



Cancer Wellness Program Newsletter

Edition 1- March 2024

Welcome to the Cancer and Wellness Centre

The Cancer and Wellness Centre is designed as a welcoming and tranquil space that provides support and care for patients, carers and community attending Echuca Regional Health Cancer and Wellness Centre.

Visitors can use this space to

- Rest and sit in comfortable chairs, lounges and quiet spaces.
- Read from the library stocked with books.
- Make use of the complimentary tea and coffee.
- Whilst waiting for appointments participate in mindful activities on offer.
- Find information about a range of cancer and wellness related topics.
- Enquire about our donated items.
- Learn about support groups, education workshops and other services.

Wellness Centre Program

The Cancer Wellness Program looks to include a range of complementary therapies and programs to assist in symptom relief and to improve the physical, mental and spiritual wellbeing of patients and carers.

The program activities that will look to begin on the timetable include Gentle Yoga and Mindful Movement, Relaxation and Mindfulness, Cancer Exercise Program, Lymphoedema Education Program and workshops "Look Good Feel Better" and Cancer Council "Managing Cancer" and "Cancer Wellness" Programs.

Introducing Jo Webb- Wellness Centre Program Coordinator

Jo has joined the Cancer and Wellness Centre as the Wellness Centre Program Coordinator and has a background in social work, education, health promotion, yoga, body balance, pilates and group fitness. Jo is looking forward to setting up and coordinating wellness programs and complementary therapies for cancer patients. Jo works on a Mon 8.30-4/Tues/Thurs 8.30-3.30pm and can be contacted via email wellnesscentreprogram@erh.org.au or phone (03) 54452426.

Look Good Feel Better Workshops



Look Good Feel Better is a free national community service program, run by the Cancer Patients Foundation, dedicated to teaching cancer patients how to manage the appearance-related side-effects caused by cancer treatment. The workshops are free of charge and aim to assist women, men and teens to face cancer with confidence. The workshop covers skincare, make up techniques and offer advice on headwear options, including scarf styling and wig selection. Participants will receive a Confidence Kit that includes donated skincare and make-up products to use as tools for application throughout the workshop, and for continued use in the home.

2024 dates available at Echuca Regional Health Cancer and Wellness Centre are;

Tuesday 5th March, 7th May, 3rd September and 12th November 9.30-12pm.



Look Good Feel Better Men's program will offer tips and techniques for dealing with changes to skin, hair and nails as a result of cancer treatment and will be on Tuesday 16th July 9.30-12 pm.

Registrations are essential and can be done by scanning the QR code on the attached flyer date of preference or call 1800 650 960 or visit [Workshop registration - Look Good Feel Better \(lgfb.org.au\)](https://www.lgfb.org.au)

For more information about the Look Good Feel Better programs please visit About our program - Look Good Feel Better (lgfb.org.au)



Cancer Education Programs: 2024 Information and Dates



Cancer Education Programs are group based supportive care and education programs developed for those affected by cancer, their carers, families and friends. The programs provide information, education, practical strategies and the opportunity for participants to connect with others affected by cancer. There are two programs on offer to support people as they move through their cancer experience – the Managing Cancer and Cancer Wellness programs. Programs are co-facilitated by health professionals, who are trained by Cancer Council Victoria to deliver these programs in their health service.

Managing Cancer March 20th 2024 10-2pm

Cancer Wellness 19th June 10-2pm

Managing Cancer 18th September 10-2pm

Cancer Wellness 13th November 10-2pm

[Cancer Education Programs \(CEP\) 2024 schedule - Cancer Council Victoria \(cancervic.org.au\)](https://cancervic.org.au)

For more information about the program and to register please contact Jo Webb on wellnesscentreprogram@erh.org.au or phone (03) 54452426.



Gentle Yoga and Mindful Movement

Monday 10-11am



In this class you will practice a gentle, mindful style yoga using a combination of movements and flows, breathwork and guided meditation to soothe the nervous system and support both emotional and physical wellbeing. Welcome to stay for a cuppa and chat after class.

Appropriate for all abilities and at any stage of your cancer diagnosis or treatment. You may choose to follow the class on a mat or chair, depending on how you are feeling and how deeply you wish to move into your physical practice. You can also use this class, as an opportunity to take an hour to yourself, to visualise the movements and practice the meditation. Enjoy a cuppa and chat after the class.

What is required

Wear comfortable clothing and bring along a water bottle.

Option to bring an eye pillow and blanket for the meditation.

An intake assessment is required prior to starting the program.

Yoga mats, blocks and bolsters are provided.

Location and Bookings

Cancer and Wellness Centre, 232 Service Street, Echuca 3564. Please contact Jo Webb, Wellness Centre Program Coordinator on 54452426 or via email:

wellnesscentreprogram@erh.org.au to book. Maximum of 10 participants.

Program runs during school terms and booking considerations apply.



Relaxation and Mindfulness



Tuesday 2-2.45pm

Relaxation sessions incorporating relaxation, mindfulness, breathing methods and meditation techniques to help:

Create a sense of wellbeing and support ability to relax

Build resilience

Balance emotions

Support the immune system

What is required:

Wear comfortable clothing with option to bring an eye pillow and blanket. Sessions run for approximately 30mins with option to stay for a cuppa at the end.

Location/ Bookings

Cancer and Wellness Centre, 232 Service Street, Echuca 3564.

Please contact Wellness Centre Program Coordinator Jo Webb on 54452426 or via email: wellnesscentreprogram@erh.org.au to book. Maximum of 10 participants.



Cancer Exercise Group Program

If you have cancer, or are having treatment or recovering, you may think that you just need rest. But research shows that exercise benefits most people with cancer before, during and after treatment.

Many people with cancer lose fitness, muscle mass and strength, and find it harder to do normal everyday tasks. Exercise can improve physical function and fatigue and help you regain strength to get back to your daily activities.



Benefits of exercise:

- improve how you respond to treatment (for some cancers)
- reduce the risk and severity of side effects of cancer treatments
- help with recovery from treatment by increasing energy levels, reducing treatment-related muscle loss, strengthening bones, and improving mobility and balance
- improve sleep and fatigue, and relieve stress, anxiety and depression
- reduce the risk of some cancers coming back, including breast, prostate, bowel and endometrial (uterine) cancers
- boost mood and self-esteem
- offer new ways to meet people and socialise

The Cancer Exercise Group runs twice per week for a total of 8 weeks.
Monday & Thursday 1.30-2.30pm

- It includes 60 mins of exercise lead by an Exercise Physiologist/ Physiotherapist.
- Prior to attending the group, you will complete an initial assessment, once you have completed the 8-week program you will be reassessed
- Maximum of 8 patients at any given time.
- Group exercise sessions will include aerobic, strength, flexibility and balance exercises.

For information and to discuss referral process please contact Echuca Regional Health Physiotherapist Department on 54855842



For Carers



If you are the carer or support person for someone going through cancer treatment, you may need help in navigating cancer as well as your own self-care. Carers are more than welcome to sit in the Wellness Centre while the patient is having treatment. Make yourself a coffee, sit and read a book or complete the mindfulness activities on offer. Carers are also welcome to join the following Cancer Council Managing Cancer and Cancer Wellness programs that run throughout the year please see registration details in program flyers under Cancer Education Programs.

Information that may help.

Cancer Council Victoria [Caring for someone with cancer](#)

Carers Gateway has carer resources in different languages [Carers Gateway](#)

Cancer Council NSW podcast [Cancer affects the carer too](#)

Cancer Council Victoria support [Carer Connect- support for family and friends of someone with a cancer diagnosis](#)

Carers Couch [A safe place of community and support for those caring for a loved one with cancer](#)

WeCan [An Australian supportive care website](#)

OlderCan [Resources developed with and for older Australians affected by a diagnosis of cancer](#)



Wellness Centre Program Calendar

Milling Area

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Available 8.30-4.30pm	Available 8.30-4.30pm	Available 8.30-4.30pm	Available 8.30-4.30pm	Available 8.30-4.30pm

Quiet Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Available 8.30-4.30pm	Available 8.30-4.30pm	Available 8.30-4.30pm	Available 8.30-4.30pm	Available 8.30-4.30pm

Wellness Room 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-11am Gentle Yoga and Mindful Movement Term begins 15 th April-24 th June.	9.30-12pm Look Good Feel Better Workshop 3 rd May	10-2pm Cancer Council Managing Cancer Program 20 th March	10-12pm Lymphoedema Education Group Begins 18 th April and then will be on last Thursday of every month.	
1.30-2.30pm Cancer Exercise Group Program	2-2.45pm Relaxation and Mindfulness		1.30-2.30pm Cancer Exercise Group Program	





Wellness Room 2 – Stay tuned!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

For more information for wellness programs and to book please contact:

Jo Webb Cancer Wellness Centre Program Coordinator

Monday 8.30-4pm, Tuesday/Thursday 8.30-3.30pm

Phone: 54452426

Email: wellnesscentreprogram@erh.org.au

- **Please note**

For information and to discuss referral process for the **Cancer Exercise Program** and **Lymphoedema Education Program** please contact Echuca Regional Health Physiotherapist Department on 54855842

The **Relaxation and Mindfulness** and **Gentle Yoga and Mindfulness** run during Term times.

Term 1: 31 January-29th March

Term 2: 15th April- 28th June

Term 3: 15th July- 20th September

Term 3: 7th October-20th December

Wellness Centre Programs do not run on public holidays.

