

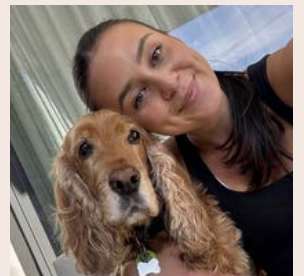
Personalised Exercise Programs - Safe exercise during and after treatment

Exercise is now considered a first-line treatment and has been shown to be safe and beneficial before, during, and after cancer treatment. Research shows that regular, tailored exercise can help reduce treatment side effects such as fatigue, improve strength and energy, support mental wellbeing, and improve overall quality of life. Patients who are supported to engage in exercise programs are more likely to stay active and achieve better health outcomes, especially when exercise is structured and supervised. Join us for an informative and interactive education session on Monday 18th May. Attend in person or online. We look forward to seeing you there. See page 4 for more details.

Integrative Oncology updates

Nutrition service - Our new Dietitian Heather has been with us for a month—you may have seen her in consults, group sessions, or kitchen workshops. Join her upcoming sessions on Understanding Food Labels & Ultra-processed Foods or Figuring out Fibre. Outside work she enjoys running, hiking, & trying new restaurants

Occupational Therapy - Casey recently commenced in her role as Occupational Therapist and is available on Mondays, Tuesdays and Wednesdays. In her spare time Casey loves spending time with her much loved 14 year old 'puppy' India (she still likes to steal socks!) and listening to the 'Shameless' podcast



Expressions of interest - New Wellbeing group program

Reconnect with yourself through nature, creativity, and shared experience.

Commencing Friday 29th May, the Cancer Wellness Centre will trial a 6-week group program offering a supportive space to slow down, reduce stress, and take a break from the demands of treatment and everyday life. Did you know that being in nature for 120 minutes per week is associated with better wellbeing? Through simple nature-based activities, creative expression, and group connection, you'll explore new ways of finding calm and reconnecting with what supports your wellbeing. No experience is needed—just curiosity and a willingness to try something new.

This program will run Friday mornings for 6 weeks.

For more information, please register your interest via email, including your name and patient number.

Graduate meditation class

If you've previously enjoyed the benefits of Meditation classes at the Wellness Centre, the Graduate program run by Jo Gibbs ('Treat' Rest and Recovery) offers an opportunity to participate in a monthly session to maintain/practice your skills and techniques. Bookings can be made now for the next session on Friday 22nd May at 10.30-11.30am. Use the QR code on pg 2 to register.

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.

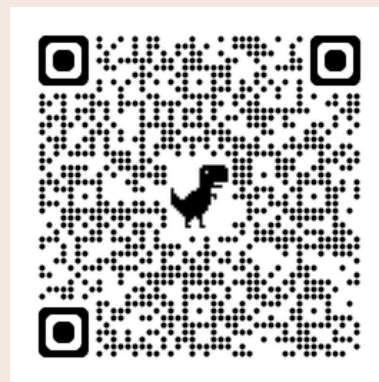
Bookings and Wellness Centre Contact Details

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 Weekly 10:30am - 11:20am - “Sound bowl” Meditation Thursdays Weekly 10:30am - 11:30am - “Treat” Rest & Recovery Fridays Monthly 10.30-11.30am “Treat” Rest & Recovery Graduate Class</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! A Cancer Fatigue Wellness Series Wednesdays 11.30am-12.30pm attend in person or online</p>	<p>This 4-week series commences on 13 May 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>Carer Support Series Thursday 7 May 1.00-2.30pm attend in person or online</p>	<p>This session focuses on validating the carer experience and reducing the sense of isolation so many carers carry. Through guided reflection and peer discussion, participants will have space to share what’s been most challenging and what they wish others understood.</p>
<p>Unpack it! Understanding Food Labels and Ultra Processed Food Thursday 14 May 1.30 -2:30pm attend in person or online</p>	<p>Join our dietitian for an informative discussion and practical tips about how to read food labels and understand nutrition information, including what ultra-processed foods are and the recommendations around them.</p>
<p>Personalised Exercise Programs Monday 18 May 11.30am- 12.30pm attend in person or online</p>	<p>Join our physiotherapist Bek and exercise physiologist Lauren for a new exercise information session exploring the benefits of physical activity at different stages of cancer treatment and recovery.</p>
<p>Social Work Education Session Wed 20 May 9:30am - 10:30am attend in person or online</p>	<p>Learn about Enduring Powers of Attorney and the importance of completing a Will and Advanced Care Directive with our social worker. Session will include how to get further support to complete these.</p>
<p>Kitchen Counter Workhop Tue 26 May 11.00am- 12:30pm In person only</p>	<p>Learn about the different types of fibre and the effect it can have on your gut health. Our dietitian will also demonstrate how to make high fibre snacks in this ‘in person’ workshop.</p>
<p>Look good feel better Monday 11 May 10.00am- 12:30pm In person only</p>	<p>Join us for a workshop where you will be provided with practical tips and tools to manage the common physical and psychological impacts of cancer treatment. Register now at lgfb.org.au see pg 5.</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

Monthly Graduate Class

Fridays 10:30am - 11:30am

Fri 22nd May and Friday 19th June



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

To book, use the QR code or visit



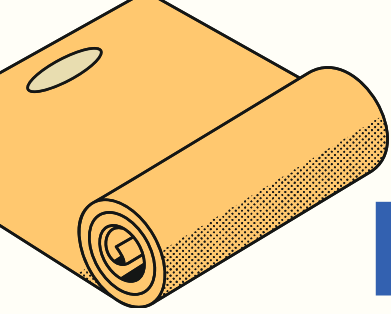
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www.trybooking.com/eventlist/alfredcancerwellness

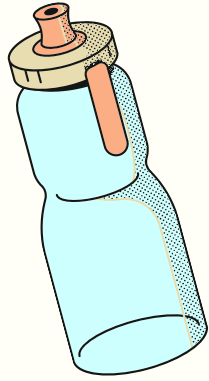
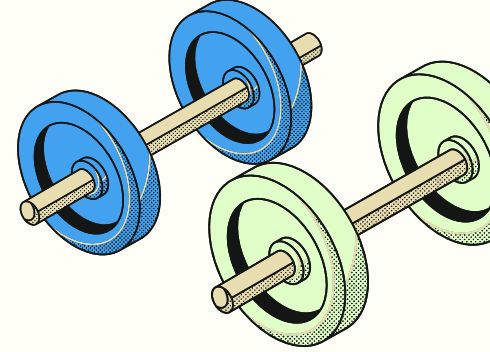
Email: cancerwellness@alfred.org.au

for more information

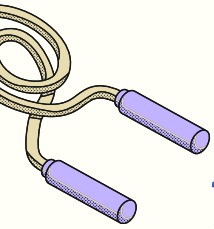




PERSONALISED EXERCISE PROGRAMS



Safe exercise at every stage of cancer



Join our Physiotherapist and Exercise Physiologist for an information session exploring the current evidence and benefits of exercise & physical activity at different stages of cancer treatment and recovery.

Tour our exercise facilities, including the new supervised exercise area on Level 1.

Learn about current recommended guidelines and how a personalised exercise program can help you tolerate treatments and support your health and quality of life throughout your cancer journey



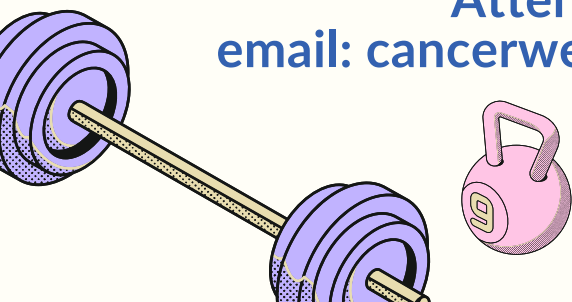
Our Exercise Experts!



Left: Lauren (Exercise Physiologist)
Right: Rebekah (Physiotherapist)

Monday 18th May 11.30am - 12.30pm

Attend online or in person
email: cancerwellness@alfred.org.au to register



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Workshops

Skin

Hair

Wellness

Facing
cancer with
confidence

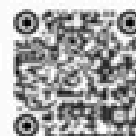


Free and practical workshops improving the wellbeing and confidence of people undergoing any treatment for any cancer. Registration is essential. Call 1800 650 960 visit lgfb.org.au or scan below.

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





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, 12.00-1.00pm
- Wednesday 15 July, 12.00-1.00pm

Where: PFMCC, Wellness Centre - In person or Online

To register email: cancerwellness@alfred.org.au




Art Therapy

GROUP ART THERAPY IS HELD EVERY MONDAY

TIME: 10.30AM-12.30PM



LOCATION: WELLNESS CENTRE

Paula Fox Melanoma & Cancer Centre



AS AUTUMN DRAWS TO A CLOSE,
OUR THEME FOR MAY WILL BE
BIRDS! WE WILL BE LOOKING TO
BIRDS AS METAPHORS FOR
STRENGTH, HOPE AND RESILIENCE

A CURRENT REFERRAL TO THE INTEGRATIVE
ONCOLOGY TEAM IS REQUIRED
PLEASE SPEAK TO YOUR TREATING TEAM OR
EMAIL: CANCERWELLNESS@ALFRED.ORG.AU



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ART THERAPY



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FREQUENTLY ASKED QUESTIONS

What is Art Therapy?

'Art Therapy' is a type of therapy that uses arts-based reflection and practice to promote wellbeing. A typical session may involve painting, drawing, writing, sculpting, sensory exploration, collaging or other art forms.

Facilitated by Molly, a health professional who holds a Masters in Art Therapy, our Art Therapy program is specifically designed to focus on your cancer journey and experience.

Who is Art Therapy for?

Individual and group art therapy is offered to Alfred Cancer patients (who have been referred to the Integrative Oncology service). Potential benefits include relaxation & stress reduction, anxiety reduction, self-expression, improved attention & focus, reduced fatigue, all of which can improve your sense of wellbeing. Despite its name, no prior artmaking experience is required – art therapy is about the process, rather than the finished outcome.

What do our patients say?

"The invitation, created by the art therapist is the gift to enter the art studio space with an open mind and experience what is on offer. It could just be the art materials -paint, pastels, pencils, glue, papers, put together with found materials from nature or the kerb.

Be ready just to feel into your own response to anything that's on offer as a starting point, plunging into an emotional rabbit hole or a wide-open horizon of ideas that bubble up from within your own life experiences. I guess for me it's been the luxury of moving out of my busy thinking into my quieter self, intuition and the threads of my subconscious.

Being a skilled artist has nothing to do with the experience; it is available to us all. Just leave your critical self at the door and go on in to explore something deep & dark or as light as a feather. Find the child within and play!"

What's on in May?

The theme for Group Art Therapy in May will be centred around birds, drawing on their beauty, behaviours and habitats for inspiration. Birds can promote a sense of freedom, hope and resilience as we celebrate their ability to navigate shifting environments and circumstances. You can also explore your own direction if you prefer. Art Therapy offers a supportive environment where the process of creativity provides a gentle distraction from stress, worry or pain and a chance to reconnect with who you are beyond your diagnosis.

How do I attend?

Art Therapy sessions are held every Monday in the Wellness Centre. Referral required
Group Session: 10.30am-12.30pm

Individual Sessions: 9.15 am/ 1.30pm/ 2.30pm

Ask your treating team for a referral to Integrative Oncology or email the Wellness Centre: cancerwellness@alfred.org.au Please include your full name and patient number.



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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 24 th March	11.00am - 2.30pm	Kitchen Workshop - Nourish and Boost
Thursday 16th 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 - Nutrition on the move! Easy snacks and foods for treatment days

Nourish & Thrive Series:

Unpack it!



Understanding food labels
& ultra-processed foods

Nutrition Facts	
Serving Size oz. Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	%
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	%
Protein	

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Thursday 14th May
1:30-2:30pm

Minderoo Wellness Centre
Paula Fox Melanoma & Cancer Centre

Join our dietitian for a nutrition education session to learn more about how to read and understand food labels and nutrition information panels.

We will also talk about what ultra-processed foods are and the recommendations relating to processed foods and nutrition.

Join in-person or online
To register please email
cancerwellness@alfred.org.au
Patients and carers welcome





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Figuring out Fibre

A Kitchen Counter Workshop

Tuesday 26th May

11:00am - 12:30pm

An in person workshop
in the Wellness Centre Kitchen

Join us for a hands on session with the dietitian where you will learn more about fibre. You will also make some high fibre snacks and enjoy some taste-testing!

- Are you interested in learning more about the different types of fibre & how they effect our gut?
- Are you interested in how you can add more fibre to your diet?
- Are you keen to try some snacks that are high in fibre?

If you answered yes then this session is for you!

Patients & Carers are welcome
To register your attendance 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.

April dates:

- Wed 6th May 2.00 - 3.00pm
- Tues 12th May 9.00-10.00am
- Wed 20nd May 2.00-3.00pm
- Tues 26th May 9.00 -10.00am

Where: Wellness Centre, Paula Fox Melanoma & Cancer Centre

Referral Required
Please speak with your treating team for more information



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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 20 May	9:30am - 10:30am	Session 4: Future planning - Wills, enduring power of attorney, and advanced care directives
Wednesday 17th June	9:30am - 10:30am	Series begins again - 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

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

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 20th May

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

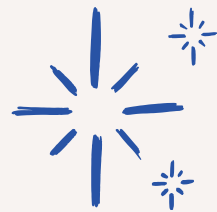
SUPPORTING SOMEONE WITH CANCER?

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

- ◆ 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

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:

- The Minderoo Wellness Centre and Integrative Oncology Team
- Our 3 service pillars: health & symptom management, education and the holistic mind-body program
- 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, including 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 11 February

Wed 15 April

Wed 17 June

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 "Energy Matters"
Coping with cancer-related fatigue and
sleep challenges.**

Join our young persons' cancer support catch-up. Join this supportive space for young people under 40 to share experiences, learn practical ways to manage sleep and fatigue, and connect with others who truly understand.

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!

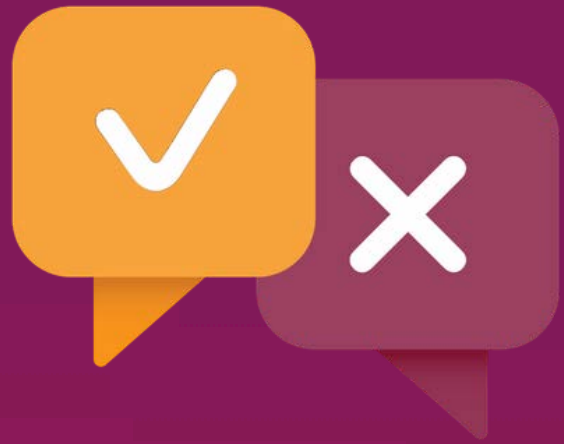
Register online or email
cancerwellness@alfred.org.au



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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, 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

