



cancer wellness support

Complementary Therapies | Community Generosity



*Supporting people living
with cancer, their families and
carers by providing subsidised
complementary therapies*

I have just been diagnosed

At the time of diagnosis it can feel like you are in an emotional whirlpool, being buffeted from side to side, swept along at an enormous pace with no still waters ahead to rest and consider. So what might be the first things you need to do after diagnosis?

- Gather family and friends to create your support network
- Make a time to meet with our intake nurse and together find the therapies which will best support you
- Take advantage of our affordable, subsidised individual and group therapies
- No medical referral necessary

Contact us by phone or website, or drop into our Leura or Penrith centre (contact details on back)

I am currently undergoing treatment

You may be just days or weeks into your active treatment and there are many questions swirling around in your head. Your active treatment phase can cover both medical and complementary therapies and create a holistic approach to your healing. So what might you need to know in your 'new normal' life?

- Complementary therapies play a role in easing the possible body changes you may experience from some medical treatments
- A mix of touch therapies, exercise and nutritional support help to improve your recovery after treatment
- Counselling and mindful meditation supports you to explore different ways of managing the difficult days

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- Your individual therapist will work with you to design a treatment program that best supports your recovery
- Group sessions give you time to meet others who may experience many of the same changes as you. Body movement, art therapy and support groups are places to share your cancer journey

I am living with cancer

The 'busy-ness' of the active treatment days may have ended and the focus on your treatment regime is lessened, but often this is the time more questions arise. There may be long term physical and emotional effects from the diagnosis and treatment, and a secret fear the cancer will return. So what now?

- Individual touch therapies help to restore the physical and emotional side effects from some medical treatments
- Learn 'wellness living' for the long term with dietary knowledge, meditation and physical movement
- Join a group session to help move you back from isolation to community engagement
- Feelings of grief, loss and trauma are common responses to the diagnosis and treatment phase. Specific therapies are designed to address such issues

Some people experience Lymphoedema due to damage or removal of lymph nodes. This is not curable but it is manageable. What help is available?

- A lymphoedema management package of individual and group sessions work together to ease and improve this condition

- Diet, movement, counselling and meditation, lymphoedema massage and pressure garments create a healing environment
- Lymphoedema specialist massage therapists monitor, treat and measure your lymphoedema site within a consistent therapeutic program


Caring for someone

It may feel strange to be called a 'carer' as you are often a wife, husband, mother, daughter or any relative or friend who is able to step forward to support someone during a difficult phase of their illness. After all, isn't this what you do if you care about someone?

- Carers can find it hard to ask for help for themselves
- We welcome carers as we recognise the need to provide support, respite opportunities and acknowledgments that caring can be demanding and isolating
- Both the primary and secondary carer roles may have short and long term physical and emotional effects
- Make a time to meet with our intake nurse and explore which therapies best meet your needs

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*"The genuine warmth
and care I receive at Cancer Wellness
Support has made a world of difference to
my sense of wellness"*

Kasia

Your relationship with Cancer Wellness Support begins with a confidential consultation with our nurse so together you can design the most appropriate complementary therapies that best meet your needs at the time. Your therapy choices may be a mix of individual sessions, groups and workshops and these may change over time as your sense of wellbeing changes.

We are able to offer you affordable therapies made possible by the generosity of our community through our Op shops at Katoomba and Penrith.

WELLNESS SUPPORT CENTRES

Robyn Yates Centre

104 -105 Railway Parade, Leura
(02) 4784 2297 #1
Monday to Friday 10am to 4pm

Penrith Valley Centre

56 Warwick Street, Penrith
4784 2297 #2
Monday to Friday 10am to 4pm

For an assessment with a Cancer Wellness Support
nurse please contact us on
4784 2297 #1 for Leura #2 for Penrith
No medical referral necessary

www.cancersupport.org.au

We invite you to explore the
Cancer Wellness Support Guide:
www.guide.cancersupport.org.au



Cancer Wellness Support

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