

Cancer Support Centre Launceston

E-Bulletin



November 2017

Lunch with Friends

Next lunch date for anyone affected by cancer

Date: Wednesday 15 November

Time -12.00-2.00

RSVP for catering Tuesday 12/11 please

Email us at cscl@cancertas.org.au or call the Centre



Life after treatment: information for men

You're invited to Cancer Council Tasmania's first half-day workshop for men with a cancer diagnosis, focusing on diet and nutrition, exercise, and emotional wellbeing.

Come and find out how to manage your future health from experts in their field how Cancer Council Tasmania can support you.

Sessions are designed for men who have completed initial treatment. Partners and carers/ friends are also welcome to attend.

Date: Wednesday 8 November

Time :9.00-12.15 (Light refreshments provided)

Need more information? Call the Centre and ask for Richard.(Wed- Fri)

Men's Basic Cooking

New and old members welcome to join us for a friendly get together sharing some easy to prepare recipes followed by lunch .

Date : TBC

Time : 10.30 -1.30

Need more information? Call the Centre, ask for Richard.(Wed- Fri).



Centrelink holds regular info sessions at the Centre

Offering a range of advice, payments and services for people with a cancer diagnosis. Call us if you would like to arrange an appointment in our friendly, welcoming environment.

More information? Call the Centre and ask for Richard.(Wed- Fri)



Support Groups for men

It's broadly known that often men are less likely to seek help or support in difficult circumstances. If you or someone you know might be interested in our support groups for men only and would like an opportunity to connect with other men in the same situation and hear from health professionals

More information? Call the Centre and ask for Richard.(Wed- Fri)



Programs and Activities

For any inquiries about our programs or activities please call us on 6779 1100

Living Well After Cancer (Men only)

Cancer Council Tasmania's first half-day workshop for men with a cancer diagnosis which will focus on diet and nutrition, exercise, and emotional wellbeing. Come and find out how to manage your own future health from experts in their field and also how Cancer Council Tasmania can support you.

Date: Wednesday 8 November

Time : 9.00-12.15

Contact Richard (**Registration required**)

Therapeutic Massage

We have appointments available for those with a current cancer diagnosis who might benefit from a relaxing massage before the 'Christmas Crazies.' If you would like an appointment please call the Centre.

Wig Service

Our **free** service is available to Tasmanians experiencing hair loss as a result of their cancer treatment. Pop in anytime and choose a suitable wig from our extensive range. New wigs arrive regularly.

Prostamates (Men's Cancer Support Group)

A supportive, educative group for men diagnosed with prostate cancer (and their partners). Group meets on the second Thursday of alternate months. Next meeting Thursday 14 December Contact Richard (**Registration required**)

Gynae Cancer Support Group

A chance to share your story and gain helpful support from people who understand. Group meets on the second Thursday of each month. Contact Megan (**Registration required**)

Coffee and Craft Group

A casual, friendly fortnightly get together. Bring your own project or learn something new. Group meets on the second and fourth Thursday of each month. **All welcome.**

Seize the Day Awards Scholarships 2018

The Seize the Day Awards Scholarships are offering up to \$30,000 to assist with post-secondary education costs for young Tasmanians whose lives are affected by cancer, either directly or indirectly.

If you're a Tasmanian aged between 16-25, have been affected by cancer directly, or through an immediate family member, and are pursuing further education you're eligible to apply.



The Awards (\$500-\$2000) go towards costs such as course fees, textbooks, stationery, course equipment, transport and accommodation.

The Seize the Day Awards Scholarships are offered as part of Cancer Council Tasmania's **cancer+** program, which support families with children, adolescents and young adults with cancer, survivors of childhood cancer and the professionals who care for them

Awards open on Wednesday 1 November and close on Friday 9 March 2018

For more information, contact the **cancer+** Coordinator at cancer+@cancertas.org.au or call 6169 1916.

What's on in November?

Wednesday	1	Unicorn Foundation Support Group
Thursday	2	Breast and Gynaecological Cancer Support Group Seize the Day Launch
Friday	3	Mindful Self Compassion
Monday	6	Recreation Day - Centre closed
Wednesday	8	Life After Treatment – Men Only
Thursday	9	Gynaecological Cancer Support Group Coffee and Craft
Friday	10	Mindful Self Compassion
Monday	13	Massage
Tuesday	14	Look Good Feel Better
Wednesday	15	Lunch with Friends
Friday	17	Leukemia Foundation patient information session Mindful Self Compassion
Thursday	23	Coffee and Craft
Friday	24	Mindful Self Compassion
Monday	30	Massage

Please don't hesitate to call the Centre on 6779 1100 or pop into 69 Howick street Launceston if you'd like any further information on any of the services provided by Cancer Council Tasmania.

To subscribe or unsubscribe from this newsletter please email Georgina at csci@cancertas.org.au