



Your Space – Wellbeing Calendar

◀ June	July 2021						August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1	2	3	
4	5 9am-12pm Look Good, Feel Better * (Bldg19, Conference room 1) 3-4:30pm Myeloma Support Group (Building 19, Patient Lounge)	6 10-11am Delta Dogs (Cancer Inpatient Wards)	7 10-11am Music For Relaxation (Bldg 19, Cancer Centre Foyer)	8	9	10	
11	12	13 10-11am Delta Dogs (Cancer Inpatient Wards)	14 10-11am Music For Relaxation (Bldg 19, Cancer Centre Foyer)	15	16	17	
18	19	20 10-11am Delta Dogs (Cancer Inpatient Wards)	21 10-11am Music For Relaxation (Bldg 19, Cancer Centre Foyer)	22	23	24	
25	26	27 10-11am Delta Dogs (Cancer Inpatient Wards) 3-4pm Introduction to the Cancer Supportive Care Team* (Online event)	28 10-11am Music For Relaxation (Bldg 19, Cancer Centre Foyer)	29 1:30-2:30pm Nutrition in Cancer Treatment *(Online event)	30	31	

*Booking required, please <http://your-space.eventbrite.com> or put your name down at Building 19, Level 2 reception



Your Space - Activities and Information Sessions Explained

Delta Dogs

A trained therapy dog and volunteer visit our patients in the cancer wards every Tuesday between 10 and 11am to provide company and comfort during their time in hospital.

Music and Relaxation

Our Therapeutic Harpist plays each week in the Atrium on level 2 of the Centre, with a program of music for relaxation. Patients and carers are invited to join her each Wednesday at 11am.

Look Good Feel Better Workshop

A free national community service program that will teach you how to manage the appearance-related side-effects caused by treatment for any cancer. The program is designed to leave you feel more positive and in control, helping you to face your cancer with confidence. It is run by the Cancer Patients Foundation once a month at Canberra Region Cancer Centre.

Rotating Supportive Care Team Sessions

The sessions help you with your treatment at the cancer centre. We will give you practical information on how to manage being at home and take care of yourself while you are being treated for cancer.

Description of Sessions:

Introduction to the Cancer Supportive Care Team

(Presenter: Cancer Specialist Nurse, Social Worker)

Meet one of the Cancer Specialist Nurses and Social Workers who will talk to you about the various ways you can be supported during your cancer experience and can help you and your family to adjust to the changes that cancer brings. The session will be conducted over one hour with plenty of time for questions and to chat with the presenters over a cup of tea or coffee.

Upcoming Dates: 27 July 2021, 3-4pm; 24 August, 3-4pm

Venue: online event, details sent after registration

Booking required, go to <http://your-space.eventbrite.com>

Nutrition in Cancer Treatment (Presenter: Sarah Cooper, Dietitian)

Good nutrition is important to help achieve the best result from your treatment. A healthy diet may help you to feel better and have more energy, help heal and fight infections and help cope with the side effects of your treatment.

The session will cover:

- practical tips to eat well during treatment
- how to manage some of the common eating problems caused by cancer or its treatment
- bust common food myths

Upcoming Date: 29 July 2021, 1:30 -2:00/2:30

Venue: online event, details sent after registration on eventbrite

Booking required, go to <http://your-space.eventbrite.com>