

## What's New

Updates from Counterpart

### New library resources

The Counterpart library has some exciting new resources to borrow. We can post them to you free, anywhere in Victoria. Browse the catalogue online at [counterpart.org.au/library](http://counterpart.org.au/library) or ring the Resource Centre to discuss what you are looking for.

#### Children's books about cancer

- Nurse Ted: a children's guide to cancer.
- The secret C.
- Why my mummy?

#### Resources for people undergoing treatment

- Headscarves, headwraps and more.
- Women's cancer: pathways to living.
- Chemo and back again.

#### Personal stories of women's experiences with cancer

- The bright hour.
- Shaken, not stirred.
- Ovarian cancer? You can not be serious.

#### Strategies for managing stress

- Positive oncology.
- A mindfulness guide for the frazzled.

#### Supporting people with cancer (or how you can help others support you)

- What can I do to help?
- There is no good card for this.

### In Their Shoes

In Their Shoes is a series of videos for Victorian healthcare workers to consider the health system from the point of view of patients and families.

A toolkit is also available and can be downloaded at [www.vmia.vic.gov.au/patientvoice](http://www.vmia.vic.gov.au/patientvoice)



### Have you experienced early menopause?

The Monash Centre for Health Research and Implementation are inviting women who have early or premature menopause (menopause before age 40), or POI (premature/primary ovarian insufficiency) to participate in an anonymous online survey.

Participation will help both consumers and health professionals increase their understanding and awareness of premature menopause-associated low bone density.

Head to the survey at: [bit.ly/2kjqn3D](http://bit.ly/2kjqn3D) or for more information contact **Kim Huynh at MCHRI-earlymenopausestudy@monash.edu**

## 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 information.

### 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:

February 7 & 21    March 7 & 21    April 4 & 18



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

## What's On at

COUNTER  PART

Women supporting women with cancer

Free events for women affected by breast or a gynaecological cancer.

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

[www.counterpart.org.au](http://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 February – April 2018**

## FEBRUARY

### Breaking down depression and building resilience

**Monday 19 February 10.30am–11.30am**

Join us at this session to find out what mood disorders are, their causes, how to spot early signs, what not to do, and how to build resilience.



### Gynaecological cancers: new treatments and trials

**Thursday 22 February 10.30am–12.00pm**

This session will explore and guide you through new developments in treatments and results from clinical trials for women with a gynaecological cancer.

### When cancer impacts our sexual health and wellbeing

**Wednesday 28 February 10.00am–12.30pm**

Location: Seminar Room, The Bays Healthcare Group Inc, Vale Street, Mornington

Learn how cancer can impact your sexual health and wellbeing including acceptance of self and building secure connections regardless of relationship status or sexuality. A practical meditation is also included.

*This is a women-only session for those undergoing or recovering from cancer treatment.*

## MARCH

### Bras, boobs and breast forms

**Thursday 1 March 11.30am–1.00pm**

An experienced Corsetry and Post-Mastectomy Bra Fitter will cover the finer points in finding that elusive, well-fitting bra. The session will cover traditional bras, bras for breast forms and bathers, as well as tips on looking after your bras and breast forms.

### Lymphoedema

**Wednesday 7 March 10.30am–12.00pm**

Location: Western Centre for Health Research and Education, Sunshine Hospital, 176 Furlong Rd, St Albans

March is Lymphoedema Awareness Month so come and learn about lymphoedema, early warning signs, how to minimise the risk of developing lymphoedema, and what to do if it develops.



### Sleeping soundly

**Monday 19 March 10.30am–11.45am**

Experiencing sleep problems? This session discusses what contributes to sleep problems, what happens when we are sleep deprived, cancer specific factors that contribute to sleep loss and some strategies to get that good night's sleep!

## APRIL

### City street photography

**Wednesday 11 April 10.30am–12.00pm**

Awaken your senses this autumn! Join passionate photographers on a short walk to Flagstaff Gardens and capture the shapes, sights and skyline of the city like never before. Meet at Counterpart and bring along any image recording device you may have.



### The law and cancer

**Monday 16 April 10.30am–12.00pm**

In this session we will look at how the law impacts on cancer care. Topics covered include: access to insurance, such as travel and health insurance; workplace rights and anti-discrimination protections; consent laws; and advanced care planning.

## SPECIAL EVENTS

### Stepping into Wellness

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

Stepping into Wellness will commence again in Term 2. To find out more about dates and locations, please call us on **1300 781 500** or visit [counterpart.org.au/supportservices/exercise](http://counterpart.org.au/supportservices/exercise)

### Health professionals open evening

**Tuesday 27 February 4.00pm–8.00pm**

We are opening our Resource Centre to health professionals who work with women diagnosed with breast or a gynaecological cancer. Familiarise yourself with our centre and learn how our community-based peer support model complements your care. Trained Peer Support Volunteers and staff will be on hand to answer any questions you may have. Light refreshments provided. For information call **03 8488 9839** or email [katherine.bradstreet@counterpart.org.au](mailto:katherine.bradstreet@counterpart.org.au).

**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/events](http://www.counterpart.org.au/events)

[info@counterpart.org.au](mailto: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.