



# NTBCV NEWSLETTER

July 2025

**Judy  
Smith**

## A word from our Chairperson

This Newsletter is mostly to advise of some upcoming events that some of you may be interested in over the next week or so.

Firstly, though a short report on the Inform. Reflect. Connect Forum held in May. I would like to say thank you to all who attended our half day Forum and extend my gratitude and thanks to the NTBCV Committee who helped to ensure success on the day.



The main focus for the Forum was on BreastScreenNT and their services and Reconstructive Breast Surgery and the options that are available in Darwin – of particular interest to those attending.

A really valuable outcome on the day was for those attending to having the opportunity to ask questions and more importantly to interact with others – being able to meet, mingle and network.

Some fantastic ideas were put forward as part of the feedback on the day – including topics members would like to have covered in future forums.

Our next half day Forum is currently being planned for early in October. Further information will be forthcoming soon.



[ntbvc.org.au](http://ntbvc.org.au)



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# Breast Cancer Trials Q&A Event

Wednesday July 23<sup>rd</sup>

Breast Cancer Trials offer regular free Q&A online events focusing on different topics for each event.

The latest being advertised will be this Wednesday 23<sup>rd</sup> July from 5.30pm – 7.00pm AEST. (Apologies for the late notice!)

The panel of experts will explore new research that is helping to reshape patient support and improve patient quality of life during breast cancer treatment.

You must register to “join” the event.  
<https://www.breastcancertrials.org.au>

## Search Q&A Events

It is possible to access previous events via the [website](#). For example:

- Breast Cancer Research Update: Current Progress and Future Pathways
- The role and impact of Diet and Exercise
- Breast Cancer and Heart Health
- Is Less More: Rethinking Breast Cancer Treatment
- Triple Negative Breast Cancer

# Look Good Feel Better Workshop

Monday July 28<sup>th</sup>

The next Look Good Feel Better workshop will be held at Oly Carlson’s Wanguri Electorate Community Room at the Hibiscus Shopping Centre on Monday 28<sup>th</sup> July from 10.00am – 12.30pm.

Registrations are essential – please send through by Wed 23<sup>rd</sup> July so that kits can be assured. Register online at [www.lgfb.org.au](http://www.lgfb.org.au) Or email [info@lgfb.org.au](mailto:info@lgfb.org.au)

Free Virtual Workshops are also being offered, giving cancer patients the opportunity to engage with those in a similar situation without the need to leave the comfort of home.

The workshops are available via Zoom so it is essential that you register. Participants can attend as many virtual workshops as they like.

Topics included are listed on the website.

July workshops still available are:

Wed 23<sup>rd</sup> Morning – Wigs and Headwear  
 Fri 25<sup>th</sup> Morning – Emotional Freedom Technique (Tapping)  
 Afternoon – Next Steps Physio Led Exercise

August workshops are listed on the website. TIMES GIVEN ARE AEST.



# Pinc Cancer Rehabilitation Program

Starting July 30<sup>th</sup> 2025

Movement for Life Physiotherapy, will be commencing weekly PINC Cancer Rehabilitation Group Exercise sessions in their Coconut Grove premises from July 30<sup>th</sup>, 2025.

The PINC program is a world class program for cancer survivorship, dedicated to improving strength, quality of life and sense of well-being for women of all ages diagnosed with cancer.

The program will be delivered by an experienced physiotherapist, and Certified PINC clinician.

Each patient will be required to be assessed individually to have a rehabilitation program designed to suit their stage in recovery and personal goals prior to commencing the program.

HICAPS will be available for patients to claim physiotherapy services through their private health fund. Patients on Medicare Chronic Disease Management Plans will be welcome.

For further information:  
Tel: 89453799  
Web: [www.movementforlifephysio.com.au](http://www.movementforlifephysio.com.au)

6 Caryota Court  
Coconut Grove NT

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