

NEWSLETTER DECEMBER 2025

Wellness Centre End of Year Celebration - Tues 16th Dec 12.30pm

A big thank you to everyone for your support in 2025. Whether you attended a Mind-Body class such as yoga or meditation, attended an education session, or consulted with one of our Integrative Oncology healthcare professionals, we hope you found support and connection. We invite patients, carers, volunteers and staff to join us for an end of year celebration at the Wellness Centre on Tuesday 16 December from 12:30 - 1.30pm. See flyer for details

Sustainability Changemakers Award

Our Integrative Oncology service has been recognised during Alfred Health's World Sustainability Day awards which showcase local actions undertaken by Alfred Health staff. Our bespoke "NatureScripts" program, co-facilitated by People and Parks Foundation and our Integrative Oncology Social Worker, Diana (pictured), won the creative category! In this 6-week evidence-based pilot program, patients attended weekly sessions focused on a range of nature-based activities that incorporate strategies to promote physical & mental health. All participants reported significant benefits, and we look forward to running this program again in 2026.



Integrative Oncology - staff update

Our staff team is expanding - You will notice new staff around the Wellness Centre in the coming month: Lauren - Exercise Physiologist, and Rebekah - Physiotherapist. You will also meet Eleanor who will join John in providing valuable admin support to our service.

Wellness Centre -December program

December is business as usual prior to Christmas. Please remember to let us know if your plans change and you are unable to attend an individual or group session. The December newsletter is packed with a range of interactive education sessions focused on your health and wellbeing. Our dietitian and pharmacist will be holding an excellent new session on 11th Dec - providing an opportunity to talk about herbs, botanicals and supplements - Come along, meet our pharmacist and contribute to the discussion. See flyer for details, registration required.

Christmas break - many of our nursing, allied health and mind-body practitioners take a break over Christmas/New Year. The mind-body program will finish on Monday 22nd December and resume from 5th January 2026. (the booking platform will show accurate up to date information). The Wellness Centre itself remains open for drop-ins and a cuppa, except for Public Holidays (Christmas, Boxing, and New Years Day).

Bookings and Wellness Centre Contact Details

To make a booking or find out more information about any of our upcoming events and workshops:

- Scan the QR code (for mind-body classes)
- Click to visit our website: [Minderoo Wellness Centre](https://www.minderoo.org.au)

For education sessions and workshops - please email or call

- Email: cancerwellness@alfred.org.au
- Call: (03) 9076 9246



Mind-Body Classes Weekly Program (booking details above)

Meditation (Bookings essential)	Mondays 10:30am - 11:15am - Meditation Rest & Recovery Final class for 2025 on Monday 22 December Thursdays 10:30am - 11:30am - "Treat" Rest & recovery Final class for 2025 on Thursday 18 December
Restorative Yoga (Bookings essential)	Wednesdays 10.30am - 11.20am (final class Wed 17 December) Thursdays: 12.00 - 12:50pm (final class Thurs 18 December) Note - there is NO yoga class on Thursday 4 th Dec due to instructor leave)
Online Restorative Yoga (Bookings essential)	Thursdays 1:00pm - 1:45pm Gentle restorative yoga online. Please support us by giving this class a try Final online yoga for 2025 on Thursday 18 December

Our Education Sessions for patients & carers are held in the Wellness Centre, with online attendance available for most sessions
Email : cancerwellness@alfred.org.au (for online link)

Understanding Complementary Herbs/Botanicals/Supplements Thursday 11 Dec 1pm-1:45pm	Join us for an interactive session with our pharmacist & dietitian to help you navigate herbal, botanical and other supplements that may complement your treatment, and where to find the most trustworthy information on these.
Festive Fatigue Fighters Monday 15th December, 11.30am - 1.00pm	This session offers practical, compassionate tools to help you move through the festive season with greater ease. Designed for people who experience cancer-related fatigue, this workshop blends energy conservation strategies, fatigue management tips and mindfulness.
Kitchen Counter catch-up Festive Feasting Tuesday 16 Dec 11am - 12.30pm	Join our Dietitian for the final kitchen workshop of the year! Learn about nutrition whilst making and taste-testing some healthy festive treats to contribute to our end of year celebration!
Finding Calm - Managing Stress and Worry Wednesday 17 Dec, 11:30am-12:30pm	The festive season can be a stressful and worrying time. Join our Psychologist Dr Matt and Social Worker Diana to discuss strategies to proactively reduce stress and manage holiday season expectations.
Nutrition Education Holistic Holiday Eating Thursday 18 Dec 2pm - 3:00pm	Join our Dietitian for a holiday-themed nutrition education session, to discuss the social and cultural importance of food, eating challenges cancer patients may face, and importance of food safety for those with lowered immunity.

YOUNGER PATIENTS CATCH-UP

SOCIAL CONNECTION, INFORMATION, ACTION



**Wednesday 10th
December 2025**

4.00pm -5.00pm

In person or online

**Register here:
www.trybooking.com/DH
XBE**

Survivorship needs of younger adults in their 20s and 30s

Social catch-up and more!

Let's talk about:

Results from our 2025 research project - "What now? identifying the survivorship needs of cancer patients in their 20s & 30s"

New program idea - peer mentors

Your ideas for action in 2026



Alfred
Cancer
Part of **Alfred**Health

**Open to Alfred Cancer outpatients.
Patients from other Melbourne hospital
outpatient cancer services are also
welcome (in age range 20-39)**

UNDERSTANDING COMPLEMENTARY SUPPLEMENTS, HERBS & BOTANICALS

an open discussion with
our Pharmacist
& Dietitian

THURSDAY 11TH DECEMBER
1:00 - 1:45PM

IN-PERSON OR ONLINE
PAULA FOX WELLNESS CENTRE


Join us for an interactive session to learn more about the role of a pharmacist & dietitian and how they can help you navigate complementary herbal, botanical and other supplements, and where to find the most trustworthy information.

This will also be an insightful opportunity for us to better understand what specific topics in this area you would like to learn about in future.


Email cancerwellness@alfred.org.au to register





Festive Fatigue Fighters




Monday 15th December
11:30am - 1:00pm
Minderoo Wellness Centre
Face to face preferred, online available



This session offers practical, compassionate tools to help you move through the festive season with greater ease. Designed for people who experience cancer-related fatigue, this workshop blends energy conservation strategies, fatigue management tips and mindfulness.



Leave with simple, realistic practices to protect your energy, support your wellbeing and stay meaningfully connected during this busy time of year. Recharge, reset and rediscover what feels joyful – at your own pace.



Email

cancerwellness@alfred.org.au
to register your attendance.

KITCHEN COUNTER CATCH-UP:

Festive Feasting



TUESDAY 16TH DECEMBER
11:00 - 12:30PM

Paula Fox Wellness Centre Kitchen
In-person only workshop

Please join us for our last hands-on kitchen workshop of the year! This will be a fun session making some festive themed treats to enjoy at the Wellness Centre Christmas afternoon tea which follows at 12:30pm.

Please email cancerwellness@alfred.org.au to register - patients and carers all welcome!

JOIN US FOR OUR

**WELLNESS CENTRE
END OF YEAR
CELEBRATION &
AFTERNOON TEA**



Tues

DECEMBER

16

AT 12:30 PM

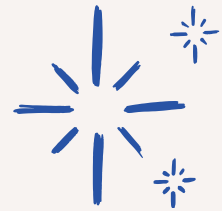
**PAULA FOX MELANOMA AND CANCER
CENTRE
545 ST KILDA RD**

**TO REGISTER, GO TO
WWW.TRYBOOKING.COM/DHWZO**





or email cancerwellness@alfred.org.au

INTEGRATIVE ONCOLOGY & WELLNESS CENTRE
PAULA FOX MELANOMA AND CANCER CENTRE

SUPPORTING SOMEONE WITH CANCER?



A monthly, facilitated support group for carers. We will cover:

-  The emotional impact of caring for a loved one with cancer
-  Self-care and carer support
-  Practical tips and services available
-  Meet other carers and share your experiences

**End of year
Celebration:
Wednesday
17 December,
10am – 11am**



Alfred
Cancer

Part of **AlfredHealth**


**Please note these sessions are for carers only*

To Register, please email
cancerwellness@alfred.org.au

FINDING CALM MANAGING STRESS AND WORRY



The festive season can be a stressful and worrying time. Join our Psychologist Dr Matt and Social Worker Diana to discuss strategies to proactively reduce stress and manage holiday season expectations




Time: 11:30am-12:30pm

Date: Wednesday 17th December

Location: Minderoo Wellness Centre

To register, email:
cancerwellness@alfred.org.au



PLEASE JOIN US FOR A SESSION



HOLISTIC **HOLIDAY** EATING

THURSDAY

DECEMBER 18th 2:00-3:00 PM

Come and join us for a special holiday-themed nutrition education session led by our dietitian! We'll talk about the social and cultural importance of food during this time, eating challenges cancer patients may face during Christmas, and the importance of food safety for those with lowered immunity. We'll also go through some tips to ensure you are still nourishing your body and being mindful with food during this time of year.

In-person or online attendance welcome (patients & carers)
Register via email: cancerwellness@alfred.org.au