

Special Events

Stepping into Wellness

Six weekly exercise sessions for women who have had breast or a gynaecological cancer diagnosis.

EPPING

Wednesdays 16 May to 20 June
1.30pm–3.00pm

Register by Wednesday 9 May

FRANKSTON

Mondays 14 May to 25 June
(No class Monday 11 June)

1.30pm–3.00pm

Register by Monday 7 May

CHIRNSIDE PARK

Mondays 13 August to 17 September
1.30pm–3.00pm

Register by Monday 6 August

HEIDELBERG

Wednesdays 15 August to 19 September
10.30am–12.00pm

Register by Wednesday 8 August

To find out more or to register, please call us on **1300 781 500** or visit counterpart.org.au/stepping-wellness-2018

From the library

Positive oncology: an optimistic approach to the big C
by author Sue Mackey

When Geelong author Sue Mackey had her own personal experience of triple-negative breast cancer she used positive psychology strategies to help her cope. Here she shares these strategies including stress management, controlling thoughts, dealing with fear and adopting gratitude. Easy to read, with lots of practical advice

You can request to borrow this book via the Counterpart library:
counterpart.org.au/library



What's New

Victorian Senior of the Year Awards: vote now

The Victorian Senior of the Year Awards acknowledge seniors who volunteer to assist, support and encourage others in their communities. They also recognise community organisations or businesses that create age-friendly environments through inclusion and active aging.

Nominations for the 2018 Victorian Senior of the Year Awards open on Monday 16 April and close on Friday 20 July 2018.

Needed: input from BRCA ovarian cancer consumers

Medical Oncologist Dr Ali Freimund is seeking interested consumers who have had ovarian cancer and have a BRCA gene to provide insights into the current direction of a trial under development. The trial is for patients with BRCA mutations and ovarian cancer who have had disease progression after chemotherapy or after olaparib treatment.

Please contact Ali at ali.freimund@petermac.org

Regular Activities

Reflexology

Reflexology offers tangible benefits to those living with a diagnosis of cancer and complements existing treatments. Please call **1300 781 500** to book a session.

Making Connections

Events specifically for women living with advanced breast or gynaecological cancers. Please call **1300 781 500** or visit our website for more information.

Feel Good Gentle Exercise

Facilitated by a qualified fitness instructor to encourage movement, flexibility and above all, fun. Held fortnightly on a Wednesday in the CBD. Please contact us to enrol.

Upcoming dates:

May 2, 16 & 30 June 13 & 27 July 11 & 25 August 8 & 22



Counterpart is a service of Women's Health Victoria.
Counterpart is supported by the Victorian government.



What's On at

COUNTER  PART

Women supporting women with cancer

Free events for women
affected by breast or a
gynaecological cancer.

Counterpart is a free, confidential service of Women's Health Victoria. We connect, support and inform women with breast or a gynaecological cancer to live well.

www.counterpart.org.au

Celebrating 15 years
2003–2018

COUNTERPART

Women supporting women with cancer

Connecting, supporting and informing women with breast or a gynaecological cancer to live well.

FREE EVENTS May – August 2018

MAY

Complementary therapies day

Friday 18 May 10.00am–4.15pm

Location: Victoria Room, 4th Floor, Queen Victoria Women's Centre, 210 Lonsdale St, Melbourne

Hear from a range of complementary practitioners who are experienced in working with cancer patients. Come to all or part of the day to learn about different therapies, and where to find out more. Look on our website for the program.

Moving on — exercise after gynaecological cancer

Thursday 24 May 5.00pm–6.15pm

Location: Conference Room B & C, Ground Floor Royal Women's Hospital, 20 Flemington Rd, Parkville

After treatment for gynaecological cancer there are many benefits to exercise. Learn when you can start exercising, what type of exercises to do and, importantly, what not to do!

Counterpart is partnering with The Gynaecology and Cancer Services team at the Royal Women's Hospital to present this session.

Transformation through doll making

Monday 28 May 11.00am–1.00pm

A creative workshop exploring the theme of letting go through doll making. You can bring a special fabric, bead or embellishment to include in your doll. No artistic experience required.

JUNE



An introduction to wellness practice — what's in it for me?

Wednesday 6 June 11.30am–1.00pm

An introduction to wellness, what it means and how activities such as exercise and meditation practice can be beneficial for everyone. A short mindfulness meditation exercise is included.

Mingle and meet the Counterpart volunteers

Thursday 7 June 2.00pm–4.00pm

Location: Group Room, Eastern Health Breast and Cancer Centre, Grey Street, Ringwood East

Meet other women with breast or a gynaecological cancer at the brand new Eastern Health Breast and Cancer Centre. Hear about services available, meet Counterpart Peer Support Volunteers and relax with a simple meditation.



Advance Care Planning

Wednesday 27 June 11.00am–12.30pm

Plan your future care and have your preferences known and respected. If you were unwell and not able to communicate your preferences to others, who would speak for you? What would you want them to say? **Please note webinar can only be viewed live on the day. It will not be available after the session**

JULY

Sashiko

Monday 9 July 11.00am–12.30pm

Learn the basics of Sashiko (sar-shee-ko), a decorative form of Japanese embroidery and create a small piece to take home. All materials supplied and no sewing experience necessary.



Menopause after cancer

Thursday 19 July 10.30am–12.00pm

Learn about the management of menopausal symptoms after cancer treatment from Nurse Coordinator of the Menopause Symptoms After Cancer Clinic at The Women's Hospital.

Feldenkrais

Thursday 26 July 10.30am–12.00pm

An introduction to the Feldenkrais method which involves very gentle but unusual movements, designed to discover more comfortable and efficient ways to move.

AUGUST



Gynaecological cancer treatments and trials

Thursday 9 August 10.30am–12.00pm

This session will explore and guide you through new developments in treatments and results from clinical trials for women with gynaecological cancers.

Art therapy session

Wednesday 22 August 11.00am–1.00pm

This session will provide the opportunity to explore creativity as a tool to enhance wellbeing. A playful, fun and inspiring experience. No artistic experience is required.

Cancer fatigue — what does the evidence say?



Thursday 30 August 11.30am–1.00pm

Learn about the most effective ways of managing cancer related fatigue.

All events are free, bookings essential

Unless stated otherwise, sessions are held at the Counterpart Resource Centre.

Book your place:

1300 781 500
www.counterpart.org.au/events
info@counterpart.org.au

Counterpart Resource Centre:

Level 5, Queen Victoria Women's Centre,
210 Lonsdale Street, Melbourne VIC 3000

Visit Monday, Wednesday, Thursday 10am–5pm
(Peer Support 10am–2pm)



WEBINARS

This icon indicates a session will also be run as a webinar. You must register before the event to participate. Please see our website for more information.