

Calendar Inside



# Olivia Newton-John

Cancer Wellness & Research Centre

May - June 2019

## What's On in Cancer Care

Wellness • Information • Support

Contact Us:

Phone: (03) 9496 3799

Email: [wellness@austin.org.au](mailto:wellness@austin.org.au)

Website: [www.onjcancercentre.org](http://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](mailto:onjexercise@austin.org.au) or leave a message on 9496 9980

### 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](mailto: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*

## MAY PROGRAMS

*Bookings required unless stated otherwise*

### Self Care Workshop for Carers

Thursday 16th May, 10am - 11.30am

Join CarerLinks North as they discuss what it means to be a carer and share practical skills/tips to assist people supporting someone with cancer.

### Bowel & Stomach Cancer Research Information Evening

Tuesday 21st May, 6pm - 7.30pm

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 spaced.

To register email [events@austin.org.au](mailto:events@austin.org.au)

### Brain Space

Tuesday 21st May, 5.30pm - 7.30pm

Topic: Exercise & Fitness - the how to & why to!

A support group for younger people with brain cancer. Come and discuss exercise and fitness with our exercise physiologist. Register and send through your questions to [wellness@austin.org.au](mailto:wellness@austin.org.au)

### Looking after yourself with Myeloma

Wednesday 29th May, 9.30am - 12.30pm

An intimate morning focusing on fatigue management, how to look after yourself emotionally and how to practice mindfulness. Morning tea provided.

Email: [lindsay.scudder@austin.org.au](mailto:lindsay.scudder@austin.org.au) or call 9496 9738.

### Expressive Writing

Friday 31st May, 10am - 12pm

In this workshop you will be introduced to

various writing exercises, approaches and prompts to creatively explore and inspire different ways of thinking, perceiving and writing about your own personal experience (or topic of choice). Health Blogging will also be explored as an opportunity to share your experiences with others. Please bring a journal to write in and a pen. Limited spaces.

## JUNE PROGRAMS

### Mindfulness Practice

Mondays, 2.30pm - 3.30pm

Starting on 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

Hear from Dr. Maree Brinkman, Accredited Practising Dietician, Nutrition Biomed. to 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 limited.

## REGULAR ACTIVITIES

### Brain Tumour Support Group

Wednesday 15th May & 12th June

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 27th May & 17th June

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](http://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](mailto:wellness@austin.org.au)

## WELLNESS CENTRE CLOSED

QUEEN'S BIRTHDAY - Monday 10th June

Calender inside, please open.

# WHAT'S ON IN CANCER CARE CALENDAR

## MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b> Ann Poore - Harpist 10.30am - 11.30am
<b>6</b>	<b>7</b> Immunotherapy Group Education 9am - 10am Gentle Yoga Week 2 11am - 12.20pm	<b>8</b> Open Studio 2pm - 4pm Drop ins welcome	<b>9</b>	<b>10</b> BEEP (Breast Cancer Exercise Education Program) 9am - 10am
<b>13</b>	<b>14</b> Gentle Yoga Week 3 11am - 12.20pm	<b>15</b> Brain Tumour Support Group 10.30am - 1pm Open Studio 2pm - 4pm Drop ins welcome	<b>16</b> Self-Care Workshop for Carers 10am - 11.30am	<b>17</b> Ann Poore - Harpist 10.30am - 11.30am
<b>20</b>	<b>21</b> Gentle Yoga Week 4 11am - 12.20pm Bowel and Stomach Cancer Research Information Evening 6pm - 7.30pm	<b>22</b> Open Studio 2pm - 4pm Drop ins welcome	<b>23</b> Immunotherapy Group Education 9am - 10am	<b>24</b> BEEP (Breast Cancer Exercise Education Program) 9am - 10am
<b>27</b> Look Good Feel Better 10am - 12.30pm	<b>28</b> Sexual Health Consultations 10am - 2pm <i>Drop ins welcome</i> Gentle Yoga Week 5 11am - 12.20pm Brain Space - support for younger people 5.30pm - 7.30pm	<b>29</b> Looking After Yourself with Myeloma 9.30am - 12.30pm Open Studio 2pm - 4pm Drop ins welcome	<b>30</b>	<b>31</b> Expressive Writing 10am - 12pm

# 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 BEEP (Breast Cancer Exercise Education Program) 9am - 10am
10 Queen's Birthday Wellness Centre Closed	11	12 Brain Tumour Support Group 10.30am - 1pm Open Studio 2pm - 4pm Drop ins welcome	13	14 Ann Poore - Harpist 10.30am - 11.30am
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 Exercise & 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 Drop ins welcome	26 Open Studio 2pm - 4pm Drop ins welcome	27	28 Felting 1pm - 3pm

## 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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