

Blue Mountains Cancer Help Inc.

Blue Mountains and Penrith Valley Cancer
SUNSHINE DAY
Penrith Valley Cancer Support Centre, 56 Warwick Street Penrith
Saturday 25th June 2016, 9.15am - 2.30pm

for cancer patients and their carers

Come along and meet our therapists. Information available about our large range of therapies, such as massage, lymphoedema management, reflexology, acupuncture, Reiki, Bowen and art therapy, plus Qi Gong and yoga. Some 15 minute therapies are available on the day for a gold coin donation.

“Treat yourself to a day of pampering, relaxation and enjoyment”

Bookings are essential for catering purposes
Contact Penrith Valley Cancer Support: Ph 4721 1317; email: penrith@cancerhelp.net.au

All groups are held at BMCH Centre, Cnr Gang Gang & Lurline Sts, Katoomba, unless otherwise stated.

For enquiries, call BMCH Head Office, Mon-Fri 10.00am to 4.00pm on 4782 4866 or email us at headoffice@cancerhelp.net.au

Penrith Centre, Mon-Fri 10.00am to 2.00pm on 4721 1317 or email us at Penrith@cancerhelp.net.au

Op-shops: Katoomba 4782 6076 katoombaopshop@cancerhelp.net.au & Penrith 4721 5823 penrithopshop@cancerhelp.net.au

NEW OFFICE IN PENRITH NOW OPEN

Our new office at **56 Warwick St, Penrith** is now open! Shelley Fitzpatrick is our new Administration Assistant manning the fort, so pop in and say hello if you're in the neighbourhood.

Jane Warnock, our Registered Nurse and Counsellor, will be conducting the Support Group at the Centre, once a month on the second Tuesday morning 10-12pm. Additionally, some of our therapists will be delivering services from the Centre as well. If you have any queries please call Shelley on 4721 1317.

BEYOND CANCER TO WELLNESS

Phoebe Allwell will be running "Beyond Cancer to Wellness" again for BMCH. This is an **8 week program** which will begin on **Monday 11 July** at our **Penrith Centre** at **56 Warwick St, Penrith** from **11am – 1pm**. The program will offer the group a safe space to focus on the power of interpersonal relationships in the here and now to help resolve life challenges, create personal growth, healing and wellbeing. Please see the attached flyer for more information. For further details, please contact Phoebe on 0418 296 107. It is important for this group to have a minimum of six participants in order for it to be most effective. Please call Shelley at our Penrith Centre on 4721 1317 to register your interest.

ARTYBRA AND TIE 2016



Our ArtyBra and Tie 2016 Auction was held on Saturday 4 June at The Carrington Hotel, Katoomba and was a great success! Jean Kittson entertained everyone with her usual flair and humour, having all guests in stitches to start off the night. Damien Beaumont from ABC Classic FM and Charlotte Smith, of the Darnell Collection, worked their magic down the runway displaying all the items for auction. Michael Brischetto from The Carrington was our MC for the night and kept it flowing smoothly and attracted the highest bids possible for all ArtyBras and Ties.

The Ballroom at The Carrington was full and we raised almost \$11,000! Thank you to everyone who submitted ArtyBras and Ties, for all who attended the auction and of course to all the proud new owners of such wonderful pieces of artwork! Your support and generosity will allow us to continue to support our members with all the services we offer.

THERAPIST NEWS

Our wonderful therapists work for Blue Mountains and Penrith Valley Cancer Support for far less than they receive in their private practices. Should you be unable to attend your therapy at the scheduled time, please let your therapist know in adequate time for them to rebook your space. Less than 24 hours notice can incur a cancellation fee.

Should you have any queries regarding therapies, please do not hesitate to call 4782 4866 and ask to speak to Robyn.

SUPPORT GROUP FOR KATOOMBA

We are planning to start another support group for the Upper Mountains. We are asking for expressions of interest from those who would be interested in attending a fortnightly group at Head Office in Katoomba. Please call 4782 4866.

WEBCAST FOR MEN'S HEALTH WEEK

The Cancer Council is holding a webcast on "Prostate Cancer: Diet, Supplements and Lifestyle" on Wednesday 15 June 2016, 7.00pm – 8.00pm. This is an opportunity to hear leading experts in the field of exercise science, diet and nutrition and prostate cancer. Go the following link to register <http://www.webcasts.com.au/pcf020316/>. If you are unable to watch it on the night you can still register and have details emailed to you for you to watch at a later date.

LYMPHOEDEMA SUPPORT GROUP

The Lymphoedema Support Group is continuing to meet on the third Friday of each month. The next meeting will be **Friday 17 June from 1.30-3.00pm at the Glenbrook Early Childhood Centre, Park St, Glenbrook**. The final group at Glenbrook will be held on **Friday 15 July**. Each group will be facilitated by one of our Lymphoedema Massage therapists (Michael Bryant, Annette Au and Linda Taylor) and will provide an opportunity to discuss any issues you may be facing with Lymphoedema and suggest

GENERAL SUPPORT GROUPS

The general Support Group is available to all clients and their carers, at any stage of their cancer experience. This is an opportunity to talk about where you are now and where you would like to go from here in a safe and encouraging environment. The group is facilitated by Jane Warnock RN & Counsellor. Held on the second Tuesday of the month 10am-12pm at our Penrith Centre, 56 Warwick St, Penrith. No booking required. Gold Coin donation.

strategies for coping with it. We are grateful to the Community Assistance Program for their financial contribution in making this group possible. To register your interest, please call Head Office on 4782 4866. It is planned to continue this group after July at our centre at 56 Warwick St, Penrith.

QI GONG with Patrice Thomas

Qi Gong classes will resume on Tuesday 2 August from 2.30-3.30pm, at BMCH Katoomba. Classes are \$5 for BMCH members. For more information please call Patrice 0412 473 335, email patrice@mindfulconnections.com.au.

YOGA CLASS in Glenbrook Classes with Belinda Robson will finish for Term 2 on Tuesday 28 June 2016 and resume for Term 3 on Tuesday 19 July from 11.30am to 12.30pm for BMCH Members. Cost \$5 per class. Glenbrook Yoga Space, 14A Hare St Glenbrook. Please call Suzanne Ellis on 0413 923 791 for further information and bookings or visit the website www.glenbrookyogospace.com

GENTLE YOGA with Helen Laird

Yoga resumes on Wednesday 22 June at BMCH Head Office, Katoomba, from 1.30pm to 2.30pm. Cost \$5 per class. For further information please call Helen on 0404 180 481.



NEPEAN/BLUE MOUNTAINS PROSTATE CANCER SUPPORT GROUP

The next meeting will be held on Monday 20 June 2016 from 6.30pm. Guest speaker at this meeting will be Mohamed Kahdra speaking on "Nanoknife ... Miracle Treatment". Venue: Lecture Room 1, Learning & Development Unit, located in the Nepean 2 building (formally known as the SWAHS 2 building), Nepean Public Hospital. Enquiries please visit www.prostatesupport.org.au or phone David Wilkinson, President, on 1300 13 38 78.