

2025 Calendar: July to December



CONTACT

PHONE: 07 3232 6548

HOURS unless by arrangement:-

- ♦ Monday to Thursday – 8.30am to 4pm
- ♦ Friday – 8.30am to 2pm

WEBSITE:

Wesley.com.au/choices

EMAIL:

twh.choices@uhealth.com.au

SERVICES/TEAM: Specialist nurse with counselling and social work experience; and peer support specialist – both with expertise in decision making and psychosocial issues; and trained volunteers with personal cancer experiences

PROGRAMS: See calendar for current programs offered

CONSULTATIONS: Counselling, decision making, peer connection and support. Appointment preferred

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

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

All programs and services offered by Choices, and parking when visiting Choices are free of charge.

- ♦ **Complementary Therapies** - individual one-on-one sessions
- ♦ **Exercise and Lifestyle Programs** – unless otherwise specified, all groups and sessions are for both women and men
- ♦ **Support and Connection** – sessions offering information and connection specific to cancer experiences

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.

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

The Choices' calendar and updates about new initiatives are sent to everyone who has registered with Choices. All you need to do is let us know which programs you are interested in to be included.

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	Program	Date	Time	Venue
Monday By appointment only	Reflexology, Reiki, and Indian Head Massage: 45 minute individual sessions.	Ward In-patients	9am to 11.15am	Wesley Hospital
Tuesday By appointment only	Reflexology, Reiki, and Indian Head Massage: 45 minute individual sessions.	Ward In-patients	9am to 11.15am	Wesley Hospital
Thursday By appointment only	Reflexology, Reiki, and Indian Head Massage: 45 minute individual sessions.	Choices Out-patients	9.45am to 2.15pm	Choices

EXERCISE AND LIFESTYLE PROGRAMS

Day	Program	Date	Time	Venue
Monday	Look Good Feel Better Workshop: Go to website https://lgfb.org.au/ to register	1. 18 August 2. 20 October 3. 1 December	10am to 12pm	Choices
Monday Weekly	Pilates: 6 weeks blocks, face-to-face sessions. NB excluding 1 December	1. 7 July to 11 August 2. 27 October to 8 December	10am to 11am	Choices
Tuesday 4 th of the month	Mindfulness: on-line (upon request) and face-to-face sessions	1. 22 July 2. 26 August 3. 23 September 4. 28 October 5. 25 November	10am to 11am	Choices / On-line
Wednesday 1st of the month	Writing Therapy Workshop: on-line (upon request) and face-to-face sessions	1. 2 July 2. 6 August 3. 3 September 4. 1 October	11.30am to 1.30pm	Choices / On-line
Wednesday Weekly	Yoga: On-line and face-to-face sessions. Contact Choices for the on-line link	From 2 July	9.30am to 11am	Choices / On-line
Wednesday Weekly	More Choices Gym Program: Tailored to individual's needs. Registration required. Please contact Choices for more information	1. 16 July to 17 September (excluding 13 August- Ekka) 2. 8 October to 3 December	1. 4.15pm to 5.15pm 2. 5pm to 6.15pm	Wesley Hospital Gym
Thursday	Women's Wellness After Cancer Program: 12 weeks lifestyle intervention with monthly face to face / on-line connection. Registration required.	24 July to 9 October	TBA	Choices / On-line

SUPPORT AND CONNECTION

Day	Program	Date	Time	Venue
Tuesday 1 st of the month	Advanced Cancer: Face-to-face sessions. Online options available	From 1 July	10am to 12pm	Choices
Tuesday 2 nd of the month *3 rd of the month	Head & Neck Cancer: Online and face-to-face sessions. Please contact Choices for more information	1. 8 July 2. 12 August 3. 9 September 4. 14 October 5. 18 November*	1. 6.30pm to 7.30pm 2. 1.30pm to 2.30pm 3. 6.30pm to 7.30pm 4. 1.30pm to 2.30pm 5. 6.30pm to 7.30pm	Choices / On-line
Tuesday	Gynaecological & Colorectal Cancer (Women)	1. 12 August 2. 18 November	10am to 11am	On-line
Friday 1 st of the month	Art4Healing: Online and face-to-face sessions	From 4 July	10am to 12pm	Choices / On-line