

2018 (May – August)

Making Connections

Events for Women Living with
Advanced Breast or Gynaecological Cancers*

Making good decisions

Monday 18 June
1.00pm – 2.30pm
Counterpart Resource Centre

We all make decisions all the time, but some are harder than others. Factor in living with a chronic, life-limiting condition and decision making can become even more complicated. In theory, our decisions should be based on a full understanding of the benefits, harms and uncertainties associated with alternative courses of action, but in reality this can be difficult to achieve. Situations change over time, sometimes we don't have all the information, and sometimes our perspective and the perspective of our loved ones varies. The question isn't what's best, rather it's what's best for you at this time.

Join psychologist Belinda Astl for an interactive session about making the best decisions we can for ourselves. Belinda will introduce some ideas around decision making, including tools and strategies that may be useful, as well as facilitate discussion amongst the group. Having worked with BreaCan/Counterpart for 15 years, Belinda is very familiar with the issues facing women living with advanced cancer.

Coffee & cupcakes & reflexology too

Wednesday 1 August
11.00am – 1.00pm
Counterpart Resource Centre

Chase away those winter blues with a cheery morning tea at Counterpart. Drop in for brewed coffee, a range of teas, homemade sweet treats and good company. And to top it off you can enjoy a gentle pampering reflexology treatment. This is a great opportunity to chat with other women living with advanced cancer and with our volunteers. We hope to see you here.

Please let us know if you are planning to come so we can book your reflexology time.

Bookings are essential

Please register your interest early so we know you'd like to attend.

Phone: 1300 781 500

Email: info@counterpart.org.au

Web: www.counterpart.org.au

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Counterpart Resource Centre:

Level 5, Queen Victoria Women's Centre
210 Lonsdale Street, Melbourne

Open 10.00am–5.00pm
Monday, Wednesday and Thursday
(Peer Support 10.00am–2.00pm)

Ongoing Programs at Counterpart

What's On: Free information sessions and activities for all women diagnosed with breast and gynaecological cancers. The current What's on program has lots of interesting sessions to attend including a day long program on a range of different Complementary Therapies on 18 May, and creative sessions on Dollmaking (28 May), Sashiko (9 July), and Art therapy (22 August).

Please see the full program online at counterpart.org.au/events or phone us on 1300 781 500 and we will post a program to you.

Reflexology: A gentle therapeutic foot massage provided by a qualified reflexologist. Counterpart offers free 40 minute reflexology appointments once a month. Bookings are essential, so please phone us on **1300 781 500**.

Feel Good: A gentle exercise program held fortnightly in the city and conducted by a qualified fitness instructor. Sessions are open to all ages and all levels of fitness. Phone us on **1300 781 500** to find out how you can register to be involved and when the next session is being held.

Connecting from Home



We offer some sessions as webinars so that you can take part online. Look for this symbol to show that a session is being broadcast simultaneously as a webinar. Please note that you must register before the event occurs in order to participate

in the webinar. In the current program the following sessions are offered as webinars:

- An introduction to Wellness Practice – what's in it for me? on Wednesday 6 June
- Advance Care Planning on Wednesday 27 June

- Menopause After Cancer on Thursday 19 July
- Gynaecological cancer treatments and trials on Thursday 9 August
- Cancer fatigue – what does the evidence say? on Thursday 30 August

To register for the webinar for these sessions see our website counterpart.org.au/events. You will need to click on the webinar link for the session you are interested in.

Remember you can go to the website to access past webinars at counterpart.org.au/past-webinars. These include past Making Connections sessions.

Living with metastatic breast cancer: share your experiences

Researchers at the University of NSW, Sydney, want to hear about your experiences of living with metastatic breast cancer, and what is important to you in living with cancer. This qualitative study is recruiting women who are over 18 years old.

If you are interested in taking part, you would be interviewed for about an hour about your experiences of cancer, care and support. To see how your experiences may change over time you could be asked to do another interview in 6 months. If you choose to participate you will be reimbursed in recognition of your time.

For more information please contact Dr Sophie Lewis ph (02) 9385 0542 or 0403 415 108. Email sophie.lewis@unsw.edu.au

Thursday Girls

The Thursday Girls is a weekly therapeutic support group, in Box Hill, Melbourne, for women living with advanced, or metastatic, breast cancer. The group has two main functions: to share information and to get in touch with the feelings associated with living with advanced breast cancer. The group has a new website – at www.thursdaygirls.org which includes details about their group as well as some personal stories from women living with advanced cancer, and useful resources, and links.

Stay Connected

To receive this Making Connections program regularly please contact us on **1300 781 500**, email info@counterpart.org.au or visit counterpart.org.au/stay-in-touch