

## WHAT'S NEW

### Sexuality & intimacy topic added to the ACSC cancer survivorship directory

The Australian Cancer Survivorship Centre has added sex and intimacy to the common survivorship issues directory. This page features relevant clinical services available at Peter Mac and The Women's, as well as links to guidance documents and other supportive materials. To view this information visit [bit.ly/361GJos](http://bit.ly/361GJos)



### Victorian Government volunteer strategy

The Victorian Government has committed to develop and implement a Volunteer Strategy to support and enhance volunteerism in Victoria.

It is estimated that more than 1.5 million Victorians participate in formal volunteering activities per year. For volunteering to thrive into the future it requires both a bold vision and practical approaches.

To see how you can take part in the development of this strategy and to stay up to date with the progress visit [engage.vic.gov.au/victorian-volunteer-strategy](http://engage.vic.gov.au/victorian-volunteer-strategy)



### Madorra study on vaginal dryness

Madorra are still recruiting participants to assess a new, investigational, non-estrogen vaginal dryness treatment.

If you are a postmenopausal woman and/or a cancer survivor with vaginal dryness due to vaginal atrophy, you may be eligible to participate.

For more information, please contact Shona Darby at The Royal Women's Hospital, [Shona.Darby@thewomens.org.au](mailto:Shona.Darby@thewomens.org.au) or Tanya Holland at Goldfields Urology, Bendigo, [clinicaltrials@goldfieldsurology.com.au](mailto:clinicaltrials@goldfieldsurology.com.au)

This information has been approved by Monash Health Human Research Ethics Committee: No: HREC/50381/MonH-2019-174290(v3) and The Bellberry Human Research Ethics Committee No: 2019-05-379-AA

## STEPPING INTO WELLNESS

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

### FRANKSTON

Mondays 11 May to 22 June 1.30pm—3.00pm  
(no class Monday 8 June)  
Register by Monday 4 May

### BROADMEADOWS

Wednesdays 13 May to 17 June 1.30pm—3.00pm  
Register by Wednesday 6 May

To find out more or to register, please call us on **1300 781 500**

*Supported by Pink Affair – [pinkaffair.com.au](http://pinkaffair.com.au)*

## 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/metastatic 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:

Feb 5 & 19 March 4 & 18 April 1, 15 & 29 May 13 & 27



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

Women's Health Victoria acknowledges the Traditional Custodians of the lands and waters on which we work. We pay our respects to them, their culture and their Elders past, present and emerging.

FEBRUARY – APRIL 2020

## 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](http://www.counterpart.org.au)

## FREE EVENTS February – April 2020

Counterpart provides general information only. For further information, or to discuss your own situation, please consult your treating team.

## ★ SPECIAL EVENTS

### Cancer and Wellbeing Day – Epping

March or April – Date to be confirmed. Please contact us to register your interest.

Northern Hospital NCHER Building, first floor, 185 Cooper Street, Epping

Cancer and treatment can challenge our physical and mental wellbeing. Emerging evidence shows cancer patients may benefit from lifestyle choices and mind-body therapies like meditation, yoga, tai chi and exercise. They are used alongside standard medical treatment to reduce side effects and improve wellbeing. Come along to learn about improving your wellbeing, meet other women who have experienced cancer and try mind-body activities with experienced practitioners.

Program details to follow – register now to find out more.

*In partnership with Northern Health*

### Sleeping soundly video screening – Berwick

Wednesday 18 March 6.00pm–7.30pm

St John of God Hospital Berwick, 75 Kangan Drive, Berwick

Many people experience sleep problems at some point during their cancer experience. Clinical Psychologist Justine Diggins speaks about sleep problems, cancer specific factors that affect sleep loss and strategies to improve our sleep.

Come and watch this recorded information session and gather useful resources on this topic. Afterwards we can discuss your experiences and strategies about getting a good night's sleep.

*In partnership with St John of God Hospital, Berwick*

## WEBINARS

Join in from home using your computer, mobile or tablet, or look out for the  symbol to watch in a group near you.

### Managing menopause: a naturopathic approach

Monday 17 February 10.30am–11.30am

Experienced Naturopath, Sandra Villella, will talk about managing menopausal symptoms using diet, lifestyle changes, and natural therapies.

 Watch webinar in the Counterpart Resource Centre, Level 5, 210 Lonsdale Street, Melbourne.

 Watch webinar at Wonthaggi Hospital, 10.00am start. 235 Graham Street, Wonthaggi.

 Watch webinar at Colac Area Health, 10.00am start. Otway Tutorial Room, 2–28 Connor Street, Colac.

### Radiotherapy for breast cancer

Tuesday 18 February 11.30am–12.30pm

Our presenter will discuss the techniques used to deliver radiotherapy, the benefits and side effects of this treatment, as well as current and emerging trends.

### Lymphoedema

Tuesday 3 March 12.30pm–1.30pm

March is Lymphoedema Awareness Month

Learn about what lymphoedema is, early warning signs, how to minimise the risks and what to do if it develops.

### Radiotherapy for gynaecological cancers

Thursday 19 March 11.30am–12.30pm

Our presenter will outline the radiation techniques specific to gynaecological cancers, the benefits and side effects of different treatments and new developments in this field.

 Watch webinar in the Counterpart Resource Centre, Level 5, 210 Lonsdale Street, Melbourne.

Keep an eye on our website or call 1300 781 500 for any additional group locations.

## CITY-BASED ACTIVITIES

### Sashiko

Thursday 13 February 11.00am–12.30pm

Counterpart Resource Centre, Level 5, 210 Lonsdale Street, Melbourne

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.

### Transformation through doll making

Monday 27 April 11.00am–1.00pm

Counterpart Resource Centre, Level 5, 210 Lonsdale Street, Melbourne

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

### Qi gong

Thursday 30 April 11.00am–12.30pm

Women's Health Victoria, Level 8, 255 Bourke Street, Melbourne

Qi gong practice can help with balance, flexibility and strength, as well as calming the mind. Come along and learn a simple qi gong routine. Wear loose comfortable clothing.

## BOOKINGS ESSENTIAL

We need to know you are coming to avoid sessions being cancelled

1300 781 500

[counterpart.org.au/events](https://counterpart.org.au/events)

[info@counterpart.org.au](mailto:info@counterpart.org.au)

If you would like more information about individual events, please get in touch or visit our website.

**Counterpart Resource Centre**

Level 5, 210 Lonsdale Street, Melbourne

Visit Monday, Wednesday, Thursday 10.00am–5.00pm

(Peer support 10.00am–2.00pm)