

What's New

Updates from Counterpart

Breast and ovarian cancer research

The *Investigating Subjective Wellbeing and Resilience in Women with a Diagnosis of Breast or Ovarian Cancer* study is looking for women with breast or ovarian cancer to complete an online survey/questionnaire as part of their research on resilience and wellbeing.

Study organisers are interested in exploring the subjective wellbeing (SWB) and resilience of women diagnosed with ovarian or breast cancer. SWB refers to people's feelings about themselves and how satisfied they are with their life and circumstances, while resilience refers to the capacity for adaptation and coping in the face of adversity.

For more information please contact **Dr Adrian Tomyon** on adrian.tomyon@cairnmillar.edu.au / 03 9813 3400, or **Parris Davenport** on 01598-15@cairnmillar.edu.au / 0439 867 670.

Work After Cancer

Flinders University and Cancer Australia welcome you to the Work After Cancer website—a resource to support work during and after a cancer diagnosis. Information on the website includes advice to people diagnosed with cancer, their loved ones, clinicians and employers about options, rights and responsibilities. www.workaftercancer.com.au

Better Health Channel

The Better Health Channel website provides information to improve the health and wellbeing of people and the communities they live in. The information is quality-assured, reliable, up-to-date, locally relevant and easy to understand. It does not replace care provided by medical practitioners and other qualified health professionals. It is fully funded by the Victorian Government, with no commercial advertising or corporate sponsorship. www.betterhealth.vic.gov.au



Register4

Researchers speak often of how long it can take to find large groups of the right people to participate in their research projects; it can take one to two years or more.

Register4 is a national, online registry for women and men who want to volunteer their time to participate in approved cancer research. An initiative of the National Breast Cancer Foundation, it only takes three minutes to join and it's absolutely free. And of course, members' details are kept completely secure, private and confidential. Register4 is open to anyone aged 18 and over.

For more information or to sign up visit www.register4.org.au.

Regular Activities

Reflexology Sessions

Reflexology offers tangible benefits to those living with a diagnosis of cancer and complements existing treatments. Please call **1300 781 500** to book.

Making Connections

Events specifically for women living with advanced breast or gynaecological cancers. Please call **1300 781 500** or visit our website for more info.

Feel Good Gentle Exercise Program

Facilitated by a qualified fitness instructor to encourage movement, flexibility and above all, fun. Held fortnightly on a Wednesday in the CBD. Please contact us to enrol.

Upcoming dates:

Sept 13 & 27 Oct 11 & 25 Nov 8 & 22 Dec 6



Counterpart is a service of Women's Health Victoria.
Counterpart is supported by the Victorian government.

What's On at



Women supporting women with cancer

Free events for women living with breast or a gynaecological cancer.

Counterpart is a free, confidential service of Women's Health Victoria. We connect, support and inform women living with breast or a gynaecological cancer to live well.

www.counterpart.org.au

COUNTERPART

Women supporting women with cancer

Connecting, supporting and informing women with breast or a gynaecological cancer to live well.

FREE EVENTS September – December 2017

SEPTEMBER



Body image, self esteem and sexuality after cancer

Wednesday 20 September 12.30pm–2.00pm

Learn practical strategies to communicate about sexuality, build sexual confidence and enhance intimate relationships after cancer. For any woman undergoing or recovering from cancer, whatever your sexuality or relationship status. This is a women-only session.

Moving on: exercise after a gynaecological cancer

Thursday 28 September 1.00pm–3.00pm

Location: Conference Room B & C, Ground Floor, Royal Women's Hospital, 20 Flemington Road, Parkville

How do you safely start, or get back to, exercise after gynaecological cancer treatment? All your questions answered.

Presented in partnership with the Gynaecology and Cancer Services Team at the Royal Women's Hospital.

OCTOBER

Sashiko

Monday 9 October 11.00am–12.30pm

Learn Sashiko, a decorative form of Japanese embroidery. All materials supplied and no sewing experience necessary.

Mindful dance and movement

Monday 23 October 11.00am–12.30pm

Location: Women's Health Victoria Level 8, 255 Bourke Street, Melbourne

A gentle movement session for any women focusing on the five elements—earth, water, fire, air and wood. No dance experience required. Wear warm, comfortable clothing.



A new treatment for vaginal dryness

Thursday 26 October 1.30pm–3.00pm

Fractional CO2 laser treatment is showing good results in relieving vaginal dryness. Unlike oestrogen therapies, it can be used by women post-cancer treatment. This is a women-only session.

NOVEMBER

All is calm

Thursday 2 November 11.00am–12.00pm

Learn about practical ways to make the festive season as calm, meaningful and stress-free as possible.



Scalp cooling

Monday 27 November 11.00am–12.30pm

Scalp cooling technology is used to prevent or minimise chemotherapy-induced hair loss. Hear about this technology and speak with a woman who has used it.



Chemobrain

Thursday 30 November 11.30am–1.00pm

Learn about symptoms that you might experience, possible causes and ways you can monitor and manage your symptoms, as well as some of the recent findings on chemobrain.

DECEMBER

African drumming

Thursday 7 December 11.30am–12.30pm

See out 2017 with something new, energising and fun—African drumming. Drums provided and no experience necessary.

Counterpart morning tea

Wednesday 13 December 10.30am–12.00pm

Join us for a celebratory social morning tea. All welcome.

SPECIAL EVENTS

Stepping into Wellness

Six weekly exercise sessions for women who have had breast or a gynaecological cancer diagnosis.

SYDENHAM

Mondays 16 October to 27 November
(no class Monday 6 November)

1.30pm–3.00pm

Register by Monday 9 October

CRANBOURNE

Thursdays 19 October to 23 November

1.30pm–3.00pm

Register by Thursday 12 October

To find out more or to register, please call us on 1300 781 500 or visit counterpart.org.au/stepping-wellness-programs-2017

All events are free, bookings essential
Unless stated otherwise, sessions are held at the Counterpart Resource Centre.

Book your place

1300 781 500

www.counterpart.org.au

info@counterpart.org.au

Counterpart Resource Centre:

Level 5, Queen Victoria Women's Centre,
210 Lonsdale Street, Melbourne VIC 3000

Visit Monday, Wednesday, Thursday 10am–5pm
(Peer Support 10am–2pm)



WEBINARS

This icon indicates a session will also be run as a webinar. Please see our website for more information.