

October: Breast Cancer Awareness Month

BreaCan has been made aware of a small group called Women Helping Other Women (WHOW) who have been tirelessly fundraising to support women with breast cancer in Bali. In 2011, WHOW joined forces with the Bali International Women's Association to raise money for a portable mammogram machine and to continue the delivery of treatment, and education services. As it is Breast Cancer Awareness month in October, BreaCan would like to support WHOWs fundraising effort. We will ask people who attend BreaCan for a voluntary gold coin donation. Contributions over the month will be donated to this cause, and it is hoped a morning tea can be scheduled for November, with a representative from WHOW, to learn more about the project and pass on the generous contributions that BreaCan service users have made. For more information on the work of Women Helping Other Women, visit www.whow.com.au

Steps for fun and fitness

- Have you experienced breast or a gynaecological cancer?
- Are you interested in improving your general fitness?

BreaCan is running a four week gentle exercise program in the Western Suburbs of Melbourne on Mondays throughout October, with each session running from 1pm to 2.30pm.

Please ring BreaCan for more details.

Regular Activities

Introductory Foot Reflexology

Reflexology is a system of health care, incorporating mind, body and spirit. It offers tangible benefits to those living with a diagnosis of cancer and complements existing treatments. Jennifer Rigby is a reflexologist and registered nurse offering an opportunity to alleviate some of your stress and tension. Please call to book an appointment.

August 10 & 17, September 14 & 28, October 12 & 26

Feel Good Gentle Exercise Program

This program offers gentle exercise to tone the body and help the lymphatic system. Conducted by a qualified instructor, the sessions are held fortnightly on a Wednesday from 10.30-11.30am. Women participating need to complete enrolment forms prior to attending.

August 3, 17 & 31, September 14 & 28, October 12 & 26

Making Connections — for women living with advanced breast or gynaecological cancers

BreaCan runs activities for women with advanced breast or advanced gynaecological cancers. If you would like to know more please call **1300 781 500**.



Contact Details

Phone: **1300 781 500**

Email: **breacan@breacan.org.au**

Visit: BreaCan
Ground floor,
Queen Victoria Women's Centre
210 Lonsdale Street
Melbourne 3000

Opening hours: 10am-2pm, Mon, Wed & Thurs

Website: **www.breacan.org.au**

August to October 2011

What's On



at

BreaCan
GYNAECOLOGICAL
& BREAST CANCER SUPPORT

Information and support for
people affected by breast cancer
or a gynaecological cancer.

BreaCan is open 10am to 2pm Monday, Wednesday and Thursday. Ground Floor, Queen Victoria Women's Centre, 210 Lonsdale Street, Melbourne.

Call in or phone **1300 781 500**.

BreaCan is a service of Women's Health Victoria and is funded by the Victorian Department of Health.

August

Tai Chi

Wednesday 3 August 12–1.30pm

Mind, body and spirit are all exercised at once by this ancient Chinese exercise. Over time, tai chi can help improve health, concentration and vitality, relieve stress and fatigue, help with muscle fitness and improve sleep patterns and sense of relaxation. Join experienced instructor, Margie Brett, from Celestial Tai Chi for a gentle introduction to the art of Tai Chi. Limited places. Please ensure you wear comfortable and loose fitting clothing. *Bookings essential.*

Bras, Boobs and Breast Forms

Wednesday 17 August 12–1.30pm

Christina Carlyle-Taylor, an experienced Corsetry and Mastectomy Fitter, will cover the finer points in finding that elusive, well fitting bra. Peer support volunteers, who have experienced breast cancer, will model the bras. The session will cover traditional bras, bras for breast forms and bathers, as well as tips on looking after your bras and breast forms. *Bookings essential.*

Fatigue – To Rest Or Not To Rest?

Monday 22 August 12–1.30pm

Tiredness can be alleviated by a quick cat nap or a good night's sleep. Fatigue, especially as a result of cancer treatment, isn't as easy to overcome. Elizabeth Pearson from the Peter MacCallum Cancer Centre will talk in a practical way about cancer-related fatigue and what people can do to help themselves feel better. *Bookings essential.*

Please note, all BreaCan's sessions are free, but you must book in advance – places for some sessions are limited.

Some Information Sessions are recorded and available to borrow on CD, or download as a podcast from our website.

September

Music for the Mind, Body and Soul: Gynaecological Awareness Day event

Wednesday 7 September 11am–2pm

We all have a connection with music. Our tastes may be different, but music still has a way of touching our soul. In acknowledgement of International GYNae Awareness Day on September 10, BreaCan and Ovarian Cancer Australia invite all women who have been diagnosed with a gynaecological cancer to a session of song, music and of course, fun and friendship. Emma O'Brien, Music Therapist at the Royal Melbourne Hospital will inspire the melody makers in us all, and show how music can be used to help heal and maintain health and well-being in our lives. Participants are welcome to bring a female friend in acknowledgement of this special day. *Limited numbers so please book in early. Lunch provided.*

Breast Cancer and Bone Health

Thursday 22 September 12–1.30pm

Dr Esther Briganti, an Endocrinologist in private practice and associated with St Vincent's Private Hospital, will provide a non-oncology perspective of the impact of breast cancer therapies on bone health in both premenopausal and postmenopausal women with breast cancer. She will review the outcomes of clinical studies which have shown ways to prevent or reduce bone loss, as well as discuss other factors that may affect the risk of osteoporosis. This talk will be especially pertinent to women whose breast cancer is hormone receptor positive and have used, or are currently taking hormone therapies such as (for example) Tamoxifen, Arimidex or Femara, as well as those pre-menopausal women who have had chemotherapy and/or their ovaries removed. *Bookings essential.*

Lymphoedema

Wednesday 28 September 12–1.30pm

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. *Bookings essential.*

October

*Breast Cancer Awareness month fundraiser
– bring your gold coin donation!
(see over for details)*

Yoga

Thursday 6 October 5.30–7pm (Evening session)

Sheryl Roach is a classical yoga teacher from Doncaster Meditation and Yoga. In this session, Sheryl will talk about the benefits of yoga for women affected by cancer. She will also cover practical aspects such as deep relaxation, postures, meditation and conscious breathing. A wonderful introduction to yoga and improved health and well-being. *Limited numbers, please book early.*

Wordplay

Monday 10 October 11am–2pm

Ever wanted to write a journal, delve into prose or poetry or tell your story for posterity? This workshop will provide opportunities to try different creative writing exercises to help get your pen flowing across the page! It will be facilitated by Adele Hulse, former columnist with *The Age*, under the pseudonym Sharon Gray. Come prepared to write by hand, or bring a laptop if you prefer. Priority will be given to those women who have not participated in a Wordplay session before. *Lunch will be provided, bookings essential.*

Understanding a Naturopath's Approach

Monday 17 October 12–1.30pm

"Natural" does not automatically make something safe. Naturopathy is a widely used complementary approach to dealing with fatigue, depression, anxiety and stress. Ann-Maree Bortoli and Sofie Mikosa, Naturopaths and Herbalists from Melbourne Holistic Health, will talk about these issues, as well as the symptoms of menopause, and discuss the new evidence on the role and safety of phyto-oestrogens in a very down to earth session. *Bookings essential.*

Meditation

Monday 31 October 12–1.30pm

You've probably heard about the benefits of meditation: clearer thinking, reduced stress, better health, relief from pain, deep relaxation and so on. Join Debbie Ling from the Melbourne Meditation Centre for an introductory session on "What Is Meditation?" so that you can learn how to effectively relax the body and calm the mind. *Bookings essential.*