



Olivia Newton-John

Cancer Wellness & Research Centre

June - July 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 9445

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

JUNE PROGRAMS

Bookings required unless stated otherwise

Mindfulness Practice

Mondays, 2.30pm - 3.30pm

Starts Monday 17th June.

Run by ONJ Health Psychologist Dr Siân Cole, in these weekly sessions you will engage in a 30 minute mindfulness practice, education and time for discussion.

Drop in and attend sessions that suit you.

Exercise, Physical Activity & Cancer

Friday 21st June, 11am - 12.30pm

Presenter: Lachlan Terry, Exercise Physiologist.

Attend this session for a practical guide to exercising during and after treatment.

Diet & Nutrition

Monday 24th June, 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

Felting

Friday 28th June, 1pm - 3pm

The basic techniques of feltmaking are simple to learn and the possibilities endless. In this workshop you will be introduced to the felting process and have the opportunity to create your own piece of felt, use stitch to transform your artwork or make a felted vessel.

All materials supplied. Spaces are limited.

JULY PROGRAMS

Gentle Yoga

Tuesdays, 16th July - 20th 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. Limited spaces remaining

LiveWell: Cancer Survivorship Program

Mondays, 22nd July - 12th August,

10.30am - 2pm

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

Bowel & Stomach Cancer Research Information Evening

Tuesday 30th July, 6pm - 7.30pm *New date*

We extend an invitation for you to hear from our Clinician Scientists and Researchers about the future directions of Bowel and Stomach Cancer Research at the Olivia Newton-John Research Institute. Refreshments provided. Limited spaces.

To register email events@austin.org.au

Getting Sorted: Legal & Financial Challenges

Thursday 8th August, 10.30am - 12pm

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

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

REGULAR ACTIVITIES

Brain Tumour Support Group

Wednesday 12th June or 10th July

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 17th June or 15th 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

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.

WELLNESS CENTRE CLOSED

QUEEN'S BIRTHDAY - Monday 10th June

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

JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Immunotherapy Group Education 9am - 10am Gentle Yoga Week 6 11am - 12.20pm	5 Open Studio 2pm - 4pm Drop ins welcome	6	7 Ann Poore - Harpist 10.30am - 11.30am
10 Queen's Birthday Wellness Centre Closed	11	12 Chanson Blue - Acoustic Duo 9am - 11am Brain Tumour Support Group 10.30am - 1pm Open Studio 2pm - 4pm Drop ins welcome	13	14
17 Look Good Feel Better 10am - 12.30pm Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	18	19 Open Studio 2pm - 4pm Drop ins welcome	20 Immunotherapy Group Education 9am - 10am	21 BEEP (Breast Cancer Exercise Education Program) 9am - 10am Ann Poore - Harpist 10.30am - 11.30am Exercise, Physical Activity & Cancer 11am - 12.30pm
24 Diet & Nutrition 10.30am - 12pm Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	25 Sexual Health Consultations 10am - 2pm <i>Call the Wellness Centre to make an appointment</i>	26 Chanson Blue - Acoustic Duo 9am - 11am Open Studio 2pm - 4pm Drop ins welcome	27	28 Felting 1pm - 3pm

JULY 2019

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1 Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	2	3 Open Studio 2pm - 4pm Drop ins welcome	4	5 BEEP (Breast Cancer Exercise Education Program) 9am - 10am Ann Poore - Harpist 10.30am - 11.30am
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22 LiveWell: Cancer Survivorship Program Week 1 10.30am - 2pm Mindfulness Practice 2.30pm - 3.30pm	23 Gentle Yoga Week 2 11am - 12.20pm	24 Chanson Blue - Acoustic Duo 9am - 11am Open Studio 2pm - 4pm Drop ins welcome	25 Immunotherapy Group Education 9am - 10am	26
29 LiveWell: Cancer Survivorship Program Week 2 10.30am - 2pm Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	30 Gentle Yoga Week 3 11am - 12.20pm Sexual Health Consultations 10am - 2pm Bowel & Stomach Cancer Research Information Evening 6pm - 7.30pm	31 Open Studio 2pm - 4pm Drop ins welcome		

WELLNESS AT THE ONJ CENTRE

Art Therapy Ward Referrals: Mon Wed & Fri Music Therapy Ward Referrals: Tue & Thu	Acupuncture Outpatient - Wed PM Exercise Outpatient - Tues, Wed & Fri	Oncology Massage Day Oncology: Tue & Thu AM Radiotherapy: Tue AM Wards: Mon PM, Tue PM & Thu Wellness Centre: Mon, Wed & Fri	Psychology Outpatient - Mon, Wed & Fri	Sexual Health Nurse Consultations Outpatient - Last Tue of the Month, 10 am - 2pm
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