

**Exercise in Cancer Programs
Barwon South West region 2018**

Health Service	Name of Program	Main Activity	Point of care/location	Contact Person	Comment
BARWON REGION SERVICES					
Barwon Health	Cachexia Clinic (Palliative Care/Cancer Services)	Comprehensive assessment from Physio, Dietitian, Medical and Nurse Specialist Focus on maintaining & building muscle to better tolerate treatment and help quality of life.	Anytime. (See comment) Clinic held at ALCC.	Meg Harrison Nurse Practitioner megh@barwonhealth.org.au T: 4215 5700	Assessment and care plan developed for patient including resistance exercise, dietary and symptom management. Referral to other programs an option. Program and target group are those with cancer, with symptoms of weight loss, loss of appetite and reduced muscle mass. E.g. Lung, Pancreatic, GI Cancer. GP/Specialist referral required.
Barwon Health	Community Rehabilitation Program	Pre/during/post treatment 1:1/group exercise. Multidisciplinary assessment available.	Anytime. McKellar Centre & Belmont CRC	Brooke Caldwell McKellar CRC Coordinator brookec@barwonhealth.org.au Rachel Baulch Belmont CRC Coordinator RACHEL.BAULCH@barwonhealth.org.au	The service forms part of an integrated, interdisciplinary team, working with clients where it best suits their needs and preference for rehabilitation and recovery according to a shared care plan outlining the client's goals. Services available include Rehabilitation Consultant, Geriatrician, Rehabilitation Nursing, Physiotherapy,

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<p>Barwon Health</p>	<p>Oncology Rehabilitation Program</p>	<p>8 week program consisting of 2 individually tailored, supervised exercise sessions and an education session each week</p>	<p>Belmont CRC</p>	<p>Rachel Baulch Belmont CRC Coordinator RACHEL.BAULCH@barwonhealth.org.au</p>	<p>Occupational Therapy, Speech Pathology, Dietetics, Social Work, Psychology, Neuropsychology, and Podiatry. Ideal for those requiring support to engage/participate in exercise or have co-morbidities that may be a barrier to exercise. Referral from health professional. Referrals should be emailed to: Belmont CRC brcintake@barwonhealth.org.au McKellar Centre McKellar.SACS.Referral@barwonhealth.org.au</p> <p>Suitable for patients nearing completion of active treatment, on maintenance therapies or with stable disease. Education presented by Physiotherapy, Occupational Therapy, Psychology, Social Work and Dietetics, based on Cancer Council Victoria's Wellness and</p>

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					Life After Cancer program (WALAC). Linking in with community resources and exercise options to promote self-management. Referrals should be emailed to Belmont CRC bccintake@barwonhealth.org.au
Bellarine Community Health	Allied Health Services	General community health physiotherapy which includes 1:1 physio for oncology patients (no group programs) Pre/during/post treatment 1:1 exercise.	Anytime.	Glenda Mackay Physiotherapist Adult Health Team physio@BCH.org.au	All referrals should be directed to intake; email Intake@Bch.org.au Ideal for those requiring support to engage/participate in exercise or have co-morbidities that may be a barrier to exercise. Referral from health professional.
Colac Area Health	Allied Health Services	Pre/during/post treatment 1:1/group exercise via our outpatient, community health and community rehabilitation centre programs.	Colac Campus	Christina Mavridis CRC Team Leader cmavridis@cah.vic.gov.au (03) 5232 5153	Ideal for those requiring support to engage/participate in exercise or have co-morbidities that may be a barrier to exercise.

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					Referral from health professional. Barwon Health Cachexia Clinic via Telehealth available.
St John of God Geelong	Oncology Rehab	Group program, providing both individualised exercise program and group education sessions, including diet, psychology, general health.	Anytime from diagnosis-post treatment. SJOG Hospital gym.	Toby Vague Allied Health Coordinator Toby.Vague@sjog.org.au (03) 5215 8736 Meredith Noorderbrook Registered Nurse Meredith.Noorderbrook@sjog.org.au	Private patients, cost dependent on level of fund provision. All tumour streams eligible. Referral made by health professional. Initial assessment by Rehabilitation Physician.
Epworth Geelong	Oncology Rehabilitation	Individualised exercise programs for patients during or post treatment. Group program, providing individual exercise programs and multi-disciplinary group education sessions.	Geelong Epworth Hospital gym	Stephanie Gill Exercise Physiologist Steph.Gill@epworth.org.au	Private patients, funded by health funds. All tumour streams eligible. Referral from Oncologists and other healthcare professionals for initial assessment by Rehabilitation Physician.
SOUTH WEST REGION SERVICES					
South West Healthcare Warrnambool	Cancer Rehabilitation Program	Individualised programs delivered in a 2 hour session, once weekly. Multidisciplinary team.	People who are having active cancer treatment	Madison Rush Physiotherapist mrush@swh.net.au	Program is run by SWH on behalf of SWRCC

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		Exercise and education components. No cost.	Warrnambool Community Health building.	Sharna Purcell Cancer Link Nurse spurcell@swh.net.au	Referral made by health professional
SWRCC (ICON Group) Warrnambool	Collaboration with SWH in joint program.	As above.	As above.	Sarah Ramsdale ANUM/Survivorship Nurse Sarah.Ramsdale@epworth.org.au	As above.
St John of God Warrnambool	Oncology Rehabilitation Program	Individualised programs delivered in 90 minutes group setting, twice weekly. Multidisciplinary team. Exercise and education components.	Pre/during/ Post-cancer treatment. SJOG gym/pool/ Allied health centre.	Stephen Baudinette Stephen.Baudinette@sjog.org.au	Overseen by Rehabilitation Consultant. 8 disciplines involved. For private patients. All tumour streams eligible.
Western District Health Services (WDHS) Hamilton		Currently providing 1:1 treatment, as per usual referral.	TBC	Tatum Pretorius Physiotherapist Tatum.Pretorius@wdhs.net James MacAuslan Exercise Physiologist james.macauslan@wdhs.net	Planning underway for an Oncology Rehab specific program. Decisions to be made on referral process and target patient group.

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Health Service	Name of Program	Main Activity	Point of care/location	Contact Person	Comment
Portland District Health Service (PDH)	Oncology Rehabilitation Group	Individualised programs delivered in 60 minutes group setting, twice a week for 8 weeks. Multidisciplinary team. Exercise and education components	For people with cancer diagnosis within past 24 months. PDH	Brooke Kelly Cancer Support Nurse bkelly.pdh@swarh.vic.gov.au	Self-referrals are accepted but GP/Oncologist referral is encouraged.

SERVICES/RESOURCES EXTERNAL TO PUBLIC/PRIVATE HEALTH SERVICES

Strive2Thrive	Post-treatment rehabilitation	Individualised exercise program in group setting, for anyone with a primary cancer diagnosis and has completed active treatment within past 24 months.	Geelong.	See website.	Referral from Health Professional. More information: www.strive2thrive.com.au/
Private Physiotherapy	General, although some practice have oncology specific services	Dependent on practice.	All towns/city in BSW.	See practice information.	

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Private Exercise Physiology	General, although some practice have oncology specific services	Dependent on practice.	All towns/city in BSW.	See practice information.	Exercise and sports science Australia www.essa.org.au Find Exercise Physiologists who specialist in Cancer rehab
EX-MED	Exercise Medicine for People with Cancer	Individualised programs situated in community gyms/centres.	Currently in Melbourne.	See website.	http://www.exmedcancer.org.au/
YMCA – Portland Leisure and Aquatic Centre	Caring for Carers Program	12-weeks gym membership for patient and carer/family, includes access to swimming pool and aquatic programs, gym equipment and classes.	Portland YMCA	Brooke Kelly Cancer Support Nurse bkelly.pdh@swarh.vic.gov.au Kerri Jennings Centre Manager Portland Leisure and Aquatic Centre T: 03 5521 7174	Program is funded through Rotary. Referral is via PDH Cancer Support Nurse.
Portland Snap Fitness	Caring for Carers Program	12-weeks gym membership for patient and carer/family, includes gym equipment and classes.	Portland Snap Fitness	Brooke Kelly Cancer Support Nurse bkelly.pdh@swarh.vic.gov.au Kylie	Program is funded through Rotary. Referral is via PDH Cancer Support Nurse.

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			45 Henty St Portland, VIC 3305	Centre Manager portland@snapfitness.com.au T: 0467 581 695	