

Exercise group

An Exercise Physiologist, with expertise in cancer and exercise, will tailor an exercise program to your ability, allowing you to exercise alongside others in a supervised and supportive environment.

Education workshops

We periodically run free workshops designed by the Cancer Council Victoria for you and your family and friends. You can hear presentations from health professionals and share stories and tips with others going through a similar experience. Contact us for upcoming dates.

Information and resources

We have a cancer information and resource space in the Community Rehabilitation Centre that is available for all members of the community.



Artist: Kerri Douglas

Our services are delivered on the traditional lands of the Dja Dja Wurrung people.

Referrals

Speak to your health care professional about a referral or you can refer yourself.

Contact: Intake Office
Community Rehabilitation Centre (CRC)
Castlemaine Health

(P) 5471 3575
(F) 5471 3674
(E) intake@castlemainehealth.org.au



Residents from these shires are eligible, however referrals from other shires will also be considered.



Cornish Street, Castlemaine VIC 3450
www.castlemainehealth.org.au



Cancer Rehabilitation and Survivorship Service

For people affected by cancer and its treatment



Your cancer and its treatment may have left you with some worries or health issues: no matter how long ago it was.

You might like more information, strategies to get the most out of life, or support in adjusting to a 'new normal' for you.

This service is designed to help you manage the effects of cancer and its treatment on your body, emotions, lifestyle and relationships.

Who is it for?

The service is for people who:

- have, or have had cancer, and their carers/family
- live in the shires of Mount Alexander, Macedon Ranges or Central Goldfields, however referrals from other shires will also be considered.

How can it help?

Every person's needs vary and therefore the service can help people in different ways.

For example you may need assistance with your:

- physical needs such as lack of energy, pain management, doing day-to-day activities, sleep, exercise or continence
- thinking and memory
- emotional wellbeing such as sadness, anxiety or depression
- social wellbeing such as support, sex life or relationships with your partner, family and/or friends
- practical issues such as finance, work or transport
- spiritual wellbeing such as sense of self, connectedness and purpose.

What does it involve?

An individualised plan will be developed, based on the goals and lifestyle changes you want to achieve. Then one or more members of the team will help you in the following ways:

- one-to-one therapy sessions with relevant team members
- link you in with group programs
- provide information and education to you, your carers/ family
- inform you about other services and provide a referral where needed.

Who is in the team?

- Physiotherapist
- Occupational Therapist
- Exercise Physiologist
- Social Worker
- Podiatrist
- Speech Pathologist
- Lymphoedema Practitioner
- Dietitian
- Continence Nurse
- Stomal Therapist
- Complex Care Nurse
- Nurse Practitioner (Older Persons).

How much does it cost?

Most services cost between \$5 and \$15. Some services do not have a fee. We will discuss these details with you and in cases of financial hardship, special arrangements can be made.

