



Olivia Newton-John

Cancer Wellness & Research Centre

November - December 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

Gentle Yoga

Tuesdays, 15th October - 3rd December
11am - 12.20pm

Register interest for 2020 program.

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.

Creativity & Support Group

Tuesdays 22nd October – 3rd December
1pm – 3pm

Explore your creativity, thoughts, feelings and experiences through supportive group conversations and creative expression using a variety of art materials.

The 6 week program is facilitated by a Registered Art Therapist - No art experience needed – explore your creativity & enjoy the support of others!

LaTCH Memory Management Program

Wednesdays, 23rd October - 27th November
10am - 12pm

Register interest for 2020 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 for people who have recently completed their cancer treatment.

Kitchen Table Wisdom for Families Affected by Brain Cancer

Monday 18th November, 6pm - 8pm

Come and meet other carers & families, ask questions, discuss ideas and tips for supporting you and your loved one with brain cancer.

Caring for the Carer: Practical Ways to Support Carer Health and Wellbeing

Thursday 21st November, 10.30am - 12pm

This session will cover areas such as sleep, nutrition and physical activity and importance of

good health and wellbeing for the caring role. This session will be both informative and interactive and provide participants with some “tips and tricks” to focus on their health and wellbeing. It is also an opportunity to meet other carers who are also connected with ONJ Centre.

The Fatigue Factor: Brain Cancer Specific

Thursday 28th November, 10am - 12.30pm

This workshop session will provide you with the facts about Brain Tumour specific fatigue, discuss strategies and make a plan to help you maximise your energy levels on a day to day basis.

Song writing: “What a Wonderful World”

Thursday 28th November 1pm - 3pm

Learn how to put words to music with our Music Therapist, Kate, in this single-session song writing workshop. This uplifting workshop is an opportunity to share with others, explore joy and wonder, and express yourself through music. No musical experience required, just a willingness to try something new.

Christmas and the Caring Role : Reflecting, Planning & Preparing

Tuesday 10th December , 10.30am – 12pm

Times of significance such as Christmas can present a range of feelings and practical considerations for carers both in the lead up, and for the actual event. This session will look at the Christmas period and the caring journey and explore ways you can manage this time of year in both a practical and emotional sense. Join with us and meet other carers whilst enjoying some Christmas treats. Registration required.

Collage, Mixed Media & Narratives

Monday 16th December, 1pm - 3pm

Learn how to use mixed media, collage and narrative as a form of storytelling and self-expression. Art can express so much; it can capture a moment in time, a feeling, a hope or a dream. It can express an emotion or desire,

and it can be pure fun and play! No previous art experience necessary!

REGULAR ACTIVITIES

Mindfulness Practice

Mondays, 2.30pm - 3.30pm

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

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 13th November & 11th December
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 11th November or 9th December
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**

P: 03 9496 3799

E: wellness@austin.org.au

WHAT'S ON IN CANCER CARE CALENDAR

NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Ann Poore - Harpist 10.30am - 11.30am
4 Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	5 Wellness Centre Closed <i>Melbourne Cup Day</i>	6 LaTCH Memory Group Week 3 10am - 12pm Open Studio 2pm - 4pm Drop ins welcome	7	8 BEEP (Breast Cancer Exercise Education Program; closed session) 9am - 10am
11 Look Good Feel Better 10am - 12.30pm Register: www.lgfb.org.au Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	12 No Gentle Yoga Session Creativity & Support Group Week 3 1pm - 3pm	13 Brain Tumour Support Group 11am - 1.30pm LaTCH Memory Group Week 4 10am - 12pm, Room 3A Open Studio 2pm - 4pm Drop ins welcome	14	15 Ann Poore - Harpist 10.30am - 11.30am
18 Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome Kitchen Table Wisdom for Families Affected by Brain Cancer 6pm - 8pm	19 Gentle Yoga Week 4 11am - 12.20pm Creativity & Support Group Week 4 1pm - 3pm	20 LaTCH Memory Group Week 5 10am - 12pm Open Studio 2pm - 4pm Drop ins welcome	21 Immunotherapy Group Education (closed session) 9am - 10am Caring for the Carer : Practical Ways to Support Carer Health and Wellbeing 10.30am - 12pm	22 BEEP (closed session) 9am - 10am
25 Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	26 Gentle Yoga Week 5 11am - 12.20pm Creativity & Support Group Week 5 1pm - 3pm	27 LaTCH Memory Group Week 6 10am - 12pm, Open Studio 2pm - 4pm Drop ins welcome	28 The Fatigue Factor: Brain Cancer Specific 10am - 12.30pm Song writing: "What a Wonderful World" 1pm - 3pm	29

DECEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	3 Gentle Yoga Week 6 11am - 12.20pm Creativity & Support Group Week 6 1pm - 3pm	4 Open Studio 2pm - 4pm Drop ins welcome	5	6 BEEP (Breast Cancer Exercise Education Program; closed session) 9am - 10am Ann Poore - Harpist 10.30am - 11.30am
9 Look Good Feel Better 10am - 12.30pm Register: www.lgfb.org.au Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	10 Immunotherapy Group Education (closed session) 9am - 10am Christmas and the Caring Role : Reflecting, Planning & Preparing 10.30am - 12pm	11 Brain Tumour Support Group 11am - 1.30pm Open Studio 2pm - 4pm Drop ins welcome	12	13
16 Collage, Mixed Media & Narratives 1pm - 3pm Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	17	18 Brain Tumour Support Group 11am - 1.30pm Open Studio 2pm - 4pm Drop ins welcome	19	20 BEEP (Breast Cancer Exercise Education Program; closed session) 9am - 10am Ann Poore - Harpist 10.30am - 11.30am
23	24 <i>Christmas Eve</i>	25 <i>Christmas Day</i>	26	27
30	31 <i>New Year's Eve</i>	WELLNESS CENTRE CLOSED - CHRISTMAS AND NEW YEAR'S BREAK TUESDAY 24TH DECEMBER - FRIDAY 3RD JANUARY		

WELLNESS AT THE ONJ CENTRE

Art Therapy Ward Referrals: Mon, Wed & Fri Music Therapy Ward Referrals: Tue & Thu	Acupuncture Outpatient - Wed PM Exercise Outpatient - Mon, Tue, Wed & Fri	Oncology Massage Day Oncology: Tue & Wed AM Radiotherapy: Tue AM Wards: Mon, Tue & Wed PM, Fri All day 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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