

World Cancer Day - Wednesday 4th February

Welcome to February! Please join us for afternoon tea, an opportunity to share your story and see two of our brave staff cut their hair to raise funds for the Leukaemia Foundation. Details pg 9 & 10

Personalised Exercise Programs in 2026

We are excited to introduce our expanded exercise program, with new staff and new equipment to better meet your needs. Our Wellness Centre **Personalised Exercise Programs** begin with a comprehensive assessment conducted by our Exercise Physiologist or Physiotherapist. Following this assessment, you will be able to access a 10-week personalised exercise program, individually tailored to your goals, abilities, and needs.

Consistent attendance over the full 10 weeks is strongly encouraged, as current international clinical guidelines and research show that regular, structured exercise for people affected by cancer reduces common symptoms such as fatigue, improves strength, balance, sleep and overall wellbeing, and supports long-term health outcomes including enhanced quality of life and a reduced risk of cancer recurrence.

Your individualised exercise program may be completed in a one-to-one, small group, or larger group setting, with availability Monday to Friday. For existing Integrative Oncology/Wellness Centre patients, please speak to any of the Wellness Centre staff to arrange a referral. or email us at cancerwellness@alfred.org.au. For new patients, speak to your treating nurse or Doctor and request a referral to the Integrative Oncology service.

Meet our Exercise Physiologist (Lauren) and Physiotherapist (Rebekah)

Lauren (left) joined our team in December and is the first Exercise Physiologist for Alfred Cancer Service! With experience across cancer, cardiac, and respiratory rehabilitation services, she is passionate about supporting the growth of the exercise service in our Integrative Oncology service. Lauren works full-time and is dedicated to empowering people, helping them feel confident and supported through movement. Outside of work, you can find Lauren at the MCG (Go Tigers!) or enjoying a newfound interest in birdwatching!



Rebekah (right) recently joined the team as our Senior Clinician, Physiotherapist (working Mon to Thurs). Rebekah moved to Melbourne in 2023 after building her physiotherapy career across New Zealand and England, following her studies in Ireland where she was born and raised. Rebekah has considerable oncology experience and a strong passion for helping people maintain their mobility, strength, and independence throughout their cancer journey. When not at work, you'll find Rebekah exploring the wider Melbourne area or embarking on a new fitness challenge!

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 - 12:50pm

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! An Online Cancer Fatigue Wellness Series Tuesdays 3-4pm Online Only	This 4-week series starts 24 Feb 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.
SleepSteps Series Tuesdays 10am - 11:30am, Commencing 3 February In person or online	Explore how cancer can affect sleep and practical ways to improve rest throughout treatment and recovery. Developed by our specialist clinicians, this is designed to attend all 4 sessions.
Understanding My Aged Care and In-Home Supports for +65s Wed 18 Feb 9:30am - 10:30am	Part of the Social Work education series, this session will guide you through accessing My Aged Care, as well as other support options available for people aged 65 or older.
Protein for Power Thurs 12 Feb 1:30pm - 2:30pm In person or online	This session looks at what protein is, why it's important, the role of protein in healing and recovery, what foods contain protein, and how to boost the protein content of your food & drinks.
Breakfast Booster Workshop Tue 24 Feb, 11:00am-12:30pm In person only	Join our Dietitian for a hands-on kitchen workshop and taste-testing. You will learn practical ways to make nourishing and protein-packed breakfast options that boost your energy & keep you fuelled for the day! In person only.
Eating for Energy Thu 12 March, 1:30pm - 2:30pm In person or online	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.

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**.

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

Wednesday 28th January 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 4th February 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 11th February 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 18th February 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.
To register, Email: cancerwellness@alfred.org.au



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Recharge!

An Online 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. The Feb/March Tuesday series is ONLINE ONLY

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

Tuesday 24th February 3.00pm-4.00pm

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

Tuesday 3rd March 3.00pm-4.00pm

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

Tuesday 10th March 3.00pm-4.00pm

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

Tuesday 17th March 3.00pm-4.00pm

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 clinicians 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 work/study.

THIS SERIES OF RECHARGE IS ONLINE ONLY
To register, Email: cancerwellness@alfred.org.au

SleepSteps

Evidence suggests that over 50% of people with cancer experience sleep disturbances, which can negatively affect physical, emotional and psychological wellbeing and quality of life.

Join our psychologist and occupational therapist for this interactive series on SLEEP - an often overlooked but essential part of cancer care. We will explore how cancer affects sleep and provide practical strategies to improve rest throughout treatment and recovery.

Designed to attend all 4 sessions, this series is for Alfred Cancer patients only.

Session 1: Why sleep matters

Focusing on sleep's role in healing, wellbeing and mood

Tues 3rd Feb 10am - 11:30am

Session 2: Creating a sleep-friendly routine

Building better evening routines and improving sleep environment

Tues 10th Feb 10am - 11:30am

Session 3: Quieting the mind for a better sleep

Managing thoughts and emotional distress at bedtime

Tues 17th Feb 10am - 11:30am

Session 4: Managing fatigue and bad nights

Coping with poor sleep and finding rest during fatigue-heavy days

Tues 24th Feb 10am - 11:30am

Attend in-person or online.

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



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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 hands-on 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 24th March	11:00am - 12:30pm	Kitchen Workshop – Nourish & Boost: Food fortification tips
Thursday 9th 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 – 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 – General Tips for Healthy Eating: learn about food groups & plate portions
Tuesday 23rd June	11:00am - 12:30pm	Kitchen Workshop – Easy sandwich fillers and cracker topping ideas

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
Wednesday 17 June	1:00pm - 2:30pm	Series begins again (monthly on Wednesdays)

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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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



World Cancer Day

4 FEBRUARY
12:30PM

A day to honor strength, raise awareness, and show support for everyone impacted by cancer.

SHARE YOUR STORY

Join us in the Minderoo Wellness Centre to show your support this World Cancer Day. Patients, carers and family are invited to afternoon tea in the Wellness Centre. Then join with Alfred Cancer Staff in front of the Paula Fox Melanoma and Cancer Centre for Social Worker Diana and Exercise Physio Lauren's hair shave, in support of the Leukaemia Foundation's Worlds Gratest Shave.

12:30pm: Patient, carer and family afternoon tea

1pm: Staff and patients invited for World's Greatest Shave

To register:

visit www.trybooking.com/DJACQ

email cancerwellness@alfred.org.au

Or scan the QR Code





ON FEB 4TH WE'RE CUTTING OUR HAIR

**TO RAISE FUNDS FOR FAMILIES
FACING BLOOD CANCER**

***THE WELLNESS CENTRE
SOCIAL WORKER DIANA AND
EXERCISE PHYSIOLOGIST LAUREN
ARE CUTTING THEIR HAIR
TO RAISE FUNDS!***

***LOCKS WILL BE DONATED TO
SUSTAINABLE SALONS.***

SCAN TO DONATE TO LEUKAEMIA FOUNDATION

Or visit -

**[www.worldsgreatestshave.com/fundraisers/
bobsforbloodcancerawareness](http://www.worldsgreatestshave.com/fundraisers/bobsforbloodcancerawareness)**

**Leukaemia
Foundation**

**World's
Greatest
Shave**



Nourish & Thrive Series

PROTEIN FOR POWER

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

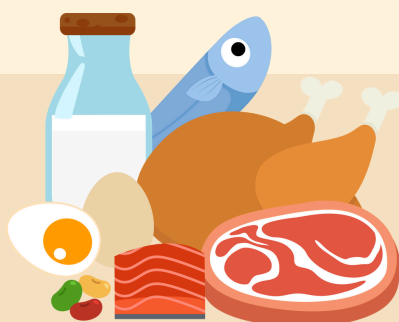
Learn more about what protein is, why protein is important, the role of protein in healing and recovery, what foods contain protein, and how to boost the protein content of your food & drinks.

**When: Thursday 12th February 2026
1:30–2:30pm**

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

You can join in-person or online. To register please email **cancerwellness@alfred.org.au**.

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



BREAKFAST BOOSTER

Nutrition Workshop



TUESDAY 24TH FEBURARY
11:00AM - 12:30PM




Wellness Centre Kitchen
Paula Fox Cancer Centre

Are you stuck eating the same thing for breakfast everyday? Are you struggling to think of new breakfast ideas that will provide you with protein? Are you needing some good breakfast options that you can make ahead of time & eat on the go?

Join our Dietitian for a hands-on kitchen workshop and taste-testing. You will learn new practical ideas to help make nourishing and protein-packed breakfast options that boost your energy & keep you fuelled for the day!

Email cancerwellness@alfred.org.au
Let us know if you'd like to attend or simply
turn up on the day. Patients, family & carers
are all welcome!



Mindfulness-Based Cognitive Therapy (MBCT)

An 8-Week Group for people who have completed their acute cancer treatment.

Program Start Date: Tuesday 3rd March 2026

Session Time: 10:00am - 12:30pm

Duration: 9 weeks (no session 7th April, final session 28th April)

Location: In-person, Minderoo Wellness Centre, Paula Fox Melanoma & Cancer Centre

Facilitators:

- Dr Matt Brown, Senior Clinical Psychologist
- Natasha Zajc-Dalcourt, Credentialed Mindfulness Practitioner and Medical Physician

What is MBCT?

Mindfulness-Based Cognitive Therapy (MBCT) is a structured, evidence-based program designed to help individuals manage stress, reduce anxiety, and improve emotional wellbeing. It combines mindfulness practices with cognitive-behavioural strategies, helping participants recognise and manage the way we think in a different way. Following cancer treatment, MBCT can be particularly helpful in managing lingering stress, fears about recurrence, and the emotional challenges of adjusting once treatment ends.

Who is this group for?

This 8-week in-person group is designed for people who have completed their acute cancer treatment. It is for people seeking learn ways to manage stress, anxiety, symptoms of depression, fears of recurrence, and other emotional challenges when adjusting to life after treatment. It offers a supportive and confidential environment to learn tools and techniques that can enhance emotional resilience and improve overall quality of life.

What to Expect

- Weekly sessions lasting 2.5 hours.
- Guided mindfulness exercises, group discussions, and home practices.
- Practical techniques to help manage stress and cultivate a sense of calm.
- A chance to connect with others who understand your experiences.
- Group size will be kept to 8-10 people

Interested?

If you are a cancer patient at Alfred Health and have completed your treatment, you can register for the group by emailing cancerwellness@alfred.org.au (type 'MCBT' in the subject line).

Potential group members will need to:

- attend a brief, individual pre-group discussion in January/February with the facilitators (in-person or via Telehealth)
- be able to commit to attending 8 weekly sessions in-person

If you are interested, please book early to secure your place.

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.

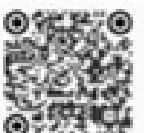
Alfred Health – Paula Fox Melanoma and Cancer Centre

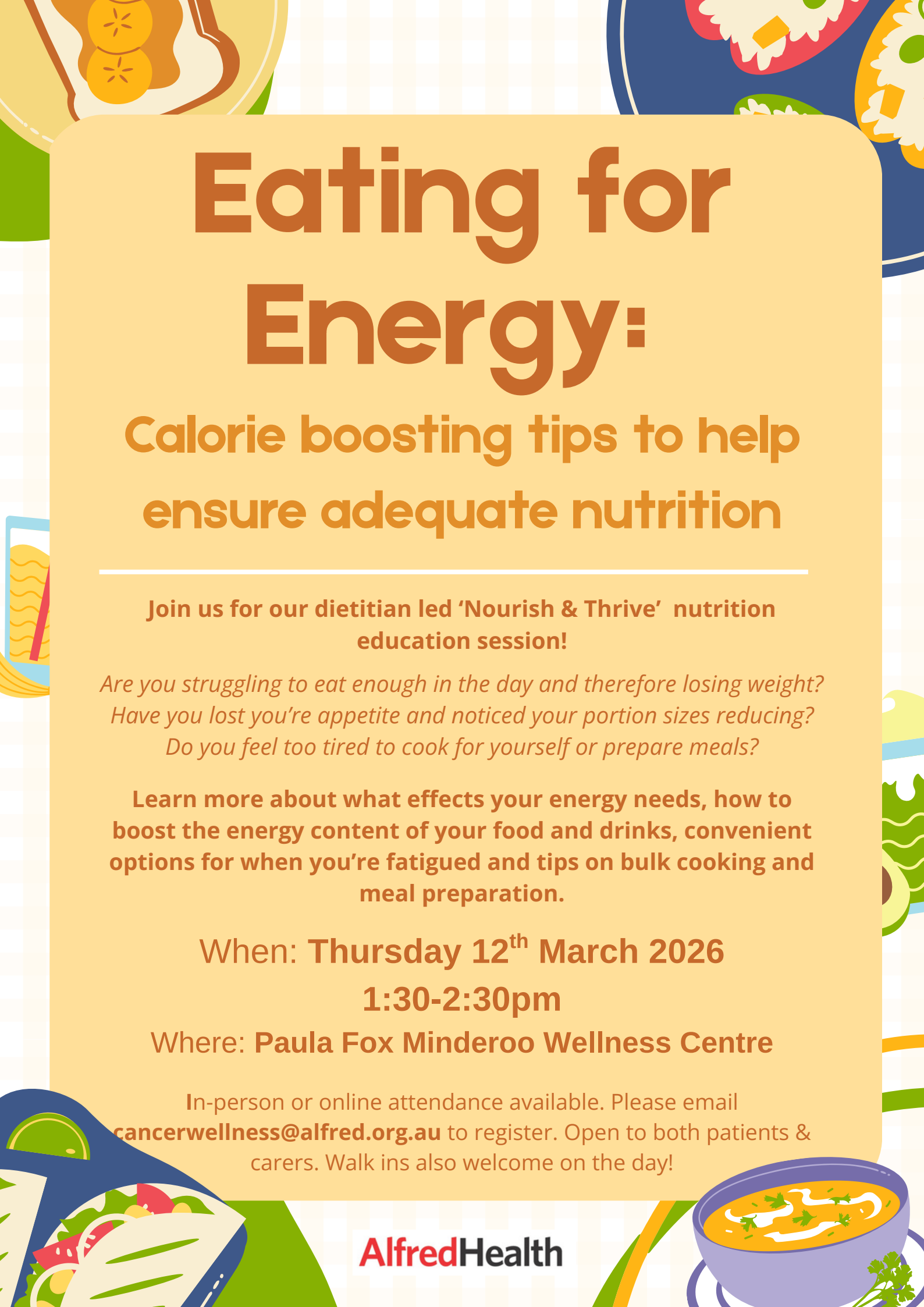
Dates for 2026:

23 February:	12.30pm - 3.00pm
11 May:	10.00am - 12.30pm
14 September:	10.00am - 12.30pm
16 November:	10.00am - 12.30pm



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Eating for Energy:

Calorie 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 12th March 2026
1:30-2:30pm**

Where: Paula Fox Minderoo Wellness Centre

In-person or online attendance available. Please email cancerwellness@alfred.org.au to register. Open to both patients & carers. Walk ins also welcome on the day!

YOUNGER PATIENTS CATCH-UP

SOCIAL CONNECTION, INFORMATION, ACTION



Wed 11 February

Wed 15 April

Wed 17 June

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 and more!

11th February - Let's talk about:

Results and actions from our 2025 research project - "What now? identifying the survivorship needs of cancer patients in their 20s & 30s"

New program idea - peer mentors

Your topic requests or activity suggestions for April & June

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 us:

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 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



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

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





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

Help us improve

Tell us your experience



The Integrative Oncology service refers to the team that delivers the Wellness Centre programs.

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

