



Solaris Cancer  
Care



**Solaris Cancer Care**  
July – December Program 2018



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Solaris Cancer Care  
2018



*Welcome to the Solaris Cancer Care program of events and activities for the second half of 2018.*

*One of our guiding principles at Solaris Cancer Care is Community. The idea of working together to achieve our common goals has seen a powerful amalgamation of two leading cancer support organisations. We are now able to offer ongoing care and support to those experiencing cancer and their support network. Through accessing our services people can manage this change and challenge in their life right from diagnosis, to after treatment, recovery or end of life care.*

*A person undergoing treatment and attending an appointment in hospital has the benefit of a sanctuary within a sometimes formidable environment, and then when not attending hospital on a particular day, they can reach out to the healing environment at our Cottesloe centre.*

*Regional patients can be cared for both during their visits to Perth, and when they return to their homes in the South West or Great Southern. This is a fantastic outcome for the people we are here for – clients and their support network.*

*We invite you to read through the many workshops, courses and support groups on offer, and stay in touch via our monthly complementary therapy programs which are published on our website, social media pages, and email newsletter. Each centre is unique yet connected, so please drop in at any of our centres, where you'll be warmly welcomed into this vibrant, caring community.*

*Yours sincerely,  
David Edwards.*

*CEO/Managing Director.*





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## Solaris Cancer Care: Personalised care for anyone affected by cancer

Our vision is to bring humanity to healthcare through care, empowerment, compassion, respect and sense of community. We believe in seeing the whole person and promoting overall quality of life and wellbeing.

Our name, Solaris is derived from the word solar, reflecting our commitment to provide warmth, care, and support through all that we offer.

### What We Do

- Complementary therapies in hospitals and the community. This includes massage, reflexology, acupuncture, exercise, yoga, Pilates, movement and meditation classes. Also creative therapies, health and lifestyle activities and more.
- Professional counselling
- Ongoing research into integrative oncology, supportive care and survivorship
- Support groups for patients and carers
- Educational courses, workshops and guest speakers
- Survivorship initiatives and support programs
- Bereavement education and support programs

Our services are founded on the latest evidence and are consistently refined through our commitment to client feedback, quality research and education.

Solaris Cancer Care is dedicated to empowering the community through the provision of reliable information on cancer-related wellbeing and support services. By combining the best in modern medicine, with evidence-based complementary and integrative support, we can achieve the best possible care.



# Solaris Cancer Care Locations

Currently we have five sites across Western Australia. Visit the Solaris team and drop in to our cancer care centres. Each centre provides a quiet place to relax, reflect and connect, seek a range of information and resources, receive complementary therapies or simply pause and enjoy a cup of tea and a chat.

Monthly programs of activities and therapies are available at each centre and updated regularly on our website [www.solariscancercare.org.au](http://www.solariscancercare.org.au)

## Our locations

### Perth Metropolitan Region

#### Solaris Cancer Care Cottesloe

Cancer Wellness Centre  
80 Railway Street  
Cottesloe WA 6011  
T: 08 9384 3544  
Monday - Thursday: 8:30 am - 4:30 pm  
Friday: 8:30 am – 4:00 pm

#### Solaris Cancer Care Sir Charles Gairdner Hospital

Comprehensive Cancer Centre  
DD Block, Ground Floor  
Hospital Avenue  
Nedlands WA 6009  
T: 08 6383 3475  
Monday - Friday: 8:30 am - 4:30 pm

#### Solaris Cancer Care St John of God Subiaco Hospital

12 Salvado Road  
Subiaco WA 6008  
T: 08 9388 9788  
Monday - Friday: 8:30 am - 4:30 pm

### South West Region

#### Solaris Cancer Care South West

72 Brittain Road  
Bunbury WA 6230  
T: 08 9791 1559  
Monday - Thursday: 8:30 am - 4:30 pm  
Friday: Closed

### Great Southern Region

#### Solaris Cancer Care Great Southern

Ambulatory Cancer Care Centre  
Albany Health Campus  
Warden Avenue  
Albany WA 6330  
T: 08 9892 2600  
Tuesday - Thursday: 8:30 am - 4:30 pm  
Monday & Friday: Closed

#### Contact Us

E: [info@solariscancercare.org.au](mailto:info@solariscancercare.org.au)  
T: 08 9384 3544  
PO Box 325 Cottesloe WA 6911

## Our values

- Care:** To always help and comfort others in a supportive environment is essential to the physical and psychological well-being of all individuals.
- Empowerment:** Creating strength through knowledge and support.
- Compassion:** Be empathetic to others who seek comfort to alleviate the pain and distress of cancer.
- Respect:** We will act in a respectful manner to all who associate with us.
- Community:** Working together to achieve our common goals.

Each of our centres provide the same level of care you're expecting, with a variety of services reflecting their unique communities.

The South West regional centre at Bunbury is located close to the local health campus. In the Great Southern, our centre is within the Albany Health campus. The metropolitan hospital-based centres are integrated into Sir Charles Gairdner Hospital in Nedlands and St John of God Hospital in Subiaco. Access to these centres will depend on your unique circumstances.

The Cottesloe centre operates as a community resource and sits apart from the health campuses, within the Cancer Wellness Centre. It's our intention that anyone can utilise the services at Cottesloe on days when you don't have hospital appointments, and for as long as you identify needs related to your cancer experience.

## Regional and Hospital Centres

For people who are newly diagnosed, undergoing active treatment, palliative, or caring for someone with a cancer diagnosis, you are welcome to drop in anytime. Join our volunteers for a cup of tea, enjoy the relaxing surrounds, browse the library, or book in for one of the many complementary therapies on offer.

Solaris Cancer Care services are free for patients\* who are undergoing active treatment and their carers. These services include: -

- Free complementary therapies, supportive care and activities
- 1 complementary therapy per week: unlimited group classes per week
- 6 additional therapy sessions after treatment has concluded
- Unlimited access for palliative patients

\* Solaris Cancer Care at St John of God Subiaco may only be accessed by people attending their doctors or receiving treatment at this hospital.

## Cottesloe Centre

Our Cottesloe Centre is located in the Cancer Wellness Centre in the heritage-listed Wanslea building. This venue is a premier cancer support facility in WA with Breast Cancer Care WA, melanomaWA and Myeloma Australia offices located in the same premises.

At the tranquil Wanslea House, people at all phases of the cancer experience are welcome. Whether undergoing treatment, caring for someone, post-treatment, bereaved or simply seeking greater well-being, Solaris Cancer Care Cottesloe is there for the long haul.

Along with complementary therapies, we also offer group activities including physical activities, creative expression, support groups, educational courses and a diverse array of workshops, retreats and more.

Cottesloe operates under the Friends of Solaris system, where for a nominal fee, the full range of services and support is available on a yearly basis.

- First counselling session free of charge
- Free Guest Speaker events
- Free parking
- Library and resources, garden and kitchen free of charge
- Attendance at support groups free of charge
- Wellness activities, complementary therapies, courses and workshops (fees apply)

# Friends of Solaris Cancer Care

## Become a Friend of Solaris Cancer Care

In our community centre at Cottesloe, you can experience a range of complementary therapies, wellness activities, support groups, educational programs, guest speakers and more.

While the services and programs at other centres are free of charge, to provide ongoing support, Solaris Cancer Care Cottesloe has a nominal fee structure.

## We welcome everyone to join our community.

- Anyone going through cancer
- Carers
- Family members and friends
- Anyone with a chronic illness
- Cancer survivors
- Anyone who wishes to support the community impacted by cancer and chronic illness

We offer two different fee structures. To access everything on offer all year around, choose the Wellness Club level. If you're accompanying a friend or loved one, choose the supporter package at the same level.

The Standard Package is designed for people who wish to attend support groups and counselling, but not all activities. If you prefer to just drop in occasionally, please support the centre by paying the public fees.

## Pricing and inclusions at Cottesloe

Service	Standard	Standard Supporter	Wellness Club	Wellness Club Supporter	Wellness Club (6 monthly)	Public
Investment	\$80	\$40	\$395	\$200	2 x \$210	
Meeting the Challenge	✓	✓	✓	✓	✓	✓
Support Groups	✓	✓	✓	✓	✓	✓
Counselling Wellness Coaching Home/Hospital Visits Telephone Counselling	\$10	\$10	✓	✓	✓	First session free of charge \$120.00/ hour
Library Card	✓	✓	✓	✓	✓	
MBSR/MBWB – 8 weeks courses	\$250	\$250	✓	✓	✓	\$560
Weekly activities	\$10	\$10	✓	✓	✓	\$20
Workshops	\$15	\$15	✓	✓	✓	\$45
Complementary Therapies	\$10	\$10	✓	✓	✓	\$20
5 Week Courses	\$150	\$150	✓	✓	✓	\$250
10 Week Courses	\$300	\$300	✓	✓	✓	\$400

\*Fees payable annually from registration start date.

\*You can apply for a Standard Supporter package if you have a relationship with someone with a full-paying Wellness Club package.

However, you cannot sign up for a Wellness Club Supporter package in connection with a person with a Standard package.

## Standard package

### **\$80 single – payable annually**

The Standard package is designed for people who wish to attend support groups and counselling, but not all activities, and who wish to lend their general support to our organisation.

### **What you get:**

- Weekly activities, complementary therapies, workshops and courses at discounted rates
- A place on Solaris Cancer Care's Meeting the Challenge Seminar
- Counselling - maximum one session per week
- Home and hospital visits within the Perth Metropolitan Region Phone counselling and coaching
- Library Card to borrow books and resources from our library.
- Wellness Coaching by phone or in person by appointment

## Wellness Club package

### **\$395 single – payable annually**

### **\$420 single – annual fee if paid in two 6 monthly instalments (2 x \$210)**

The comprehensive Wellness Club package is designed for those people who plan to be actively engaged in our program. This is the best value possible, allowing you to make all our activities an easy part of your lifestyle.

### **What you get:**

Standard Package plus these additional benefits:

- Free attendance at all weekly classes and activities E.g. Qigong, reiki, sound therapy, exercise, massage, yoga, Pilates, meditation.
- Free attendance to all courses, workshops and events
- Free complementary therapies by appointment

## Supporter discount packages

We also offer supporter discount packages appreciating that entire families and social networks are impacted by a cancer diagnosis and therefore in need of our support.

For this reason, if you have a close person who has signed up as a full-paying Standard or Wellness Club friend, you can apply for a supporter package at 50% discount. You will receive the same benefits as a standard or wellness club friend.

**Standard Supporter:           \$ 40 single – payable annually**

**Wellness Club Supporter: \$200 single – payable annually**

## Counselling

Our counsellors are highly skilled and qualified professionals with your best interests always at heart. Book an appointment today.

Appointments are available at the following centres:

- Cottesloe: Monday - Friday, 9:00 am - 3:00 pm
- Sir Charles Gairdner Hospital: refer to monthly program\*
- St John of God Subiaco Hospital: refer to monthly program\*
- Bunbury: refer to monthly program\*

\* Monthly programs are accessible from [www.solariscancercare.org.au](http://www.solariscancercare.org.au)

## Home and hospital visits

If your health prevents you from joining us, our counsellors can visit you at home or in hospital within the metropolitan area.

## Phone support

There may be times when things get tough.

If you should find yourself unable to attend counselling at your local Solaris Cancer Care centre, feel free to contact reception on 9384 3544 and make an appointment to have a counsellor phone you back. Skype counselling is also available by appointment.

Appointments are available during the following times:

- Monday - Friday, 9:00 am - 3:00 pm

## Wellness coaching

We take a holistic approach to cancer and that includes your mental and emotional wellbeing too. Coaching is a collaborative approach to building the lifestyle you value most highly.

Working with a skilled counsellor you can create your personalised wellbeing plan, set realistic goals and have someone walk beside you in keeping you on track.

Your coach may draw on tools from positive psychology, motivational interviewing and behavioural change. Help yourself to live well with Wellness Coaching.

- Appointments are available at our Cottesloe Centre:  
Monday - Friday, 9:00 am - 3:00 pm



## Solaris Cancer Care also provides various support groups

### Support groups

We believe no one should go through cancer alone. That's why support groups have always been at the centre of our offerings. A professionally facilitated support group can gently introduce you to others going through something similar in an open and safe environment for sharing.

#### Bereavement Support Group

Once a month. To attend the ongoing Bereavement Group, the prerequisite is attendance at our six-week *Bereavement: Living with Loss*, course. See the courses section for start dates.

**Cottesloe: Wednesday, 10:30 am—12:30 pm (Monthly)**

#### Tuesday Forum

The Tuesday morning group has an emphasis on living well. The group is mixed, and partners are welcome. This professionally facilitated group is a safe and vibrant space to share your story.

**Cottesloe: Tuesday, 10:00 am - 12:00 pm (Weekly)**

#### Women's Circle

There's a remarkable power in the sisterhood.

Never more so than when faced with something as intense and serious as cancer. You're welcome to join the wonderful women of our community coming together to share, laugh and cry, providing unconditional support for one another in an intimate, female only setting.

**Cottesloe: Wednesday, 10:00 am - 12:00 pm (Weekly)**

#### Drop-in Grief Group

An open house policy applies to our Friday facilitated grief support group. There's no prerequisites or time limits, and you can attend this group no matter how long ago or in what form you have experienced a loss in your life.

**Cottesloe: Friday, 10:00 am – 12:00 pm (Weekly. Starts July 27th)**

#### Regional support groups

The support groups in regional areas allow country people to share experiences and make connections in their communities.

Please contact the following people for more information:

**Busselton** – Sue Evans 0438 554 126

**Walpole** – Dianne Pickersgill 0423 937 188

**Manjimup** – Beth Askew 9769 1026



# Cottesloe Activities Program July 2018

Group activities are held in the conference hall, and in pleasant weather, out on the lawn. Sharing in exercise, mindful movement and creative expression is a wonderful way to connect with like-minded people, make new friends and support each other in living well. Smaller groups and individual therapies will be in the main building or schoolhouse. All spaces are comfortable, and equipment is provided.

For movement-based activities there is always a small risk, so if in doubt, please ask your health professional for a signed medical clearance form before participating.

## COTTESLOE WEEKLY PROGRAM –SEPTEMBER 2018

W: Weekly F: Fortnightly M: Monthly

Please check the website [www.solariscancercare.org.au](http://www.solariscancercare.org.au) for the current program as some activities may be subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:00 AM – 9:00 AM</b>	<b>8:30 AM – 9:30 AM</b>	<b>9:00 AM – 10:00 AM</b>	<b>8:30 AM – 9:30 AM</b>	<b>8.30 AM – 9.30 AM</b>	
<b>WALKING GROUP</b> W <b>FREE</b> Meet Outside entrance	<b>EXERCISE YOUR WAY</b> W CONFERENCE HALL	<b>GENTLE YOGA</b> W CONFERENCE HALL	<b>YIN YOGA</b> W CONFERENCE HALL	<b>PILATES MAT WORK</b> W CONFERENCE HALL	
<b>9:30 AM – 11:00 AM</b>	<b>9:30AM-10.30AM</b>	<b>10.15 AM – 2:00 PM</b>	<b>9:30 AM – 11:00AM</b>	<b>10:00 AM – 11:30 AM</b>	
<b>MEDITATION MADE EASY</b> W CONFERENCE HALL	<b>QIGONG</b> W CONFERENCE HALL	<b>YOGA THERAPY</b> 60 MINS – INDIVIDUAL APPOINTMENT ONLY	<b>MEDITATION</b> W CONFERENCE HALL	<b>SOUND HEALING</b> W CONFERENCE HALL	
<b>12:00 PM – 2:30 PM</b>	<b>10:00 AM – 12:00 PM</b>	<b>10:00 AM – 12:00 PM</b>	<b>10:00 AM &amp; 11:00AM</b>	<b>10:00 AM and 12:00 PM</b>	<b>12:00 PM – 1:30 PM</b>
<b>HAND &amp; FOOT MASSAGE</b>  W APPOINTMENT ONLY	<b>TUESDAY FORUM (support group)</b> W MEETING ROOM 3  <b>RELAXATION MASSAGE</b> F APPOINTMENT ONLY	<b>WOMEN'S CIRCLE (support group)</b>  W MEETING ROOM 3	<b>REIKI ONE ON ONE</b>  W MEETING ROOM 1 APPOINTMENT ONLY	<b>GRIEF GROUP (support group)</b>  W MEETING ROOM 3	<b>REIKI CLINIC</b>  M <b>LAST SATURDAY of month</b>
<b>12:00 PM – 3:00 PM</b>	<b>10:00AM- 11:30 AM</b>	<b>10:00 AM – 12:00 PM</b>	<b>12.30pm – 2.30pm</b>	<b>10:00PM -12:00 PM</b>	
<b>RELAXATION MASSAGE</b> F APPOINTMENT ONLY	<b>SING FOR JOY</b> W WANSLEA ROOM	<b>RELAXATION MASSAGE</b> F APPOINTMENT ONLY	<b>CREATIVE WELLBEING</b> W CONFERENCE HALL	<b>REIKI ONE ON ONE</b> W APPOINTMENT ONLY	
	<b>11:30AM- 1:30PM</b>	<b>12.30PM- 2.30PM</b>	<b>1:00PM – 3:00PM</b>	<b>10:00AM-11:00AM</b>	
	<b>REIKI CLINIC</b> W CONFERENCE HALL	<b>SAND AND CLAY ART THERAPY</b> W CONFERENCE HALL	<b>REFLEXOLOGY</b> W APPOINTMENT ONLY	<b>ZUMBA GOLD NEW!!</b> W CONFERENCE HALL <b>STARTS 21<sup>ST</sup> SEPTEMBER</b>	
	<b>1:00PM – 3:00 PM</b>		<b>12:30PM, 1:30PM , 2.30:PM</b>		
	<b>REFLEXOLOGY</b> W APPOINTMENT ONLY		<b>RELAXATION MASSAGE</b> W APPOINTMENT ONLY		
<b>6:30 PM - 8:00 PM</b>	<b>1:00PM and 2:30PM</b>		<b>6:00PM – 7:00PM</b>		
<b>YIN YOGA</b> W CONFERENCE HALL	<b>HYPNOTHERAPY</b> W APPOINTMENT ONLY		<b>YOGA FOR ALL</b> W CONFERENCE HALL		

## Courses

We offer a suite of evidence informed courses designed to help you sift through the vast array of information that is out there. Qualified and skilled facilitators present carefully selected resources and topics, in our inclusive and nonjudgmental groups. Bookings can be made on the website: [www.solariscancercare.org.au](http://www.solariscancercare.org.au) or through one of our centres.



### Couples with Cancer

In the pressure of a cancer diagnosis, our intimate relationships come into the foreground. The closeness we envisage is often curtailed by lifestyle changes necessitated by treatment processes.

This 5-week workshop is an experiential exploration of how our personal narrative is reflected in our way of 'being' with our significant other during this time. Learn and practice skills to attend to each other in ways that promote emotional intimacy and support growing together.

**Day:** Mondays  
**Dates:** July 16th – August 13th  
**Time:** 12:00 pm – 2:00 pm  
**Duration:** 5 weeks  
**Venue:** Cottesloe  
**Facilitator:** Maureen Tan

### 9 Keys to Empowerment

By taking the reins of the areas of life you can control, you can help yourself to feel more empowered. There's no magic formula for getting through cancer, however there are some key lifestyle areas you can attend to support your own wellbeing.

Share with a group, learn from others, and be supported by Cathy Brown as you take an up-close look at how you might choose to empower yourself.

**Day:** Wednesdays  
**Dates:** August 1st – August 29th  
**Time:** 1:00 pm - 3:30 pm  
**Duration:** 5 weeks  
**Venue:** Cottesloe  
**Facilitator:** Cathy Brown

# Courses

## Yoga Therapy for Strength & Empowerment

Take an 8-week journey into using the tools of yoga to improve physical, mental, and emotional strength and resilience.

The path of yoga can be adapted to suit individual needs, and in this small group program you will receive 1:1 assessment and work under the supervision of a yoga therapist (who also happens to be an experienced nurse) so that you can use the aspects of yoga that are best able to meet your needs.

Together you can develop and shape a yogic lifestyle and practice that will help you get stronger on every level and tap into your inner resources.

**Day:** Thursdays  
**Dates:** August 9th – September 27th  
**Times:** 12:30 pm - 2:30 pm  
**Duration:** 8 weeks  
**Venue:** Cottesloe  
**Facilitator:** Eileen Banks



## Nutrition: Nourish Yourself Well

Food and nutrition is often a focus area for people wanting to improve their health. It can also be an area of great controversy where myths abound.

Get the latest in evidence based nutritional knowledge along with practical skills of food choice and preparation in this 5-week dietitian led course.

You even get to taste the delicious creations made in our wonderful demonstration kitchen. Includes a detailed manual and recipes to really up your food and nutrition game!

**Day:** Fridays  
**Dates:** August 17th – September 14th  
**Time:** 10:30 am - 12:30 pm  
**Duration:** 5 weeks  
**Venue:** Cottesloe  
**Facilitator:** Clemency Nicolson





## Deep Rest: the iRest Yoga Nidra Experience

Join experienced yoga teacher and therapist Dael Hunter on a journey through the layers of self, using the well-developed and studied technique of iRest meditation.

Based on traditional yoga nidra, this form of relaxation practice has been found beneficial for trauma survivors, war veterans and people seeking to find peace, resilience and insight.

Practiced lying down, all equipment is provided to help you feel comfortable while you learn and practice iRest.

**Day:** Mondays  
**Dates:** August 27th – September 24th  
**Time:** 12:00pm – 1:30pm  
**Duration:** 5 weeks  
**Venue:** Cottesloe  
**Facilitator:** Dael Hunter



## Live Well: Lifestyle Strategies for Wellness

Ever wondered how to create a cancer-resistant lifestyle? While some health issues are unavoidable, there's a lot we can do to shape a life that helps optimise our wellbeing and reduce the risk of disease.

Join trained and experienced facilitator Cathy Brown over this 10-week experiential program, based on her life's work helping people live well in the face of life's ups and downs.

**Day:** Wednesdays  
**Dates:** October 3rd – December 5th  
**Time:** 1:00 pm - 3:30 pm  
**Duration:** 10 weeks  
**Venue:** Cottesloe  
**Facilitator:** Cathy Brown



## Bereavement: Living with Loss

This 6-week course helps you to identify and articulate the emotional realities of bereavement, share ideas about honouring and remembering your loved one, and find your way to embracing life after loss. Facilitated by two qualified counsellors with experience in facilitating empowering group experiences. Following this course, you are welcome to stay connected with monthly support group meetings.

**Day:** Wednesdays  
**Dates:** October 3rd – November 7th  
**Time:** 10:00 am - 12:00 pm  
**Duration:** 6 weeks  
**Venue:** Cottesloe  
**Facilitators:** Maureen Tan & Julie Verley

## Braving the Wilderness

It can be really challenging to think about the end of life, and while survival rates continue to improve for many cancer types, receiving a terminal diagnosis means seriously contemplating mortality.

The author Irvin Yalom describes thinking about death as akin to 'staring at the sun', something we naturally find uncomfortable and can't look directly at. Social work researcher Brene Brown writes about stepping into what we fear, and 'braving the wilderness' within. Having a terminal diagnosis puts dying in the foreground and can be the start of new opportunities, conversations and ways of being together and alone. Join two remarkable social workers for this interactive 5-week course where you will be free to express your ideas and feelings in a supportive environment.

**Day:** Fridays  
**Date:** October 12<sup>th</sup> - 9<sup>th</sup> November  
**Time:** 12:30 pm - 2:30 pm  
**Duration:** 5 weeks  
**Venue:** Cottesloe  
**Facilitators:** Julie Verley & Sandy McGorman

## Mindfulness Based Well-being

Bringing together mindfulness-based meditation practices with the science of eudaimonic well-being, this is a fresh new course courtesy of the Behaviour Change Collaborative.

The Mindfulness Based Well-Being program (MBW) is an educational, experiential and transformative mind-body practice. The program incorporates traditional Buddhist meditation techniques of focus and extended awareness, gentle yoga movement and personal journaling.

Meeting for 2 hours per week for a duration of 6 weeks the program also includes daily mindfulness practices, short talks and sharing. MBW is suitable for adults and has a wide parameter of application including for those experiencing stress, anxiety, depression, pain, ill health, sleeplessness, relational difficulties or personal challenges.

It is highly recommended for those who simply want to build resilience and capacity for a balanced lifestyle with enhanced well-being.

**Day:** Mondays  
**Date:** 5<sup>th</sup> November – 10<sup>th</sup> December  
**Time:** 10:00am – 12pm  
**Duration:** 6 weeks  
**Venue:** Cottesloe      **Facilitator:** Grace Gordon



*“People who had high levels of eudaimonic wellbeing showed very favourable gene-expression profiles in their immune cells.*

*They had low levels of inflammatory gene expression and strong expression of antiviral and antibody genes”.*

–  
‘A functional genomic perspective on human well-being’

2013  
(Fredrickson BL, Grewen KM, Coffey KA, et al.)

## Workshops & Seminars

From two hours to a full day, these are accessible bite size information sessions designed to offer support, information and resources to help you navigate the twists and turns of life, health and wellbeing.



### Meeting the Challenge

This free half day seminar introduces the key services and some of the facilitators you will meet as you explore wellness possibilities at Solaris Cancer Care. Topics include stress management, counselling, coaching, nutrition, exercise, personal development, the Solaris community, complementary therapies and more. This seminar is held throughout the year.

**Day:** Tuesdays or Thursdays  
**Time:** 1:00 pm – 5:00 pm or 12:00 am - 4:00 pm  
**Venue:** Cottesloe - 14th August; 13<sup>th</sup> November  
SCGH - 4th October;  
SJOG Hospital Subiaco - 6th December  
**Facilitators:** Cathy Brown & Chandrika Gibson

### Carers' Course

This free one-day interactive workshop is open to all individuals who are caring for someone with cancer or a serious illness. Join our trained and experienced facilitators to learn practical skills in a supportive environment. Designed to increase your coping skills and improve the quality of life for both people in the caring relationship.

**Day:** Saturdays  
**Time:** 9:45 am – 4:00 pm  
**Venue:** SCGH - 25th August; 8th December  
St John of God Hospital Subiaco - 20th October  
Great Southern Centre Albany -17th November  
**Facilitators:** Patricia Williams, Joan Hutchings & Richie Perera

### Story-telling

Story-telling existed before the invention of paper and is common to all cultures and societies. Stories help to explain our origins and give voice to our memories, fears and desires. They can imagine possible futures. Whatever your motive for wishing to write, this three-hour workshop will help you find a language and a structure to express the story, or stories, you wish to tell. All you need to bring is pen and paper, and a willingness to try something new.

**Day:** Fridays  
**Dates:** 3rd August & 16th November  
**Time:** 12:00pm – 3:00pm  
**Venue:** Cottesloe  
**Facilitator:** Susan Midalia

# Workshops

## Dance & Yoga: Movement Medicine

In this workshop we will be exploring different forms of mindful movement - yoga, spinal movements and dance.

Through this exploration of movement and the body, we can begin to deepen our understanding of ourselves. We become aware of tensions we hold in the body, linear movement patterns and movements we feel most comfortable with and uncomfortable with.

When we start to move mindfully and bring our awareness to the present moment, we also begin to become more aware of the patterns in our mind. We can begin to see the mind - body connection.

**Day:** Thursdays  
**Dates:** 2nd August & 29th November  
**Time:** 10:00 am – 12:00 pm  
**Facilitator:** Samantha Briatico



## Financial Wellness

It can be so hard to find unbiased advice and the last thing most people want to do when unwell is worry about their finances.

We are grateful to have Karyn Nimmo of WCN who is passionate about providing advice and assistance to those affected by cancer. Karyn has helped many families through the toughest times of their lives, relieving the added stress and pressure of their financial situation when a family member suffers from a health issue.

After enduring her own cancer experience, and having close family members also affected by cancer, this is a service Karyn will continue providing as long as she is in the industry.

Karyn holds an Advanced Diploma of Financial Planning and is a member of the Financial Planners Association and the Association of Financial Advisers.

**Day:** Friday  
**Date:** 10th August  
**Times:** 12pm – 2pm  
**Venue:** Cottesloe  
**Facilitator:** Karyn Nimmo





## Look Good Feel Better

Cancer can really change our appearance. These regular workshops from the Look Good Feel Better team cover topics such as skincare, makeup and headwear.

Along with learning new tips for using makeup and accessories, participants receive a Confidence Kit, full of products donated by cosmetic companies so you can continue to look good and feel better.

**Time:** 10:00 am – 12:30 pm

**Venues:** Cottesloe - 16th August & 25th October

St John of God Hospital Subiaco - 1st September

Sir Charles Gairdner Hospital - 10th November

For other dates and venues:

Visit the Look Good Feel Better website: <https://lgfb.org.au/>

## Reframe Pain

Pain can be exhausting, especially when it becomes chronic.

The latest research shows that while medications and surgery have their place, they are not always effective for managing pain. It's a very real, and sometimes debilitating experience, however you can get your mind to help you manage it.

The nervous system becomes better at sending out danger signals the more it practices – to reverse this cycle, the science of mindfulness shows we can use simple yet powerful techniques such as breath awareness, body scanning, and visualisation.

Learn the skills to help you reframe pain.

**Day:** Thursday

**Date:** 23rd August

**Time:** 10:00 am – 12:30 pm

**Venue:** Cottesloe

**Facilitator:** Grace Gordon



# Workshops

## Empower Yourself

Every time this workshop has run we receive rave reviews! This might be the last time we see Barbara for a while, so we recommend you join in this time around. Barbara Warren is one of Australia's most respected and dynamic trainers. A corporate coach, mentor and more, this is an entertaining, practical and inspiring workshop. Empowerment strategies are learned skills you can apply to decision making and self-care. Join Barbara for an exciting and enjoyable workshop that will provide you with transferable skills for any area of your life.

**Day:** Friday  
**Time:** 1:00 pm – 4:00 pm  
**Venue:** Cottesloe  
**Date:** 12th October  
**Facilitator:** Barbara Warren

## Love, Laughter, Longevity

Join Janni Goss, author, physiotherapist and Laughter Yoga Ambassador, as she shares many strategies to outsmart stress and nurture yourself, based on her book.

Learn the importance of positive relationships and the power of emotions such as love, gratitude, kindness and compassion as well as the benefits of laughter.

Is Laughter the best medicine? Try a dose and find out!

**Day:** Friday  
**Date:** 19th October  
**Time:** 1:00pm – 2:15pm  
**Venue:** Cottesloe  
**Facilitator:** Janni Goss

## Sore Mouth Solutions

10 easy steps to help you breeze through chemotherapy. Make your life pain free, taste better and more enjoyable.

Learn easy tips and tricks to keep the ulcers and mouth soreness at bay during chemotherapy treatment. Dr. Float and Dr. Scanlon form part of the team at Rokeby Dental Surgery and Implant Centre, who run a cancer support program helping members of the community affected by chemotherapy. With a focus on patient comfort, let us help you make mouth soreness an avoidable symptom of the past.

**Day:** Tuesday  
**Date:** 4th September  
**Time:** 12:30 pm – 2:30 pm  
**Venue:** Cottesloe  
**Facilitator:** Dr. Kate Scanlon





## Remembrance Circle

As the year draws to a close, we pause to celebrate the lives of the people we have loved and lost.

We also honour our memories. Whether you are recently bereaved, or reflecting over time, you are welcome to bring a photo, flowers, anything symbolic to you and join us in the garden for a very special remembrance circle.

Bring a plate of food to share and stay to connect in quiet kindness.

**Day:** Tuesday  
**Date:** 4th December  
**Time:** 5:30pm – 7:30pm  
**Venue:** Cottesloe  
**Facilitators:** Julie Verley and Cathy Brown



## Facilitating Comfort

This interactive presentation is based on a book currently being written by Professor Anne Williams and Jo Sifleet.

The self-help book, based on research that Anne conducted for her PhD, is a resource for anyone who is ill or injured providing practical strategies to help people increase their personal control and facilitate comfort.

The strategies have been developed through Anne and Jo's own personal experiences as patients, nurses and researchers.

**Day:** Friday  
**Date:** 14th December  
**Time:** 12:30 pm – 2:30 pm  
**Venue:** Cottesloe  
**Facilitators:** Professor Anne Williams & Jo Sifleet

# Guest Speakers

On Tuesday evenings every other month, our community including our friends from BCCWA and melanomaWA gather in the conference hall to be inspired, informed and uplifted by compelling speakers. These free events are open to everyone. Register on the website or by contacting reception.

## Ask an Expert:

### Complementary Therapies in Cancer Care

Around 70% of people with cancer choose to use at least one kind of complementary therapy. There's evidence to show that complementary therapy use can help people manage side effects, give themselves a sense of empowerment and improve quality of life.

Yet there's still fear and controversy about a lot of complementary therapies, and confusion about what is safe, effective and worth exploring. Join a panel of experts, including Solaris Cancer Care Founder Dr David Joske, for a discussion about the pros, cons, risks and benefits of using complementary therapies during and after cancer.

**Date:** Tuesday August 21st

**Time:** 6:00 pm – 8:00 pm

**Venue:** Cottesloe Conference Hall

## Research Update:

### Exercise Science

Perth is home to some world class exercise scientists who continue to push the envelope and make remarkable breakthroughs in using exercise as medicine for people with cancer.

Exercise has been proven to help improve tolerance to treatment, improve bone mineral density, manage lymphoedema, and be the ideal way to counter the fatigue that so often comes along with the cancer treatment experience. If it was a pill every doctor would recommend it! Come along to hear the latest science and get inspired to use exercise as medicine.

**Date:** Tuesday 9th October

**Time:** 6:00 pm – 8:00 pm

**Venue:** Cottesloe Conference Hall

## Ask and Expert:

### Carers Panel

An estimated 320,000 Western Australians provide unpaid care and support to a family member or friend who requires help due to illness, disability or frail age. Carers are integral in providing comfort, encouragement and reassurance to the person they care for.

If you're new to the role of caregiver, or interested in learning from others, come along and hear from experienced carers, including service and support providers such as Patricia Williams RN who runs Solaris Cancer Care Carers' courses, and Carers WA.

**Date:** Tuesday December 11th

**Time:** 6:00 pm – 8:00 pm

**Venue:** Cottesloe Conference Hall

As a community-based health organisation we are reliant on the generosity of community partnerships, support from the public and fundraising events the Red Sky Ride.

## Volunteer

Volunteers are a vital part of Solaris Cancer Care. Thanks to their dedication and generosity, over 300 volunteers donate over 16,000 hours each year to provide free cancer support throughout Perth, the South West and Great Southern regions.

You can volunteer in a range of areas including 'meet and greet', as a therapist, client services facilitator, the op shop, events and community fundraising.

### Why volunteer with Solaris Cancer Care?

Volunteering offers many benefits, including opportunities for volunteers to:

#### **Benefit the community.**

Volunteers are an essential part of the community.

Contributions made by volunteers have a real impact and will make a difference to many people's lives.

#### **Make new connections.**

Volunteering provides an opportunity to meet new friends, create new connections and expand your network through a common interest.

- **Gain new skills and knowledge.**
- **Enjoy a sense of achievement and fulfilment.**
- **Develop personally, boost self-confidence and improve life satisfaction.**
- **Enjoy better physical and mental health.**
- **Personally rewarding experience.**
- **Volunteer within a positive, friendly and supportive environment.**

### Fundraising

Fundraising is a meaningful and fun way to be involved in the community.

As a community fundraiser, your contribution will assist us in providing vital care and support to cancer patients and their families, throughout Western Australia.

There are many ways you can support Solaris Cancer Care in the community:

- From hosting your own event such as a quiz night or high tea,
- To participating in a major event such as the HBF Run for a Reason, the Chevron City to Surf
- Taking on a challenge such as the Kokoda Track, Rottneet Swim
- Or our own Red Sky Ride cycling event.

### Shop and Donate at the Op-Shop

Visit the Solaris Cancer Care Cottesloe Op Shop for new and previously loved goods.

There are all sorts of items available, from tops, pants and coats, to glassware and silverware to books and guides to headscarves and turbans.

If you have quality items that you no longer need we will happily accept your donation.

All proceeds go to Solaris Cancer Care.

# Get Involved - Donations

## Workplace giving

Workplace giving is a simple yet powerful tool for employees, employers and charities to develop an integrated partnership. Get your workplace involved by supporting employee contributions and reinforcing a commitment to reaching social objectives through a mutually beneficial relationship.

Workplace giving is an easy and meaningful way for employees to be involved with the community. Employees will be making a difference by contributing to the delivery of vital cancer support services to patients and families across the state.

Workplace Giving offers employers a channel to build community partnerships with not for profit organisations, reach business objectives and boost employee morale. Low on cost and administration, Workplace Giving mobilises significant charity funding. It motivates and engages employees while improving staff retention.

## Becoming a corporate supporter

Solaris Cancer Care works together with our valued partners bringing humanity to modern healthcare. Investing in Solaris is an opportunity to positively impact the lives of many people living with cancer, to make a real difference.

Being a corporate supporter is not only an opportunity to showcase your corporate social responsibility and create a competitive advantage within your industry; it is an investment in the future of our health.

Supporting Solaris Cancer Care can assist with connecting and developing customer relationships as well as enhancing your organisation's reputation and employee engagement

## Bequests/ Donations in memory of

A donation in memory is a special gift honouring the memory of your loved one. Such a gift benefits and supports the cancer community in Western Australia.

A bequest is a special gift that we preserve as your legacy. It is a wonderful opportunity to ensure that Solaris remains a part of the lives of future generations of Western Australians, underpinning our vision to bring humanity to healthcare.

## Donate

Solaris Cancer Care is self-funded and relies on the generosity of people from local business, the corporate sector and the community who share our vision and recognise the importance of providing supportive care to patients and carers.

## Stay in touch

If you'd like to keep up to date on what's going on at our centres, learn more about improving quality of life and integrative oncology, or any of our upcoming events, please subscribe to our mailing list at [www.solariscancercare.org.au](http://www.solariscancercare.org.au) or at any of our centres.

Connect with us on social media and help to spread the word.

For a comprehensive list of events, email [info@solariscancercare.org.au](mailto:info@solariscancercare.org.au)

## Dry July 1<sup>st</sup> – 31<sup>st</sup> July 2018

In July, an average of 11,526 Australians will be diagnosed with cancer. No one asks for cancer, so we're asking for your help to go Dry this July to raise funds to help improve patient comfort, care and wellbeing.

Sign up and raise funds for Solaris Cancer Care at [www.dryjuly.com.au](http://www.dryjuly.com.au)

Having a month off alcohol also has great health benefits such as sleeping better, having more energy and of course, no hangovers! So you're not only helping others, your helping yourself. It's a win, win!

## Sly July 13<sup>th</sup> July 2018 (Black Friday)

6pm -8pm

A special night where you can break your month of Dry July or stick to your intention and enjoy a mocktail and a night out.

**Venue:** Solaris Cancer Care Cottesloe  
**Tickets:** \$40.00pp includes a mocktail on entry and grazing table.  
**Bookings:** [www.trybooking.com.au](http://www.trybooking.com.au)  
**Contact:** Cassandra  
 M: 0402 845 459  
 E: [cassandra@monarchevents.com.au](mailto:cassandra@monarchevents.com.au)



## Movie Night Fundraiser 19<sup>th</sup> July 2018

6.45pm

Join us to see the fabulous 'Mamma Mia – Here We Go Again'.  
 Enjoy nibbles before the show from 6.45pm, film starts at 7.30pm.

**Venue:** Grand Cinemas, Bunbury  
**Tickets:** \$25.00pp .  
**Contact:** Casey  
 M: 0447 278 999  
 E: [csmsw@solariscancercare.org.au](mailto:csmsw@solariscancercare.org.au)



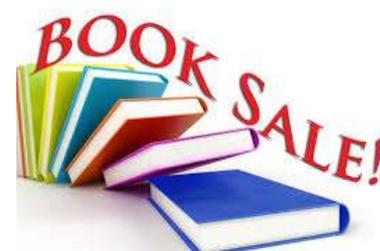
## Book Sale 19<sup>th</sup> – 20<sup>th</sup> July 2018

9am – 3pm

Come along to our Sir Charles Gairdner Hospital Centre, have a browse and buy up BIG to support our mission.

If you agree with C.S.Lewis who famously said, 'You can't get a cup of tea big enough or a book long enough to suit me', you'll be right at home at Charlie's big book sale!

**Venue:** Watling Walk, G Block SCGH  
**Contact:** Linda  
 T: 6383 3475  
 E: [csmscgh@solariscancercare.org.au](mailto:csmscgh@solariscancercare.org.au)



# Events

## Rock 'n' Roll Fundraiser Night 4<sup>th</sup> August 2018

7.30pm - late

Come along and enjoy a fun-filled night of music, dancing, auctions and raffles. The theme is Rock'n'Roll so dress up if you fancy in something from the 60's or 70's and reminisce about the golden era of rock music with live music from the band *Strictly Business*.

**Venue:** The Commercial Club, Bunbury  
**Tickets:** \$15.00 Adults Children under 15 free with parents  
Book a table of 10 for \$120.  
**Contact:** Grub  
M: 0437 839 457  
E: [csmsw@solariscancercare.org.au](mailto:csmsw@solariscancercare.org.au) T: 9721 1559



## Zumba Gold Fundraiser Two Sessions 5<sup>th</sup> August 2018

10am & 11am

It's a dance fitness party!  
What a great way to raise funds for Solaris Cancer Care, get fit and have fun.  
If you also like to shop, our fantastic Op Shop will be open from 9am – 12noon.

**Venue:** Solaris Cancer Care Cottesloe  
**Tickets:** \$20.00pp  
**Bookings:** [www.trybooking.com.au](http://www.trybooking.com.au)  
**Contact:** Kerry  
T: 9384 3544  
E: [cmscottesloe@solariscancercare.org.au](mailto:cmscottesloe@solariscancercare.org.au)



## Quiz Night 10<sup>th</sup> August 2018

6.30pm

Join us for lots of fun at our Quiz Night, raising much needed funds for Western Australians with cancer. Book a table or join a team!

BYO nibbles and bar available.

**Venue:** Leederville/Subiaco Football Club  
**Tickets:** \$160 per table of 8 or \$20 per individual ticket.  
**Bookings:** [www.trybooking.com.au](http://www.trybooking.com.au)  
**Contact:** Laura  
T: 6383 3475  
E: [lclarke350@gmail.com](mailto:lclarke350@gmail.com)



## 24 Hour Spin for Cancer 13<sup>th</sup> – 14<sup>th</sup> September 2018

12md – 12md

This September take on the ultimate team challenge!

Gather your friends, family and colleagues to create a team for the 24-hour spin cycling challenge to raise funds for Solaris Cancer Care.

Sign up as an individual or as a team to contribute to West Australian's living with cancer. There is no limit to the number of team members.



This is a terrific team building opportunity!

**Venue:** Brookfield Place Perth  
**Registration:** 6 hours - \$500; 12hours - \$1000; the ultimate 24-hour challenge \$1500; Individuals \$50 per hour  
**Contact:** Linda  
 T: 6383 3475  
 E: csmscgh@solariscancercare.org.au

## Live Lighter Dardanup Bull & Barrel Festival 6<sup>th</sup> October 2018

10am- 9pm

The 2018 Festival theme is The Great Irish Escape. Commemorating 150 years since John Boyle O'Reilly, the Irish author, poet and activist escaped WA for America.

This free event offers you the opportunity to browse the vast array of food, market stalls, check out live music, art exhibitions and children's entertainment and gather in the evening for the famous 'Burning of the Bull'.

Pop into the Solaris Cancer Care marquee for a massage as part of enjoying a fabulous family friendly day out in Dardanup.

**Venue:** 44 Ferguson Rd, Dardanup WA  
**Entry:** Free  
**Contact:** Jill Cross  
 M: 0418 281 201  
 E: info@bullandbarrel.net.au



# Events

## Jazz for a Cause - 2 20<sup>th</sup> October 2018

7pm- 9pm

The Cycling Development Foundation and Veris Racing Team present award-winning group Adam Hall & The Velvet Playboys live on-stage for the soul-charity series.

Don't miss Perth's own 'Dance Party' with songs from Stevie Wonder, James Brown, Marvin Gaye and the modern music of Justin Timberlake, Bruno Mars and Pharrell Williams.

Part proceeds from the night will be donated to Solaris Cancer Care, assisting Western Australians living with cancer.

**Venue:** The Sewing Room , Perth  
**Tickets:** \$39 per person  
**Contact:** Brad Hall  
M: 0424 894 483  
E: bh@bradhall.com.au



## Solaris Cancer Care Golf Day 9<sup>th</sup> November 2018

11.30am – 5pm

Post Event Awards & Dinner 5pm – 9pm

We invite you to join us for a day on the green offering the opportunity to enjoy a great afternoon of golf, networking, and entertainment, at one of the state's leading golf courses.

The day consists of a light lunch followed by 18 holes of golf with novelty competitions including a Hole-in-One, Nearest to the Pin, and Longest Drive.

Registration includes golf shirt, cap, lunch, on-course catering, beverages and wine tasting; followed by a post-golf dinner, with an awards presentation, entertainment, live and silent auctions.

**Venue:** Gosnells Golf Course  
**Registration:** \$1300 | Teams of 4  
**Bookings:** [www.trybooking.com/XIDE](http://www.trybooking.com/XIDE)  
**Contact:** E: [info@solariscancercare.org.au](mailto:info@solariscancercare.org.au)



**Christmas Bazaar**  
**24<sup>th</sup> November 2018**

**11am – 5pm**

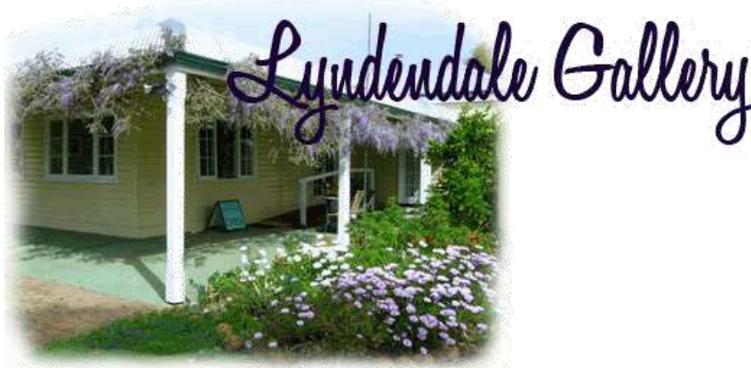
Come celebrate the joy of Christmas in a festive, lively atmosphere.

Purchase beautiful unique and affordable Christmas gifts featuring crafters and vendors. Live music, Christmas gift raffle, Light refreshments and so much more.

**Venue:** Lyndendale Farm  
828 Crooked Brook Road, Dardanup.

**Tickets:** Free Entry

**Contact:** Lyndendale Farm  
T: (08) 9728 3038  
E: lyndendale.gallery@live.com.au



**Solaris Cancer Care Gala Dinner**  
**9<sup>th</sup> February 2019**

**6pm – 12mn**

Join us as we unlock the spells of the pharaohs and spend an evening immersed in the lavish beauty and allure of ancient Egypt.

Always a great night out, this spectacular gala event offers pre-dinner drinks, a delectable three course meal including wines, beer and soft drinks, entertainment and silent and live auctions.

**Venue:** The Grand Ballroom  
Hyatt Regency Perth  
St Georges Terrace, Perth

**Tickets:** \$150.00 pp. 10 guests per table

**Bookings:** [www.trybooking.com/UYGJ](http://www.trybooking.com/UYGJ)

**Contact:** T: 6383 3475  
E: [info@solariscancer.org.au](mailto:info@solariscancer.org.au)



## Red Sky Ride 2019

28<sup>th</sup> February – 3<sup>rd</sup> March 2019

The Solaris Cancer Care Red Sky Ride is more than the ultimate cycling event; it is an opportunity to change the life of someone living with cancer.

Now in its' 12th year, our signature fundraising event is an endurance challenge in the Tour de France style.

Cyclists, sponsors and support crew are welcome to get involved.

**Route:** Albany to Perth  
**Registrations:** 4 Day fully inclusive \$1500  
Final Stage \$600  
**Bookings:** [www.redskyride.org.au](http://www.redskyride.org.au)  
**Contact:** Linda  
T: 6383 3475  
E: [info@solariscancer.org.au](mailto:info@solariscancer.org.au)



Solaris Cancer Care  
Red Sky Ride





Solaris Cancer  
**Care**

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