Minderoo Wellness Centre

The Alfred | Paula Fox Melanoma and Cancer Centre
Part of Bayside Health



NEWSLETTER DECEMBER 2026

💗 Holiday season giving - card making



Make a card to give someone. From Monday 7th Dec - Monday 21st Dec we will have a DIY card-making activity set-up in the communal space in the Wellness Centre. We invite you to make a special card for someone - it may be a Christmas card or a thankyou card for a family member, a friend or even one of our staff members!

Giving thanks to our supporters in 2026

We are very grateful for the support of Arnotts and Allpress coffee who donate the biscuits and coffee beans we all enjoy in the Wellness Centre. We have also received a donation from Koala Kids - small toys and craft items suitable as gifts for children/grandchildren. If fatigue, finances or other reasons are challenging, please email us if you would like to select an item from the free gifts we have available.

December education sessions designed for the season

It's busy time of year and we have a range of sessions designed to support you. Registrations open.

- Thursday 3rd December - discover practical, budget-friendly meal ideas from our Dietitian to make healthy eating easier during the busy holiday season (see page 5)
- Wednesday 9th December - join our Occupational Therapist and Psychologist for practical strategies to help manage fatigue and support your emotional wellbeing over the festive period (see page 7)
- Wednesday 9th December - our Dietitian is running a kitchen workshop demonstrating how you can make your own healthier holiday treats (see page 6)
- Tuesday 15th December - Scanxiety, the anxiety that can occur before and after scans and test results, is a common experience for people affected by cancer. Join our psychologists for a supportive session exploring practical strategies to manage stress and uncertainty. (see pg 8)



Welcome Hayley and Katherine

Hayley (left) has joined our admin team on Wed/Thurs. Outside of work Hayley enjoys spending time with her family, taking her dogs for walks and making the most of any opportunity to visit the beach. Katherine is our new Social Worker and also a great advocate of yoga & meditation! Katherine enjoys ballet, art, philosophy, cats, and scouting 'op shops' for interesting things for her arty crafty projects.

Caring for your skin in summer - free full size La Roche sunscreen!

Our supportive cancer care program aims to bring you the most up to date information and helpful tips. During 2026 we held 3 patient education seminars focused on common skin and nail changes during treatment. These sessions also covered sun safety and sunscreen. With summer upon us, make sure you have some quality sunscreen. Please drop into the Wellness Centre to receive your free sunscreen and receive access to our education recording or slides (or email cancerwellness@alfred.org.au for details).

Wellness Centre hours 7.30am - 4.30pm Mon-Fri

The Wellness Centre is CLOSED from 25 Dec 2026 to 4 Jan 2027

Happy holiday season and merry Christmas to all!

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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 experienced complementary practitioners. Booking is essential.

YOGA UPDATE - there is no Wednesday class in December. Thursday class is on.
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





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: unavailable in Dec.
Thursdays: 12:00pm - 12:45pm
Use QR code for available dates

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To book, use the QR code or visit
www.trybooking.com/eventlist/alfredcancerwellness
Email: cancerwellness@alfred.org.au
for more information

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Integrative Oncology &Wellness centre

Personalised Exercise Programs
In person and online group sessions

Lauren, our Exercise Physiologist, leads the Integrative Oncology Service's group exercise program. Sessions are offered in person on Mondays and Wednesdays, with an online option available on Thursdays for those who prefer to 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 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.

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 9.30am - 3 days/week:

In person
Monday and Wednesday

Online
Thursday

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

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EASY MEAL PREP ON A BUDGET



THURS 3rd DEC
1:30-2:30PM

attend at the Wellness Centre or online



Come and learn tips from our Dietitian for simple healthy meal prep to save money and time in the kitchen



Budget-friendly recipes included



Eat healthier without the stress



Save on time & energy

Patients and carers can attend online or in person.
Email cancerwellness@alfred.org.au to register

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PLEASE JOIN US FOR A WORKSHOP ON



HEALTHY HOLIDAY TREATS

WEDNESDAY

DECEMBER 9th 11AM-12:30 PM

Come join us for a special holiday-themed nutrition kitchen workshop led by our dietitian.
Come join this workshop on making healthier holiday fun foods during the busy holiday season.
We'll also go through some tips to ensure you are still nourishing your body with food during this time of year.

Patients and carers can attend in-person only.
Please call 9076 9246 or email cancerwellness@alfred.org.au to register.

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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 9th December 2026
Time	1.00pm-2:00pm
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**

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Managing 'Scanxiety'

Anxiety around scans and test results, sometimes referred to as 'scanxiety', is a common experience for people affected by cancer.

Date: Tuesday 15th December
Time: 11.00am - 12.30pm
Attend: In person or online
Location: Wellness Centre, Paula Fox Melanoma & Cancer Centre

Join our psychologists for a supportive and practical workshop exploring why scanxiety occurs.
We will also discuss strategies to help you manage uncertainty , worry and anxiety before and after scans or other tests.
(Suitable for people during or after treatment)

To register please email
cancerwellness@alfred.org.au
Provide your full name & patient number
Please note if you will attend in person or online

ALFRED CANCER - INTEGRATIVE ONCOLOGY AND WELLNESS CENTRE
PAULA FOX CANCER CENTRE, 545 ST KILDA RD. MELBOURNE 3004

YOUNGER PATIENTS CATCH-UP 16TH DEC. 2PM

SOCIAL CONNECTION, INFORMATION, ACTION



Scan to register!

Wed 16 December

2.00pm - 3.00pm

In person or online

Register at: www.trybooking.com/DHXBE

Note we are trialling a new time

2.00pm - 3.00pm

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. We also invite you to contribute ideas to our 2027 plan for younger patients aged 40 (ish) and under.

Open to Alfred Cancer patients aged 40 and under. (invite a friend along also if you would like to)

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Register online or email
cancerwellness@alfred.org.au

GROUP ART THERAPY

Weekly group art therapy sessions

Mondays from 10:30am-12:30pm

(final session for 2026 is Monday 21st Dec)

December focus - Join us to Create a Group Artwork

Join others to create one large artwork together. Everyone will add colours, shapes or drawings to the same artwork and build on each other's ideas. No art experience is needed. Come along! be curious, get creative and enjoy making something together.

Email queries (including full name and patient number)
Email: cancerwellness@alfred.org.au
*Referral to art therapy is required

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RECHARGE

MANAGING CANCER RELATED FATIGUE EDUCATION SERIES



Four part education series online or in person

A multidisciplinary education series designed to support peoples understanding and management of cancer related fatigue

Session Details

What is Cancer Related Fatigue?
Wednesday January 20th 11:30-12:30

Cognition and Fatigue
Wednesday January 27th 11:30-12:30

Emotional Impacts of Fatigue
Wednesday February 3rd 11:30-12:30

Functioning with Fatigue
Wednesday February 10th 11:30-12:30

We recommend attending all 4 sessions. Join online or in person in the Wellness Centre.

Register for the Session

Include your name/patient no.
Let us know if you're attending in person or online

Cancerwellness@alfred.org.au

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Healthy Eating Basics

Thursday 21 January 2027
1:30-2:30pm

Come and learn some simple tips to optimise your nutrition & health with our Dietitian





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

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Wellness Centre Nutrition Education Jan - June 2027

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

Date	Time	Topic
Thursday 21 Jan	1:30pm - 2:30pm	Education session – Healthy Eating Basics Learn how to optimise your nutrition and health
Thursday 4 Feb	1:30pm - 2:30pm	Education session – Navigating Nutrition & Symptoms
Tuesday 16 Feb	11:00am - 12:30pm	Kitchen Workshop – Smoothie Workshop Simple nutrition tips for low appetite, nausea or fatigue
Thursday 4 March	1:30pm - 2:30pm	Education Session – Understanding Food Labels & Ultra-processed foods
Tuesday 16 March	11:00am - 12:30pm	Kitchen Workshop – Breakfast Booster Make nourishing and protein-packed breakfast options
Thursday 1 April	1:30pm - 2:30pm	Education session – Healthy Eating Basics Learn how to optimise your nutrition and health
Tuesday 13 April	11:00am - 12:30pm	Kitchen Workshop – Figuring Out Fibre Bake tasty, high fibre savoury and sweet snacks
Thursday 6 May	1:30pm - 2:30pm	Education session - Good Mood Foods Eating to support gut health, mood & immune system
Tuesday 18 May	11:00am - 12:30pm	Kitchen Workshop - Nutrition on the Move! Easy snacks and meals to bring on treatment days
Thursday 3 June	1:30pm - 2:30pm	Education session - Easy Meal Prep on a Budget
Tuesday 15 June	11:00am - 12:30pm	Kitchen Workshop - Nourish & Boost Enrich and fortify foods to maximise every mouthful

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.

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REFERRAL TO
INTEGRATIVE ONCOLOGY REQUIRED
SPEAK TO OUR TEAM

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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.
December dates:

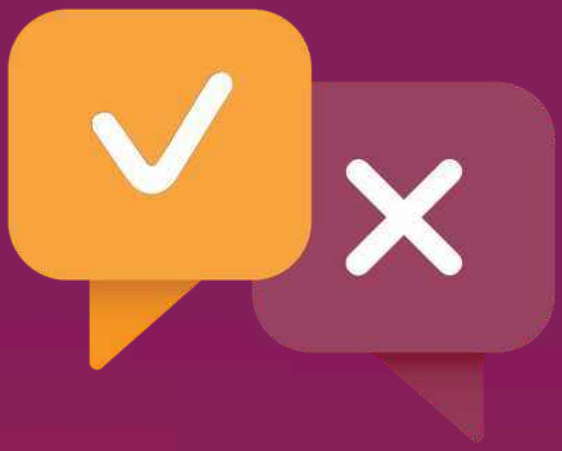
- Wed 2nd December 2:00-3:00pm
- Tues 8th December 9:00 -10:00am
- Wed 16th December 2:00 - 3:00pm
- Tues 22nd December 9.00-10.00am

Where: Wellness Centre, Paula Fox Melanoma & Cancer Centre

Referral Required
Please speak with your treating team for more information

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

WE ARE COMMITTED TO QUALITY & SAFETY

AlfredHealth

theAlfred Caulfield HOSPITAL Sandringham HOSPITAL