



Flinders Cancer Wellness Centre Newsletter | December 2021

Welcome to Nat from Canteen

Canteen supports young people aged 12-25 and their families on their journeys with cancer, including young people who have/had cancer, siblings, offspring and bereaved offspring.

Our Senior Clinician, Nat will be visiting the Cancer Wellness Centre every second Tuesday afternoon, in the new year from 11th Jan 2022. So feel free to pop in and visit her to find out more.

In the meantime, why not check out our online support platform for young people today at www.canteenconnect.org/dashboard and the Parent Connect platform here www.parentingthroughcancer.org.au/. Both platforms have free resources and information about how Canteen can best support you.



December Timetable Now Available

Download the timetable using the button below or access it on our [website](#).

You can also pick up a copy in the Flinders Centre for Innovation in Cancer in the Cancer Wellness Centre on the ground floor or in the Level 3 waiting area.

[Download timetable here](#)

Meditate at Home

The Cancer Wellness Centre now has a range of resources you can now access from the comfort of your home.

Arts in Health have developed a number of meditation and relaxation videos that you can access for free. This is a great option if you can't come into the Centre for our regular meditation session on Thursday mornings. Use the link below to find out more.

[Learn More](#)



**Music for Relaxation
and Meditation**

Heather Frahn
Arts in Health Facilitator

Music Relaxation Meditation - Therapeutic Soundbath with Sacred Musical Instruments

Blood Cancer Support Groups

The Leukaemia Foundation facilitates a range of online Blood Cancer Support Groups facilitated by experienced Blood Cancer Support Coordinators.

These offer a place for you to chat to others with a blood cancer, share your story, exchange information and learn healthy coping strategies. All groups are 100% confidential and free of charge.

[Learn More](#)



Walk with Cancer Voices

Walking is a great exercise for the body and mind. Participants get to talk to each other about anything and everything, including their cancer challenges if they wish to share them with a small friendly group.

Cancer Voices usually lead two walking groups each week on Tuesday morning and Friday lunchtime. Check the website for more information.

[Learn More](#)

Events

2 December [5 Ways to Wellbeing - Strathalbyn](#) - Carers SA

9 December [5 Ways to Wellbeing - Oaklands](#) - Carers SA

Webinars / Podcasts

[Podcast: the Thing About Cancer](#) Cancer Council NSW

[Rural Cancer Stories](#) Sansom Institute for Health Research

[iHeard - Cancer myths and facts](#) Cancer Council

Thank you!

Thank you to the incredible organisations that support the Cancer Wellness Centre. We couldn't do it without you!

Pat Hume who has donated a range of lovely wigs for us to give away to cancer patients.

[Lions Club of Battunga Country Inc.](#) who provide us with all the beautiful Carolyn's Chemo Caps we give away to patients.

[Bonnie Wigs](#) who donated four wig stands for our display of wigs, caps and beanies and has provided us with some vouchers for her shop.



For more information about the Flinders Cancer Wellness Centre please visit www.sahealth.sa.gov.au/SALHNCancerWellnessCentre or email Health.SALHNCancerWellnessCentre@sa.gov.au



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