



# Cancer Wellness Program Newsletter

Edition 2- September 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 includes 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 are 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 Mardi Stephenson - Oncology Massage

Mardi Stephenson will be providing Oncology Massage on a Tuesday at the Cancer and Wellness Centre between 9.30am-2pm. Oncology and Haematology consumers can access three free 30-minute massages. Please see attached Oncology Massage Flyer with information and how to access.

# MASSAGE Tuesdays 9.30am-2pm



- Oncology massage is a gentle form of relaxation massage designed to relieve tension.
- It may also reduce treatment side effects and symptoms such as nausea, pain, fatigue and anxiety.
- Massage can be received through clothing, or applied with oil on the skin.
- Three free 30-minute massages are available for Oncology and Haematology consumers.

## **Location and Bookings:**

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

**Please contact Jo Webb, Wellness Centre Program Coordinator on 5445 2426 or via email: [wellnesscentreprogram@erh.org.au](mailto:wellnesscentreprogram@erh.org.au) to book.**  
A short intake form is required prior to the massage.

## 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.

The next Look Good Feel Better Workshop date at Echuca Regional Health Cancer and Wellness Centre is the 12<sup>th</sup> November 9.30am-12pm.



Look Good Feel Better have a Men's program also and the next available will be in 2025.

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/workshop-registration).

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. The next available Managing Cancer and Cancer Wellness Programs dates are below.

**Managing Cancer 18<sup>th</sup> September 10am-2pm**

**Cancer Wellness 13<sup>th</sup> November 10am-2pm**

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

For more information about the program and to register please contact Jo Webb on [wellnesscentreprogram@erh.org.au](mailto:wellnesscentreprogram@erh.org.au) or phone (03) 5445 2426.



## 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.

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*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.*

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### 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 5445 2426 or via email:

[wellnesscentreprogram@erh.org.au](mailto:wellnesscentreprogram@erh.org.au) to book. Maximum of 8 participants.

Yoga will not be running on the school holidays and will resume back on 7<sup>th</sup> October.



## Relaxation and Mindfulness



Tuesday 2-2.45pm

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*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*

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### What is required:

Wear comfortable clothing with option to bring an eye pillow and blanket. Sessions run for approximately 30 mins 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](mailto:wellnesscentreprogram@erh.org.au) to book. Relaxation will not be running throughout the school holidays and will resume back on 8<sup>th</sup> October



## 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 5485 5842.



## 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](#)





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

Jo Webb Cancer Wellness Centre Program Coordinator

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

Phone: 5445 2426

Email: [wellnesscentreprogram@erh.org.au](mailto: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 5485 5842

The **Relaxation and Mindfulness** and **Gentle Yoga and Mindfulness** run during Term times.  
Term 1: 31<sup>st</sup> January-29<sup>th</sup> March

Term 2: 15<sup>th</sup> April- 28<sup>th</sup> June

Term 3: 15<sup>th</sup> July- 20<sup>th</sup> September

Term 3: 7<sup>th</sup> October-20<sup>th</sup> December

Wellness Centre Programs do not run on public holidays.