

Minderoo Wellness Centre



Paula Fox Melanoma
and Cancer Centre

Part of Bayside Health

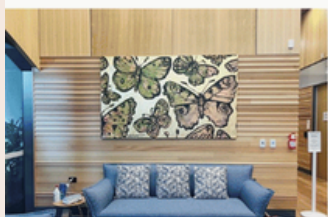
NEWSLETTER AUGUST 2026

This August, we are proud to recognise two years of the Integrative Oncology & Wellness Centre and the wonderful community of patients, carers and clinicians who have helped shape our service.

We remain committed to providing evidence-based, holistic care that supports symptom management, mind-body practices, and education to help you care for your health and wellbeing during and beyond cancer treatment.

Recently, our clinicians attended the sold-out Second National Symposium on Integrative Oncology and Wellbeing in Supportive Cancer Care, held in Melbourne, where clinicians from across Australia joined leading experts from Australia and the USA. Professor Dorothy Keefe, CEO of Cancer Australia, opened the event by highlighting supportive care as an essential part of whole-person cancer care and the importance of access at all stages of care. We were also proud to hear Nicole Jackson, Manager of Integrative Oncology at Alfred Cancer, present our model of care, reinforcing our service as a leader in the field. The symposium was a great opportunity to share new ideas and has inspired our team to continue delivering high-quality, evidence-based care tailored to your needs.

We warmly invite you to join our second anniversary event from 11.30am on 13 August, alongside Cancer Council's Daffodil Day. We value your ideas and feedback also, and look forward to sharing this occasion with you. Please see page 3 for event details.



Breaking News!

Our Dietitian Heather was the top fundraiser for the Alfred Foundation in the recent Run Melbourne event!

New artworks to enjoy

Our heartfelt thanks to renowned artist David Bromley for his generous artwork donation, bringing colour, inspiration and joy to our Wellness Centre

Opening Hours

The Wellness Centre is open from 7.30am - 4.30pm. It is a calming and relaxing environment with indoor and outdoor communal spaces for patients and carers of the Alfred Cancer Service

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

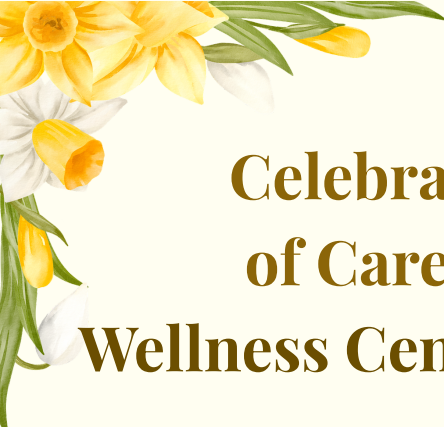
We value your feedback, thankyou!



**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!



Celebrating Two Years of Care & Connection Wellness Centre 2nd Anniversary

Join us as we recognise two years of the Wellness Centre providing compassionate supportive care to people affected by cancer, whilst also acknowledging Cancer Council Daffodil Day in support of cancer research for everyone impacted by cancer.

The daffodil is a symbol of hope, resilience and optimism. Together, we invite you to reflect and celebrate the strength of our community and the difference supportive care makes every day.

Morning Tea & Door Prizes
Live Performance - Clarinet Trio
Contribute to our collaborative art work



Paula Fox Melanoma
and Cancer Centre
Part of Bayside Health



13 August 11:30 am Wellness Centre

YOU'RE INVITED!

Whether you are a patient of the Wellness Centre program, a carer or part of our staff community; we are delighted to invite you to join the Wellness Centre team as we recognise this important milestone.

Date: Thurs 13 Aug
Time: 11.30am -1.00pm
Venue: Wellness Centre,
Paula Fox Melanoma &
Cancer Centre, 545 St
Kilda Rd.
RSVP by email:
cancerwellness@alfred.org.au





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 and 1.00pm

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



ART THERAPY

CREATING WITH CLAY

Unleash your creativity and connect with clay!



Join our weekly Art Therapy group. Our August focus is discovering the therapeutic benefits of handbuilding with clay. This gentle, creative practice can help reduce stress, ease tension, and support relaxation and emotional wellbeing.



**Mondays in August
10.30am - 12.30pm**

This service is for outpatients referred to Integrative Oncology/Wellness Centre
Registration required - provide your full name & UR number
Email: cancerwellness@alfred.org.au



MINDEROO WELLNESS CENTRE

Recharge!

Cancer Fatigue Management Series

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 YOU IN UNDERSTANDING AND MANAGING THE PHYSICAL, EMOTIONAL, AND COGNITIVE ASPECTS OF CANCER RELATED FATIGUE

Session One

Understanding Cancer
Related Fatigue

Session Two

Cognitive Fatigue
and Brain Fog

Session Three

Emotional Impacts
of Fatigue

Session Four

Functional Impacts
of Fatigue

Wednesday 26 Aug
11:30am-12:30pm

Wednesday 2 Sept
11:30am-12:30pm

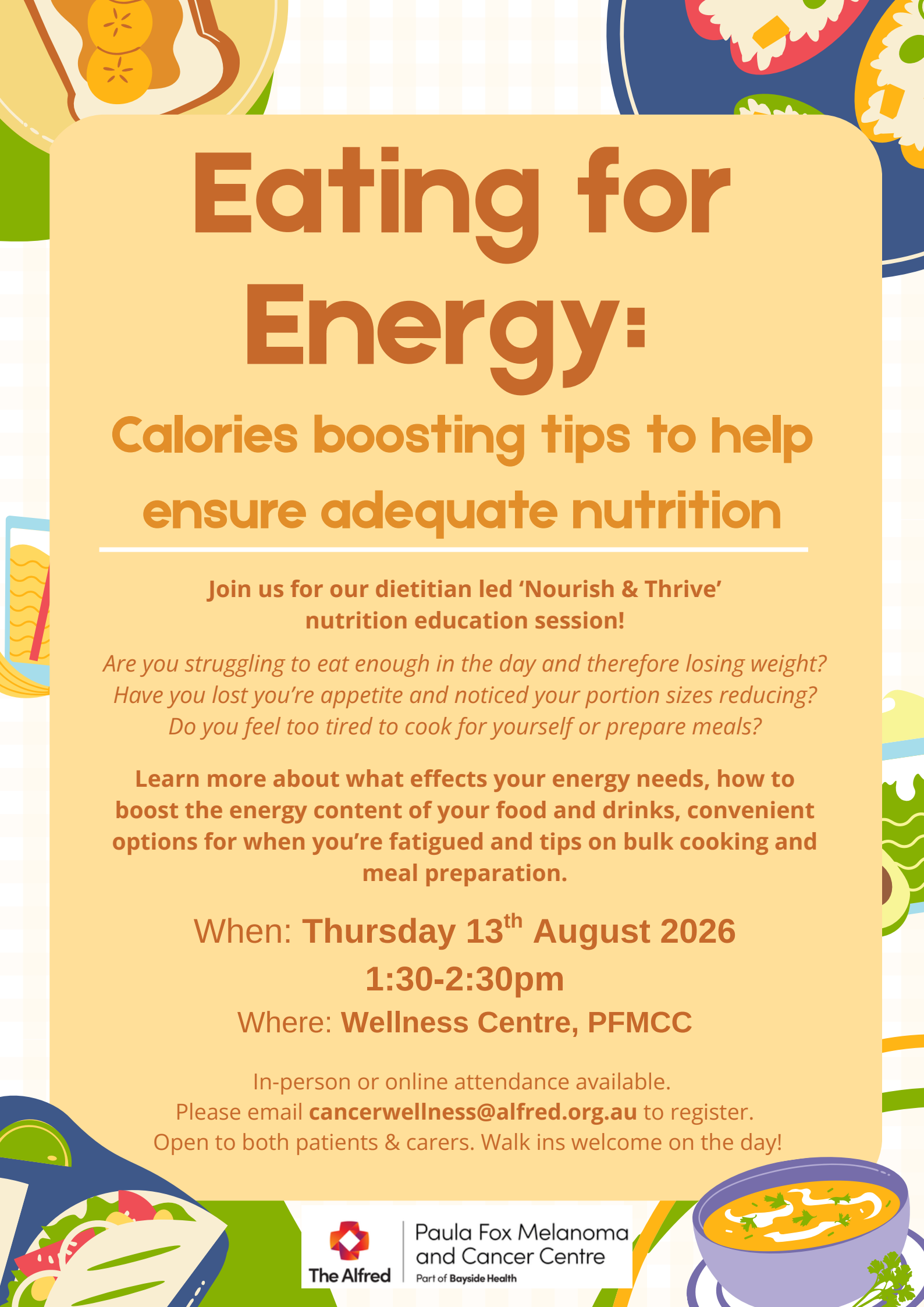
Wednesday 9 Sept
11:30am-12:30pm

Wednesday 16 Sept
11:30am-12:30pm

You can attend these 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

The poster features a vibrant, colorful border with various food illustrations. At the top left, there are orange slices. At the top right, a bowl of food with green and red elements is visible. On the left side, a stack of yellow and orange items, possibly bread or fruit, is shown. On the right side, a green leafy vegetable is depicted. At the bottom left, a bowl of green salad is shown. At the bottom right, a bowl of orange soup with a white swirl is featured. The background of the central text area is a solid light orange color.

Eating for Energy:

Calories boosting tips to help ensure adequate nutrition

Join us for our dietitian led 'Nourish & Thrive' nutrition education session!

*Are you struggling to eat enough in the day and therefore losing weight?
Have you lost your appetite and noticed your portion sizes reducing?
Do you feel too tired to cook for yourself or prepare meals?*

Learn more about what effects your energy needs, how to boost the energy content of your food and drinks, convenient options for when you're fatigued and tips on bulk cooking and meal preparation.

**When: Thursday 13th August 2026
1:30-2:30pm**

Where: Wellness Centre, PFMCC

In-person or online attendance available.

Please email cancerwellness@alfred.org.au to register.

Open to both patients & carers. Walk ins welcome on the day!



Kitchen Counter Catch Ups:

NOURISH & BOOST



TUESDAY
25TH AUGUST
11:00AM - 12:30PM



Are you struggling to maintain your weight? Lost your appetite? Feeling full quickly? Or finding it hard to regain the weight you've lost?

Join our Dietitian for a hands on workshop - enjoy some taste testing and learn new ideas to help enrich and fortify your foods to maximise every mouthful and ensure you are getting enough energy and protein in your diet.

Where?



Wellness Centre Kitchen
Ground Floor, PFMCC

Call 9076 9246 or email
cancerwellness@alfred.org.au
Let us know if you'd like to attend 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 20 th October	11:00am - 12:30pm	Kitchen Workshop – Figuring Out Fibre
Thurs 5 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

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 4 August 9:00-10:00am
- Wed 12 July 2:00-3:00pm
- Tues 18 August 9:00 -10:00am
- Wed 26 August 2:00 - 3:00pm

Where: Wellness Centre, Paula Fox Melanoma & Cancer Centre

Referral Required
Please speak with your treating team for more information

Wellness Centre Social Work Education May - Oct 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 17 June	9:30am - 10:30am	Session 1: Understanding My Aged Care and in-home supports for people aged 65 and over
Wednesday 15 July	9:30am - 10:30am	Session 2: Navigating financial options and understanding Centrelink payments
Wednesday 29 July	9:30am - 10:30am	Session 3: Future planning - Wills, enduring power of attorney, and advanced care directives
Wednesday 12 August	9:30am - 10:30am	Session 4: In-home supports for people aged under 65
Wednesday 16 September	9:30am - 10:30am	Repeat of Session 3: Future planning - Wills, enduring power of attorney, and advanced care directives
Wednesday 14 October	9:30am - 10:30am	Series begins again - Session 1: Understanding My Aged Care and in-home supports for people aged 65 and over

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 IN-HOME SUPPORT FOR UNDER 65'S

Are you Aged Under 65? Need help around the house?

Want to know more about practical in-home
supports are available?

Our Social Worker will provide general
information about what your options may be.

Topics covered include: options for short-term
and long-term supports including HACC PYP
and NDIS.

When: Wednesday 12th August

Time: 11:30am - 12:30pm

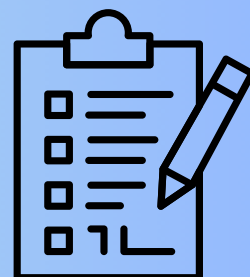
Where: Wellness Centre

Paula Fox Melanoma and Cancer Centre

Attend in person or online

To Register, please email your full name &
patient number to

cancerwellness@alfred.org.au



Paula Fox Melanoma
and Cancer Centre
Part of Bayside Health

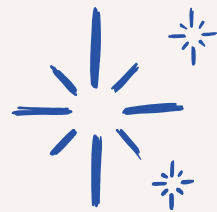
SUPPORTING SOMEONE WITH CANCER?

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

- ◆ 4th June: Managing Stress, Fear and Uncertainty
- ◆ 2nd July: Caring without Burning out
- ◆ 6th August: Self-care and Looking ahead
- ◆ 3rd September: Carer Gateway Information Session

**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**



The Alfred

Paula Fox Melanoma
and Cancer Centre
Part of Bayside Health

**Please note these sessions are for carers only*

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

YOUNGER PATIENTS CATCH-UP

SOCIAL CONNECTION, INFORMATION, ACTION



Scan to register!

Wed 19 August

Wed 21 October

Wed 16 December

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 - finding connection
during and beyond treatment.**

**Join us for an energising “mind-body”
taster activity followed by some non-
alcoholic bubbles, snacks & chats**

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 15 July, 1:00-2:00pm
- 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

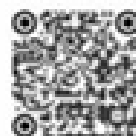
Free
Workshops
Register
Now

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

