

Minderoo Wellness Centre



Alfred
Cancer
Part of **AlfredHealth**

NEWSLETTER JULY 2026

Energise with Exercise!

We know that exercise is the most effective therapy for cancer-related fatigue and also helps manage anxiety & depression. We offer flexible options to help you access our exercise services in a way that works best for you. After being referred to the Integrative Oncology service, individual appointments can be completed in person at the Wellness Centre, online, or over the phone. These sessions include an assessment to develop your personalised exercise program, which can be completed at home, at your local gym, or in the Wellness Centre. Your program will be reviewed regularly by our team.

Group exercise classes are held on-site. If class times are not suitable, our Exercise Physiologist or Physiotherapist can support you to explore alternative exercise options within your local community.

Current exercise group times: Mon 9:30am, Tues 8:30am, Wed 9:30am, Thurs 9am and 1pm

Nourish and Thrive!

Good nutrition plays an important role during and after cancer treatment. Our Integrative Oncology Dietitian, Heather, provides personalised support to help you maintain or re-build strength and energy, manage treatment side effects, and make informed food choices to nourish and thrive.

In July, join our Protein for Power education session and hands-on Breakfast Boosters kitchen workshop. Learn why protein is important for recovery and wellbeing, and discover simple, practical ways to include more protein in your day. See pg 8 & 9 for more details.

Oncology Massage service

Oncology massage is a specialised, evidence informed therapy designed to support people living with cancer throughout treatment and recovery. Treatments are carefully adapted to each person's diagnosis and symptoms to provide a safe and nurturing experience through gentle massage. Individuals experiencing pain, stress, anxiety, fatigue, or sleep disturbances during their cancer journey can benefit from oncology massage. Our Oncology massage therapist is available every Thursday and Friday. Contact the Wellness Centre for referral.



Managing Cancer Essentials - Things you wish you knew

We are pleased to offer a new Cancer Council Victoria information session - This interactive session will cover: Making sense of cancer and cancer treatment, the impacts of cancer treatment and living well during and after treatment. We will showcase useful resources for supportive care options to suit you.

Register now - "Sleep Steps" 4 week program - commencing Tues 14th July. See pg 4 for details.

Thursday 27 July - Caring for your skin during cancer treatment - patient seminar. See page 7.

Save the date! Thursday 13 August - The Wellness Centre's 2nd birthday at 11.30am (morning tea & more)

Wellness Centre Hours of Operation

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 to take a break before or between appointments. Please be respectful of our space and reach out to our friendly staff with any queries.

Minderoo Wellness Centre

Contact details, booking information and
useful links

For enquires or to register for education sessions and workshops

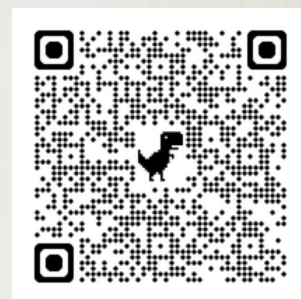
Please email or call us

- **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!



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Having trouble accessing the QR
code on your phone?

**Ask one of our friendly staff to
assist!**

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. *NOTE: During July some dates are unavailable due to staff leave. The booking calendar will show correct 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



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www.trybooking.com/eventlist/alfredcancerwellness

Email: cancerwellness@alfred.org.au

for more information



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 14 July 10am - 11:30am

Session 2: Creating a sleep-friendly routine

Building better evening routines and improving sleep environment

Tues 21 July 10am - 11:30am

Session 3: Quieting the mind for a better sleep

Managing thoughts and emotional distress at bedtime

Tues 28 July 10am - 11:30am

Session 4: Managing fatigue and bad nights

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

Tues 4 August 10am - 11:30am

Attend in-person or online.

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



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Recharge!

Cancer Fatigue Management Series

CANCER-RELATED FATIGUE IS ONE OF THE MOST COMMON SIDE EFFECTS OF CANCER TREATMENT. 'RECHARGE' IS A MULTIDISCIPLINARY APPROACH TO SUPPORT YOU TO UNDERSTAND AND MANAGE 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 22 July
11:30am-12:30pm

Wednesday 29 July
11:30am-12:30pm

Wednesday 5 August
11:30am-12:30pm

Wednesday 12 August
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


THINGS


I Wish I Knew

Managing Cancer Essentials

presented by

Cancer Council Victoria & Minderoo Wellness Centre

 Wednesday 15 July, 2026

 11:30am – 12:30pm

Wellness Centre, Paula Fox Cancer Centre

Learn and chat about:

Understanding cancer and its treatment

Managing treatment side effects

Living well

Allied health and Complementary Therapies

Supportive Care options for you & your carers

Cancer Council Victoria Resources

The Minderoo Wellness Centre Programs

TO REGISTER:

EMAIL CANCERWELLNESS@ALFRED.ORG.AU



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In person or online
Morning tea provided
Wellness Centre tours available



Scan to register now!



Caring for your skin during *cancer treatment* Patient Seminar

Cancer treatment can affect your skin and quality of life. This session will give you practical advice to help you manage common skin changes.

You will learn about:

- Managing itchy skin
- Treating and soothing uncomfortable rashes
- Caring for your skin during and after radiation therapy
- Sun safety and sunscreen

Hear from our speakers:

- **Prof Victoria Mar**, Director, Victorian Melanoma Service & SKIIN Discovery Program
- **Sue Bartlett**, Medical Oncology Nurse Practitioner
- Radiation Oncology Nurses, **Nicole and Kathy**
- Patient speaker (lived experience)

Monday 27th July 2026
1:30pm - 3:00pm

Minderoo Education Centre,
Paula Fox Melanoma and Cancer Centre
545 St Kilda Rd, Melbourne

Open to current patients and their carers of the Alfred Cancer service.

Bookings essential

Afternoon tea provided with time for informal discussion.

To book, scan the QR code above or go to www.trybooking.com/DJYEO
Choose to attend in person or online.

For more information contact
cancerwellness@alfred.org.au

Caring for **All of You**



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 16 July

1:30pm – 2:30pm

Wellness Centre

Paula Fox Melanoma and Cancer Centre

Attend in person or online.

To register

email: cancerwellness@alfred.org.au





BREAKFAST BOOSTER

Nutrition Workshop



TUESDAY 28 JULY
11:00AM - 12:30PM



Wellness Centre Kitchen
Paula Fox Cancer Centre

Are you stuck eating the same thing for breakfast everyday?
Struggling to think of new breakfast ideas with protein?
Needing 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!



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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

ART Therapy using Watercolour

Art therapy
group session
every Monday
10:30am-12:30pm

In July, we reflect on how we can turn to 'bodies of water,' such as rivers, lagoons and streams, to find meaning in times of change and uncertainty.

Guided by our experienced art therapist, tap into your inner creativity and enjoy the healing process of creating art .

*No experience
required*



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Registration required:

Email: cancerwellness@alfred.org.au

Note: No group on Monday 6th July due to staff training



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Wellness Centre Social Work Education May - Sept 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



Understanding Centrelink Payments and Navigating Financial Options

Managing finances can be a
daunting task.



Join our Social Worker as she
explains your options for potential
Centrelink support

When: Wednesday 15 July

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 name and patient number
Email: cancerwellness@alfred.org.au



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SOCIAL WORK EDUCATION SERIES

FUTURE PLANNING



**ADVANCED CARE
DIRECTIVE**



WILLS



**ENDURING POWER OF
ATTORNEY**

- General information provided
- Gain an understanding on why it may be beneficial to complete these documents
- Learn about where to get support to complete these documents

When: Wednesday 29 July

Time: 9:30am - 10:30am

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

Attend in person or online

TO REGISTER

Limited spots available. To register, please email your full name and patient number to cancerwellness@alfred.org.au

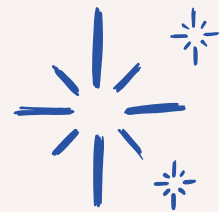
SUPPORTING SOMEONE WITH CANCER?

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**



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**Please note these sessions are for carers only*

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



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

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 and topical discussions
Wednesday 19 August, 4.00pm -5.00pm
Our August topic is womens /mens health**

Guest speaker to be confirmed

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

Workshops

Skin

Hair

Wellness

Facing
cancer with
confidence

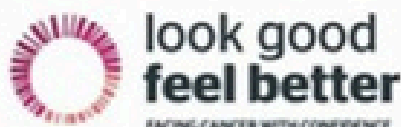


Free and practical workshops improving the wellbeing and confidence of people undergoing any treatment for any cancer. Registration is essential. Call 1800 650 960 visit lgfb.org.au or scan below.

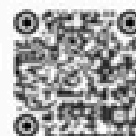
Alfred Health – Paula Fox Melanoma and Cancer Centre

Dates for 2026:

23 February:	10:00am - 12:30pm
11 May:	10:00am - 12:30pm
14 September:	10:00am - 12:30pm
16 November:	10:00am - 12:30pm



1800 650 960
www.lgfb.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.

June dates:

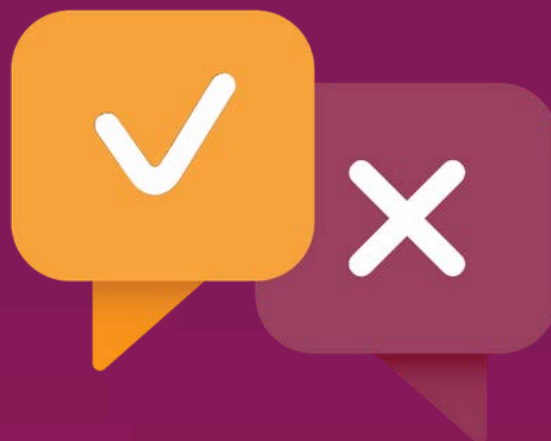
- Wed 1 July 2:00 - 3:00pm
- Tues 7 July 9:00-10:00am
- Wed 15 July 2:00-3:00pm
- Tues 21 July 9:00 -10:00am
- Wed 29 July 2:00 - 3:00pm

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

