



SUPPORT GROUP MEETING UPDATES

Our first May meeting was a workshop facilitated by our guest speaker Jacquie Wise from Wise Ways. The workshop provided an excellent opportunity for the members to learn about how personal development can lead to better health outcomes. Members also enjoyed meeting together for lunch prior to the workshop, catching up on news and sharing stories.

Jacquie suggested that one way to get in touch with your own mind, understand your core values and determine what you want is to sit down and write what you would like your friends to say about you at your 95th birthday. This writing exercise helps you learn what you want to get out of your life and make plans to fulfil your dreams!

You can hear Jacquie every Friday between 11 am to 12 noon on 3SCB 88.3 FM.

Jacquie also runs courses at CAE in the city.

For more information visit her website at:

www.wiseways.com.au

Our next meeting will be held on Saturday, 30 May 2009.

Margaret Lowden, a nurse from the Mercy Hospital for Women, will speak about Chemotherapy for women with gynaecological cancers.

On Saturday, 27 June 2009, Dr Jan Pyman from the Royal Women's Hospital will speak about the pathology of gynaecological cancers.

On Saturday, 25 July 2009, Soula Panagiotou will talk about her book "The Detox Answer" which she wrote after she was diagnosed with advanced ovarian cancer.

Jo Wallis, massage therapist will also be present at our next meetings.

FACTS AND NEWS

Cancer Connections

Cancer Connections (<http://www.cancerconnections.com.au>) is an online community that links people with cancer, their carers and families. Registration is free and confidential. Once registered you will have access to the following services:

Forums

Forums provide a space to have an ongoing "conversation" with others. They can be read by anyone, however to post messages you will need to register. This will allow you to choose a username and upload a little icon or picture, also called an Avatar. These things will define your identity within the forum. Remember you don't need to use your real name as the username. Just a name you want other people to know you by.

Profile

Every user has his or her own profile. The profile is used to share a little more about yourself with others. Remember, even though you can keep your true identity hidden, the idea of this site is to connect with others. Sharing about yourself is a wonderful way to start this process.

Finding and making friends

Once you have registered, you can explore other profiles and you can ask other people to be your friends.

Blogs

A blog is like an online journal. This can be a place for you to record and share your thoughts, feelings and ideas with others.

Getting started

To get started either read the forums at:

<http://www.cancerconnections.com.au/forum> or register at

<http://www.cancerconnections.com.au/user/register> and set up your profile.

IN AND AROUND MELBOURNE...

THE CANCER COUNCIL VICTORIA

Carers forum at Cancer Council Victoria

Saturday 23 May 2009, 10.00am–3.00pm

100 Drummond Street, Carlton

This is a free forum for family & friends of someone with cancer and carers with cancer to share experiences with others, exchange care-giving strategies and receive the latest updates on cancer information and support.

Topics include: Stress busters for carers, when the carer has cancer, what carers told the Cancer Council at the Inaugural Carers Forum and the Family Connect & launch of Carers Information Kit.

Next meeting
Saturday 30 May
1-3 pm
4-12 Blackwood St,
North Melbourne

Guest Speaker
MARGARET LOWDEN,
Chemotherapy for
women with
gynaecological cancers

Registration essential. Please call the Cancer Council Helpline on 13 11 20 or email cis@cancervic.org to register.

Australia's Biggest Morning Tea 2009

Australia's Biggest Morning Tea is one of the Cancer Council's leading fundraising events and the largest, most successful event of its kind in Australia. The official date is Thursday 28 May 2009, but you can host an event any time during the month of May or June. Australia's Biggest Morning Tea is easy to organise, fun and completely flexible to suit your environment - at your school or club, at work or even in the comfort of your own home.

Simply arrange a time and place and invite your guests to make a donation.

Funds raised during Australia's Biggest Morning Tea go towards the Cancer Council's research, prevention, education and support programs. To register online go to:

<http://www.biggestmorningtea.com.au/>



BreaCan Events

BreaCan Events are held at BreaCan, Ground Floor, Queen Victoria Women's Centre, 210 Lonsdale St, Melbourne. If you would like to know more about activities for women with advanced gynaecological cancers, please call Wendy Pullan, Information and Support Officer, on 1300 781 500 as well as for information or booking for any of the following:

Lymphoedema

Thursday 14th May, 12.00pm to 1.30pm

Judy Purbrick, Senior Physiotherapist at Mercy Hospital Lymphoedema Clinic, will be talking about lymphoedema and its association with gynaecological and breast cancer. Women who believe they may be at risk of developing lymphoedema after cancer surgery, or would just like to know more, are encouraged to come along with all their questions.

What it Means to Have a Family History of Cancer

Wednesday 20 May 2009, 12pm - 1.30pm

A cancer diagnosis is difficult enough, but factor in a family history of breast or ovarian cancer and the issues and complexities increase significantly. Mary-Anne Young, Genetic Counsellor with the Familial Cancer Centre at Peter Mac, will talk about the role of the Centre, its innovative projects, and the support available to people faced with a family history of cancer.

Chocolate Frogs

Thursday 28 May 2009, 10.30am–12.30pm

The book "Armed with Chocolate Frogs" is a powerful collection of writing by Australian women living with advanced breast cancer. Mary Harvey is a psychologist and an oncology nurse, and she was the project manager for this inspirational book. Come along and join with Mary in discussing the stories and the issues they raise for you, read your favourite piece if you like, or just listen to what other women have to say.



Music for Mind Body and Soul

Monday 15th June 2009, 11am–2pm

We all have a connection with music. Our tastes may be different, but still music has a way of touching us all. Emma O'Brien who is a lecturer at the University of Melbourne will give an interactive session about the way music can be used to help attain and maintain balance and wellbeing in our lives. She is also a Music Therapist at the Royal Melbourne Hospital. Singing optional, ears a must! Lunch included.

"Feel Good" gentle exercise program for women

Wednesday 6 & 20 May 2009, 3 & 17 June

The gentle exercise program helps maintain upper body mobility, flexibility and a smile. It is conducted by a qualified instructor. Women need to register and complete enrolment forms prior to attending so contact BreaCan for details by phone on or email brecan@brecan.org.au

Introductory Hand & Foot Reflexology Sessions

Wednesday 13 & 17 May 2009, 10 & 24 June

Reflexology is a system of health care, incorporating mind, body and spirit and may help those living with cancer. Please contact BreaCan and learn how you can access an appointment with Jennifer Rigby, reflexologist and registered nurse.



'Here and Now' program for women with advanced cancer

Here and Now offers eight weekly sessions to discuss the issues that are relevant and important to the group members. There is generally six to eight women in a group plus two experienced facilitators. The focus is on women connecting with each other, sharing information and offering peer support. If you have any questions or would like to find out more, please phone: Wendy Pullan, Information & Support Officer Phone 9921 0837 or 1300 781 500.

We gratefully acknowledge the contribution of the Department of Human Services and Cancer Australia for funding the Program of our support group

For information about our group contact:

Natalie - 0431 825 943 / Bharati - 9903 4049 /

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<http://www.med.monash.edu.au/spppm/research/sshr/gcsg>