

Minderoo Wellness Centre



Paula Fox Melanoma
and Cancer Centre
Part of Bayside Health

NEWSLETTER OCTOBER 2026

♥ Pink ribbon morning tea for breast cancer awareness

Join us for our Pink Ribbon morning tea on Tuesday 20 October at 11.00am as patients, families, carers and staff come together to support the National Breast Cancer Foundation (NBCF) and its vision of Zero Deaths from breast cancer. NBCF funds research to help prevent, detect and treat breast cancer and improve outcomes for people affected by the disease. Our morning tea is free, and we're aiming to raise \$500 to support this important research. Everyone is warmly welcome to attend. You may choose to donate using the QR code.



Webinar - Caring for your skin during treatment - 19 October

Our supportive cancer care program aims to bring you the most up to date information and helpful tips. We are delighted to invite you to attend our very first webinar, designed for patients undergoing chemotherapy, targeted therapy, immunotherapy or radiotherapy. Skin changes are common during treatment and can impact comfort, confidence and daily life in many ways. Come and hear from our specialist Alfred Cancer staff - they will cover how to manage itchy skin, rashes, nail issues, scars & more. See page 3 for details and how to register. This event is open to patients and carers.

Last chance in 2026 - "Seeds of Well-being" Group Program



A restorative group program nurturing well-being, creativity & social connection. The Integrative Oncology team are excited to offer this program for a second time, designed for individuals living with or beyond cancer, who wish to restore a sense of wellbeing. Participants will explore their personal experiences while also re-engaging with what brings them joy. Commencing Friday 9th October, 10.30am -12.30pm for 5 weeks. Email cancerwellness@alfred.org.au for details or to enrol.

Save the date! 19 NOV New education - Living Well with Hormone Therapy

Learn from our multidisciplinary team, including nursing, psychologist, dietitian, physiotherapist, and exercise physiologist - about how healthy eating, exercise, and behaviour change strategies can support your health, wellbeing, and quality of life while undergoing hormone therapy.

Meet our new Clinical Psychologist

Our psychology team is growing! We are delighted to welcome Yasmine, who has joined our team. Yasmine has experience in oncology and chronic disease management. In her spare time Yasmine enjoys learning to sew, playing board games and hiking. Appointments with Yasmine will be available on Mondays, Tuesdays and alternate Wednesdays.



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.

YOU'RE INVITED TO OUR EVENT

Support vital breast cancer
research to help save lives.
We are hosting a Pink Ribbon
Morning Tea
Tuesday 20th October 2026
11.00am-12.00pm
Wellness Centre, Paula Fox
Melanoma & Cancer Centre

October is Breast Cancer Awareness month
This event is open to patients,
carers and staff

Morning tea provided
Wear a pink ribbon
or something pink!
Prizes to be won



**PINK RIBBON
BREAKFAST**

Supporting breast cancer research
to save lives.

pinkribbonbreakfast.org.au

[#PinkRibbonBreakfast](https://twitter.com/PinkRibbonBreakfast)

MON 19 OCTOBER, 1.30-2.30PM

CARING FOR YOUR SKIN

WEBINAR FOR PATIENTS OF BAYSIDE HEALTH CANCER SERVICES

WHAT YOU'LL LEARN ABOUT:

- Common skin and nail changes during or after cancer treatment (including chemotherapy, targeted therapy, immunotherapy and radiation therapy)
- Managing itchy skin, red skin & uncomfortable rashes
- Sun care, sunscreens & sensitive skin
- Managing scars

A range of products and product tips will be discussed, with samples available when you visit your relevant service

ALFRED CANCER - SPEAKERS:

Professor Victoria Mar *Dermatologist, Director Vic Melanoma Service*

Sue Bartlett *Oncology Nurse Practitioner*

Nicole & Amelia *Radiation Oncology nurses*

Rebekah Dempsey *Senior Physiotherapist*

Registrations via QR code

Email cancerwellness@alfred.org.au for any queries



Caring for your skin during cancer treatment



Caring for All of You

LA ROCHE-POSAY

The Alfred
Part of Bayside Health

Minderoo Wellness Centre

Contact details, booking information and useful links

For enquires or to register for education sessions or workshops

Please email or call us

- **Email:** cancerwellness@alfred.org.au
- **Phone:** (03) 9076 9246
- **Mobile /SMS:** 0458 269 421

Minderoo Wellness Centre Website

Scan the QR code or visit our website [Minderoo Wellness Centre](#) to:

Make a booking for our Mind Body Program Yoga or Meditation classes

- Select the class type and date to register

Access the monthly Wellness Centre newsletter

- Scroll to the News section

Your paragraph text

Help us improve by providing your feedback

- Scan the QR code
- Select 'The Alfred' as location and 'Wellness Centre' as the service
- Complete the survey

We value your feedback, thankyou!



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

Having trouble accessing the QR code on your phone?

Ask one of our friendly staff to assist!

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

Friday 10:30am - 11:30am (Monthly)

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

Exercise in cancer care

Exercise is a safe and essential part of cancer care. A personalised exercise program can help prepare your body before treatment, reduce fatigue, maintain strength and function, improve mood, and support recovery during and after treatment. This is supported by current research evidence. The Integrative Oncology Service offers personalised exercise programs that can be completed at home or in a supervised setting with our Exercise Physiologist or Physiotherapist, using our purpose-built exercise spaces. If you are interested in learning more about how exercise can support you, please speak to your treating team to organise a referral.



Individual or Group

Weekly Group times:

Monday 9.30am
Tuesday 9.00am
Wednesday 9.30am
Thursday 9.00am

Our Service:

- Supervised, structured program
- Based on your needs & goals
- Available for 10 weeks, with regular monitoring by our clinicians who have expertise in cancer exercise
- In person and online sessions available (no fees)
- Safe during or after treatment.

**REFERRAL TO INTEGRATIVE
ONCOLOGY REQUIRED**

Paula Fox Melanoma and Cancer Centre
Email: cancerwellness@alfred.org.au



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

14
OCT

*Understanding Cancer
Related Fatigue*



11:30 AM - 12:30 PM

21
OCT

*Cognitive Fatigue and
Brain Fog*



11:30 AM - 12:30 PM

28
OCT

*Emotional Impacts
of Fatigue*



11:30 AM - 12:30 PM

04
NOV

*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](mailto: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.



Mandala ART THERAPY

Please join us in creating your own mandala this October!
Mandala art consists of geometric and circular patterns
that symbolise wholeness and connection.
This mesmerising art form can quiet the mind and help
reduce anxiety and promote relaxation.

***Group Art Therapy is held every Monday from 10:30am-
12:30pm in the Wellness Centre***

Registration is required
Please email cancerwellness@alfred.org.au with your
name and UR number to register.



Paula Fox Melanoma
and Cancer Centre
Part of Bayside Health



Alfred
Cancer
Part of **Alfred**Health

Wellness Centre Nutrition Education Aug - 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
Thurs 13 th August	1:30pm - 2:30pm	Education Session – Eating for Energy Calorie boosting tips to support adequate nutrition
Tues 25 th August	11:00am - 12:30pm	Kitchen Workshop – Nourish and Boost – Food Fortification
Thurs 10 th September	1:30pm - 2:30pm	Education session – Navigating Nutrition & Symptoms
Tues 15 th September	11:00am - 12:30pm	Kitchen Workshop – Smoothie Workshop Easy nutrition for low appetite, nausea or fatigue
Thurs 8 th October	1:30pm - 2:30pm	Education session – Unpack it! Understanding Food Labels & Ultra-processed foods
Tues 13 th October (new date)	11:00am - 12:30pm	Kitchen Workshop – Figuring Out Fibre
Thurs 12 th November	1:30pm - 2:30pm	Education session – Good Mood Foods Eating to support the gut-brain connection
Tues 17 th November	11:00am - 12:30pm	Kitchen Workshop – Nutrition on the Move! Easy snacks and meals for treatment days
Thurs 3 rd December	1:30pm - 2:30pm	Education session – Holistic Holiday Eating – How to eat well over the holidays
Tues 15 th December	11:00am - 12:30pm	Kitchen Workshop – Festive Feasting

Nourish & Thrive Series:

Unpack it!

Understanding food labels
& ultra-processed foods

Thursday 8th October
1:30-2:30pm

Minderoo Wellness Centre
Paula Fox Melanoma & Cancer Centre

Nutrition Facts

Serving Size 60g	
Amount Per Serving	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	%
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	%
Protein	%

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Join our dietitian for a nutrition education session to learn more about how to read and understand food labels and nutrition information panels.

We will also talk about what ultra-processed foods are and the recommendations around them.

Join in-person or online

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





Alfred
Cancer
Part of AlfredHealth

Figuring out Fibre

A Kitchen Counter Workshop

Tuesday 13th October

11:00am - 12:30pm

An in person workshop
in the Wellness Centre Kitchen

Join us for a hands on session with the dietitian where you will learn more about fibre!

Are you interested in learning more about the different types of fibre and how they can effect your gut? Are you interested in how you can add more fibre to your diet? Are you keen to learn how to make snacks that are high in fibre?

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



Wellness Centre Social Work Education Oct- Nov 2026

These education sessions are open to **all Alfred Cancer outpatients and carers**. We highly recommend these one hour information packed sessions as you will learn about a range of important resources and supports available to you. You can choose to attend all sessions or those most relevant for you. Attendance is available in person at the Minderoo Wellness Centre or online

Date	Time	Topic
Wednesday 14 October	9:30am - 10:30am	Understanding My Aged Care and in-home supports for people aged 65 and over
Wednesday 28 October	9:30am - 10:30am	Navigating financial options and understanding Centrelink payments
Wednesday 11 November	9:30am - 10:30am	Future planning - Wills, enduring power of attorney, and advanced care directives

This series is facilitated by our Social Worker.
To register for any of the education sessions, or to find out more information, please email: cancerwellness@alfred.org.au

Minderoo Wellness Centre, Paula Fox Melanoma and Cancer Centre
545 St Kilda Road, Melbourne, 3004



Understanding

MY AGED CARE

*and accessing supports
for over 65s*

Are you aged 65 and over? Are there things you need help with at home?

Come along to this information session with our Social Worker. You will learn about My Aged Care and how to access in-home support.

When: Wednesday 14 October

Time: 9:30am - 10:30am

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

Attend in person or online

To Register, please email your details to
cancerwellness@alfred.org.au



Understanding Centrelink Payments and Navigating Financial Options

Managing finances can be a
daunting task.

Join our Social Worker who will
provide general information about
potential options including what is
available through Centrelink.

When: Wednesday 28 October

Time: 9:30am - 10:30am

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

Attend in person or online

To Register, please email your details to
cancerwellness@alfred.org.au



The Alfred

Paula Fox Melanoma
and Cancer Centre
Part of Bayside Health



INTEGRATIVE ONCOLOGY & WELLNESS CENTRE
PAULA FOX MELANOMA AND CANCER CENTRE

SUPPORTING SOMEONE WITH CANCER?

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

- ◆ 1st October: Complexities of Caring
- ◆ 5th November: Sustainability and Self-Care
- ◆ December TBC

**Meeting on the first Thursday of each month
in the Wellness Centre or Online**

**Monthly group
1st Thursday of
each month
1.00pm –
2.30pm**



theAlfred

Alfred
Cancer

Part of AlfredHealth

**Please note these sessions are for carers only*

To Register, please 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 7 October 2:00-3:00pm
- Tues 13 October 9:00 -10:00am
- Wed 21 October 2:00 - 3:00pm
- Tues 27 October 9.00-10.00am

Where: Wellness Centre, Paula Fox Melanoma & Cancer Centre

Referral Required
Please speak with your treating team for more information

YOUNGER PATIENTS CATCH-UP

SOCIAL CONNECTION, INFORMATION, ACTION



Scan to register!

Wed 21 October

Wed 16 December

4.00pm -5.00pm

In person or online

Register at:
www.trybooking.com/DHXBE

**Invitation to Alfred Cancer outpatients.
Flexible - attend in person or online**

**Social catch-up - finding connection
during and beyond treatment.**

**Join us for an informal session in the
Wellness Centre**

Open to Alfred Cancer patients aged under 40
(invite a friend along also if you would like to)
To enable us to plan the best experience for you,
please let us know you are coming!
Register online or email
cancerwellness@alfred.org.au



Paula Fox Melanoma
and Cancer Centre
Part of Bayside Health



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:

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

Where: PFMCC, Wellness Centre - In person or Online

To register email: cancerwellness@alfred.org.au

Living Well during hormone therapy

Diet, Exercise & Behaviour Support

For people on hormone therapy (breast & 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

Join in-person or online

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



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

