

# 2024 Calendar: January to June



## CONTACT

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**SERVICES/TEAM:** Specialist oncology nurses with expertise in management of treatment side-effects, decision making, psychosocial issues, counselling and social work experience; peer support specialist; and trained volunteers with personal cancer experiences

**PROGRAMS:** See calendar for current programs offered

**CONSULTATIONS:** Managing treatment side-effects; counselling; decision making - By appointment

**WIG LOAN AND HEAD COVERING SERVICE:** Appointment preferred - 10am to 2pm

**BREAST FORMS (PROSTHESIS) AND BRA DISPLAY:** Information and decision making support - Appointment preferred

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All programs and services offered by Choices, and parking when visiting Choices are free of charge and available to all people affected by a cancer diagnosis whether or not they are a Wesley Hospital patient.

Choices' services and programs can be accessed any time by: appointment; drop-in; self-referral; and clinical referral

The Choices' calendar and updates about new initiatives are sent to everyone on the Choices' mailing list. All you need to do is contact us to be included.

Please contact us if you would like information about any of the programs offered; and how we can support you and your family.

If you would like directions to park at Choices' Rooms, please let us know.

**PLEASE NOTE:** Programs are subject to change. To stay informed, please RSVP to all programs, especially face-to-face programs.

## COMPLEMENTARY THERAPIES

	Day	Schedule	Time	Venue
<b>Reiki, Reflexology, Indian Head Massage:</b> 45 minute individual sessions. By appointment only	Monday, Tuesday	Ward In-Patients	Commencing – 29 January	Wesley Hospital / Choices
	Thursday	Choices / outpatients	Commencing - 1 February	

## EXERCISE AND LIFESTYLE PROGRAMS. Unless otherwise specified all groups and sessions are for both women and men

	Day	Date	Time	Venue
<b>Strength Program:</b> 4 weeks program to help build resilience and wellbeing for women following a cancer diagnosis, and beyond	Monday	19 February to 11 March 13 May to 3 June	10am to 12pm	Choices
<b>More Choices Sessions:</b> Information sessions relevant to a cancer diagnosis offered on-line and face-to-face. Please contact us for more information	Monday	<ul style="list-style-type: none"> <li>25 March – Man to Man: for men affected by cancer including partners, family, and carers</li> </ul>	5pm to 6pm	Choices
		<ul style="list-style-type: none"> <li>17 June - TBA</li> </ul>	10am to 12pm	
<b>Look Good Feel Better Workshop</b>	Monday	12 February, 8 April	10am to 12.30pm	Choices
<b>Pilates:</b> 8 weeks face to face sessions	Tuesday Weekly	6 February to 26 March 30 April to 18 June	1pm to 2pm	Choices
<b>Yoga:</b> On-line and face-to-face sessions. Contact us for the on-line link	Wednesday Weekly	Commencing 31 January	9.30am to 11am	Choices
<b>More Choices Gym Program:</b> Tailored to each individual's needs. Spaces are limited. Please contact us for details	Wednesday Weekly	7 February to 27 March 1 May to 19 June	4.15pm to 5.45pm	Wesley Hospital Gym

## SUPPORT AND CONNECTION: Sessions offering information and connection specific to cancer experiences below. Stay updated via group email mailing lists. Please contact us with queries and for more information

	Day	Date	Time	Venue
<b>Younger Women:</b> Online and face-face sessions	Tuesday 4th of the month	27 February – online 28 May – face to face	6pm to 7.30pm	Choices / Zoom
<b>Advanced Cancer:</b> Face-to-face sessions. Online options available	Tuesday 1st of the month	Commencing 6 February	10am to 12pm	Choices
<b>Head &amp; Neck Cancer:</b> Online and face-to-face sessions	Tuesday 2 <sup>nd</sup> of the month	Commencing 13 February	6.30pm to 7.30pm	Choices
<b>Gynaecological &amp; Colorectal Cancer:</b> Online with some face-to-face sessions	Tuesday Bi-monthly on 4th of the month	27 February 23 April 25 June	10am to 11am	Choices
<b>Art4Healing:</b> Online and face-to-face sessions	Friday 1 <sup>st</sup> of month	Commencing 2 February	10am to 12pm	Choices