	26 Dare to Dream Workshop 9am - 3pm Sexual Health Consultations 10am - 2pm <i>Call the Wellness Centre to make an appointment</i>	27 Living Well with Brain Cancer Week 1 9.30am - 12.30pm Open Studio 2pm - 4pm Drop ins welcome	28	29 BEEP (Breast Cancer Exercise Education Program) 9am - 10am Mindful Clay 1pm - 3pm

APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Living Well with Brain Cancer Week 2, 9.30am - 12.30pm Open Studio 2pm - 4pm Drop ins welcome	4	5
8	9 Immunotherapy Group Education 9am - 10am	10 Brain Tumour Support Group 10.30am - 1pm Open Studio 2pm - 4pm Drop ins welcome	11	12 BEEP (Breast Cancer Exercise Education Program) 9am - 10am
15 Look Good Feel Better 10am - 12.30pm	16	17 Open Studio 2pm - 4pm Drop ins welcome	18	19 Good Friday Wellness Centre Closed
22 Easter Monday Wellness Centre Closed	23	24 Open Studio 2pm - 4pm Drop ins welcome	25 ANZAC DAY Wellness Centre Closed	26 BEEP (Breast Cancer Exercise Education Program) 9am - 10am Healing through Movement 10am - 12pm
29	30 Sexual Health Consultations 10am - 2pm <i>Call the Wellness Centre to make an appointment</i>			

WELLNESS AT THE ONJ CENTRE

Art Therapy Ward Referrals: Mon Wed & Fri Acupuncture Wellness Centre - Wed PM	Outpatient Psychology Wellness Centre - Mon & Wed Music Therapy Ward 8S: Mon, Tue, Thu & Fri	Exercise Outpatient appointments - Tues, Wed & Friday	Oncology Massage Day Oncology: Tue & Thu AM Radiotherapy: Tue AM Ward 6S: Thu PM	Oncology Massage cont. Ward 7S: Tue & Thu PM Ward 8S: Mon & Tue PM Wellness Centre: Mon AM & Wed
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