



# Olivia Newton-John

Cancer Wellness & Research Centre

January - February 2020

## 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 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](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*

## UPCOMING PROGRAMS

*Bookings required unless stated otherwise*

### **Mindfulness-Based Stress Reduction: Information Session**

Friday 31st January, 11am - 12pm

*8 week program begins Friday 14th February 10.15am - 12.30pm*

Attend the information session to find out more about 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 essential.

### **Gentle Yoga**

Tuesdays, 18th February - 24th March, 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.

### **Carer Drop in Morning Tea**

Tuesday 11th February, 10.30am - 12pm

For carers supporting patient with cancer diagnosis. Drop in and engage with staff and others over morning tea.

### **Carer Support: Access and Information**

Thursday 12th March, 10.30am - 12pm

For carers supporting patient with cancer diagnosis. Opportunity to learn about and discuss carer support services and engage with staff.

您是說普通話或廣東話的癌症患者或照顧者嗎?  
2020年 3月 2日, 星期一, 10.30am - 12pm

誠邀您來參加本院健康中心(Wellness Centre)舉辦的早茶活動, 為您提供中文信息和支持。我們的醫務人員以及維省新生會的社工將會解答您的疑問。

## REGULAR ACTIVITIES

### **Mindfulness Practice**

Mondays, 2.30pm - 3.30pm

*Resumes Monday 3rd February with new start time of 11.30am - 12.30pm*

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

*Resumes Wednesday 22nd January*

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 15th January & 12th February 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 20th January & 17th February 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)

## Upcoming Sessions

### **Join the interest list for following sessions:**

Diet & Nutrition

Getting Sorted: Legal & Financial Challenges

## RESEARCH PROJECT

The Psycho-Oncology research unit at the ONJ Centre is running a project to better understand the experience of cancer patients and their families.

We want to know about your experiences hearing about, accessing and using support services (such as support groups, information, wellness centres), so we can improve the services provided. We also want to find out if other services are needed.

Who can participate?

Anyone diagnosed with cancer in the last 5 years, from an Arabic, Mandarin-speaking Chinese, or Greek background can participate. We also want to hear from family members and carers of people with cancer. We are inviting you to tell us about the support you had and the support you would have liked.

**For more information please contact Natalie by email [wellness@austin.org.au](mailto:wellness@austin.org.au) or call 9496 9978**

## 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**

**P:** 03 9496 3799

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

# WHAT'S ON IN CANCER CARE CALENDAR

## JANUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <i>New Year's Day</i>	2	3
6 <i>Wellness Centre reopens</i>	7	8	9 Immunotherapy Group Education (closed session) 9am - 10am	10
13	14	15 Brain Tumour Support Group 11am - 1.30pm	16	17 BEEP (Breast Cancer Exercise Education Program; closed session) 9am - 10am
20 Look Good Feel Better 10am - 12.30pm Register: <a href="http://www.lgfb.org.au">www.lgfb.org.au</a>	21	22 LaTCH Booster Session 10am - 12pm Open Studio 2pm - 4pm <i>Drop ins welcome</i>	23 Immunotherapy Group Education (closed session) 9am - 10am	24
27 <i>Australia Day Wellness Centre Closed</i>	28 Sexual Health Consultations 10am - 2pm <i>Call the Wellness Centre to make an appointment</i>	29 Open Studio 2pm - 4pm <i>Drop ins welcome</i>	30	31 BEEP (Breast Cancer Exercise Education Program; closed session) 9am - 10am Mindfulness-Based Stress Reduction Workshop Information Session 11am - 12pm

# FEBRUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Mindfulness Practice</b> 11.30am - 12.30pm Drop ins welcome	<b>4</b>	<b>5</b> <b>Open Studio</b> 2pm - 4pm Drop ins welcome	<b>6</b> <b>Immunotherapy Group Education</b> (closed session) 9am - 10am	<b>7</b>
<b>10</b> <b>Mindfulness Practice</b> 11.30am - 12.30pm Drop ins welcome	<b>11</b> <b>Carers Morning tea</b> 10.30am - 12pm Drop ins welcome	<b>12</b> <b>Brain Tumour Support Group</b> 11am - 1.30pm <b>Open Studio</b> 2pm - 4pm Drop ins welcome	<b>13</b>	<b>14</b> <b>BEEP (Breast Cancer Exercise Education Program; closed session)</b> 9am - 10am <b>Mindfulness-Based Stress Reduction Workshop Week 1</b> 10.15am - 12.30pm
<b>17</b> <b>Look Good Feel Better</b> 10am - 12.30pm Register: <a href="http://www.lgfb.org.au">www.lgfb.org.au</a> <b>Mindfulness Practice</b> 11.30am - 12.30pm Drop ins welcome	<b>18</b> <b>Gentle Yoga Week 1</b> 11am - 12.20pm	<b>19</b> <b>Open Studio</b> 2pm - 4pm Drop ins welcome	<b>20</b>	<b>21</b> <b>Mindfulness-Based Stress Reduction Workshop Week 2</b> 10.15am - 12.30pm
<b>24</b> <b>Mindfulness Practice</b> 11.30am - 12.30pm Drop ins welcome	<b>25</b> <b>Gentle Yoga Week 2</b> 11am - 12.20pm <b>Sexual Health Consultations</b> 10am - 2pm <i>Call the Wellness Centre to make an appointment</i>	<b>26</b> <b>Open Studio</b> 2pm - 4pm Drop ins welcome	<b>27</b>	<b>28</b> <b>BEEP (Breast Cancer Exercise Education Program; closed session)</b> 9am - 10am <b>Mindfulness-Based Stress Reduction Workshop Week 3</b> 10.15am - 12.30pm

## WELLNESS AT THE ONJ CENTRE

<b>Art Therapy</b> <b>Ward Referrals:</b> Mon, Wed & Fri <b>Music Therapy</b> <b>Ward Referrals:</b> Tue & Thu	<b>Acupuncture</b> <b>Outpatient</b> - Wed PM <b>Exercise</b> <b>Outpatient</b> - Mon, Tue, Wed & Fri	<b>Oncology Massage</b> <b>Day Oncology:</b> Tue & Wed AM <b>Radiotherapy:</b> Tue AM <b>Wards:</b> Mon, Tue & Wed PM, Fri All day <b>Wellness Centre:</b> Mon - Fri	<b>Psychology</b> <b>Outpatient</b> - Mon, Wed & Fri	<b>Sexual Health Nurse Consultations</b> <b>Outpatient</b> - Last Tue of the Month, 10 am - 2pm
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All programs held in Wellness Centre, unless stated otherwise. For further information contact the Wellness Centre: Phone 9496 3799, Email [wellness@austin.org.au](mailto:wellness@austin.org.au)