

Personalised Exercise Programs - Exercise as Medicine!

Exercise is now considered a first-line treatment and has been shown to be safe and beneficial before, during, and after cancer treatment. Research shows that regular, tailored exercise can help reduce treatment side effects, improve strength and energy, support mental wellbeing, and improve overall quality of life. Patients who are supported to engage in exercise programs are more likely to stay active and achieve better health outcomes, especially when exercise is structured and supervised.

Our Integrative Oncology **Personalised Exercise Program** is available to all patients referred to our service. The program offers individualised exercise plans based on your goals and preferences, with options for 1:1 or group sessions. You will attend a comprehensive assessment and can then access the exercise program for 10 weeks under the guidance of our Exercise Physiologist & Physiotherapist. Please note our Younger Patients Catch-up on Wed 15th April has a focus on “Exercise as Medicine”

Integrative Oncology Staff updates

Social Work - Savannah (Sav) recently joined the Integrative Oncology team for 2026. Working alongside Diana (Wednesdays), Sav has a wealth of experience in Oncology and Palliative care and will be seeing patients on Mondays and Thursdays. Sav will also commence facilitating the Carers Education & Support group from May onwards.



Nutrition service - We recently farewelled our amazing Dietitian Marina, and are excited to welcome our new Dietitian, Heather, commencing 31st March! Heather brings considerable oncology experience and will continue the Integrative Oncology nutrition service on the same days - Tues/Wed/Thurs. Make sure to book in for the two group sessions in April. We have an education session on navigating common symptoms such as loss of appetite, nausea, bowel changes and taste changes. There is also a practical kitchen workshop - come along and try some new smoothie recipes - a great way to boost your nutrition, without a lot of effort or expense! Patients & carers welcome, booking required.

Occupational Therapy - As many of you are aware, Bree is now on parental leave, eagerly awaiting baby's arrival any day now! We welcome a new OT, Casey to our team - Casey will be covering the OT role during Bree's leave and will be available every Mon/Tues/Wed, commencing next week.

Wellness Centre Library

Our Wellness Centre library, located in the living room, offers a high-quality, thoughtfully curated selection of books—including gardening, travel, cooking, art, poetry, and more—for you to enjoy during your visit, with art books generously provided by the National Gallery of Victoria. We hope these inspire new interests and old passions! Please note that most books are for use within the centre only and are not for loan. A small selection of novels/fiction is available to borrow—please return these once you've finished so others can enjoy them too. If you are considering donating an item, please email us first.

Wellness Centre Spaces

Please be mindful that our Therapy/consulting rooms, including the Active (exercise) Therapy Room are only for use by the Integrative Oncology clinicians for patient appointments. Patients and carers are encouraged to remain in the communal kitchen/living room spaces or garden spaces designed for you.

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 - 11:20am - “Sound bowl” Meditation Thursdays 10:30am - 11:20am - “Treat” Rest & Recovery
Restorative Yoga (Bookings essential)	Wednesdays 10.30am - 11.20am Thursdays: 12.00 - 12:45pm ** NO CLASSES ON THURSDAY 23 APRIL

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)

Recharge! A Cancer Fatigue Wellness Series Wednesdays 11.30am-12.30pm In Person or Online	This 4-week series commences on 8 th April and focuses on the physical, emotional and practical management of cancer related fatigue. This interactive education series is facilitated by our multidisciplinary team and is designed to attend the whole series.
Navigating Nutrition and Symptoms Thursday 16 April 1.30-2.30pm In person or online	This month’s dietitian- led session focuses on practical strategies to maintain good nutrition while managing common cancer and treatment related side effects. If you, or someone you care for, is experiencing challenges that make eating difficult, this session will provide helpful guidance and support.
Smoothie Workshop Tue 21 April 11:00am-12:30pm In person only	Smoothies offer great flexibility, allowing you to mix and match ingredients to suit your taste preferences and nutritional needs. Join our Dietitian for an ‘in person’ smoothie making workshop and taste testing of a variety of nutrient rich blends.
Support for people aged under 65, including the NDIS Wed 22 April 9:30am - 10:30am	Part of the Social Work education series, this session provides information on supports you may access (including the National Disability Insurance Scheme) if you are under 65 years of age. Attend online or in person.
Carer Education and Support Wed 22 April 1:00pm - 2:30pm In person or online	An education and support session for Carers only. Join our Social Worker and share your experiences with other carers as you are guided through a helpful session on ‘Looking after yourself’.
Lymphoedema Prevention Alternating Tuesday (9am) and Wednesday (2pm) -held weekly	Open to Alfred Cancer patients who are at risk of developing lymphoedema or who have developed secondary lymphoedema. This program offers group education and surveillance, delivered by our specialist lymphoedema therapists (OT and Physio).

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 for **up to 12 weeks**. Booking is essential. The classes are led by our qualified experienced complementary practitioners.

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

NB: NO CLASS ON THURS 23rd APRIL



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 - 11:20am

Thursdays: 12:00pm - 12:45pm

NB: NO CLASS ON THURS 23rd APRIL

To book, use the QR code or visit



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www.trybooking.com/eventlist/alfredcancerwellness

Email: cancerwellness@alfred.org.au

for more information



Recharge!

A Cancer Fatigue Wellness Series

Recharge! offers a comprehensive, multidisciplinary approach to understanding and managing the physical, emotional, and cognitive aspects of cancer-related fatigue (CRF). Designed for cancer patients and caregivers, this series provides practical strategies for coping with fatigue, enhancing mental clarity, and improving overall wellbeing.



In addition to gaining valuable insights, attendees will have the opportunity to engage with others facing similar challenges, fostering social connections and building a supportive community to help restore your energy. Open to Alfred Cancer patients and their families, friends & carers, each session is available either **in-person or online**.

For maximum benefit, it is recommended you attend the whole series of 4 sessions.

Session 1. Tired of being tired? Understanding cancer-related fatigue

Wednesday 8th April 11.30am - 12.30pm

Gain an in-depth understanding of cancer-related fatigue (CRF), its causes, and how it affects both your physical and emotional health.

Session 2. Brain fog and cognitive fatigue

Wednesday 15th April 11.30am - 12.30pm

Explore the connection between cancer treatment and cognitive fatigue, including symptoms like memory lapses and concentration difficulties.

Session 3. The emotional impact of cancer related fatigue

Wednesday 22nd April 11.30am - 12.30pm

Learn ways to cope with the emotional strain of living with cancer-related fatigue and develop strategies to foster resilience.

Session 4. Fatigue in daily activities

Wednesday 29th April 11.30- 12.30pm

Learn to identify and manage functional fatigue, including strategies to conserve energy and adjust daily activities to reduce the impact of fatigue on work, family, and personal life.

Follow-up individual consultations with our Integrative Oncology/Wellness Centre staff can also be arranged to help you with a personalised care plan for managing cancer related fatigue and the impact on your day to day life or return to study or work.

You can attend these sessions in person or online.

Registration required, Email: cancerwellness@alfred.org.au

YOUNGER PATIENTS CATCH-UP

SOCIAL CONNECTION, INFORMATION, ACTION



Scan to register!

Wed 15 April

Wed 17 June

4.00pm -5.00pm

In person or online

**Register at:
[www.trybooking.com/
DHXBE](http://www.trybooking.com/DHXBE)**

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

Social catch-up and more!

**Wednesday 15th April- Let's talk about
"Exercise as Medicine"**

Join our young persons' cancer support catch-up. We'll be chatting about how exercise can improve physical strength & energy, support emotional wellbeing & resilience, and foster meaningful social connection, with current evidence and practical insights shared by our guest speaker. Come and share your own ideas and experience, we'd love to see you!



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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



Art Therapy

OUR ART THERAPY SESSIONS ARE THOUGHTFULLY DESIGNED AROUND THE CANCER JOURNEY , OFFERING A COMPASSIONATE SPACE TO EXPLORE THE BENEFITS OF CREATIVE EXPRESSION.



WORKING INDIVIDUALLY OR WITHIN A SUPPORTIVE GROUP SETTING, OUR ART THERAPIST WILL COLLABORATE WITH YOU TOWARDS YOUR AGREED GOALS.

(NO EXPERIENCE REQUIRED, ALL MATERIALS PROVIDED)

*ART THERAPY IS HELD EVERY MONDAY
GROUP SESSIONS - 10.30AM-12.30PM
INDIVIDUAL SESSIONS (9AM/ 1.30PM/2.30PM)*

APRIL ART THERAPY - FOCUS ON COLLAGE



Collage can help you express and make sense of your inner world by creating and arranging images. This process can reduce stress & anxiety, promote relaxation, and offer a gentle distraction from pain or difficult thoughts. It's also a way to reconnect with your identity beyond your cancer diagnosis. If you're looking for a supportive space that encourages social connection and creative expression, this could be for you.

Request - We would love any donations of unwanted National Geographic magazines to be used in our art therapy program.

A REFERRAL TO THE INTEGRATIVE ONCOLOGY TEAM IS REQUIRED. PLEASE EMAIL:

CANCERWELLNESS@ALFRED.ORG.AU

(INCLUDE YOUR FULL NAME AND PATIENT NUMBER)

**Minderoo Wellness Centre
Paula Fox Cancer Centre, 545 St Kilda Rd**





ART THERAPY



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FREQUENTLY ASKED QUESTIONS

What is Art Therapy?

'Art Therapy' is a type of therapy that uses arts-based reflection and practice as a methodology and form of expression to promote wellbeing. A typical session may involve painting, drawing, writing, sculpting, sensory exploration, collaging or other art forms. Facilitated by Molly, a health professional who holds a Masters in Art Therapy, our Art Therapy program is specifically designed to focus on your cancer journey and experience.

Who is Art Therapy for?

Individual and group art therapy is offered to Alfred Cancer patients (who have been referred to the Integrative Oncology service). Potential benefits include relaxation & stress reduction, anxiety reduction, self-expression, improved attention & focus, reduced fatigue, all of which can improve your sense of wellbeing. Despite its name, no prior artmaking experience is required – art psychotherapy is about the process, rather than the finished outcome. Patients may be eligible to participate in individual and group Art Therapy sessions over the duration of accessing the Integrative Oncology and Wellness Centre programs, which is typically for 3-4 months. Patients can be referred by their treating team or you can contact the Wellness Centre directly for more information. Email: cancerwellness@alfred.org.au

What do our patients say?

"The invitation, created by the art therapist is the gift to enter the art studio space with an open mind and experience what is on offer. It could just be the art materials -paint, pastels, pencils, glue, papers, put together with found materials from nature or the kerb. Be ready just to feel into your own response to anything that's on offer as a starting point, plunging into an emotional rabbit hole or a wide-open horizon of ideas that bubble up from within your own life experiences. I guess for me it's been the luxury of moving out of my busy thinking into my quieter self, intuition and the threads of my subconscious. Being a skilled artist has nothing to do with the experience; it is available to us all. Just leave your critical self at the door and go on in to explore something deep & dark or as light as a feather. Find the child within and play!"

What's on in April?

In April, our Art Therapy group will be focusing on collage. Collage is a simple way to create pictures by choosing and arranging images that feel meaningful to you. It can help you feel more in control and make sense of your experiences, especially when your cancer journey feels uncertain. Making collage can also help you express what's going on inside, reduce anxiety, and promote relaxation. It offers a gentle distraction from stress, worry or pain and a chance to reconnect with who you are beyond your diagnosis. If you're looking for a supportive space to be creative and connect with others, this group is for you.

How do I attend?

Art Therapy sessions are held every Monday in the Wellness Centre. Referral required
Group Session: 10.30am-12.30pm
Individual Sessions: 9.00am/ 1.30pm/ 2.30pm
Ask your your treating team for a referral to Integrative Oncology or email the Wellness Centre: cancerwellness@alfred.org.au Please include your full name and patient number.



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Wellness Centre Nutrition Education Jan - June 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
Thursday 29th Jan	1:30pm - 2:30pm	Education session – The ABC of Nutrition
Thursday 12th Feb	1:30pm - 2:30pm	Education session – Protein for Power
Tuesday 24th Feb	11:00am - 12:30pm	Kitchen Workshop – Breakfast Booster
Thursday 12th March	1:30pm - 2:30pm	Education Session – Eating for Energy: calorie boosting tips to support adequate nutrition
Tuesday 24 th March	11.00am - 2.30pm	Kitchen Workshop - Nourish and Boost
Thursday 16th April	1:30pm - 2:30pm	Education session – Navigating Nutrition & Symptoms
Tuesday 21st April	11:00am - 12:30pm	Kitchen Workshop – Smoothie Workshop
Thursday 14th May	1:30pm - 2:30pm	Education session – Unpack it! Understanding Food Labels & Ultra-processed foods
Tuesday 26th May	11:00am - 12:30pm	Kitchen Workshop – Figuring Out Fibre
Thursday 11th June	1:30pm - 2:30pm	Education session – The ABC of Nutrition
Tuesday 23rd June	11:00am - 12:30pm	Kitchen Workshop - Easy sandwich fillers and cracker topping ideas

Navigating Nutrition & Symptoms

Thursday 16th April

1:30-2:30pm

Minderoo Wellness Centre

Paula Fox Cancer Centre



JOIN US FOR OUR MONTHLY DIETITIAN-LED NUTRITION EDUCATION SESSION FOCUSING THIS MONTH 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!



You can join in person or online.
To register, please email
cancerwellness@alfred.org.au
Patients & carers are welcome to attend

KITCHEN COUNTER CATCH UPS:

Smoothie workshop



11:00 - 12:30PM

TUESDAY

21ST APRIL 2026

**Minderoo Wellness Centre
Kitchen (in person)**

Come along to our fun,
educational smoothie making
workshop with our dietitian.

You can learn how to make
nutritious smoothies that are
easy to prepare and will nourish
and fuel your body!

Taste-testing included, all recipes
provided to take home



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To attend, please register via email
cancerwellness@alfred.org.au
Patients and carers welcome
(please provide full name & patient number)



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Wellness Centre Social Work Education Feb - June 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 18 Feb	9:30am - 10:30am	Understanding My Aged Care and in-home supports for people aged 65 and over
Wednesday 18 March	9:30am - 10:30am	Navigating financial options and understanding Centrelink payments
Wednesday 22 April	9:30am - 10:30am	Supports for people aged under 65, including the National Disability Insurance Scheme (NDIS)
Wednesday 20 May	9:30am - 10:30am	Future planning - Wills, enduring power of attorney, and advanced care directives
Wednesday 17 June	9:30am - 10:30am	Series begins again

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

ACCESSING SUPPORT FOR UNDER 65'S

The options for accessing support in the wider community can be overwhelming and confusing.

If you are under 65 this session is designed for you. Our Social Worker will provide information about services that may be available, including NDIS support.

When: Wednesday 22nd April

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 full name & patient number to

cancerwellness@alfred.org.au



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Wellness Centre

Carer Education and Support Series

Feb - June 2026

Our carer education and support sessions are for **carers only**.

Join our Social Worker for practical information as well as the opportunity to meet other carers and share your own experiences over a cuppa.

These sessions occur monthly and are designed for you to attend all 3 sessions in a 3 month block. The series will be repeated throughout the year.

You can attend in person at the Minderoo Wellness Centre (online also available)

Date	Time	Topic
1. Wednesday 18 Feb	1:00pm - 2:30pm	Carer Education and Support: Alfred Carer Services presentation
2. Wednesday 18 March	1:00pm - 2:30pm	Carer Education and Support: Complexities of caring
3. Wednesday 22 April	1:00pm - 2:30pm	Carer Education and Support Looking after yourself
4. Thursday 7 May	1:00pm - 2:30pm	Series begins again (monthly on Thursdays) Carer Education and Support: Alfred Carer Services presentation

To register for the Carer Education and Support Series, 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



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Carer Education and Support Looking after Yourself

Our Carer support group provides an opportunity for individuals caring for others to share and connect.

Guided by a social worker, this session will offer self-care strategies and practical advice for carers to look after themselves.

DATE: WEDNESDAY 22 APRIL

TIME: 1.00-2.30 PM

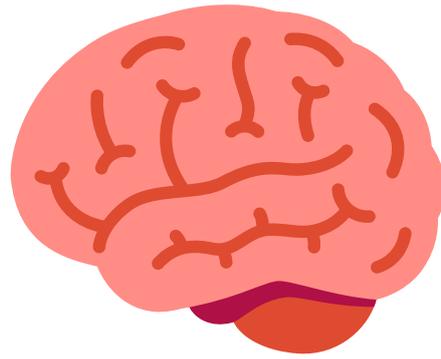
LOCATION: WELLNESS CENTRE,
PAULA FOX CANCER CENTRE
545 ST KILDA ROAD

To register please

email your details to:
cancerwellness@alfred.org.au
Phone:ph: 9076 9246 or/
SMS: 0458 269 421



Please include your full name, patient number and preference to attend in person or online



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 March, 4pm - 5pm
- Wednesday 13 May, 4pm - 5pm
- Wednesday 15 July, 4pm - 5pm

Where: PFMCC, Wellness Centre or Online

To register email: cancerwellness@alfred.org.au

Lymphoedema Prevention Program



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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.

April dates:

- Wed 8th April 2.00 - 3.00pm
- Tues 14th April 9.00-10.00am
- Wed 22nd April 2.00-3.00pm
- Tues 28th April 9.00 -10.00am

Where: Wellness Centre, Paula Fox Melanoma & Cancer Centre

Referral Required
Please speak with your treating team for more information

Workshops

Skin

Hair

Wellness

Facing
cancer with
confidence

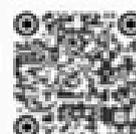


Free and practical workshops improving the wellbeing and confidence of people undergoing any treatment for any cancer. Registration is essential. Call 1800 650 960 visit lgfb.org.au or scan below.

Alfred Health – Paula Fox Melanoma and Cancer Centre

Dates for 2026:

- | | |
|---------------|-------------------|
| 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

