

Bloomhill Activities Timetable

Bloomhill receives no government funding, and relies on the support of our local community to offer all services. While we identify co-payment amounts that help us provide these services, NO CLIENT will be refused access to service due to financial distress. Please talk to your nurse confidentially if you require support to access services that you feel will benefit your recovery.

Support Groups	Days	Access
Secondary Breast Cancer	Check calendar for dates 10.30am-11.30am	Complimentary
Gynae Cancer Support Group	Second Tuesday of the month 1.00pm	
Brain Tumor Support Group	Last Friday of the month 10.30am	
Laryngectomy Support Group	Check calendar for dates 11am – 12 noon	
Head & Neck Cancer Support Group	Check calendar for dates 10.00am – 11.30am	
Breast Cancer Survivors Support Grp	Check calendar for dates 10.00am – 11.30am	
Myeloma Peer Support Group	First Tuesday of the month 2.00pm – 3.30pm	

Mind and Body	Days	Access
Open Exercise Clinic	Monday 10.00am - 11.00am	Group Pass or \$10.00pp per session
	Wednesday 10.00am - 11.00am	
	Friday 8.30am – 9.30am & 11.30am – 12.30pm	
Men's Open Exercise Clinic	Monday 8.30am – 9.30am	
	Wednesday 8.00am – 9.00am	
Exercise Circuit	Friday 7.00am – 8.00am	
Meditation *	Monday 11.30am – 12.30pm	
	Wednesday 2.00pm - 3.00pm	
	Thursday 11.30am – 12.30pm	
Pilates	Monday 3.00pm – 4.00pm	
	Wednesday 1.00pm – 1.45pm	
	Friday 10.00am – 11.00am	
Yoga	Tuesday 9.15am - 10.15am	
	Thursday 9.15am - 10.15am	
Art Therapy Group*	Wednesday 11.00am – 12.30pm	

Touch Therapies	Days	Cost
Acupuncture	Monday, Thursday & Friday	\$55.00
Manual Lymphatic Drainage	Monday, Tuesday, Wednesday & Thursday	\$45.00
Oncology Massage *	Monday, Tuesday, Wednesday, Thursday & Friday	
Reflexology *	Monday, Tuesday, Wednesday, Thursday & Friday	

One on One Support	Days	Cost
Counselling *	Tuesday & Wednesday	Complimentary
Dietetics Clinic *	Monday/Tuesday	
Dietetics Consultant	Monday	\$53 or Medicare bulk billable with GP Referral
Exercise Physiology	Monday, Wednesday, & Friday	\$45 or Medicare bulk billable with GP Referral
Psychology *	Monday & Friday	Medicare bulk billable with GP Referral

Please note: all items marked with an * can be accessed by carers