

Programs continue to be adapted to comply with COVID-19 guidelines. You will notice some sessions are both *Zoom* and face to face at Choices – a positive legacy of COVID-19. This means if you are in hospital, live outside of Brisbane, or are not well enough to travel, you can still join in. We have made a few changes and added some new initiatives -

The **More Choices Gym Programs** are mixed sessions for men and women. Each person is provided with an individualised exercise program by the Exercise Physiologist, who has a special interest in oncology and exercise. Connection with others with a similar experience is an added bonus, one experienced through all the Choices' programs.

The **Head and Neck Cancer Support Group** (Co-convenor: Marty Doyle) now meets at Choices on the second Tuesday of the month at 6.30pm. Please contact us if you would like more details about how to connect with this group.

Specific times are allocated for a **Wellness Clinic** and a **Counselling Clinic** for individual consultations (see below for details). Alternative times are possible. Please contact us to discuss.

Choices Yoga takes into account what people are able to manage so it is still possible to join in if you are confined to bed or need to sit in a chair. The session begins at **9.30am** combining gentle movements and breath-work, easily managed sitting in a chair, or lying on a mat or a bed and from **10.00am** a yoga asana practice commences, with options still possible for being in a chair or a bed.

All programs offered by Choices and parking when visiting Choices are free of charge and available to all people affected by a cancer diagnosis whether a Wesley Hospital patient or not.

Everyone on the Choices' mailing list will be kept up to date with new developments. All you need to do is contact us if you would like to be included.

Please contact us if you have any questions.

PLEASE NOTE: All programs are subject to change depending on COVID-19 status. An **RSVP to ALL** programs, especially face to face programs is essential to comply with Covid-19 Guidelines.

CALENDAR: July to December 2021

For more comprehensive information and description about the programs you can contact us or refer to the Choices booklet or website.

SERVICES

Specialist oncology nurse, nurse counsellor, expert peer supporter, and volunteers with personal experiences	Drop-in and by appointment		Choices, in-patient, telephone
Wellness Clinic: menopause, sexuality, and intimacy concerns; managing treatment side-effects; decision making	Wednesday by appointment	9am – 1pm	Choices
Counselling clinic: private and personalised sessions with counsellor	Tuesday by appointment	10am – 2pm	Choices
Wig loan service and turbans	Appointment preferred	9am – 3pm	Choices
Breast prosthesis and bra display and information; decision making support	Appointment preferred		Choices

Contact Details:

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COMPLEMENTARY THERAPIES

Program	Day	Schedule	Time	Venue
Reiki, Reflexology, Indian Head Massage 45 minute individual sessions By appointment only	Monday, Tuesday Thursday	Ward in-patients – Monday, Tuesday Choices - Thursday	From 9.45am	Wesley Hospital Choices

EXERCISE AND LIFESTYLE PROGRAMS. Unless otherwise specified all groups and sessions are for both women and men

Program	Day	Date	Time	Venue
Yoga. Zoom and face to face sessions. Contact us for Zoom link and more information	Wednesday Weekly	Commencing 7 July	9.30am to 10am 10am to 11am	Choices / Zoom
More Choices Gym Program – for Men and Women 6 weeks program combines weekly gym and information sessions	Wednesday Weekly	28 July to 8 Sept 13 Oct to 17 Nov	5.30pm to 7pm	Choices/ Wesley Gym
STRENGTH 4 weeks program for women following cancer diagnosis / surgery combining physiotherapy, survivorship, nutrition, managing stress & treatment side-effects	Monday Weekly	9, 16, 23, 30 August 25Oct, 1, 8, 15 Nov	10am to 12pm	Choices
Women's Wellness After Cancer Program 12 weeks lifestyle intervention with monthly face to face connection	Thursday	22 Jul to 7 Oct	1.30pm to 2.30pm	Choices / Zoom

SUPPORT PROGRAMS

Program	Day	Date	Time	Venue
Younger Women's Group Guest speakers and social events. NB: sessions are subject to change. Please check for current details.	Monday (1st Monday of month / not in school hols)	2 Aug – am 6 Sept – am 1 Nov – pm 6 Dec - pm	6pm to 8pm 10am to 12pm	Choices
Secondary/Advanced Cancer Group. Guest speakers and social events	Tuesday (2nd Tuesday of month)	13 July; 10 Aug; 14 Sept; 12 Oct; 9 Nov; 14 Dec	10am to 12pm	Choices
Head and Neck Cancer Support Group	Tuesday (2 nd Tuesday of month)	13 July; 10 Aug; 14 Sept; 12 Oct; 9 Nov; 14 Dec	6.30pm to 7.30pm	Choices / Zoom
Art4Healing: Art Class/Support Group Zoom and face to face sessions. Contact us for Zoom link and more information	Friday (1st Friday of month)	2 July; 6 Aug; 3 Sept; 1 Oct; 5 Nov; 3 Dec	10am to 12pm	Choices / Zoom

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