

Minderoo Wellness Centre



Paula Fox Melanoma and Cancer Centre

Part of Bayside Health

NEWSLETTER SEPTEMBER 2026 Wellness Centre Anniversary Celebration

On Thursday 13th of August we recognised two years of the Minderoo Wellness Centre. Staff, patients, carers and volunteers came together to enjoy music by a wonderful clarinet trio, and people were invited to share their hopes for the future in a collaborative artwork. It was a lovely time together, and the Integrative Oncology team look forward to continuing to provide supportive care to our patients.



Look Good Feel Better Workshop

Join us for a hands-on workshop where you will be provided with practical tips and tools to manage the common physical and psychological impacts of cancer treatment. Monday 14 September from 10:00am to 12:30pm. Register now at lgfb.org.au or see page 16 for more information.

Prostate Cancer Awareness Month - In Conversation with Tim Baker

September is Prostate Cancer Awareness Month, and we are delighted to have storyteller and surf writer, Tim Baker, join us for a special event on Thursday 17 September, from 12pm-1:30pm. Tim will share his insights to support other men impacted by prostate cancer, both during and after treatment. More details, including how to register, can be found on page 5.

Expressions of interest - "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 6-week program designed for individuals living with or beyond cancer, who wish to restore a sense of wellbeing. Participants will explore and share their personal experiences while also re-engaging with what brings them joy and an opportunity to reconnect with the self. (designed to attend all 6 sessions)

The program commences Friday 2nd October, 10.30am - 12.30pm. Places are limited. Please register your interest via email, including your name and patient number to: [email: cancerwellness@alfred.org.au](mailto:cancerwellness@alfred.org.au)

Supporting someone with Cancer?

A Cancer patient's primary contact, Loved-One or Next-of-Kin are eligible for a range of supports and services from the team at the Wellness Centre. These include: access to our Mind-Body classes (including yoga and meditation), a monthly Carer Support Group and Social Work support.

To find out more, email: cancerwellness@alfred.org.au

**Please note, access to some of these services require patient consent*

Minderoo Wellness Centre

Contact details, booking information and useful links

For enquires or to register for education sessions and workshops

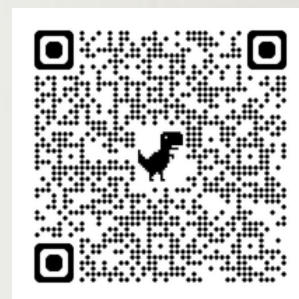
Please email or call us

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

To make a booking for our Mind Body Program

Yoga or Meditation classes

- Scan the QR code , select the class type and date
- Or visit our website: Minderoo Wellness Centre



Subscribe to the Wellness Centre monthly newsletter

Stay updated on the weekly programs, education series, workshops and events being delivered at the Wellness Centre.

- Scan the QR code to enter your details .



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!



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



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

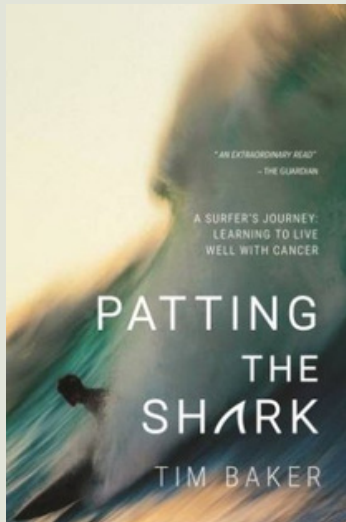




In conversation with Tim Baker

**Thursday 17 September
12.00pm - 1.30pm**

Join us for an inspiring and honest conversation with Tim Baker. Through his personal experience and storytelling, Tim will share insights to help other men who have been impacted by prostate cancer, both during or after treatment.



Register

**Scan the QR
code to register
for this event.**



ABOUT TIM BAKER

Tim Baker is an award-winning and best-selling author of ten books, a journalist and storyteller specialising in surfing history and culture. His latest book, *Patting the Shark* (Penguin, 2022), documents his ten-year journey managing a metastatic prostate cancer diagnosis. www.bytimbaker.com

Tim is also a Research Fellow at Monash University's Prostate Cancer Research Group and works closely with the Prostate Cancer Foundation of Australia as a patient advocate and ambassador.

Tim will share insights to help other men who have been impacted by prostate cancer.



12.00pm - 12.40PM

In conversation with Tim Baker

Tim will share insights from his own experience to help other men impacted by prostate cancer.



**12.40PM - 1.00PM
Q&A discussion**

Tim Baker, Dr Matt Brown and Dan Kan share their perspectives and answer your questions.



**1.00pm - 1.30pm
Refreshments provided**

Enjoy refreshments, tea and coffee, connect with others and take a tour of the Wellness Centre

Q&A PANELISTS - ALFRED CANCER SERVICE

Dr Matt Brown - Senior Clinical Psychologist

Dan Kan - Prostate Cancer Nurse



IN PERSON EVENT

Minderoo Education Space

**Paula Fox Melanoma and Cancer Centre
545 St Kilda Rd, Melbourne**

ART THERAPY

With the guidance of our
experienced art therapist,
explore your creativity and
embrace the therapeutic benefits
of creating art
No experience required!

*In September we will be creating
artworks inspired by scent, including
essential oils, flowers or herbs*. By
engaging multiple senses in creative
practice we can help reduce stress
and support relaxation and emotional
wellbeing*

**please let us know if you have any relevant allergies*

EVERY MONDAY
10:30AM-12:30PM

Registration required
Please email your full name
& UR number to
Email: cancerwellness@alfred.org.au



Paula Fox Melanoma
and Cancer Centre
Part of Bayside Health

Navigating Nutrition & Symptoms

Thursday 10 September
1:30-2:30pm

In person at the Wellness Centre
or join online



JOIN US FOR OUR MONTHLY DIETITIAN-LED
NUTRITION EDUCATION SESSION
FOCUSING ON STRATEGIES TO HELP MAINTAIN
GOOD NUTRITION WHILST IMPACTED BY COMMON
CANCER AND TREATMENT-RELATED SIDE EFFECTS
THAT MAY MAKE IT HARD TO EAT.

IF YOU OR SOMEONE YOU KNOW IS FINDING IT
DIFFICULT TO EAT DUE TO LACK OF APPETITE,
FEELING FULL QUICKLY, NAUSEA, BOWEL CHANGES,
MOUTH PAIN, TASTE CHANGES OR DRY MOUTH
- THIS IS THE SESSION FOR YOU!

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

Patients & carers welcome



KITCHEN COUNTER CATCH UPS:

Smoothie workshop

11:00AM - 12:30PM
TUESDAY
15 SEPTEMBER

**In Person at the
Wellness Centre**



Are you struggling with poor
appetite, nausea or fatigue?
Are you finding it hard to eat
enough and/or losing weight?
Drop in to our fun smoothie
making workshop with our
Dietitian - easy nutrition that will
nourish and fuel your body!

To attend email
cancerwellness@alfred.org.au
to let us know to expect you or simply
turn up on the day

Wellness Centre Nutrition Education Jul - 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 16 th July	1:30pm - 2:30pm	Education session – Protein for Power
Tues 28 th July	11:00am - 12:30pm	Kitchen Workshop – Breakfast Booster
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
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	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
Tues 15 th December	11:00am - 12:30pm	Kitchen Workshop - Festive Feasting

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 16 September

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**

Wellness Centre Social Work Education Sept- 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 16 September	9:30am - 10:30am	Future planning - Wills, enduring power of attorney, and advanced care directives
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

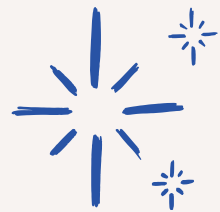
SUPPORTING SOMEONE WITH CANCER?

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

- ◆ 3rd September: Alfred Carer Services
Carer Gateway Information Session
- ◆ 1st October: Complexities of Caring
- ◆ 5th November: Sustainability and Self-Care

**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



Paula Fox Melanoma
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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

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:

- Tues 1 September 9:00-10:00am
- Wed 9 September 2:00-3:00pm
- Tues 15 September 9:00 -10:00am
- Wed 23 September 2:00 - 3:00pm
- Tues 29 September 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
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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:

- Wednesday 16 September, 1:00-2:00pm
- Wednesday 18 November, 1:00-2:00pm

Where: PFMCC, Wellness Centre - In person or Online

To register email: cancerwellness@alfred.org.au

Workshops

Skin

Hair

Wellness

Facing
cancer with
confidence

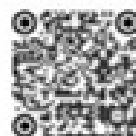
Free
Workshops
Register
Now

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



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

