

Psycho-Oncology Department

What's on for you?

Relaxation

For Patients and Relatives

A relaxation session using
Progressive Muscular Relaxation
will take place **every Thursday** from **11-11.30am**
in the **Judge Room** (located beside Ward C, 1st Floor)

Maximum **8** people



- ◆ Progressive Muscular Relaxation is a physical technique for relaxing your body when muscles are tense—among the benefits are: improved sleep; increased coping skills; decreased muscle tension; an overall sense of well-being
- ◆ The relaxation session will be guided by a St. Luke's psychologist
- ◆ You will be sitting down for this simple exercise
- ◆ There is no need for special clothes or footwear



The Psycho-Oncology Department
are holding a series of workshops in the coming months
online via Zoom.

Tuesday 27th September; 2.00-4.00pm

Etiquette of illness: What to say when you can't find the words

Tuesday 25th October; 2.00-4.00pm

Cancer and the family: Our different needs within the shared experience

Tuesday 29th November; 2.00-4.00pm

Meaning Making for Cancer Survivors: making sense of your personal story

2023

Tuesday 31st January; 2.00-4.00pm

Coping with Poor Sleep: The body and mind connection

Tuesday 28th February; 2.00-4.00pm

Sexuality and Relationships: The personal and interpersonal

REGISTRATION IS REQUIRED TO ATTEND AS SPACES ARE LIMITED.
TO REGISTER CONTACT: ALLIED HEALTH DESK (01) 4065163 / 4065032



Head & Neck Cancer Support Group

The head and neck cancer support group meets quarterly in a warm and friendly atmosphere. We offer group support to patients and families affected by head and neck cancer.

There is an information session delivered by a member of the multi-disciplinary team

There is also an opportunity for patients and families to speak with other patients and families who have/are going through treatment for a head and neck cancer.

Should you have any questions about the Head and Neck Cancer Support Group the Allied Health Desk on (01) 406- 5163.

CANCER THRIVING AND SURVIVING PROGRAMME

St. Luke's Hospital



Adapting to life after cancer treatment brings many challenges. This post treatment phase can be a demanding journey but also a period for personal growth.

Our Cancer Thriving and Surviving Programme is a self-management programme, which encourages active participation and mutual support from all participants.

Topics covered in the programme include: Healthy Eating, Exercise, Dealing with Emotions and Effective Communication.

- Classes involve participation for 2½ hours (10.30am-1pm) each week for six weeks plus one information session
- The classes are facilitated by two trained leaders (a health care professional and someone who has experienced cancer).

If you are interested in joining the course please contact the Allied Health Desk on (01) 406 5163 / 4065032

Further information on Thriving & Surviving Programme can be found on:
www.patienteducation.stanford.edu