

Cancer Workshops

Living with cancer is challenging for patients and their carers.

Latrobe Regional Hospital (LRH) has joined with The Leukaemia Foundation and GRICS (Gippsland Regional Integrated Cancer Services) to hold two special workshops.

The Carers Victoria 'Caring for Yourself' and the Cancer Voices 'Living with Cancer' workshops are designed to provide carers and those with cancer with information, support and coping strategies.

LRH Cancer Nurse Erme Maxwell said on top of the diagnosis there are physical, emotional and financial challenges faced by carers.

"A carer is a relative, family friend or anyone who is involved in the day-to-day needs of another person," Ms Maxwell said.

"One of the biggest challenges faced by carers is the feeling of isolation; social and geographical," she said.

"The Caring for Yourself sessions are based on sharing experiences with others in the same situation.

"One of the common problems we find is that carers put themselves last, it is important to take the time to meet their own needs," she said.

A separate workshop called Living with Cancer, will run at the same time specifically for people with cancer to talk about treatment and receive support from others.

"The Living with Cancer workshop will discuss the issues for those accessing cancer services in Gippsland. It will give them a voice and an opportunity to be heard," Ms Maxwell said.

The free workshops to be held at Century Inn, Princes Hwy Traralgon, Thursday 30 July from 10am-2pm.

RSVP Erme Maxwell 51 73 8859 (by Wednesday 22 July).

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