



CALENDAR

January – June 2020

Proudly part of



WHO WE ARE

We offer a calm, caring and safe place for anyone affected by a cancer diagnosis here at The Wesley Hospital Choices Cancer Support Centre. Patients, family members and carers can receive support and information to meet their needs from diagnosis through to treatment and beyond – there are no time limits.

Our unique, community service is offered free of charge to anyone affected by cancer regardless of where they are diagnosed and treated. Choices is backed by surgical, oncological and allied health services provided by The Wesley Hospital in Brisbane.

OPEN HOURS

We are open **Monday to Thursday 8.30am – 4pm** and **Friday 8.30am – 3pm**. You are more than welcome to drop in or to arrange appointment. Parking is free when visiting Choices.

CHOICES ACTIVITIES

Through Choices you can access a year-round program of events and education for men and women which include the activities listed on the following pages.





Group activities, exercise and lifestyle - For all

Art-4-Healing

Offers support and connecting with others through art.

Friday 10am - 12pm

7 February

6 March

3 April

1 May

5 June

Complementary Therapies

Held every Tuesday and Thursday. Individual sessions are 45 minutes. Bookings essential.

+ Reiki

+ Reflexology

+ Head massage

Community Forum

Presentations focusing on cancer, research and treatments shared by experts in the field.

Saturday 16 May, 10am - 3pm

Look Good Feel Better

This free national community program is dedicated to teaching cancer patients how to manage the appearance-related side-effects caused by cancer treatments.

Regular workshops are hosted at Choices and registration is essential. Call 1800 650 960 or visit www.lgfb.org.au

Monday 10am - 12pm.

10 February

6 April

22 June

Master Fit

Group exercise sessions facilitated by experienced personal trainers and specifically tailored for people affected by cancer.

Tuesday 1pm - 2pm

Session 1: 4 February - 10 March

Session 2: 20 April - 26 May

Mindfulness and Stress Management

Wednesday 10am - 11am

1, 8, 15 and 22 April

Pilates

Wednesday 10am - 11am

4, 11, 18 and 25 March

Secondary Cancer Group

Monday 10am - 12pm

2 March

6 April

1 June

STRENGTH Program

This 4-week program combines a physiotherapy component and information on survivorship, understanding diagnosis and treatment, stress management and nutrition.

Tuesday 10am - 12pm

Session 1: 4 - 25 February

Session 2: 5 - 26 May

Tai Chi

Wednesday 10am - 11am

1 April

6, 13, 20 and 27 May

Yoga

Wednesday 10am - 11am

29 January

5, 12, 19 and 26 February

3, 10, 17 and 24 June



Group activities, exercise and lifestyle - For women

More Choices Gym Program

This 6-week program combines weekly exercise physiologist led gym sessions and information sessions relating to women's wellbeing and cancer.

Monday 5.30pm - 7pm

Session 1: 11 May - 22 June

Sisters Support Group

For women who enjoy arts and crafts.

Monday 10am - 2pm

24 February

23 March

27 April

25 May

22 June

Women's Wellness After Cancer Program

This is a 12-week lifestyle intervention to get you back on track at the completion of surgery, radiotherapy or chemotherapy. It can be conducted in a group setting or individual basis. The group setting incorporates 4 monthly face to face sessions. A commitment to participate in the whole 12-week program is requested.

Monday 1pm - 2pm.

Session 1: 10 February - 11 May
(public holidays 13 April and 4 May)

Younger Women's Group

Tuesday 6pm - 8pm

4 February

3 March

5 May

2 June



Group activities, exercise and lifestyle - For men

Man to Man Wellness Program

This 6-week program combines weekly exercise physiologist led gym sessions and information sessions relating to men's wellbeing and cancer.

Monday 5.30pm - 7pm

Session 1: 24 February - 30 March

Men's Yoga

Tuesday 10am - 11am

17, 24 and 31 March

7 April



SPECIALIST CLINICS AND SERVICES

Wig loan and turban service

10am-3pm. Appointment preferred. A comprehensive selection of wigs are available to borrow. Turbans available free of charge and to purchase.

Menopause and Sexuality Clinic

Managing sexuality and menopause issues. Individual consultations to address treatment side-effects.
By appointment.

Individual consultations/Decision making

- + Specialist Registered Nurses: Breast Care, Women's Health, Oncology, Counselling
- + Expert Peer Support: Experienced staff member; volunteers with personal experiences

HOW YOU CAN SUPPORT CHOICES

The Choices Cancer Support Centre is a not-for-profit program of The Wesley Hospital, benefiting community regardless of the place of diagnosis and treatment. All funding is driven directly to benefit the program and the clients supported by it.

Make a donation or leave a gift in your Will by calling 1800 001 953 or visiting wesley.com.au/services

Please check our website wesley.com.au/choices for calendar updates, changes and upcoming events.

Or feel free to call us on 1800 227 271 or 3232 6548.

PEER SUPPORT VOLUNTEERS

Choices has trained volunteers who help support others going through similar experiences. If you would like to be involved, please contact us.



You don't choose to be affected by cancer, but you do have Choices

No one is ever prepared for cancer, but Choices can help you through the emotional turmoil and difficult decision making process following your diagnosis, throughout your treatment and beyond, as you focus on your wellbeing.

We are here to support you.



The Wesley Hospital, 451 Coronation Drive, Auchenflower QLD 4066



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1800 227 271 or 3232 6548



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wesley.com.au/choices



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