

Lighting up for Lymphoedema Awareness in March!



To coincide with Lymphoedema Awareness month, we are launching a **Lymphoedema Prevention Program**. Conducted by our lymphoedema therapists, Elyse (OT) and Rebekah (Physio), the group sessions aim to raise awareness and reduce the risk of lymphoedema after cancer treatment. The weekly clinic will be held on alternating Tuesday mornings & Wednesday afternoons. Referral to the Lymphoedema service is required - your doctor or nurse can arrange this or ask the Wellness Centre team for assistance.

Personalised Exercise Programs available now

Do you have questions or want to learn more about our **Personalised Exercise Programs**? Come and see us on Thursdays at 10.15am in the Wellness Centre - Rebekah (Physio) or Lauren (Exercise Physiologist) can provide information about the assessment process and how to access our evidence based 10-week personalised exercise program, tailored to your needs and exercise goals.

Caring for your skin during cancer treatment - Inaugural patient seminar

As part of our commitment to holistic care, Alfred Cancer has partnered with La Roche Posay to provide high quality skin care education and support to our patients. We will be hosting the first patient seminar in the Minderoo Education Centre on Mon. 23rd March. Come and hear from our expert speakers including Professor Victoria Mar, specialist nursing staff, as well as a patient perspective. This seminar is also an important opportunity for us to seek your input and feedback to ensure we are delivering the latest evidence and meaningful guidance to you. A delicious healthy afternoon tea will be provided. Maximum 40 attendees, registrations close Fri 20 March or when capacity reached. See Pg 15

Oncology Massage and Art therapy now available

Thea (top) joined our team in January as our new Oncology Massage Therapist and also works at Ballarat Regional Integrated Cancer Centre. Unlike traditional massage, oncology massage focuses on gentle, slow massage to support relaxation, provide comfort, assist in pain relief, and enhance overall well-being.

In her spare time, you'll find Thea running, cycling or indulging in a good book with a cup of tea. Oncology massage is available every Thurs & Fri. Referral required.

Molly will be familiar to some of you from our popular 2025 Art Therapy program.

Art Therapy is now available every Monday for individual and group sessions.

Individual appointments available from Mon 2nd March. Referral required.

Weekly group sessions commence Monday 16th March 10.30am -12.30pm.

Email: cancerwellness@alfred.org.au for further details or to book.



Wellness Centre Spaces

Please be mindful that our Therapy/consulting rooms, including the Active (exercise) Therapy Room are only for use by the Integrative Oncology clinicians for patient appointments. Patients and carers are encouraged to remain in the communal kitchen/living room spaces or garden spaces designed for you.

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](http://MinderooWellnessCentre)

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)

<p>Meditation (Bookings essential)</p>	<p>Mondays 10:30am - 11:20am - “Sound bowl” Meditation Thursdays 10:30am - 11:20am - “Treat” Rest & Recovery</p>
<p>Restorative Yoga (Bookings essential)</p>	<p>Wednesdays 10.30am - 11.20am Thursdays: 12.00 - 12:45pm</p>

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)

<p>Recharge! An Online Cancer Fatigue Wellness Series Tuesdays 3-4pm Online Only</p>	<p>This 4-week series started 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.</p>
<p>Eating for Energy Thu 12 March, 1:30pm - 2:30pm In person or online</p>	<p>Learn more about what effects your energy needs, how to boost the energy content of your meals to avoid weight loss especially when your appetite is decreased, convenient options for when you're fatigued and tips on bulk cooking and meal preparation.</p>
<p>Navigating Financial Options and Understanding Centrelink Payments Wed 18 March 9:30am - 10:30am</p>	<p>Part of the Social Work education series, this session provides information on the Centrelink Payments that may be available to you and other financial resources. Attend online or in person.</p>
<p>Carer Education and Support Wed 18 March 1:00pm - 2:30pm In person or online</p>	<p>An education and support session for Carers only. Join our Social Worker and share your experiences with other carers as you are guided through a session on the Complexities of Caring.</p>
<p>Nourish and Boost Workshop Tue 24 March, 11:00am-12:30pm In person only</p>	<p>Join our Dietitian for a hands-on kitchen workshop and taste-testing. You will learn new ideas to help enrich and fortify your foods to maximise every mouthful and ensure you are getting enough energy and protein in your diet to avoid weight loss.</p>
<p>Caring for your skin during cancer treatment Mon 23 March, 1.00pm -2:30pm In person only</p>	<p>As part of our commitment to holistic care, Alfred Cancer has partnered with La Roche Posay to provide education and support to our patients. This special event will be held in the Minderoo Education Centre. Come and hear from our expert speakers and have all your questions answered. Afternoon tea provided.</p>

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.

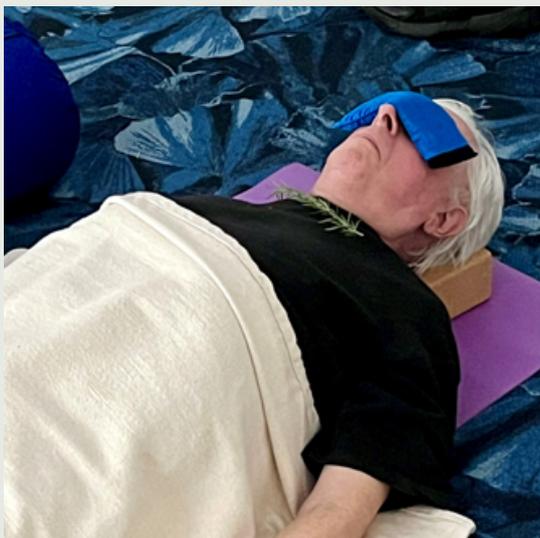
Meditation

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





Art Therapy



OUR ART THERAPY SESSIONS ARE THOUGHTFULLY DESIGNED AROUND THE CANCER JOURNEY, OFFERING A COMPASSIONATE SPACE TO EXPLORE THE BENEFITS OF CREATIVE EXPRESSION.

WORKING INDIVIDUALLY OR WITHIN A SUPPORTIVE GROUP SETTING, OUR ART THERAPIST WILL COLLABORATE WITH YOU TOWARDS YOUR AGREED GOALS.
(NO EXPERIENCE REQUIRED, ALL MATERIALS PROVIDED)

*ART THERAPY IS HELD EVERY MONDAY
GROUP SESSIONS - 10.30AM-12.30PM
INDIVIDUAL SESSIONS (AM OR PM)*

*A CURRENT REFERRAL TO THE INTEGRATIVE
ONCOLOGY TEAM IS REQUIRED
ENQUIRIES TO
CANCERWELLNESS@ALFRED.ORG.AU*



**Minderoo Wellness Centre
Paula Fox Cancer Centre, 545 St Kilda Rd
For Alfred Cancer patients
Referral required**



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.

THE FEB/MARCH SERIES OF RECHARGE IS ONLINE ONLY

The next series will commence Wed 1st April 11.30am-12.30pm in person & online

To register, Email: cancerwellness@alfred.org.au

Mindfulness-Based Cognitive Therapy (MBCT)

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

Program Start Date: Tuesday 17th March 2026

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

Duration: 9 weeks (no session 7th April, final session 12th May)

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.

Lymphoedema Prevention Program



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March is Lymphoedema Awareness Month

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.

To coincide with lymphoedema awareness month 2026, we are proud to launch the Lymphoedema Prevention Program



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. Commencing Wednesday 25th March 2026
Where: Paula Fox Melanoma & Cancer Centre

Referral Required
Please speak with your treating team for more information



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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 – Unpack it! 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 – The ABC of Nutrition
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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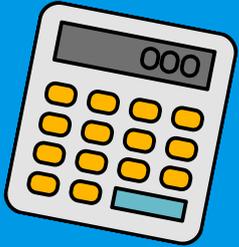
Wellness Centre Social Work Education Feb - June 2026

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

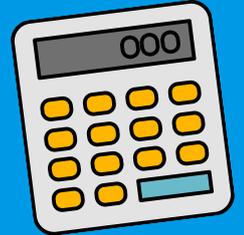
Date	Time	Topic
Wednesday 18 Feb	9:30am - 10:30am	Understanding My Aged Care and in-home supports for people aged 65 and over
Wednesday 18 March	9:30am - 10:30am	Navigating financial options and understanding Centrelink payments
Wednesday 22 April	9:30am - 10:30am	Supports for people aged under 65, including 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



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 18th March

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



Eating for Energy:

Calories 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

Time: 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!

**Minderoo
Wellness
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Carer Education and Support Complexities of Caring

Join our Social Worker for a guided group session to share your thoughts and experiences around caring for a loved one with cancer.

DATE: WEDNESDAY 18TH MARCH

TIME: 1.00-2.30 PM

LOCATION: WELLNESS CENTRE,
PAULA FOX CANCER CENTRE
545 ST KILDA ROAD

To register please

email your details to:

cancerwellness@alfred.org.au

Phone: 9076 9246 or

SMS: 0458 269 421

Please indicate if you would like to attend in person or online





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

Caring for your skin *during cancer treatment: Inaugural 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
- **Prof Johannes Kern**, Director of Dermatology & 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

For more information contact cancerwellness@alfred.org.au

Date: Monday 23 March 2026

Time: 1:30pm - 3:00pm

Minderoo Education Centre, Paula Fox Melanoma and Cancer Centre

545 St Kilda Rd, Melbourne VIC 3004



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LA ROCHE POSAY
LABORATOIRE DERMATOLOGIQUE

Kitchen Counter Catch Ups:

NOURISH & BOOST

**TUESDAY
24TH MARCH
11:00AM - 12:30PM**



Are you struggling to maintain your weight? Lost your appetite? Feeling full quickly? Or finding it hard to regain the weight you've lost?

Join our Dietitian for a hands on workshop - enjoy some taste testing and learn new ideas to help enrich and fortify your foods to maximise every mouthful and ensure you are getting enough energy and protein in your diet.

Where?

 **Wellness Centre Kitchen
Paula Fox Cancer Centre**

Email cancerwellness@alfred.org.au
Let us know if you'd like to attend or
simply turn up on the day

AlfredHealth

YOUNGER PATIENTS CATCH-UP

SOCIAL CONNECTION, INFORMATION, ACTION



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!

**Wednesday 15th April- Let's talk about
"Exercise as Medicine"**

Join our young persons' cancer support catch-up. We'll be chatting about how exercise can improve physical strength & energy, support emotional wellbeing & resilience, and foster meaningful social connection, with current evidence and practical insights shared by our guest speaker. Come and share your own ideas and experience, we'd love to see you!



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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



Lauren and Diana with Paula Fox who attended our World Cancer Day event and afternoon tea

**ON FEB 4TH WE CUT OUR HAIR!
BUT YOU CAN STILL DONATE
THROUGHOUT MARCH**

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

**THE WELLNESS CENTRE
SOCIAL WORKER DIANA AND
EXERCISE PHYSIOLOGIST LAUREN
CUT THEIR HAIR**

**THEIR LOCKS WERE 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

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Greatest
Shave**

