

Minderoo Wellness Centre



Alfred
Cancer
Part of **AlfredHealth**

NEWSLETTER JUNE 2026

Personalised Exercise Programs are in full swing!

“Exercise should be prescribed as part of routine cancer care.” (Clinical Oncology Society of Australia (COSA) position statement on exercise in cancer care).

We are excited to now offer three welcoming spaces for our exercise programs: the ground floor Active Therapy Space, the new Level 1 Supervised Exercise Area, and the Wellness Centre Group Space. Following referral to the Integrative Oncology team, you will be assessed by our experienced exercise physiologist and/or physiotherapists, who specialise in supportive cancer care. Together, we will design a personalised exercise program tailored to your goals, preferences, and stage of treatment. Sessions can be delivered individually, via telehealth, or in group settings, recognising the added benefits of social connection. **All programs are supervised/regularly reviewed to ensure exercise is safe, effective, and tailored to your individual needs.**

Speak to Lauren (Exercise Physiologist) or Rebekah (Physio) in the Wellness centre if you want to know more about the exercise program or ask your treating nurse/medical team to arrange a referral.



Integrative Oncology updates

Education program - We have some excellent education sessions planned in June - flyers attached. For those new to the Wellness Centre - we have a session run in conjunction with Cancer Council Victoria. These sessions include Managing Cancer Essentials: Making sense of cancer and cancer treatment, the impacts of cancer treatment and living well during and after treatment. You will also hear about our Integrative Oncology service and meet some of our team.

Save the date: - be sure to mark your calendar. More details to come!

Thursday 27 July - Caring for your skin during cancer treatment - patient seminar. See page 18

Thursday 13 August - The Wellness Centre's 2nd birthday at 11.30am. Watch this space!

Thurs 17 Sept- Prostate Cancer **ABC** - **A**wareness, **B**BQ and **C**onnect - with special guest Tim Baker.

Wellness Centre Spaces

The Wellness Centre has been designed to provide a calming and relaxing environment with indoor and outdoor communal spaces for patients and carers to take a break before or between appointments (Alfred Cancer Service). Please be respectful of the quiet space and reach out to our friendly staff with any queries.

Minderoo Wellness Centre

Contact details, booking information and useful links

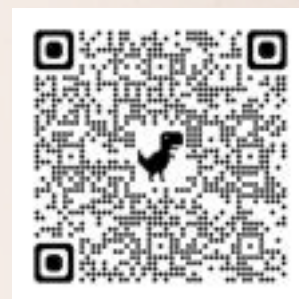
For enquires or to register for education sessions and workshops

Please email or call us

- **Email:** cancerwellness@alfred.org.au
- **Call:** (03) 9076 9246

**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 June and 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



MINDEROO WELLNESS CENTRE



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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 10 June
11:30am-12:30pm

Wednesday 17 June
11:30am-12:30pm

Wednesday 1 July
11:30am-12:30pm

Wednesday 8 July
11:30am-12:30pm

You can attend these interactive group education sessions in person or online

WE RECOMMEND ATTENDING ALL FOUR SESSIONS
(NOTE THERE IS NO SESSION ON WEDNESDAY 24TH JUNE)
REGISTRATION IS ESSENTIAL

For More Information or To Register,
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

CREATE !

ART THERAPY FOR WELLNESS

Connect
Relax
Exhale
Awaken
Trust
Evolve

Bring your own project idea
or come and experiment.
No experience required.

**Art therapy
group session
every
Monday
10.30-12.30**

**JUNE
OPEN
STUDIO**

OPEN STUDIO

The Open Studio invites you to explore art in a relaxing, supportive space. Tap into your inner creativity and enjoy the therapeutic process of creating art.

Explore different mediums of your choice, or just enjoy the open studio. This session is guided by Molly, an experienced art therapist.

Registration required- Email:
cancerwellness@alfred.org.au
Location: Wellness Centre (in person)

INTRODUCTION TO THE INTEGRATIVE ONCOLOGY SERVICE & MINDEROO WELLNESS CENTRE

This session is designed for patients & their carers who are new to the Wellness Centre, or those who would like to know more about our service.

This session will cover:

- Managing Cancer Essentials – a Cancer Council Victoria presentation. Topics include: Making sense of cancer and cancer treatment. The impacts of cancer treatment and Living well during and after treatment.
- Our evidence-based allied health and complementary therapies designed to support you to manage the side effects and impact of cancer treatment.
- How to access our services and address your health and wellbeing goals
- The Supportive Care Screening Tool – how we tailor supports to your needs
- Useful resources, from Cancer Council Victoria and Look Good Feel Better

**Wednesday 10 June 9.30am - 10.30am
Radiation Oncology, LG, South Block**

**Wednesday 15 July, 11:30am - 12:30pm
Minderoo Wellness Centre, PFMCC**



To register, visit www.trybooking.com/DLVBB or scan the QR



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YOUNGER PATIENTS CATCH-UP

SOCIAL CONNECTION, INFORMATION, ACTION



Scan to register!

Wed 17 June

Wed 19 August

Wed 21 October

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 17th June, 4.00pm -5.00pm
Our June topic is The In-Between: Finding
Connection Beyond Treatment.**

**We will be joined by our lived experience
guest Nick Mayes, Founder of Co-Nectar,
an online platform for social connection**

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

UNDERSTANDING COMPLEMENTARY SUPPLEMENTS, HERBS & BOTANICALS

an open discussion
with our Pharmacist
& Dietitian

TUESDAY 23 JUNE
1:00 - 1:45PM

IN-PERSON OR ONLINE
PAULA FOX WELLNESS CENTRE

Join us for an interactive session to learn more about the role of a pharmacist & dietitian and how they can help you navigate complementary herbal, botanical and other supplements, and where to find the most trustworthy information.

This will also be an insightful opportunity for us to better understand what specific topics in this area you would like to learn about in future.

Email cancerwellness@alfred.org.au to register



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Wellness Centre Nutrition Education Jun - Nov 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 11 June	1:30pm - 2:30pm	Education session - The ABC of Nutrition
Tues 23 June	11:00am - 12:30pm	Kitchen Workshop - Nutrition on the Move! Easy snacks and meals for treatment days
Thurs 16 July	1:30pm - 2:30pm	Education session - Protein for Power
Tues 28 July	11:00am - 12:30pm	Kitchen Workshop - Breakfast Booster
Thurs 13 August	1:30pm - 2:30pm	Education Session - Eating for Energy Calorie boosting tips to support adequate nutrition
Tues 25 August	11:00am - 12:30pm	Kitchen Workshop - Nourish and Boost
Thurs 10 September	1:30pm - 2:30pm	Education session - Navigating Nutrition & Symptoms
Tues 15 September	11:00am - 12:30pm	Kitchen Workshop - Smoothie Workshop Easy nutrition for low appetite, nausea or fatigue
Thurs 8 October	1:30pm - 2:30pm	Education session - Unpack it! Understanding Food Labels & Ultra-processed foods
Tues 20 October	11:00am - 12:30pm	Kitchen Workshop - Figuring Out Fibre
Thurs 5 November	1:30pm - 2:30pm	Education session - Good Mood Foods Eating to support the gut-brain connection & mood
Tues 17 November	11:00am - 12:30pm	Kitchen Workshop - Nutrition on the Move! Easy snacks and meals for treatment days


Nourish & Thrive Series:

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!

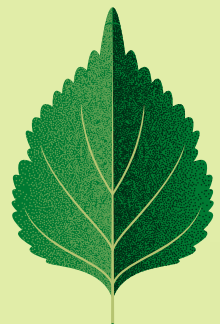
Come and learn about what makes up the food we eat including macro-nutrients, micro-nutrients, fibre, and fluids. Understand how our bodies digest food and where nutrients are absorbed. Also find out what the difference between probiotics and prebiotics are and if we should be eating them!

 Thursday 11 June 2026 at 1:30-2:30pm

 Wellness Centre
Paula Fox Melanoma and Cancer Centre
Both in-person or online attendance available

Please email to register for in-person or online (open to patients and carers/family).

Email: cancerwellness@alfred.org.au





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Nutrition on the Move!

Easy snacks & meals for treatment days

A Kitchen Counter Workshop

Tuesday 23 June

11:00am - 12:30pm

An in person workshop
in the Wellness Centre Kitchen



Join us for a hands-on session with our Dietitian to make some easy & nutritious snacks and small meals to bring with you when you come in for treatment.

- Do you find it difficult to prepare meals before coming in for treatment?
- Are you unsure what food to bring with you and need some inspiration?
- Are the foods offered during treatment unappealing?

If you answered yes, then this is the session for you!

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



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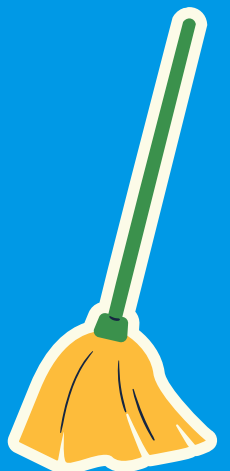
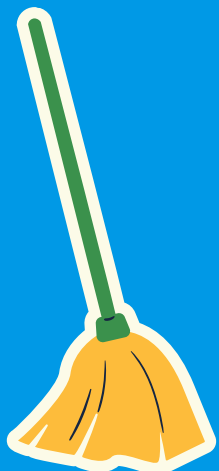
Wellness Centre Social Work Education May - Sept 2026

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 12 August	9:30am - 10:30am	Session 3: In-home supports for people aged under 65
Wednesday 16 September	9:30am - 10:30am	Session 4: 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

MY AGED CARE

and accessing supports
for over 65s

Are you aged 65 and over? Are there things you need help with at home?

Come along to this information session with our Social Worker. You will learn about My Aged Care and how to access in-home support.

When: Wednesday 17 June

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 details to
cancerwellness@alfred.org.au



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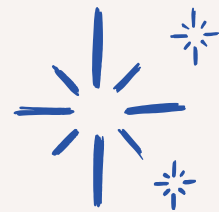
SUPPORTING SOMEONE WITH CANCER?

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

- ◆ 7th May: The Carer Experience - "You're Not Alone"
- ◆ 4th June: Managing Stress, Fear and Uncertainty
- ◆ 2nd July: Caring without Burning out
- ◆ 6th August: Change, Loss and Looking Ahead - Boundaries and self-Compassion

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

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 3 June 2:00 - 3:00pm
- Tues 9 June 9:00-10:00am
- Wed 17 June 2:00-3:00pm
- Tues 23 June 9:00 -10:00am

Where: Wellness Centre, Paula Fox Melanoma & Cancer Centre

Referral Required
Please speak with your treating team 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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Caring for your skin during cancer treatment: *Patient seminar*



Scan to register now!

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)

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

Monday 27th July 2026

1:30pm - 3:00pm

Minderoo Education Centre, Paula Fox Melanoma and Cancer Centre
545 St Kilda Rd, Melbourne VIC 3004

Bayside Health

Alfred Care Group

LA ROCHE POSAY
LABORATOIRE DERMATOLOGIQUE

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



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

