

Minderoo Wellness Centre



Paula Fox Melanoma and Cancer Centre

Part of Bayside Health

NEWSLETTER NOVEMBER 2026

♥ Pink ribbon morning tea for breast cancer awareness

On Tuesday 20 October we supported the National Breast Cancer Foundation fundraising to help prevent, detect and treat breast cancer and improve outcomes for people affected by breast cancer. The atmosphere was 'pink' and the morning tea delicious. We reached our fundraising target of \$500, with special thanks to Tanya our top fundraiser! We had some lovely giveaways donated to us. Maria (pictured) was very excited to receive one of the gift bags.



November is full of new offerings!

Thankyou for completing our regular short surveys, the information and ideas you provide helps ensure we are meeting your needs, in terms of therapeutic programs, education topics, session times and more.

What's new?

- Thurs 12th Nov - explore the gut-brain connection with our new nutrition session "Good mood foods"
- Thurs 19th Nov - Living Well with hormone therapy (for breast cancer and prostate cancer patients)
- Group exercise every Thursdays at 9.30am will go online from 5th Nov to improve access to the exercise classes run by our Exercise Physiologist (Mon, Tues, Wed groups continue in person)
- New session for carers: In addition to our usual carer catch-up, we have a 'creative carers' session
- Mon 16th Nov - the final Look Good Feel Better session for 2026. Receive your own product kit to keep.

Sleep matters! "Sleep Steps" program commences Tues 17 Nov

Getting enough sleep is vital to recovery, wellbeing and healing but we know it is not always easy! Evidence suggests that over 50% of people with cancer experience sleep disturbances, which can negatively affect physical, emotional and psychological wellbeing and quality of life. Our 4-week group program provides an interactive format & strategies to help you optimise your sleep quality. See pg. 9

**You are invited to the
LEAP Launch
Tues 17 Nov 1.30pm
Lunch provided**

Your voice matters!

What is LEAP? Lived Experience Advisory program
LEAP connects people affected by cancer with researchers to help shape better cancer research. Come to the launch on Tues 17th Nov to discover more. Open to patients, carers & family members. See pg. 16

Webinar - Caring for your skin during treatment - Recording available

Our supportive cancer care program aims to bring you the most up to date information and helpful tips. We recently held our first webinar designed for patients undergoing chemotherapy, targeted therapy, immunotherapy or radiotherapy. Skin and nail changes are common during treatment and can impact comfort, confidence and daily life in many ways. If you would like to hear from our specialist Alfred Cancer staff, please email us to request access to the recording. E: Cancerwellness@alfred.org.au

Wellness Centre hours 7.30am - 4.30pm Mon-Fri

The Wellness Centre is open from 7.30am - 4.30pm. The door automatically locks at 4.30pm so please use the main foyer seating after this time.

Wellness Centre

How to connect with our team

Get in touch

E: cancerwellness@alfred.org.au

P: (03) 9076 9246

Mobile /SMS: 0458 269 421

Wellness Centre hours:

7.30am - 4.30pm

We understand things can change.
We kindly ask you to contact us if
you need to cancel an appointment.

This applies for:
individual appointments
group programs
education sessions
workshops

Our supportive care services
are in high demand.
We appreciate your support.



Access our webpage

Scan the QR code with
your phone or iPad

Book meditation
and yoga classes

access our
monthly
newsletter

Integrative Oncology team

Education

Mind-Body
program

Symptom
Management

Nursing
Dietetics/Nutrition
Psychology
Social Work
Physiotherapy
Exercise Physiology
Occupational Therapy
Art Therapy
Oncology Massage
Scar therapy

Referral required
Your treating team
can refer you

How are we doing?

What matters to you?



Please get in touch with any queries about how to access our services.

MIND BODY PROGRAM WELLNESS CENTRE YOGA & MEDITATION

The Minderoo Wellness Centre, at the Paula Fox Melanoma and Cancer Centre, offers yoga and meditation classes as part of our evidence-based Mind-Body program for Alfred Cancer Outpatients (and up to one carer).

Patients can attend two classes per week and carers one class per week. The classes are led by our qualified experienced complementary practitioners.

Booking is essential.

Please refer to the booking calendar for up to date class availability.

Meditation

Our meditation sessions are designed to help shift from stress arousal to a calm, renewed and relaxed state, where physiological healing and emotional regulation can occur.

Weekly Class Times

Mondays: 10:30am - 11:15am

Thursdays: 10:30am - 11:30am

Monthly Graduate Class

Use QR code to see available dates



Restorative Yoga

Our therapeutic Yoga classes focus on gentle movement and breath-based practices to relax the nervous system and promote wellbeing. Classes are adaptable and can be completed standing or sitting in a chair. No prior experience is required.

Weekly Class Times

Wednesdays: 10:30am - 11:30am

Thursdays: 12:00pm - 12:45pm

Use QR code for available dates

To book, use the QR code or visit

www.trybooking.com/eventlist/alfredcancerwellness

Email: cancerwellness@alfred.org.au

for more information





Integrative Oncology & Wellness centre

Personalised Exercise Programs In person and online group sessions

We're excited to introduce a **new online exercise program** that will run on **Thursdays at 9.30am**, commencing **5th November 2026**

Led and supervised by Lauren (Exercise Physiologist), the program consists of a structured series of online exercise sessions, providing a convenient way to stay active and exercise safely from home.

If you are currently seeing Lauren or Rebekah (Physiotherapist), please speak with them at your next appointment to discuss whether the online exercise program is suitable for you. Or, if you're new to the service, speak to your treating team to organise a referral to Integrative Oncology.

In person group exercise programs continue weekly on Monday, Tuesday and Wednesday.
Individual personalised programs are also available.

Benefits of exercise in cancer care

- Helps maintain strength, fitness and independence during and after treatment
- Reduces symptoms of fatigue and improves energy levels
- Improves mood, sleep and overall wellbeing
- Safe and beneficial before, during and after treatment

Individual or Group programs available

Weekly Group times:

Monday 9.30am (in person)
Tuesday 9.00am (in person)
Wednesday 9.30am (in person)
Thursday 9.30am (online)



Email any queries to:
cancerwellness@alfred.org.au





Paula Fox Melanoma
and Cancer Centre
Part of Bayside Health

CANCER RELATED FATIGUE MANAGEMENT SERIES **RECHARGE**

CANCER-RELATED FATIGUE IS ONE OF THE MOST COMMON SIDE EFFECTS OF CANCER TREATMENT. 'RECHARGE' IS A MULTIDISCIPLINARY FOUR PART EDUCATION SERIES DESIGNED TO SUPPORT UNDERSTANDING AND MANAGEMENT OF THE PHYSICAL, EMOTIONAL, AND COGNITIVE ASPECTS OF CANCER RELATED FATIGUE

11
NOV

*Understanding Cancer
Related Fatigue*



11:30 AM - 12:30 PM

18
NOV

*Cognitive Fatigue and
Brain Fog*



11:30 AM - 12:30 PM

25
NOV

*Emotional Impacts
of Fatigue*



11:30 AM - 12:30 PM

02
DEC

*Everyday Functioning
with Fatigue*



11:30 AM - 12:30 PM

**JOIN THE INTERACTIVE GROUP EDUCATION
SESSIONS IN PERSON OR ONLINE!
WE RECOMMEND ATTENDING ALL FOUR SESSIONS
REGISTRATION IS ESSENTIAL**

**FOR MORE INFORMATION OR TO REGISTER,
EMAIL CANCERWELLNESS@ALFRED.ORG.AU**



**THURS 12 NOV
1.30PM - 2:30PM**

GOOD MOOD FOODS

DIET & THE GUT-BRAIN CONNECTION

A NOURISH & THRIVE SESSION

Would you like to learn about
improving your mood, immune
function and bowel health
through what you eat?

Come join our Dietitian in this group education
session to learn all about:

- gut microbiome
- gut-brain connection
- importance of diet and fibre
- how gut health affects your overall health

Patients & Carers are welcome
To register your attendance please email
cancerwellness@alfred.org.au



Nutrition on the Move!

Easy snacks & meals for treatment days

A Kitchen Counter Workshop



Tuesday 17 Nov
11:00am - 12:30pm

An in person workshop
in the Wellness Centre Kitchen



Join us for a hands-on session with our Dietitian to make some easy & nutritious snacks and small meals to bring with you when you come in for treatment.

- Do you find it difficult to prepare meals before coming in for treatment?
- Are you unsure what food to bring with you and need some inspiration?
- Are the foods offered during treatment unappealing?

If you answered yes, then this is the session for you!

Patients & Carers are welcome
To register your attendance please email
cancerwellness@alfred.org.au



Alfred
Cancer
Part of **Alfred**Health

Wellness Centre Nutrition Education Oct - Dec 2026

Our Nutrition Education program aims to educate patients, families and carers on a broad range of nutrition topics that are helpful for managing symptoms and supporting overall health and wellbeing. Education sessions are available both in person and online, while Kitchen Workshops are interactive and in person only. To find out more or register for a session please email cancerwellness@alfred.org.au

Date	Time	Topic
Tues 13 th October (new date)	11:00am - 12:30pm	Kitchen Workshop – Figuring Out Fibre - Come make some high fibre, tasty savoury and sweet snacks - Learn more about fibre and why it's so important for your health
Thurs 12th November (in person or online)	1:30pm - 2:30pm	Education session – Good Mood Foods - Learn about the gut-brain connection - Learn how diet and fibre supports gut health, mood, bowel health and the immune system - Find out how much fibre you need and how you can include more in your diet
Tues 17th November (in person only)	11:00am - 12:30pm	Kitchen Workshop – Nutrition on the Move! - Making easy snacks and meals for busy treatment days - Includes free take home insulated lunch boxes with high energy and high protein supermarket snacks
Thurs 3rd December (new) (in person and online)	1:30pm - 2:30pm	Education session – Easy Meal Prep on a Budget - Conserve your energy! Learn tips for simple healthy meal preparation to save money and time in the kitchen.
Wed 9th December (new) (in person only)	11:00am - 12:30pm	Kitchen Workshop – Healthy Holiday Treats - Join this workshop on making and tasting healthier holiday fun foods during the busy holiday season

SleepSteps

Evidence suggests that over 50% of people with cancer experience sleep disturbances, which can negatively affect physical, emotional and psychological wellbeing and quality of life.

Join our psychologist and occupational therapist for this interactive series on SLEEP - an often overlooked but essential part of cancer care. We will explore how cancer affects sleep and provide practical strategies to improve rest throughout treatment and recovery.

Designed to attend all 4 sessions, this series is for Alfred Cancer patients only.

Session 1: Why sleep matters

Focusing on sleep's role in healing, wellbeing and mood

Tues 17th Nov 10am - 11:30am

Session 2: Creating a sleep-friendly routine

Building better evening routines and improving sleep environment

Tues 24th Nov 10am - 11:30am

Session 3: Quieting the mind for a better sleep

Managing thoughts and emotional distress at bedtime

Tues 1st Dec 10am - 11:30am

Session 4: Managing fatigue and bad nights

Coping with poor sleep and finding rest during fatigue-heavy days

Tues 8th Dec 10am - 11:30am

Attend in-person or online.
To register, please email
cancerwellness@alfred.org.au



Paula Fox Melanoma
and Cancer Centre
Part of Bayside Health

Living Well during hormone therapy

Diet, Exercise & Behaviour Support

*For people on hormone therapy for
breast cancer & prostate cancer*

**Thursday 19 November
11.30am-1.00pm**

*Minderoo Wellness Centre
Paula Fox Melanoma &
Cancer Centre*



Join our psychologist, exercise physiologist, physiotherapist and dietitian to learn more about how diet, exercise and behaviour support can help you optimise your health and wellbeing while you're on hormone therapy as part of your cancer treatment



Join in-person or online

To register please email
cancerwellness@alfred.org.au
Include your full name and patient no.
Patients and carers welcome

CREATE !

ART THERAPY FOR WELLNESS

Connect
Relax
Exhale
Awaken
Trust
Evolve

Bring your own project idea
or come and experiment.
No experience required

**Art therapy
group session
every
Monday
10.30am-12.30pm**

November
OPEN
STUDIO

OPEN STUDIO

The Open Studio invites you to explore art in a relaxing, supportive space. Tap into your inner creativity and enjoy the therapeutic process of creating art.

Explore different mediums of your choice, or just enjoy the open studio. This session is guided by Molly, an experienced art therapist.

Referral to Integrative Oncology
required. Email queries to:
cancerwellness@alfred.org.au



Scar Therapy

after cancer surgery and radiotherapy

Scar therapy incorporates specialist scar massage and stretch techniques with self-care advice to help support recovery.

Book a treatment for:

- ✓ General aftercare, supporting health and reducing itching and other common symptoms.
- ✓ Puckering, thick, raised or wide scars.
- ✓ Internal scar tissue.
- ✓ Limited movement, tightness or stiffness
- ✓ Pain and sensitivity.



Holistic recovery

physical
emotional self-care
fascial restrictions
scar massage
adhesions

NEW!

We are now offering scar management in the Wellness Centre
Please speak with your treating team to arrange a referral to the Integrative Oncology service for support and treatment to manage your scar.
This service is provided by our senior physiotherapist Rebekah.

Are you thinking about "Getting your Affairs in Order"?

SOCIAL WORK EDUCATION SERIES

FUTURE PLANNING



**ADVANCED CARE
DIRECTIVE**



WILLS



**ENDURING POWER OF
ATTORNEY**

- General information provided
- Learn why it may be beneficial to complete these documents
- Learn about where to get support to complete these documents

When: Wednesday 4th November

Time: 9:30am - 10:30am

Where: Wellness Centre, Paula Fox Cancer
Centre, 545 St Kilda Rd

Attend in person or online

TO REGISTER

Limited spots available. To register, please email your full name and patient number to **cancerwellness@alfred.org.au**



**INTEGRATIVE ONCOLOGY & WELLNESS CENTRE
PAULA FOX MELANOMA AND CANCER CENTRE**

SUPPORTING SOMEONE WITH CANCER?



A support group for carers

**Thursday 5th November
1.00pm – 2.30pm**

Join a group discussion facilitated by our social worker on self-care strategies and how we sustain ourselves while supporting a loved one with cancer

Attend in the Wellness Centre or [join online](#)

Sustainability & Self-Care for carers



**Thursday 19th November
1.30pm – 3.00pm
(in person only)**



Creative carers

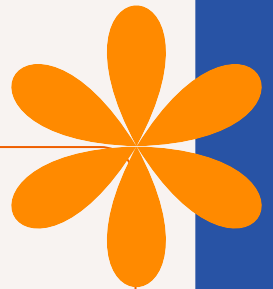
**Thurs 19th November
1.30pm – 3.00pm**

Join a gentle session dedicated to your own self-care.

No art skills needed! You don't need to be creative, good at drawing, or even interested in art.

We'll use simple art therapy activities as a relaxed way to reflect on your caring role, discover practical tips to recharge, and connect with others who understand what you are going through.

Come as you are, relax, and take some well-deserved time to support yourself



To Register, please email
cancerwellness@alfred.org.au
Please note these sessions are
for carers only



**Paula Fox Melanoma
and Cancer Centre**
Part of **Bayside Health**

Workshops

Skin Hair Wellness

Facing cancer with confidence

Free
Workshops
Register
Now

Free and practical workshops improving the wellbeing and confidence of people undergoing any treatment for any cancer. Registration is essential. Call 1800 650 960 visit lgfb.org.au or scan below.

Alfred Health – Paula Fox Melanoma and Cancer Centre

Dates for 2026:

~~23 February:~~	~~12:30pm – 3:00pm~~
~~11 May:~~	~~10:00am – 12:30pm~~
~~14 September:~~	~~10:00am – 12:30pm~~
16 November:	10:00am – 12:30pm

Don't miss out!

Last session for 2026 at Paula Fox Centre



HELP SHAPE THE FUTURE OF CANCER RESEARCH

Join our Lived Experience
Advisory Program (LEAP)
Your Voice Matters!

You are invited to the
LEAP Launch Event



Date: 17th November 2026



Time: 1:30pm - 2:30pm



Venue: Minderoo Education Space,
Paula Fox Melanoma and Cancer Centre



Complimentary light lunch provided

What is LEAP?

LEAP connects people affected by cancer with researchers to help shape better cancer research.

Why join?

- Influence research priorities
- Share your lived experience
- Improve future cancer care
- Make a real impact

Who can get involved?

- ✓ People affected by cancer
- ✓ Cancer survivors
- ✓ Carers and family members
- ✓ Community members interested in improving research

**✓ NO RESEARCH EXPERIENCE
REQUIRED**

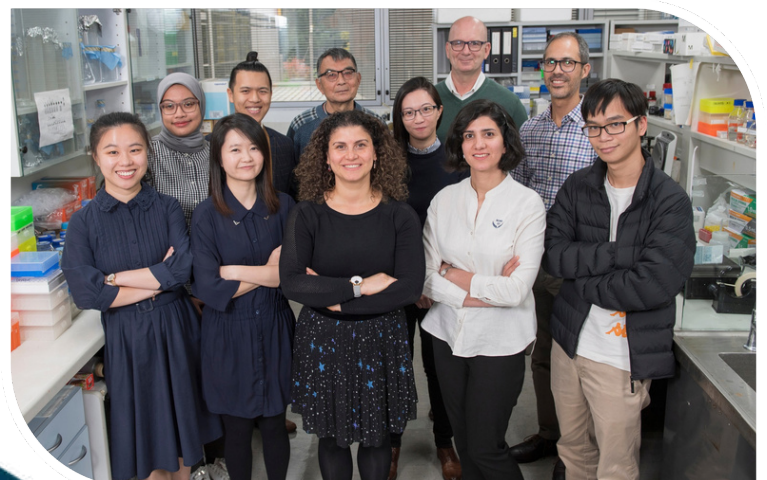


**SCAN TO RESERVE
YOUR PLACE**

Questions? Email
cancerleap@alfred.org.au

What to expect?

- Discover how you can contribute
- Meet researchers and clinicians
- Hear from lived experience members
- Learn about ways to get involved





Paula Fox Melanoma
and Cancer Centre
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BRAIN CANCER SUPPORT GROUP

A support group for patients affected by brain cancer, wherever you are in your cancer journey. Join Grace, neuro oncology nurse specialist, and our psychologist Matt to:

- discuss treatments and possible side effects
- learn how to manage anxiety and stress around changes in symptoms and upcoming scans
- connect with others

Upcoming dates for 2026: (last session for 2026)

- **Wednesday 18 November, 1:00-2:00pm**

Where: PFMCC, Wellness Centre - In person or Online

To register email: cancerwellness@alfred.org.au

Lymphoedema Prevention Program



What is Lymphoedema?

Lymphoedema is long term swelling that can occur after some cancer treatments. Lymphoedema can result in reduced physical and emotional wellbeing. Early lymphoedema education and treatment results in better outcomes.

The Lymphoedema Service at Paula Fox Melanoma & Cancer Centre provides support for Alfred Cancer patients who are at risk of lymphoedema or who have developed lymphoedema following their cancer treatment.

This Program Includes:

- Lymphoedema Education Sessions
- Evidence based Lymphoedema Surveillance monitoring using quick/painless bioimpedance spectroscopy (Sozo scan)
- Early intervention if required

Program Details:

When: Alternating Tuesday(9am) & Wednesday (2pm) every week.

June dates:

- Wed 4 November 2:00-3:00pm
- Tues 10 November 9:00 -10:00am
- Wed 18 November 2:00 - 3:00pm
- Tues 24 November 9.00-10.00am

Where: Wellness Centre, Paula Fox Melanoma & Cancer Centre

Referral Required
Please speak with your treating team for more information



Paula Fox Melanoma
and Cancer Centre
Part of Bayside Health

Managing Fatigue and Emotional Wellbeing During the Holidays

Interactive Group Session

The holiday period can be a tricky time to navigate fatigue levels and emotional wellbeing.

Join our Occupational Therapist and Psychologist who will provide general information and strategies to help you manage over this holiday period.

When	Wednesday 9 th December 2026
Time	11:30-12:30pm
Where	Wellness Centre, Paula Fox Cancer Centre, 545 St Kilda Road.

Attend online or in person

To register email: cancerwellness@alfred.org.au
Patients and carers welcome

For tailored advice on managing cancer related fatigue,
please contact cancerwellness@alfred.org.au

Help us improve

Tell us your experience



The Integrative Oncology service refers to the team that delivers the Wellness Centre programs, rather than your Medical appointments.

Our Wellness Centre programs include:

- **Symptom management** (1:1 and group interventions led by our nursing and allied health staff)
- **Holistic Mind-Body program** (yoga, meditation, mindfulness, massage, music therapy & art therapy)
- **Education** programs, workshops & awareness days.

Please help us improve by giving your feedback today!

01

Scan the QR or visit
alfredhealth.org.au/OPsurvey



02

Select 'The
Alfred' as
location and
'**Wellness
Centre**' as
the service

03

Complete
the survey

You can scan using your phone,
or ask to borrow one of our
iPads. Alfred volunteers can also
help you to complete the survey
if you need further assistance

