

NEWSLETTER JANUARY 2026

Thank You for being part of our community and welcome to 2026!

With sincere appreciation, we thank all patients, carers, and family members who engaged with the Integrative Oncology Program and our staff, or found comfort in the Wellness Centre during 2025. We have been inspired by the way our community has grown through shared support and connection. Your feedback has guided us, and we are excited to expand our clinical programs in 2026 to better meet supportive care needs and improve health outcomes for our patients and families.

Welcome to our new staff

We are excited to introduce our new clinical staff members: Lauren - Exercise Physiologist, Rebekah - Physiotherapist, Molly - Art Therapist and Thea- Oncology Massage Therapist. All new staff will be commencing over January and will continue to focus on supporting your physical, emotional and psychological health. Chat to your medical team or our Wellness Centre staff to arrange a referral.

Admin Update - Integrative Oncology Appointments and Rescheduling

Our admin team has also expanded, with Eleanor Philpotts joining the team. Eleanor will assist with appointment bookings, so if you need to cancel or reschedule an existing appointment please contact Integrative Oncology/Wellness admin via email: cancerwellness@alfred.org.au or ph: 03 9076 9246

Mind-Body Program

The Mind-Body Program is supported by strong evidence showing benefits for physical and emotional wellbeing, stress reduction and quality of life for people affected by cancer.

To ensure equitable access to these benefits, session limits will apply from 12 January 2026.

- Patients: Up to 12 weeks access (maximum 2 classes per week)
- Carers: Up to 12 weeks access (maximum 1 class per week)

Classes will recommence from the week beginning Monday 12 January 2026.

Bookings are essential and can be made via the QR code or our webpage

Following completion of your 12 week access period, we can provide details of trusted community providers, and you can continue to access our new monthly "graduate" meditation class.

New to the Mind-Body Program in 2026

- A monthly "Graduate" Meditation class with Jo Gibbs will begin in February, offering patients and carers a refresher session and ongoing social support and peer connection. Book via QR code.
- We are seeking patient interest in a 6-week Tai Chi trial to help assess this new offering.

Please email cancerwellness@alfred.org.au if you would like more information or to express interest.

Art Therapy

Due to high demand in 2025, we are thrilled to announce the introduction of a weekly Art Therapy program. Research shows art therapy can support emotional expression, reduce stress and anxiety, and enhance wellbeing during cancer care. Throughout January, a Monday open studio will be held in the Art Therapy room at the Wellness Centre from 1pm onwards, giving you the opportunity to try different art forms and speak with our art therapist Molly to help shape the 2026 program. This is your chance to get involved in this highly beneficial service. Bookings via QR code

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! A Cancer Fatigue Wellness Series In person or online	This 4-week series 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 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.
The ABC of Nutrition Thursday 29th January, 1.30pm - 2:30pm In person or online	Join our Dietitian/nutritionist to learn about the basics of food and nutrition, including macro-nutrients, micro-nutrients, fibre, and fluids. Understand how we digest food and absorb nutrients.
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.

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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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 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 24th March	11:00am - 12:30pm	Kitchen Workshop – Nourish & Boost
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 Guides for Healthy Eating: Food Groups and Plate Portions
Tuesday 23rd June	11:00am - 12:30pm	Kitchen Workshop – Easy sandwich fillers and cracker topping ideas

Nourish & Thrive Series:




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The ABC of Nutrition

Join us for our monthly dietitian-led nutrition education session and help manage your health by understanding the basics of food and nutrition!

Come and learn about what makes up the food we eat including macro-nutrients, micro-nutrients, fibre, and fluids. Understand how our bodies digest food and where nutrients are absorbed. Also find out what the difference between probiotics and prebiotics are and if we should be eating them!

 **Thursday 29th January 2026 at 1:30-2:30pm**

 **Minderoo Wellness Centre, Paula Fox Cancer Centre**
Both in-person or online attendance available

Please email us to register for in-person or online (virtual) attendance. This session is open to patients and carers/family.

Email: cancerwellness@alfred.org.au



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.

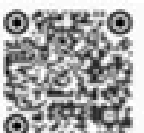
Alfred Health – Paula Fox Melanoma and Cancer Centre

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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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

