

Flinders Cancer Wellness Centre December Timetable

All activities and services are free for patients, their families, and carers.

For more information visit www.sahealth.sa.gov.au/SALHNCancerWellnessCentre or call 0481 056 058.

| Monday Morning | | Monday Afternoon | |
|-------------------|-----------------|------------------|--|
| 9.30am – 1.00pm | Art Workshop | | |
| 11.00am – 12.30pm | Harpist – Ilona | | |

| Tuesday Morning | | Tuesday Afternoon | |
|-------------------|-----------------|--------------------------------|--|
| | | Cancer Council staff available | |
| 11.00am – 12.30pm | Harpist – Ilona | | |
| 9.30am – 1.00pm | Art Workshop | | |

| Wednesday Morning | | Wednesday Afternoon | |
|-------------------|-----------------|--------------------------------|--|
| | | Cancer Council staff available | |
| 11.00am – 12.30pm | Harpist - Ilona | | |

| Thursday Morning | | Thursday Afternoon | |
|-------------------|-----------------|--------------------------------|---------------|
| | | Cancer Council staff available | |
| 10.30am -12.30 pm | Art Workshop | 2.00 – 3.00pm | Harpist – Lyn |
| 10.00am – 11.30am | Harpist – Ilona | | |

| Friday Morning | | Friday Afternoon | |
|-------------------|-----------------|------------------|--|
| 9.30am – 1.00pm | Art Workshop | | |
| 11.00am – 12.30pm | Harpist – Ilona | | |

Alongside the services above we offer:

- Psychology appointments
- Cancer Care Education appointments
- Cancer Survivorship Clinic appointments
- McGrath Breast Care appointments

Please talk to your clinician or treating team if you are interested in one of these services. If you would like a McGrath Breast Care appointment call Becky on 0435 637 896 to arrange a time.



Scan this QR code with your phone to download a copy of the timetable

Flinders Cancer Wellness Centre

Arts in Health – Art Workshops

Offering visual art activities as well as a range of art packs to take home. No artistic skills or prior experience are needed.

Cancer Council Outreach Nurse

Polly is an experienced oncology nurse who can provide information and support to anyone about any aspect of cancer, including referrals to support services. You can contact Polly on 0437 813 311 on Tuesday, Wednesday, and Thursday. On Monday and Friday call the Cancer Council information and support service on 13 11 20.

Cancer Survivorship Clinic (please talk to your treating team to get a referral)

This clinic provides education sessions for cancer patients and their families at the end of treatment. It provides the patient with a full treatment summary and ongoing care plan.

Live Music

Relax in the Cancer Wellness Centre to the sounds of our live musicians.

McGrath Breast Care Appointments (No referral is required, call to book an appointment on 0435 637 896)

Support for the various stages of breast cancer, including metastatic breast cancer, from diagnosis, and throughout treatment.

Open Meditation Sessions Live harp music combined with guided mindfulness meditations inspires feelings of peace, calm and a deep sense of well-being. This is an open format so you can pop in at any stage. Please come and go quietly. Meditation videos can also be accessed from our website

www.sahealth.sa.gov.au/SALHNCancerWellnessCentre

Psychology Appointments (please talk to your treating team to get a referral)

Patients, survivors, and partners/carers/family members affected by cancer at SALHN are referred to psychology to receive treatment for cancer-related distress. Common reasons for referral include depression, anxiety, adjustment/coping difficulties, fear of recurrence, grief and loss, insomnia, and pain.