



Olivia Newton-John

Cancer Wellness & Research Centre

August - September 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

UPCOMING PROGRAMS

Bookings required unless stated otherwise

Still Life: Drawing in the Moment

Monday 26th August, 10am - 12pm

Create a still life drawing and gain skills in working with art materials using simple non-traditional drawing techniques that will help to quiet your mind, engage your imagination and release your creative potential.

Call the Plumber

Tuesday 27th August, 1pm - 3pm

Your continence and sexual function and health may be impacted by a diagnosis and treatment of cancer. You are invited to an information session on the multidisciplinary approach to care, resources and supports available to you and your partner.

Brain Space

Tuesday 27th August, 5.30pm - 7.30pm

A support group for younger people with brain cancer.

LaTCH Memory Management Program

6 week group focused on understanding changes in memory and thinking associated with cancer and treatment, and discussion of strategies for improving memory in everyday life.

More dates to be scheduled, contact us to register your interest.

Carer Health and Wellbeing

Tuesday 10th September, 10.30am - 11.30am

A session for carers, run by CarerLinks North to reflect on their general health and wellbeing; stressing the importance of carer health, reflection and assessment on health and lifestyle areas, and introducing the concept of goal setting and individual health coaching.

Expressive Movement & Painting

Friday 20th September, 10am - 12pm

Experience the freedom of using big spontaneous brushstrokes and the movement of your body to express yourself, let go of inhibitions and discover your creative flow. The emphasis is on the process of creating rather than the final artwork. No experience necessary.

Gentle Yoga

**Tuesdays, 15th October - 26th November
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. Join our waitlist.

REGULAR ACTIVITIES

Mindfulness Practice

Mondays, 2.30pm - 3.30pm

NO SESSIONS 2nd & 9th September

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 ins welcome.

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.

Brain Tumour Support Group

**Wednesday 14th August & 11th September
11am - 1.30pm**

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 19th August or 9th 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

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 contact

Suan, Admin Assistant

Phone: 03 9496 3799 or email

Email wellness@austin.org.au

WHAT'S ON IN CANCER CARE CALENDAR

AUGUST 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			1 LaTCH PM Group Week 3 1.30pm - 3.30pm	2 BEEP (Breast Cancer Exercise Education Program; closed session) 9am - 10am
5 LiveWell: Cancer Survivorship Program Week 3 10.30am - 2pm Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	6 Immunotherapy Group Education (closed session) 9am - 10am Gentle Yoga Week 4 11am - 12.20pm	7 Chanson Blue - Acoustic Duo 9am - 11am Open Studio 2pm - 4pm Drop ins welcome	8 Getting Sorted: Legal & Financial Challenges 10.30am - 12pm LaTCH PM Group Week 4 1.30pm - 3.30pm	9
12 LiveWell: Cancer Survivorship Program Week 4 10.30am - 2pm Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	13 Gentle Yoga Week 5 11am - 12.20pm	14 Brain Tumour Support Group 11am - 1.30pm Open Studio 2pm - 4pm Drop ins welcome	15 LaTCH PM Week 5 1.30pm - 3.30pm	16 BEEP (Breast Cancer Exercise Education Program; closed session) 9am - 10am Ann Poore - Harpist 10.30am - 11.30am
19 Look Good Feel Better 10am - 12.30pm Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	20 Gentle Yoga Week 6 11am - 12.20pm	21 Chanson Blue - Acoustic Duo 9am - 11am Open Studio 2pm - 4pm Drop ins welcome	22 Immunotherapy Group Education (closed session) 9am - 10am LaTCH PM Group Week 6 1.30pm - 3.30pm	23
26 Still Life: Drawing in the Moment 10am - 12pm Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	27 Call the Plumber 1pm - 3pm Brain Space - support for Younger People 5.30pm - 7pm	28 Open Studio 2pm - 4pm Drop ins welcome	29	30 BEEP (Breast Cancer Exercise Education Program; closed session) 9am - 10am

SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>No Mindfulness Practice</i>	3	4 Chanson Blue - Acoustic Duo 9am - 11am Open Studio 2pm - 4pm Drop ins welcome	5	6 Ann Poore - Harpist 10.30am - 11.30am
9 Look Good Feel Better 10am - 12.30pm <i>No Mindfulness Practice</i>	10 Immunotherapy Group Education (closed session) 9am - 10am Carer Health and Wellbeing 10.30am - 11.30am	11 Brain Tumour Support Group 11am - 1.30pm Open Studio 2pm - 4pm Drop ins welcome	12	13 BEEP (Breast Cancer Exercise Education Program; closed session) 9am - 10am
16 Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	17	18 Chanson Blue - Acoustic Duo 9am - 11am Open Studio 2pm - 4pm Drop ins welcome	19	20 Ann Poore - Harpist 10.30am - 11.30am Expressive Movement & Painting 10am - 12pm
23 Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	24	25 Open Studio 2pm - 4pm Drop ins welcome	26 Immunotherapy Group Education (closed session) 9am - 10am	27 Wellness Centre Closed <i>AFL Grand Final Friday</i>
30 Mindfulness Practice 2.30pm - 3.30pm 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 - Fri	Psychology Outpatient - Mon, Wed & Fri	Sexual Health Nurse Consultations Outpatient - Last Tue of the Month, 10 am - 2pm
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