

SIR CHARLES GAIRDNER HOSPITAL WEEKLY PROGRAM – MARCH 2020

To maximise patient benefit, individual therapies are limited to 1 per week excluding group and counselling appointments

W: Weekly F: Fortnightly M: Monthly

MORNING (AM) APPOINTMENTS

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
9:30	10:30	11:30	9:30	10:30	11:30	9:30	10:30	11:30		10:30	11:30	9:30	10:30	11:30
HEALING TOUCH Ainslie Alison F			REFLEXOLOGY Margot Wigston W			RELAXATION MASSAGE Tim Fisher F			RELAXATION MASSAGE Irene Brannigan W			ACUPUNCTURE Khiuk Pui F		
PRANIC HEALING Trish Williams F			REIKI Ula Panotidis F			HEALING TOUCH Rosalie Van Aken M Gen Lyons F			REIKI Juanita Wilcox W Theresa Goulson M John McQuade F			REIKI Tia Daley F Bob Stimpson W		
HYPNOTHERAPY Malwina Szmaglinska F			HEALING TOUCH Jane Meiklem F			HYPNOTHERAPY/QIGONG Marie Bowen W			ACUPUNCTURE Gordon Hudson F			RELAXATION MASSAGE Jaine Konarik F		
	10:30	Group		10:30	11:30	10:00 (Group)			9:30	10:30	11:30	9:30	10:30	11:30
SOUND THERAPY Storme Reeves F			RELAXATION MASSAGE Charlotte Laws M			ART THERAPY Caroline Lyttle			REFLEXOLOGY Irene Brannigan W Cordi Blood M			HEALING TOUCH Brigitte Nyenhuis F		
9:30	10:30	11:30	9:30	11:00		9:30	Group		9:30	10:30	11:30	9:30	Group	
RELAXATION MASSAGE Dan Andersson						YOGA Sue Burgess W						YOGA Sue Burgess W		
						9:30	10:30	11:30				9:30	10:30	11:30
						REFLEXOLOGY Sharmila Thakrar F						REFLEXOLOGY Kris Spackman W		

AFTERNOON (PM) APPOINTMENTS

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
1:00	2:00	3:00	1:00	2:00	3:00	1:00	2:00	3:00	1:00	2:00		1:00	2:00	3:00
RELAXATION MASSAGE Sally Hendriks F			PRANIC HEALING Anne McKellar F			HEALING TOUCH Christine McGillivray F Leanne den Hartog F			RELAXATION MASSAGE Irene Brannigan W			KINESIOLOGY (Reiki) Tanya Spooner W		
1:00	2:00	3:00	1:00	2:00	3:00	1:00	2:00	3:00	1:00	2:00	3:00	1:00	2:00	3:00
BOWEN THERAPY Fiona Job M			REFLEXOLOGY Margot Wigston W Nampur Kelsang F Helen McLean W			REFLEXOLOGY Michelle Hilder F			REIKI Theresa Goulson M Jane Leeming F			REIKI Anna Damski F		
1:00	2:00	3:00	1:00	2:00	3:00	1:00	2:00	3:00	1:00	2:00	3:00	1:00	2:00	3:00
			HEALING TOUCH Anita Kaskens F						FELDENKRAIS Elwyn Edwards F					
1:00	2:00	3:00	1:00	2:00	3:00	1:00	2:00	3:00	1:00	2:00	3:00	1:00	2:00	3:00
			RELAXATION MASSAGE Sally Hendricks F			REIKI Anthony Deleo F			HEALING TOUCH Ainslie Allison F					
			1:00	2:00	3:00	1:00	(Group)							
			COUNSELLING Pauline Rowe W			ART THERAPY Caroline Lyttle								

Please phone (08) 6383 3475 to make an appointment. All services are free of charge and provided through the generous contributions of our volunteers. The therapies listed in this program are subject to change.

Please note: Solaris Cancer Care services are limited to adult patients and their carer who are undergoing current cancer treatment and to those who are palliative. At the conclusion of treatment, a further six sessions only, are offered.



**SOLARIS CANCER CARE
SIR CHARLES GAIRDNER HOSPITAL**

MARCH 2020 PROGRAM

*Offering free support and information services
to all adult cancer patients and their primary carers*

*Complementary Integrated Therapies
Support & Counselling
Information & Education Services
On-site Library & Resources
Drop-in Centre
Relaxation Lounge Area*

For bookings or information please contact us on

P: 08 6383 3475

E: info@solariscancercare.org.au

or visit

**DD Block Ground Floor (entry off Watling Walk)
Sir Charles Gairdner Hospital
Hospital Avenue
NEDLANDS WA 6009**

MONDAY – FRIDAY

8.30 a.m. – 4.30 p.m.

CARERS COURSE

SATURDAY 28 MARCH 2020 - 9.45 am – 4.00 pm

This course focuses on the challenges and demands of being a carer and provides you with information and strategies.

This course is free to anyone caring for someone with cancer or a serious illness.

Bookings essential: www.solariscancercare.org.au
info@solariscancercare.org.au or phone 9388 9788 to secure your place.

Location: **Solaris Cancer Care Sir Charles Gairdner Hospital**

LOOK GOOD FEEL BETTER

SATURDAY, 14 MARCH 2019 - 8.30 am – 12.30 pm

Give yourself an image boost!

Look Good Feel Better is dedicated to teach you beauty techniques to help restore your appearance and self-image. **Registration is essential** – please pick up a Workshop Registration Form from our Meet & Greets.

Where: **Solaris Cancer Care Sir Charles Gairdner Hospital**



Now open – Lower Ground Floor Comprehensive Cancer Centre

7.30 am – 3.30 pm – This collection centre is for patients of the Cancer Centre and is for **blood specimen collections only**.

Solaris Cancer Care is Australia's leader in integrative cancer care, providing a helping hand to guide people towards better health. Our Support Centres provide access to quality resources and services to assist with the emotional and physical effects of cancer diagnosis, treatment, recovery and palliative care.

Solaris Cancer Care is a not for profit organisation and all services are provided free of charge.

WWW.SOLARISCANCERCARE.ORG.AU

WWW.REDSKYRIDE.ORG.AU