

# SIR CHARLES GAIRDNER HOSPITAL WEEKLY PROGRAM – SEPTEMBER 2019

*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 RELAXATION MASSAGE Jaine Konarik      F		
PRANIC HEALING Trish Williams      W Colleen Coccaro      W			REIKI Ula Panotidis      F			HEALING TOUCH Rosalie Van Aken      M			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			REFLEXOLOGY Sharmila Thakrar      F			ACUPUNCTURE Gordon Hudson      F			COUNSELLING Li-Anne Yellachich      W		
	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			RELAXATION MASSAGE Charlotte Laws      F			ART THERAPY Caroline Lyttle			REFLEXOLOGY Irene Brannigan      W Cordi Blood      M			HEALING TOUCH Brigitte Nyenhuis      F		
KINESIOLOGY Carola Knapp      W			YOGA Sue Burgess      W			PHYSIOTHERAPY Max Sadka      W			REFLEXOLOGY Kris Spackman      W			YOGA Sue Burgess      W		
												9:30	10:30	11:30
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		
BOWEN THERAPY Fiona Job      W			REFLEXOLOGY Margot Wigston      W Nampur Kelsang      F			HAND MASSAGE Shannon Lidgard      W			REIKI Theresa Goulson      M Anthony Deleo      F Jane Leeming      F			REIKI Anna Damski      F		
HEALING TOUCH Anita Kaskens      F			REFLEXOLOGY Bev Doggett      M Michelle Hilder      F			FELDENKRAIS Elwyn Edwards      F								
RELAXATION MASSAGE Sally Hendricks      F			HYPNOTHERAPY Maureen McGlynn      F			HEALING TOUCH Ainslie Allison      F								
			1:00	2:00	3:00	1:00	(Group)		1:00	2:00	3:00			
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.***

**CARERS COURSE**  
**SATURDAY 21 SEPTEMBER 2019 - 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](http://www.solariscancercare.org.au)  
[info@solariscancercare.org.au](mailto:info@solariscancercare.org.au) or phone 9388 9788 to secure your place.

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

**SOLARIS CANCER CARE / VISSCHER ROE**  
**GOLF CLASSIC**

**FRIDAY 15 NOVEMBER 2019**  
**GOSNELLS GOLF CLUB**

Team of Four - \$1,300.00  
includes motorised cart, shirt, cap, food & beverages, dinner,  
entertainment and more.

Register by 8 November 2019  
[www.trybooking.com.au/BBZXB](http://www.trybooking.com.au/BBZXB)

**DID YOU KNOW THAT SOLARIS CANCER CARE**  
**DOES NOT RECEIVE ANY GOVERNMENT FUNDING?**

**DONATIONS ARE GRATEFULLY ACCEPTED**

All donations over \$2.00 are tax deductible

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.*



**SOLARIS CANCER CARE**  
**SIR CHARLES GAIRDNER HOSPITAL**

**SEPTEMBER 2019 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](mailto: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.**

[WWW.SOLARISCANCERCARE.ORG.AU](http://WWW.SOLARISCANCERCARE.ORG.AU)

[WWW.REDSKYRIDE.ORG.AU](http://WWW.REDSKYRIDE.ORG.AU)