

WHAT'S ON IN OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 Walking Group 10-11am Coffee Club 11am Games Group 11-12.30pm
5 Centrelink By Appointment only	6 Tai Chi 11am and 3.15pm Massage 10-11am Appt only Womens Cancer Support Group 1 - 2.30pm	7 Exercise Physiology, strength and balance 2-3pm	8 Men's Cancer Support Group 10am-12pm Craft Group 1.30-3pm	9 Walking Group 10-11am Coffee Club 11am
12	13 Massage 10-11am Appt only	14	15	16 Walking Group 10-11am Coffee Club 11am
19 Centrelink By Appointment only	20 Tai Chi 11am and 3.15pm Massage 10-11am App only Reflexology Appt only	21 Exercise Physiology, strength and balance 2-3pm	22 Craft Group 1.30-3pm	23 Walking Group 10-11am Coffee Club 11am
26	27 Tai Chi 11-12pm Massage 10-11am Appt only Look Good Feel Better 10-12pm	28 Exercise Physiology, strength and balance 2-3pm	29	30

NORTHERN CANCER SUPPORT SERVICES

Services

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Transport from home to treatment by referral

FINANCIAL

Financial assistance program - referral online by treatment team

PRO BONO SERVICE

For legal, financial and workplace advice

CENTRELINK

Appointments with a Centrelink Engagement Officer for advice on anything related to Services Australia

WIG SERVICE

Free wigs and turbans

COUNSELLOR

By referral for anyone impacted by cancer - eligibility criteria applies

Programs and Activities

Tai Chi

Ancient Chinese movement therapies that combines gentle and specific movements and focussed breathing to assist with balance, strength and stability in the body.

Exercise Physiology

Exercise that helps rebuild strength, manage side effects of treatment, build confidence and improve energy and wellbeing.

Programs and Activities continued

Oncology Massage

A specific massage for oncology patients that can induce a deep state of relaxation and assist with physical and emotional discomfort.

Reflexology

A type of massage specific to feet and /or hands that can provide a deeply relaxing experience throughout the whole body.

Walking Group

Meet up at scheduled destinations for peer support and gentle accessible walks in different locations.

Craft Group

Informal meet up and peer support with personal craft activity.

Wendy's Games Group

Peer support utilising card and board games.

Living well with cancer

4 week cancer survivorship program designed to improve wellbeing, physical fitness and manage side effects of treatment.

Cancer peer support groups

For people diagnosed with cancer to meet and share experiences in a confidential and safe environment, facilitated by supportive care staff and volunteers.

**** Please check monthly calendar for details of what is on in your region ****