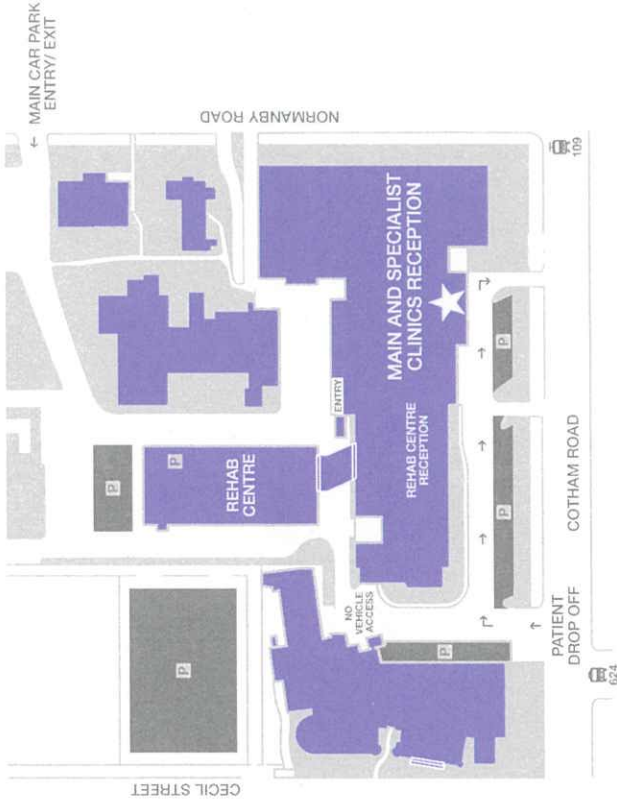


Inspired by
You

Oncology Rehabilitation Group Program



HOW DO I GET TO THE CENTRE?

Clients are encouraged to arrange their own transport. However, if you need help, please talk to our staff.

There is a 'set down' zone at the main entrance off Cotham Road, with some limited disabled parking. On-site parking (including disabled spaces) is available off Normanby Road. Fees apply.

Please enter via the Rehabilitation Centre entrance (see map).

Public transport is available via tram 109 (Stop 40).

WHAT IS ONCOLOGY REHABILITATION?

Cancer treatment can take a toll on you and your family, friends, and carers. It can affect your body, mind, and emotions. Sometimes, it may feel like you will never be able to do things you once enjoyed or took for granted.

St Vincent's Oncology Rehabilitation Program can help. We offer a program that is specially designed for cancer survivors. We will help you build strength, stamina and confidence so you can get back to doing what you enjoy.

We also offer a five week Carer Support program at our Community Rehabilitation Centre.

WHO IS IT FOR?

The program is for:

- Cancer survivors: people who have finished active cancer treatment, or are living with cancer, and their carers
- Cancer survivors who are able to participate in an exercise program
- Cancer survivors who wish to regain their independence

- People who live in the cities of Booroodara, Melbourne, Yarra, or Darebin or are willing to travel to our Kew Community Rehabilitation Centre for the group program.

WHAT DOES IT INVOLVE?

For cancer survivors

- There are two 1-hour exercise sessions a week, for eight weeks.
- Each week, there is a 1-hour information session about cancer-specific topics presented by various allied health professionals.

Group times:

- Tuesday 11–12pm Exercise session
- Friday 10–12pm Information session, exercise session and relaxation

HOW WILL IT HELP ME?

There are many benefits for cancer survivors who are physically active.

These may include:

- Feeling stronger
- Having more energy and feeling less tired
- Reduced anxiety and depression
- Improved sleep

WHO RUNS THE PROGRAM?

The program is run by a range of skilled health professionals, including a physiotherapist, occupational therapist, dietician, social worker and psychologist.

HOW MUCH DOES IT COST?

There is a small cost for our service. We will talk to you about this at your first appointment. In cases of financial hardship, special arrangements can be negotiated

HOW CAN I FIND OUT MORE?

Call the Intake Unit on
1300 131 470.

Speak to your GP or oncologist about a referral to this program.

Medical referrals can be faxed to **9231 8661.**

WHERE IS IT LOCATED?

**Kew Community
Rehabilitation Centre**
St George's Health Service
283 Cotham Road
Kew VIC 3101