

NEWSLETTER OCTOBER 2025

Welcome Monique! Please join us in officially welcoming our Integrative Oncology Clinical Nurse Specialist, Monique McGiffin! Many of you will have met Monique by now. If you receive an appointment notification for **Integrative Oncology - Nurse** - that is to see Monique in the Wellness Centre (in person or by phone).

Patient experience survey - Our service is in high demand! We are currently expanding which means more Wellness Centre offerings for you. Please help us continue to improve by completing the patient experience survey (see pg 3 for details)

Online Yoga (in addition to our usual classes)

In response to your feedback, we have commenced a new online restorative yoga class every Thursday from 1pm to 1:45pm. This gentle, evidence-based practice helps strengthen the body and calm the mind, supporting well-being for both patients and carers. See pg 2 to book

Carers Week - Morning Tea - Wed 15 October 11.30am - 12.30pm

You're warmly invited to our Carers Week Morning Tea at the Cancer Wellness Centre! Join us for a relaxing morning to celebrate and appreciate the incredible dedication of our carers.

Breast Cancer Awareness Event - Thursday 16 October 1.00 - 2.00pm

Join us in October for Breast Cancer Awareness, with a pink themed afternoon tea and **Q and A** with our McGrath Breast Care Nurse. We will also be holding meditation, yoga and art therapy classes, with spaces saved for those attending this event. If you would like to attend any of these classes and the afternoon tea, please email cancerwellness@alfred.org.au

Program Updates

Cancer Council - Cancer Survivorship education event - Thurs 23rd October! see pg 11

Recharge! A Cancer Fatigue Education Series - This beneficial 4-part education series returns once again. Each topic is designed to provide you with information and practical tips on managing the aspects of fatigue that you may experience throughout your cancer journey.

Oncology Massage is available on Thursdays with our credentialled oncology massage therapist Andrew. Screening is required - please chat with our nurse Monique or email us to make a booking. Massage is available for patients only, with a limit of 6 sessions per patient.

Look Good Feel Better - 17 Nov 10am - 12.30pm - registrations open!

Look Good Feel Better is a cancer-support program that offers free workshops and Confidence Kits to help people manage common physical and psychological impacts of cancer treatment. We are excited to host our first Look Good Feel Better workshop! - Booking details on pg 13.



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 - 11:15am - Meditation Rest & Recovery Thursdays 10:30am - 11:30am - "Treat" Rest & recovery
Restorative Yoga (Bookings essential)	Wednesdays 10.30am - 11.20am Thursdays: 12.00 - 12:50pm
Online Restorative Yoga (Bookings essential)	Thursdays 1:00pm - 1:45pm Gentle restorative yoga online. Please support us by giving this class a try

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 Related Fatigue Education Series	An ongoing series that focuses on the physical, emotional and practical management of cancer related fatigue. Attend the whole series or just the sessions of interest. (details pg 4)
Art Therapy - Clay Workshop Thursday 16 Oct, 11.30am - 1:00pm	Join our therapeutic clay workshop - a truly immersive, hands-on experience guaranteed to make you feel good. Online booking available using QR code above. In person only
Cancer Carers Support Group Thursday 16 Oct 10am - 11:15am	A support group for those caring for someone with cancer. Each month offers practical tips on self-care, information on support services, and a place to connect with other carers
Nourish & Thrive: The ABC of Nutrition Friday 17 October 11am- 12pm	Join us for our monthly dietitian-led nutrition education session and help manage your health by understanding the basics of food and nutrition!
Kitchen Counter Catch-up Breakfast Booster Tuesday 21 Oct, 11am - 12:30pm	Join our Dietitian for a hands-on workshop - enjoy some taste testing and learn new breakfast ideas packed with protein to keep you fuelled throughout your day. In person only.
Cancer Survivorship - A Cancer Council Facilitated Event Thursday 23 Oct, 1:00pm - 3:00pm	This session will focus on cancer survivorship during and beyond treatment, including emotional wellbeing and post-treatment nutrition. See pg 11 for details. Bookings required.
Art Therapy - Expressive Painting Monday 27 Oct 11:30am - 1:15pm	Expressive Painting in Art Therapy offers a supportive and creative space to explore thoughts and emotions through paint — no art experience needed. In person event only.

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



Mindfulness-Based Cognitive Therapy (MBCT)

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

Program Start Date: Tuesday 14th October 2025 (Note new start date!)

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

Duration: 8 weeks, with a 2 week break over 4th and 11th Nov, and the final session 16th December

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 your interest by emailing cancerwellness@alfred.org.au.

Potential group members will need to attend for a brief individual pre-group discussion in September with the facilitators (in-person or via Telehealth) and be able to commit to attending 8 weekly sessions in-person on Tuesdays 10-12.30 at Paula Fox Melanoma and Cancer Centre.

If you are interested, please book early to secure your place.

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

Tuesday 14th October 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

Monday 20th October 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 5th November 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

Tuesday 11th November 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**



OCTOBER

Breast Cancer

AWARENESS MONTH

1 - 2pm

Thursday 16 October

Minderoo Wellness Centre

Paula Fox Melanoma and Cancer Centre

Alfred Health

Please join us for pink themed afternoon tea and talks from a guest speaker and Mcgrath Breast Care Nurse.

Meditation, yoga and art therapy classes are also being held on the day - spaces will be saved for breast cancer patients attending this event.

To book your spot please email
cancerwellness@alfred.org.au



**THURSDAY 16TH OCTOBER 11.30AM - 1.00PM
IN THE WELLNESS CENTRE**

CLAY WORKSHOP

UNLEASH YOUR CREATIVE EXPRESSION WITH CLAY!

Create some time for yourself and join our visiting artist Anna for a therapeutic clay workshop - a truly immersive, hands-on experience guaranteed to make you feel good.

This free workshop is for Alfred Cancer patients.

Places are limited, booking is essential.

You are also invited to stay for our breast cancer awareness morning tea event at 1.00pm, straight after clay workshop

**BOOK ONLINE OR EMAIL
CANCERWELLNESS@ALFRED.ORG.AU**

**WELLNESS CENTRE, GROUND FLOOR,
PAULA FOX CANCER CENTRE,
ALFRED HEALTH**

No artistic skill or
experience
necessary,
all materials
included.



INTEGRATIVE ONCOLOGY & WELLNESS CENTRE
PAULA FOX MELANOMA AND CANCER CENTRE

SUPPORTING SOMEONE WITH CANCER?

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

- ◆ The emotional impact of caring for a loved one with cancer
- ◆ Self-care and carer support
- ◆ Practical tips and services available
- ◆ Meet other carers and share your experiences

Meeting on the 3rd Thursday of each month

2025 Dates

10.00am – 11.15am

- **Thur 16 Oct**
- **Thur 20 Nov**



Alfred
Cancer

Part of **AlfredHealth**

**Please note these sessions are for carers only*

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

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!

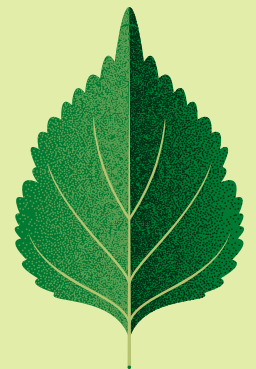
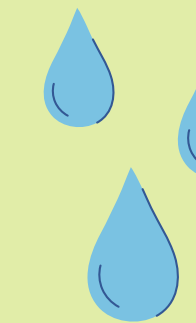
Come and learn about what makes up the food we eat including macro-nutrients, micro-nutrients, fibre, and fluids. Understand how our bodies digest food and where nutrients are absorbed. Also find out what the difference between probiotics and prebiotics are and if we should be eating them!

🕒 Friday 17th October 2025 at 11:00-11:45am

📍 Minderoo Wellness Centre, Paula Fox Cancer

Please email us to let us know you're attending or if you would like a link to join the session online from home. This session is open to patients and carers/family.

Email: cancerwellness@alfred.org.au



BREAKFAST BOOSTER

Nutrition Workshop



TUESDAY 21ST OCTOBER
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!





Cancer Wellness

Has cancer affected your wellbeing?

Join free local education sessions and take charge of your wellness



Sessions are open for anyone whose primary cancer treatment is already complete or nearing completion. Please note, this session will focus on cancer survivorship and post-treatment considerations.

Patients, their families, friends and carers all welcome.

Cancer Wellness Program

Location Paula Fox Melanoma and Cancer Centre

Address 545 St Kilda Rd, Melbourne VIC 3004

Date 23/10/2025

Time 1pm to 3pm

RSVP cancerwellness@alfred.org.au

Health professionals will present on:

- Cancer Survivorship: from now into the future
- Emotional Wellbeing: managing worry about the future, including remission
- Post-Treatment Nutrition

Afternoon tea provided.



theAlfred



Art therapy Painting with nature

**Monday 27th October 2025
11.30am - 1.15pm**

DON'T MISS THIS SESSION OF PLAYFUL
ARTMAKING! USING A COLLECTION OF SPICES,
HERBS, TEA, DAIRY PRODUCTS AND PETALS TO
CREATE A COLLECTION OF PIGMENTS, YOU WILL
EXPLORE ART IN A WHOLE NEW WAY. NO
EXPERIENCE NECESSARY!

"THIS WAS A BEAUTIFUL RESPITE.
I DIDN'T STRESS ABOUT ANYTHING WHILE
PAINTING."

"VERY THERAPEUTIC, 10/10"

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

Book online or via email cancerwellness@alfred.org.au

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.

Paula Fox Melanoma and Wellness Centre
Minderoo Education Space 2

10.00am –12.30pm

Monday, 17 November 2025





Alfred
Cancer
Part of **Alfred**Health

**Lymphoedema
(chronic swelling) may
arise after cancer
treatment because the
lymphatic vessels or
nodes have been
damaged**

Understanding Lymphoedema

**Wednesday
26th November
1:30pm - 3.00pm**

**Join Elyse (Lymphoedema Therapist) for an interactive
information session to better understand lymphoedema
and lymphoedema risk reduction strategies**

You may be at risk of Lymphoedema if you have had:

- Lymph nodes removed during surgery
- Radiotherapy to the lymph nodes

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