



Olivia Newton-John

Cancer Wellness & Research Centre

September - October 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

Carer Health and Wellbeing

Tuesday 10th September, 10.30am - 11.30am

A session for family members, partners and carers. Run by CarerLinks North, the session will help you reflect on your 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. Register by 6th September.

“Foggy” thinking after cancer? It’s not all chemo-brain.

Wednesday 18th September, 11.30am - 12.30pm

Changes in memory and thinking are common after cancer and its treatment. Professor Carlene Wilson, Prof. of Psych-Oncology, Olivia Newton-John Cancer Wellness & Research Centre & La Trobe University and Dr Kerryn Pike, Senior Research Fellow and Clinical Neuropsychologist, La Trobe University will discuss the type of cognitive difficulties usually seen after cancer and the reasons why they occur.

They will also discuss what you can do about it and provide information about the LaTCH memory group program offered through the Olivia Newton-John Cancer Wellness & Research Centre.

Expressive Movement and 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.

The Fatigue Factor: Brain Cancer Specific

Wednesday 2nd October, 10am - 12pm

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

Gentle Yoga

Tuesdays, 15th October - 26th November
11am - 12.20pm (no session 5th November)

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.

Living with Metastatic Breast Cancer

Thursday 17th October, 9.45am - 2.15pm

Join us for a day of information, discussion, sharing and connecting. You are welcome to come for all or part of the day. This event is organised in partnership with Counterpart - women supporting women with cancer.

Finding the Rhythm Within: Expressive Writing Workshop #2

Friday 25th October, 10.30am - 12.30pm

The health benefits of engaging in expressive writing are well documented. 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). New participants welcome! Please bring a journal to write in and a pen.

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 11th September & 9th October
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 9th September or 14th October
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

WELLNESS CENTRE CLOSED

Friday 27th September - AFL Grand Final Friday

WHAT'S ON IN CANCER CARE CALENDAR

SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><i>No Mindfulness Practice</i></p>	<p>3</p>	<p>4</p> <p>Chanson Blue - Acoustic Duo 9am - 11am</p> <p>Open Studio 2pm - 4pm</p> <p>Drop ins welcome</p>	<p>5</p>	<p>6</p> <p>BEEP (Breast Cancer Exercise Education Program; closed session) 9am - 10am</p> <p>Ann Poore - Harpist 10.30am - 11.30am</p>
<p>9</p> <p>Look Good Feel Better 10am - 12.30pm Register: www.lgfb.org.au</p> <p><i>No Mindfulness Practice</i></p>	<p>10</p> <p>Immunotherapy Group Education (closed session) 9am - 10am</p> <p>Carer Health and Wellbeing 10.30am - 11.30am</p>	<p>11</p> <p>Brain Tumour Support Group 11am - 1.30pm</p> <p>Open Studio 2pm - 4pm</p> <p>Drop ins welcome</p>	<p>12</p>	<p>13</p>
<p>16</p> <p>Mindfulness Practice 2.30pm - 3.30pm</p> <p>Drop ins welcome</p>	<p>17</p>	<p>18</p> <p>Chanson Blue - Acoustic Duo 9am - 11am</p> <p>"Foggy" thinking after cancer? It's not all chemo-brain 11.30am - 12.30pm</p> <p>Open Studio 2pm - 4pm</p> <p>Drop ins welcome</p>	<p>19</p>	<p>20</p> <p>Ann Poore - Harpist 10.30am - 11.30am</p> <p>BEEP (closed session) Level 3, Room 3A, 9am - 10am</p> <p>Expressive Movement & Painting 10am - 12pm</p>
<p>23</p> <p>Mindfulness Practice 2.30pm - 3.30pm</p> <p>Drop ins welcome</p>	<p>24</p>	<p>25</p> <p>Open Studio 2pm - 4pm</p> <p>Drop ins welcome</p>	<p>26</p> <p>Immunotherapy Group Education (closed session) 9am - 10am</p>	<p>27</p> <p>Wellness Centre Closed <i>AFL Grand Final Friday</i></p>
<p>30</p> <p>Mindfulness Practice 2.30pm - 3.30pm</p> <p>Drop ins welcome</p>				

OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Chanson Blue - Acoustic Duo 9am - 11am The Fatigue Factor: Brain Cancer Specific 10am - 12pm Open Studio 2pm - 4pm Drop ins welcome	3	4 Ann Poore - Harpist 10.30am - 11.30am
7 Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	8 Immunotherapy Group Education (closed session) 9am - 10am	9 Brain Tumour Support Group 11am - 1.30pm Open Studio 2pm - 4pm Drop ins welcome	10	11 BEEP (Breast Cancer Exercise Education Program; closed session) 9am - 10am
14 Look Good Feel Better 10am - 12.30pm Register: www.lgfb.org.au Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	15 Gentle Yoga Week 1 11am - 12.20pm	16 Chanson Blue - Acoustic Duo 9am - 11am Open Studio 2pm - 4pm Drop ins welcome	17 Living with Metastatic Breast Cancer 9.45am - 2.15pm	18 Ann Poore - Harpist 10.30am - 11.30am
21 Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	22 Gentle Yoga Week 2 11am - 12.20pm	23 Open Studio 2pm - 4pm Drop ins welcome	24 Immunotherapy Group Education (closed session) 9am - 10am	25 BEEP (closed session) 9am - 10am Finding the Rhythm Within: Expressive Writing Workshop #2 10.30am - 12.30pm
28 Mindfulness Practice 2.30pm - 3.30pm Drop ins welcome	29 Gentle Yoga Week 3 11am - 12.20pm	30 Open Studio 2pm - 4pm Drop ins welcome	31	

WELLNESS AT THE ONJ CENTRE

Art Therapy Ward Referrals: Mon Wed & Fri	Acupuncture Outpatient - Wed PM	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
Music Therapy Ward Referrals: Tue & Thu	Exercise Outpatient - Tues, Wed & Fri			