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

Victorian Government volunteer strategy
The Victorian Government has committed to develop and implement a Volunteer Strategy to support and enhance voluntourism 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

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 or Tanya Holland at Goldfields Urology, Bendigo, 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

FEBRUARY – APRIL 2020

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. We connect, support and inform women with breast or a gynaecological cancer to live well.
FREE EVENTS  February – April 2020

Counterpart provides general information only.

For further information, or to discuss your own situation, please consult your treating team.

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
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)

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