

COMPASSION

CARE

EMPOWERMENT

COMMUNITY

RESPECT



SOLARISCARE ANNUAL REVIEW 2012

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FROM OUR CHAIRMAN AND FOUNDER

I know I am not alone in having an increasing sense of a transition in our organisation's purpose and scope. Since the 10th birthday celebrations, including our first (very successful) Symposium in September 2011, our focus has started to shift towards what the future holds. With eleven years and four smoothly-functioning centres now under our belts, it is fair to ask: where to next?

To briefly review this past year first, we have seen the Albany Centre get up and running; plus the very recent second birthday of the Bunbury centre, held on the same day as our second symposium, also in Bunbury; and the continuing popularity and success of our two metropolitan centres in Sir Charles Gairdner Hospital and at St John of God Subiaco. I gratefully acknowledge the support at the Bunbury birthday party of State Government Minister and Member for Bunbury John Castrilli, and the Federal Member for Forrest, Nola Marino MP. Their attendance reflects I think the respect with which we are held in the corridors of power. Other ongoing programs include Men In The Kitchen for bereaved men, the C14 Reflexology outreach service, carers courses, and a new survivorship initiative. Anna Petterson, Red Sky Ride research Fellow, Patricia Williams, are thanked for the very great contributions here.

For a week in March, Ms Bonnie Furzer, a PhD candidate of the UWA School of Sport Science, and Anna with the support of many volunteers, undertook a snapshot of people attending SolarisCare centres. By widely published criteria, our attendees have prominent cancer symptomatology; rates of physical activity were low in 50% and this is a concerning figure, especially given the volume of evidence (to which Bonnie herself is contributing with her research with SolarisCare, into people with haematological cancers) showing benefits of exercise in cancer patients. Here is one pointer to a new direction for SolarisCare.

At the Board level, David Edwards presented a strategic plan late in 2011 after wide consultation through SolarisCare that forms a blueprint for the next organisational steps. Ms Margaret Naidebaum, I am delighted to report, has accepted a position on our Board and her distinguished career in education will serve us well. An overarching Centre Operations Manager, Mrs Tres Hansen has been appointed and she has already made a strong positive impression. We welcome her to our family. Her addition should create more time for David to work upwards and outwards, entirely appropriate to the bigger stage we now find ourselves filling.

For myself, my activities over this last year have included some talking and writing. I spoke on our behalf at the Medical Oncologists Group of Australia Annual Scientific meeting, at the Cancer Council book launch, and at a local evening for GPs held by the Cancer Council.

I have contributed a chapter this year to a new publication by the Cancer Council of Australia, "Perspectives on Complementary and Alternative Medicine" (Imperial College Press, Sydney 2012). In this, I describe in narrative form the development of SolarisCare from my own point of view, leading up to a discussion of the barriers to implementing integrative oncology in Australia, and calling for national research collaboration between like-minded centres that are starting to follow us around Australia.



FROM OUR CHAIRMAN AND FOUNDER

To this end, I recently attended the 4th National cancer Centres Symposium held in Melbourne with our CEO, David Edwards. We heard presentations from at least three major new initiatives across Australia: the Victorian Comprehensive Cancer Centre project, the remodelled Austin Hospital, both in Melbourne; and the Flinders Cancer Centre in Adelaide. All of these new, exciting and large building projects are including either wellness centres, or information centres, or survivorship projects that are trying to find ways to improve the cancer experience for Australians so-diagnosed. And whilst their buildings are grand in design and ambition, when I spoke about our eleven-year experience of treating over 10,000 Western Australians with cancer, the interest in the room was palpable. From our humble beginnings, we have created something very unique and extraordinary here in WA that in some ways shows that big new buildings are never going to be as important as people when it comes to cancer care.

Nationally and locally, there is increasing interest in finding ways to improve the cancer journey; some of this pressure comes from the growing medical literature demonstrating the importance of good psychological care during and after cancer treatment, not just for the patient but the carer/s as well. (At SolarisCare we have known this for some time: our policy of providing our treatments for carers has been very prescient.) Some of the pressure comes from consumers, with the chance to see via the internet developments at progressive cancer centres in integrative oncology and so on. Health policy framers have become more aware of these issues through reviews such as the Cooke Enquiry into the cancer experience and internationally from the MacMillan Cancer Trust League Tables (a wonderful story of consumer-lead change in health administration priorities that I discussed at the Bunbury Symposium).



We have now treated almost 40,000 Western Australians with cancer and their carers and we have the respect nationally for what we have achieved. I believe SolarisCare is beautifully placed to take a national and local lead on the “new” emphasis on concepts such as cancer survivorship and cancer rehabilitation, as we did with complementary therapies for addressing cancer symptoms and treatment side effects. The test is always the very simple and human question: “what would I want if it were me, or a family member of mine?” So often, a focus on high-powered technologies, or tiny increments in cure rates at the expense of quality of life, or marvellous buildings, leads us to failure on this simple test. The coming year or two should see us expand our collective expertise and skills into these areas and attempt to nudge the super-tanker of health policy and reform towards a more caring way of overcoming cancer, characterised by open communication, respect for the individual and their right to choice, and at every chance, minimising distress, fear, and physical symptoms. That for me is the future of health care – not necessarily bold new buildings, but a reassertion of humanity when it is most needed.

I thank especially the incredible team at the Red Sky Ride whose support has been a lifesaver at times; but mostly, and as always, the wonderful, wonderful family of now some 250 volunteers that is the heart and soul of SolarisCare.

David Joske
Chairman
SolarisCare Foundation.

FROM OUR CEO

SolarisCare is a values-based community, and throughout this annual review, you will find our core values defined and then beautifully supported by powerful quotes from some of our patients that have been welcomed into our four centres during the year.

Compassion, care, respect, empowerment and community are the guiding principles that we draw on in every aspect of SolarisCare. Of course, one of the things that I find makes SolarisCare so special is the uniqueness of each individual who is involved with the organisation, and the personal way in which they enact these values in their interactions with our community and patients. Every day I see incredible personal connections being made, and it is a privilege to be part of, and witness, these transformative moments.

As David Joske has already mentioned, the many presentations we have undertaken at local, national and international forums over the past year, have provided strong affirmation that we have built an exceptional model to bring better quality-of-life and nurturing care to cancer patients and their families. This uniqueness is not just about the services we deliver, but about our people and the heart and skills that they bring to what they do.

The past year has again been extremely busy, with an increasing number of people accessing our services, and a record number of therapies being delivered by our volunteers. Each of our centres continues to live up to the reputation of being an 'oasis' or 'sanctuary' for those seeking relaxation, a quiet cuppa or a reassuring word or hug. I would like to pay particular tribute to our 'meet and greet' volunteers who provide a warm welcome and care when people walk through our doors. I am in awe of their ability to give so much of themselves and their patient centeredness.



**"THANK GOODNESS
YOU ARE HERE.
THANK YOU, THANK
YOU, THANK YOU."**

KYLIE

There is also an amazing diversity of talents that are shared by our therapist volunteers. Incredibly, SolarisCare now has therapists from over 17 separate complementary therapy modalities, which provides our patients with personal choice. This ability for patients to choose should not be underestimated as a significant empowering benefit on its own. Over the coming year, we will work to engage more therapists from current modalities, as well as expand the range of modalities available in order to meet growing demand. My sincere thanks to all of our therapists, past and present, for their generosity of spirit and dedication to both the patients and to SolarisCare.

I would like to acknowledge the tireless efforts of our Centre Coordinators, Val Riches (SCGH), Lorraine Kember, Jennifer Russell, Fay Boyd, Jaye Darling (SJOG), Carline Turner and Geoff Osborn (South West) and Valmai Nathan (Great Southern). Whilst they do a remarkable job in ensuring the smooth running of the centres, it is the nurturing and support that they provide to volunteers, patients and staff that makes them such wonderful people to be around. I am very pleased to welcome Tres Hansen to the role of Manager, Centre Operations and Development, and know that she will be a valued member of our team.

FROM OUR CEO

Acknowledging also the progress that David Joske referred to, October 2011 saw our newest centre in Albany officially open. I would like to thank Valmai and the volunteers for the very positive approach they took joining SolarisCare. In Bunbury, the advisory committee set up to oversee the establishment there has now completed their work. Again, I acknowledge the tireless work of Geoff and Jan Osborn, and all the committee members for their support and efforts over this time.

In addition to therapies and our drop in centres, research and education plays a critical role in both providing information for patients, volunteers and the wider community, and enhancing our ability to advocate strongly for a more holistic approach to patient care. Dr Anna Petterson has again led this area with passion and commitment, as well as contributing to many projects across all areas of the organisation. These pursuits have become increasingly important with the rise of the Friends of Science in Medicine alliance, which have actively campaigned against complementary medicine, particularly its teaching and research within university environment. The 11 year history of SolarisCare, of almost 40,000 treatments with no medical misadventure, highlights that safe, supervised practices delivered alongside mainstream treatment should be supported and investigated further.



The growth of our community has also been very professionally supported by our administration and operations team. Geoff Hutchinson and Gemma Cavoli lend their combined talents to run a very full community events and fundraising program (including the Red Sky Ride), ensure that our information respects our image and our core values, and have taken our monthly newsletter to a new level. Michelle Hilder continues to be a wonderful volunteer and finance and board support specialist, whilst Husein Motiwalla, Ashley Metcalf and Vincent Lawson keep our systems running and are developing systems for our future. These, and the many other tasks the team undertake, often require extended days, evenings and weekends, and I thank you all for your commitment.

"I AM VERY LUCKY TO FIND SOLARISCARE. AFTER A THERAPY, SOMETHING FANTASTIC HAPPENED. I FELT HUNGRY! AND I HAVE NO TIREDNESS. THE FIRST TIME FOR LAST FIVE WEEKS. I WENT FOR A LONG WALK AND I ATE QUITE A BIG DINNER".

TAD

Certainly, SolarisCare is a community, but it is also embraced strongly by the wider community. It is always difficult to choose who to thank, however, I would like to extend our appreciation to Justin Langer (Patron), Steve Smith and Luke O'Donohoe (Chemo Club), the Red Sky Riders, Brady Cancer Support Foundation (Funding partner), RSM Bird Cameron and GRA Everingham (Pro-bono services), Rhonda Coleman (Department of Health WA), Emma White and St Catherine's College (Community Fundraisers), John Saunders (Bunbury Rotary) and Sir Charles Gairdner, St John of God Subiaco and Albany Hospitals (hosting partners). These individuals, groups, and organisations are representative of the diversity of our support within the community and I acknowledge all those too numerous to name.

FROM OUR CEO

SolarisCare is entering a very exciting, and yet challenging phase. The economic landscape is changing, and the demand for our services is increasing, including the call for additional centres. In taking the organisation forward, the Board has endorsed a 3 year strategic plan that is designed to ensure that we can increase access to our services, broaden our offerings, take a stronger advocacy role, and ensure our viability into the future. This will require more work and prudent stewardship of our resources. I feel fortunate in this regard to have the input of such a talented and committed Board and I thank them for their ongoing support and guidance.



As highlighted by Anna, the results from the SNAPSHOT in March identified three central themes: **empowerment, support and relaxation response**. Patients reported improvement in their quality of life, the importance of our support, increased personal empowerment, wellbeing and improved treatment tolerance. They indicated gaining a sense of control by accessing our complementary therapies, learning how to deal with their emotions in a safe environment gave many the tools to face stressors of medical treatments

What I believe this tells us, is that our values are not just statements, but the living culture of SolarisCare, and for that, I extend my sincere thanks to you all.

A handwritten signature in dark ink, appearing to read 'David Edwards'.

David Edwards
Chief Executive Officer
SolarisCare Foundation

COMPASSION

COMPASSION IS THE VIRTUE OF EMPATHY FOR OTHERS. IT IS REGARDED AS A FUNDAMENTAL PART OF HUMAN LOVE, AND A CORNERSTONE OF SOCIETY.

**“I LOVE WALKING
IN HERE. IT IS SO
RELAXING. IT’S
JUST LIKE COMING
HOME.”**

DIANE

CENTRES REVIEW

The cancer community continues to embrace the complementary integrated therapies offered at our centres. The demand for SolarisCare services continues to grow, with increased referrals by doctors and nurses signalling a greater acceptance of what we do. This has been reflected in the passion and ongoing enthusiastic commitment from our volunteers. Their hard work, professional expertise, time and energy have significantly contributed to the progress of the Foundation.

BY TRESLYN HANSEN

MILESTONES

Last year we celebrated the tenth anniversary of SolarisCare. This was particularly pertinent for our first centre at Sir Charles Gairdner Hospital, and coincided with the inauguration and first anniversary of the South West Centre in Bunbury.

COLLABORATIONS

Agreements with training institutes such as TAFE have resulted in massage students attending the centres as part of their final practical placement. This builds positive relationships with those institutions, and many graduates continue on as volunteers.

"I WANT YOU TO KNOW HOW MUCH I APPRECIATE YOU ALL. YOU HAVE CHANGED MY LIFE AND GIVEN ME BACK MY PEACE. YOU ARE ALL TRUE BLESSINGS FROM ABOVE. YOU HAVE BEAUTIFUL GIFTS."

TERESA

LOOKING AHEAD

We are working to establish links with other health settings, and Volunteer Coordinators across the centres have begun delivering presentations to Cardiac Programs and Palliative Care Groups at Workshops and Study Days.



NEW PREMISES

In 2013 the SCGH Centre will move to the new State Cancer Centre which is in its final stage of construction and SolarisCare Great Southern will relocate to the new Albany Regional Health Campus site. These moves will further enhance the mutually beneficial relationship SolarisCare has with these hospitals and communities.

SUCCESSFUL COURSES

Thanks to Trish Williams, Jill Lawson and Joan Hutchings, five successful Carers Courses have been delivered since the last review, with the first regional course taking place in Bunbury. And thanks to volunteer Charlotte Keay, the Hand Massage Training continues to grow, with more and more Meet & Greet volunteers gaining this wonderful skill.

CENTRES REVIEW

NEW BEGINNINGS

In October 2011, SolarisCare opened a fourth centre in Albany. SolarisCare Great Southern was created out of a merger with the New Horizons complementary therapy unit at Albany Regional Hospital.

VOLUNTEER RECOGNITION

Our volunteers are the lifeblood of the organisation and we celebrated this with two volunteer recognition events. Geoff Gardiner and Charlotte Keay were awarded their volunteer of the year awards by Minister for Volunteering, Robyn McSweeney.



A SOFT PLACE TO LAND

We strive to make our centres warm and welcoming environments for patients and carers, through interactions with volunteers, well-stocked and up-to-date libraries and through centre design that creates an atmosphere of calm.

VOLUNTEER AMBASSADORS

Our volunteers continue to act as exceptional ambassadors for SolarisCare, whether it be raising funds through raffles and book sales, or representing the organisation at community initiatives such as *Have A Go Day*, *Mental Health Week* and at Red Sky Ride fundraising events.

"GRATITUDE AND THANKS TO A GROUP OF TIRELESS PEOPLE VERY DEAR TO MY HEART, THAT ARE HELPING ME THROUGH ONE OF LIFE'S HARDEST JOURNEYS. THEY ARE A QUIET PORT IN LIFE'S STORM. I FEEL SAFE, LOVED, STRONGER IN MY MIND, BODY AND SOUL.

JACQUELINE

VOLUNTEER TRAINING

SolarisCare has continued its commitment to volunteer training and professional development by offering communications courses, grief and bereavement workshops, free attendance at the SolarisCare Symposium and cancer care training and tours at volunteer

FUTURE FOCUS

Future development activities include enhanced strategies for the attraction and retention of SolarisCare volunteers, enhancing and expanding on our list of modalities and promoting volunteer services and contributions.

SOLARIS CARERS

David Joske, Teddy Villion, Jenny Russell, Angela Paratore, Jaye Darling, Bronwyn Langlands, Valmai Nathan, Patricia Williams, Anne Algie, Jonathan (Jim) Bradley, David Edwards, Andy Davis, Bouwina Dekker, Roslyn Douglas, Dudley Dreyer, Gwen Ferguson, Graham Laitt, Catherine Garden, Jan Gath Sue Graham, Robert Hensel, Yuli Langslow, Gill Pappas, Dortha Rasmussen, Victoria Reeves, Gill Robertson, Pauline Wals, Debbie Bell, Debby Davies, Kaye Hill, Linda Love, (Majorie) Joy Metcalf, Catherine Nathan, Susan Price, Christina Roberts, Glenys Scott, Jane Taylor, Judy Clough, Rosalie Sharon, Anne Wallington, Vicki Yurich, Chris Groves, Jasmin Fearis, Sally Hendriks, Gail Cooksley, Judy Vasile, Joanna Kudumba, Jodi Hart, Colleen Coccaro, Jane Meiklem, Sheila McFerran, Sharon Prince, Joyce Camenzuli, Ainslie Allison, Anne Roberts, Brian English, Elizabeth Rundle, Joan Tozer, Sue Pole, Ivy King, Terese O'Shannassy, Alison Bannan, Ann Weinberg, Tony Hartmann, Laura White, Ula Panotidis, Graham Sutherland, Berit Jardine, Julia Cattalini, Lorraine Kember, Bill Hughes, Sue Ntoumenopoulos, Anna Petterson, Anne McKellar, Tom Owen, David Palandri, Ginny Brooke, Reka Shanmuganathan, Jenny Edwards, Dorothy Littman, Sue Ntoumenopoulos, Treslyn Hansen, Tim Fisher, Christine McGillivray, Glenn Kirk, Ashley Metcalfe, Karen Saayman, Bev Doggett, Junko Cockerill, Fay Boyd, Kim Day, Shirley Falco, Lilly Fiore, Libby Galton-Fenzi, Jane Garcia-Webb, Kenn Gifford, Mathew Gugiatti, Nigel Thomas, Barbara Horne, Barbara Coles, Kay Gallagher, Carolyn Bryars, Fenella Jones, Kim Day, Charlotte Keay, Anne-Marie Mathews, Pam McKay, Margaret Nadebaum, Silvana Pearn-Rowe, Carolyn Reading, Joan Tozer, Ruth White, Fenella Jones, Alan Donnelly, Carline Turner, Jill Lawson, Elizabeth Gresham, Bill McKay, Gemma Cavoli, Di Watts, Jan Petrino, Marie Kormandy, Helen Martino-Bailey, Ainslie Allison, Jane Meiklem, Jo Roworth, Christine Morrison, Colleen Coccaro, Rae Yorg, Marlene Pearson, Evelyn Kyser, Margaret Papaelias, Luzanne White, Karen Stokke, Mike Choo, Marjorie McKercher, Sandy Braiuka, Po Yuk Fong, Nicki Van Maanenbergh, Junko Cockerill, Michelle MacGregor, Nancy Blaasch, Adam Hurrelbrink, Pasquale Mezzatesta, Misha Materne, Kylie Higgins, Pasquale Mezzatesta, Alice Douglass, Annie Power, Barbara Menzel, Betty Gray, Betty Whyatt, Brian Kennedy, Carmel Riley, Carolyn Coggins, Cathy Robinson, Chris Penny, Chrissie Molloy, Christine Napoli, Colleen Henderson, Debbie Sinclair, Denise Gillies, Doreen Martin, Val Riches, Fiona Morgan, Freda Hutchins, Gemma Loffelman, Gina Knight, Gladys Moon, Helen Bracks, Helen Punch, Husein Motiwalla, Irene Wallace, Jan Osborn, Geoff Osborn, Janet Burgin, Janette Murphy, Janne White, Jeannie Gaitskell, Jill Hibben, Jo Trench, Judith McDonald, Judy Meagher, Julie Halse, Karen Mazzella, Ken Moon, Leslie Mullins, Linda Carlson, Liz Moloney, Lyn Davies, Lynton Gillies, Maggie Wilson, Margaret Morgan, Maria Sole, Marie Cross, Marilyn Tipping, Mary Whittaker, Maureen Trinder, Melissa Skews, Michele Keyser, Nanette Darlington, Nicola Kinniard, Noelmary O'Connell, Pat Dixon, Renata Turner, Sandy Purser, Sharon Cross, Robyn Kenny, Rose Goff, Veronica Steele, Vicki Gadean, Zoey Beadle, Linda Siddall, Geoff Hutchinson, Michelle Hilder & many more.

MANY CENTRES - ONE SPIRIT

CARE

CARE IS THE ACTION BY WHICH ONE PROVIDES FOR THE PHYSICAL AND EMOTIONAL NEEDS, HELP, OR COMFORT FOR OTHERS, AND IS ESSENTIAL IN THE PRACTICE OF PATIENT-CENTRED THERAPY

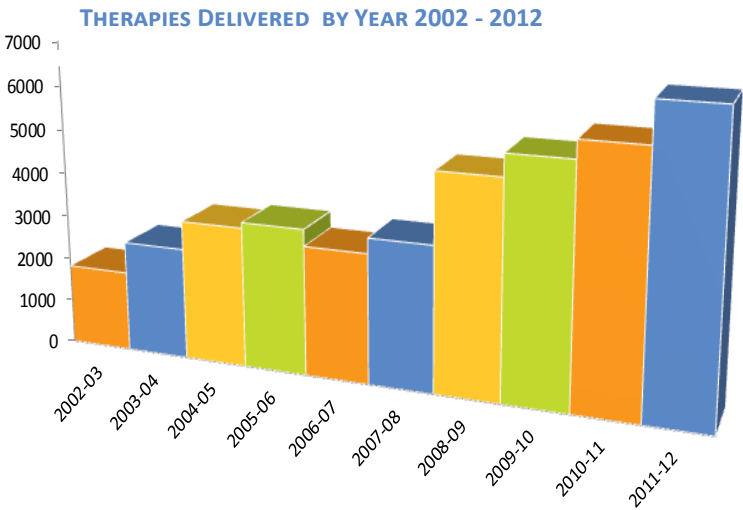
**“I FELT SO ANXIOUS
BEFORE THE TREATMENT
AND NOW ALL THAT IS
GONE AND I FEEL LIKE
JUST FLOATING AWAY.”**

DOREEN

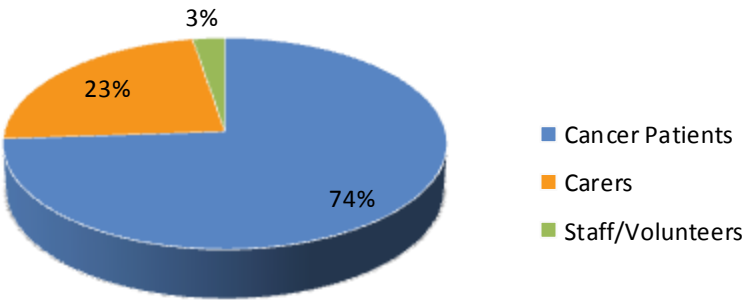
CENTRE STATS

Those who came to SolarisCare and how we helped them.

IN THE PAST 11 YEARS, SOLARISCARE HAS DELIVERED 39,527 THERAPIES



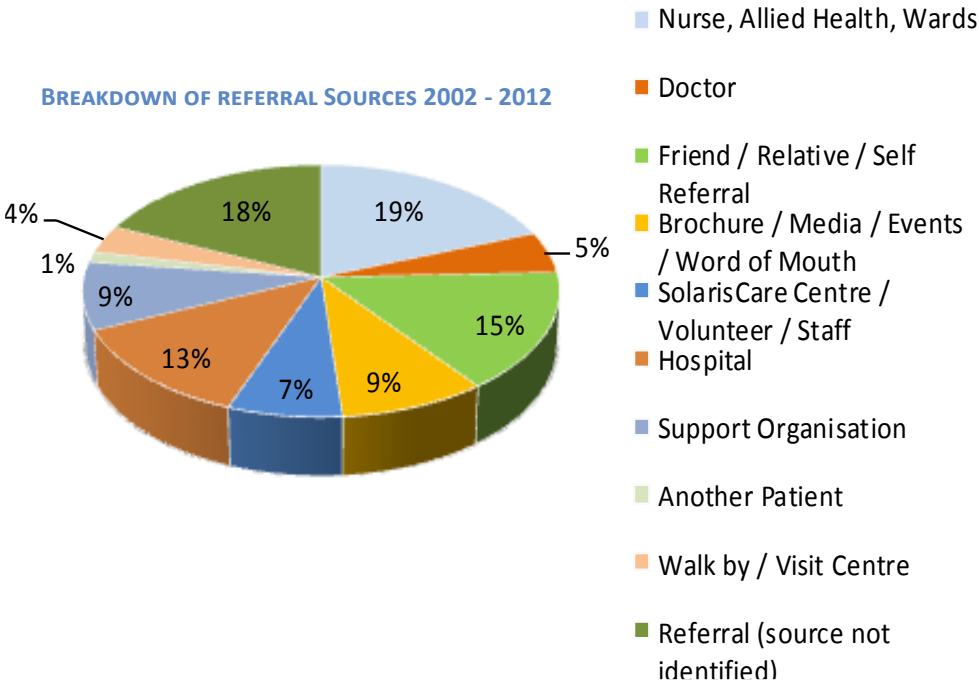
BREAKDOWN OF RECIPIENTS 2002 - 2012



THERAPIES HAVE BEEN DELIVERED TO 8051 CANCER PATIENTS (74%), 2555 CARERS (23%) AND 285 STAFF / VOLUNTEERS (3%).

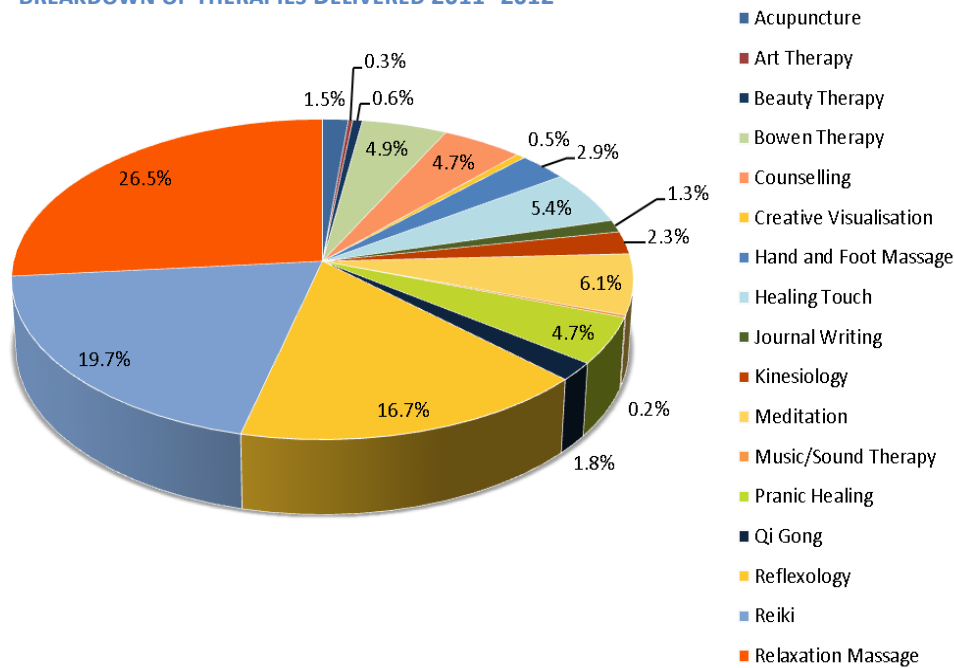
AT 19% NURSES, ALLIED HEALTH WORKERS AND WARD RECOMMENDATIONS MAKE UP THE LARGEST PORTION OF NEW PATIENTS REFERRALS

BREAKDOWN OF REFERRAL SOURCES 2002 - 2012



CENTRE STATS

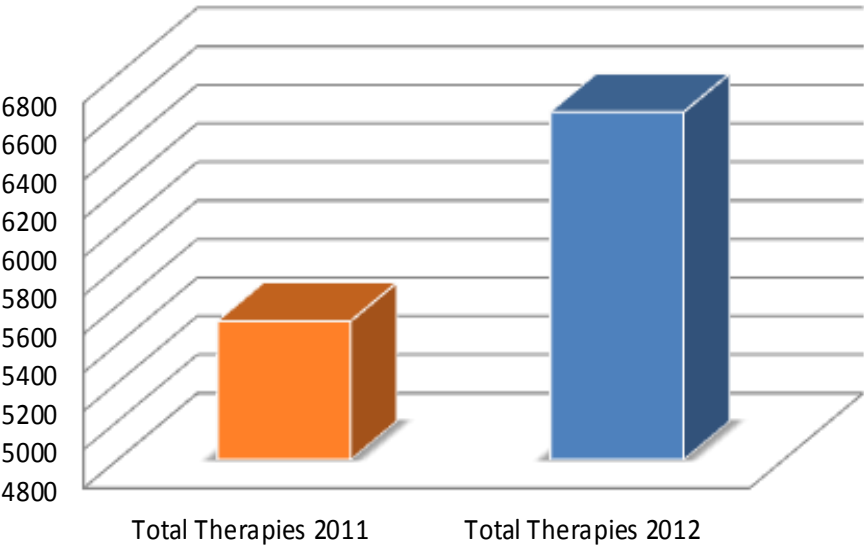
BREAKDOWN OF THERAPIES DELIVERED 2011- 2012



IN 2011 - 2012 SOLARISCARE DELIVERED 6640 THERAPIES FROM 17 DIFFERENT MODALITIES.

TOTAL NUMBER OF THERAPIES DELIVERED 2011 - 2012

IN THE PAST 2 YEARS SOLARISCARE HAS DELIVERED 12,123 FREE THERAPIES TO THE WEST AUSTRALIAN COMMUNITY



CENTRE STATS

**IN 2011/12 OVER 250
SOLARISCARE
VOLUNTEERS PROVIDED
16,464 HOURS OF CARE**



**WHILST THE TRUE IMPACT IS
IMMEASURABLE, SOLARISCARE
VOLUNTEERS PROVIDED
APPROXIMATELY \$600,000
VALUE OF INTEGRATED CARE IN
2011/2012**



**OVER OUR ELEVEN YEARS
SOLARISCARE HAS HAD 57
VOLUNTEERS CONTRIBUTE
MORE THAN 5 YEARS OF
SERVICE**



EMPOWERMENT

EMPOWERMENT REFERS TO INCREASING THE
SPIRITUAL, POLITICAL, SOCIAL AND EDUCATIONAL
STRENGTH OF INDIVIDUALS AND COMMUNITIES

**“I GLIDE AWAY ON A
‘SOLARIS GLOW’,
SMILING”**

CHRISTINE

RESEARCH AND EDUCATION

I am pleased to present this report focusing on our achievements as a national leader in the provision of complementary therapies for cancer patients and their carers. The SolarisCare Collaborative Research Team brings together academic and clinical expertise from around Australia and has been actively involved in a variety of projects all focussed on improving patient outcomes. A summary of our research activities follows . **BY DR ANNA PETTERSON**

JANUARY

BOOK CHAPTER: *Safety and Side Effects of Non-Pharmacological Intervention as a Therapy for Cancer.*

Associate Professor Anne Williams, Dr Carolyn Bulsara & Dr Anna Petterson

TRAINING: *Mindfulness Based Cognitive Therapy for Cancer Patients.*

Trainer: Dr Elizabeth Foley: Attendees: Dr Anna Petterson, Dr Suzie Brans & Assoc Prof Anne Williams

VOLUNTEER TRAINING: Albany, Dr Anna Petterson & Trish Williams

FEBRUARY

APPOINTMENT: Dr Anna Petterson Adjunct Lecturer, Research Associate, Edith Cowan University.

GRANT APPLICATIONS. Cancer & Palliative Care research Education Unit (CaPCREU) *Mindfulness Based Cognitive Therapy (MBCT) for Cancer Patients and Carers: A trial of MBCT vs. Traditional Relaxation for reducing psychological distress.* (Unsuccessful).

MARCH

SNAPSHOT: All centres 12-16 questionnaires solicited patient responses, to review current services and shape future delivery of services.

Bonnie Furzer (PhD Candidate UWA) Dr Anna Petterson, Dr David Joske

BOOKLET: Completed evidence-based or informed literature search for our Complementary Integrated Therapies Information Brochure

APRIL

NEW PILOT PROJECT. (Cancer Survivorship) *EMPOWERING PEOPLE: Giving Survivors the Skills, Support and Confidence to Take Control of Their Lives.*

6 weekly group sessions facilitated by Dr Anna Petterson

Conference Abstract to be submitted to 2013 Survivorship Conference Adelaide, February

Course being developed for delivery throughout all centres in 2013

MAY

PEECE PROJECT (Patient Evaluation of Emotional Comfort Experienced)

Developing an instrument (questionnaire) to elicit patient's perception of emotional well being. Assoc Prof Anne Williams & Dr Anna Petterson

ETHICS APPLICATION SCGH. (C14) *The development of safe practice guidelines for the use of Reflexology in an outpatient chemotherapy clinic.* (Successful).

MEET THE 2012 COLLABORATIVE RESEARCH TEAM

* DR ANNA PETTERSON * CLINICAL PROFESSOR DAVID JOSKE * A/PRO ANNE WILLIAMS * DR KELLIE BENNETT *

RESEARCH AND EDUCATION

The Collaborative Research Team will continue to build partnerships and research opportunities with universities and health networks. Patients' personal experiences and regular evaluation of our services have resulted in constant improvements in our service delivery, providing optimum care.

NEW PILOT PROJECT: *Mindfulness-Based Cognitive-Therapy* in collaboration with UWA (Kellie Bennett), WA Psycho-Oncology Services (Suzie Brans), Cancer Council of WA, (Lani Valentine & Sarah McLean), Marian Centre SJOG (Martin Chapman) *CURRENT*

CONFERENCE ABSTRACTS/POSTERS: International PsychoOncology Society (IPOS)

2011 Turkey: *In With Both Feet: Developing an evidence base for the provision of reflexology in a day-cancer-centre.* Dr Anna Petterson

2012 Brisbane: *"Brighter in thinking, lighter in body and stronger in mind" Exploring the experiences of patients using complementary therapies* Bonnie Furzer+

Characteristics of patients presenting to Western Australian cancer support centres: Patient rated outcomes and use of complementary therapy. Bonnie Furzer+

Safety and Side Effects of 15 Non-pharmacological interventions used as a Therapy for Cancer. Assoc Prof Anne Williams +

PROJECT DEVELOPMENT: All project conducted through SolarisCare are developed as pilot studies, evaluated and with that data further developed for ethics approval and research. Men in the Kitchen is now being developed as an ongoing group for 2013 in Bunbury and the metropolitan area. The Survivorship and Mindfulness Meditation Groups are all in the process of ongoing program development.

'Train-the-Trainer' will be conducted January-March 2013.

SYMPOSIUM BUNBURY: Our first Regional Symposium was a successful venture. It raised the profile of Solaris Care in the community and was well supported by volunteers, local therapists and health professionals.

VOLUNTEER TRAINING. Beginners and Advanced Communications and Basic Counselling Skills Courses have been well received, facilitated by Rosemary Watkins.

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

COMMUNITY

COMMUNITY REFERS TO A SOCIAL UNIT THAT SHARES COMMON VALUES. A COMMUNITY IS A GROUP OR SOCIETY, HELPING EACH OTHER.

**“ MY ESCAPE FROM THE
REAL WORLD, ME TIME
FOR RELAXING AND
BEING PAMPERED, GREAT
PLACE, BEAUTIFUL
PEOPLE AND GREAT
TREATMENTS “**

JOANNE

COMMUNITY SUPPORT

It has been an incredible twelve months for SolarisCare in which we continued to work towards our goal of establishing a stable and growing organisation that meets the needs of both metropolitan and regional cancer patients and their carers. Our achievements have established a clear path toward a warm, professional and coherent brand. That we have managed to do so is down to the efforts of everyone involved including volunteers, community fundraisers, corporate supporters and SolarisCare staff.

In 2011-12 the spirit of giving was overwhelming, with \$562,052 being committed to SolarisCare over the period. This support has allowed SolarisCare to continue to grow and expand despite tough economic times. As we look towards the new year, we will continue to put people at the heart of everything we do and seek ways of sharing and promoting our services.

BY GEOFF HUTCHINSON



COMMUNITY

Raised: \$102,946

Nowhere is the generosity of the community more apparent than through the contributions of Community fundraising. Events such as the Secret Garden Dinner, Christmas Raffle and the Valentines Day BBQ all helped to make a difference.

GRANTS AND MAJOR GIFTS

Raised: \$59,850

Major donors and trusts make a vital contribution to our plans for sustainable growth. In 2011 -2012 we once again received significant support from the Brady Foundation.

RED SKY RIDE

Raised: \$335,658

The 2012 Red Sky Ride was an amazing success. Thanks to the support of community members and corporate supporters we raised a record \$335,658 for SolarisCare Cancer Support Centres. This total resulted helped us reach our goal of topping \$1.5 million in the first five years of the Ride.

COMMUNITY SUPPORT

DONATIONS

Raised: \$63,598

We would not be able to grow the support we provide in each centre without the generosity of community members who have participated in the *World's Greatest Shave*, *Dry July*, *HBF Run for a Reason* and many other initiatives to raise funds for SolarisCare

Thanks to their extraordinary efforts we raised \$63,598 last year.



NEW DIRECTIONS

A fresh direction for the SolarisCare Red Sky Ride has been chartered with a new, larger organising committee brought on board to ensure the events continued success and growth. This committee will work with SolarisCare to map out the next five years of this event.

THEY HAVE HELPED ME NEGOTIATE THE STRESSFUL YEAR'S CANCER JOURNEY. SOLARISCARE HAS SUCH A SENSE OF SERENITY AND PEACE FROM THE MOMENT WE WALK THROUGH THE DOOR, FROM THE HUGS AND POSITIVE THOUGHT'S TO KIND WORDS"

MALCOLM & MICHELLE

NEW PUBLICATIONS

Last year, we introduced two new information brochures that were created as a warm yet professional expression of who we are and what we do.

BILLBOARD

We were provided use of Acton Real Estates' billboard for the month of July. The billboard, situated on the corner of Hay St and Thomas Road in Subiaco featured a quote from one of our patients. This promotion also featured spots in the *Western Suburbs Weekly* and on Acton's website. This is the second year that this opportunity has been made available to us.

GIFT WRAPPING

Over 19 days leading up to Christmas 2011, 28 SolarisCare South West Volunteers and 42 'Friends of SolarisCare,' raised money by wrapping gifts at the Centrepont Shopping Centre in Bunbury.

COMMUNITY SUPPORT

MEDIA

In 2011/2012 SolarisCare generated over thirty positive media stories about the organisation and our programs. This coverage helped us to continue to raise awareness among the wider community

RE-BRAND

We work hard to continue the re-brand of the organisation to create a professional image and vision for SolarisCare. This included a re-brand of the Red Sky Ride to bring it closer to SolarisCare's branding. The re-branding includes standardisation to letterhead, promotional material and a limited edition 10th Anniversary logo



SOLARISCARE NEWS

We updated the look and style of our monthly newsletter. In addition to a new design the updated publication has a more article based content with items of interest from both the four centres and the wider community.

COMMUNITY FUNDRAISING

Community volunteers in Esperance held a Fundraising Car Show proceeds going to SolarisCare. The Outta the Shed Car Show was the first community fundraising event that utilised our new Community Fundraising Pack. The organisers of this event commented on how important the guidance the pack provided was to organising a successful event. Three more community events have since utilised this pack in the past twelve months.

"WITH APPRECIATION AND THANKS FOR THE WONDERFUL WORK & CARE YOU GAVE TO US ON OUR VISITS. THE MANY PEOPLE WHO WILL COME THROUGH YOUR DOORS SHOULD & WILL BE GRATEFUL FOR THE WONDERFUL SERVICE THAT YOU GIVE "

PETER & JAN

FOUR FUNERALS

We staged a theatre production of *Four Funerals in One Day* written by acclaimed actor Alan Hopgood as part of our tenth Anniversary and Symposium 2011 Celebrations

COMMUNITY AWARENESS

SolarisCare in the Media

'Softer medicine' growing in appeal

CATHY O'LEARY
MEDICAL EDITOR

Acupuncture, reiki and aromatherapy were once dismissed as mumbo jumbo by the medical establishment but doctors say demand for complementary therapies is burgeoning in WA.

A decade ago when someone was diagnosed with cancer the only thing that mattered was surviving, but health experts say more patients are turning to "softer medicine" to take some of the sting out of

Jan 23, 2012

THE WEST AUSTRALIAN



In favour: Chadia Scheel says complementary therapies help her handle chemotherapy. Picture: Ian

Big ride for cancer hits town

FUNDING for a "soft place to fall" for cancer sufferers is the aim of the Red Sky Ride which rode through Bunbury on Monday.

**"AMAZING SUPPORT.
KNOWING THAT THEY ARE
THERE MAKES MY
HOSPITAL VISITS
BEARABLE"**

SNAP SHOT

Centre officially opened

By JESSICA PORTER

THE first regional integrated cancer care centre was officially opened in Bunbury on Thursday.

SolarisCare chief executive officer David Edwards said Bunbury was an obvious choice for the foundation's first regional centre.

The centre, located in Brittain Road, provides complementary therapies such as reiki, massage, bowen, reflexology and meditation to cancer patients and their carers.

**"SOLARISCARE HAS BEEN A
SAFE HARBOUR...I HAVE
GROWN...THEY BRING
HOPE INTO MY LIFE
EVERYDAY "**

SNAP SHOT

COMMUNITY AWARENESS

SolarisCare in the Media

Therapy can ease cancer patients' stress

ALBANY STORY

■ Katherine Mountain
katherine.mountain@albanyherald.com.au

REIKI and healing touch therapy might not have topped the medical ver-
nacular 10 years ago, but the
benefits of complementary
therapies are gaining growing
acceptance in the Great Southern
through the success of a free ser-
vice helping cancer patients.

For the past eight years, Solaris-
Care Albany (formerly New Horis-
zons) has been making a
difference to the lives of cancer
patients, their carers and pallia-
tive care patients at Albany Hospi-
tal.

SolarisCare was founded in
2001 by David Joske, a haematolo-
gist at Perth's Sir Charles Gairdner
Hospital, based on two key
aims: to improve the quality of life
of cancer patients and their fam-
ilies, alleviating stress or anxiety,
while assisting where possible to
alleviate the side effect and symp-
toms of cancer treatment.

It might sound like mumbo jumbo
to some quarters, but the bene-
fits of energy-based therapies
healing touch and reiki, as well as
touch-based therapies reflexology
and relaxation massage are



SolarisCare volunteer and office co-ordinator Valmai Nathan at the Worry Tree at the organisation's Albany office.

Pictures: Laurie Benson

**"A SERENE SPOT IN THE
MIDST OF TRAUMA AND
WORRIES ALL AROUND.
ONE CANNOT HELP BUT
FEEL RELAXED"**

LOUIS

**"THE PAIN AND STRESS IN
MY BODY AND MIND ARE
VERY MUCH REDUCED... IT
LASTS FOR DAYS..."**

SNAP SHOT

Solariscare charity dinner

By **SHANELLE MILLER**

SOLARISCARE cancer
support centre in
Bunbury is set to benefit
from a Secret Garden
Charity Dinner to be
held in Perth next month.

Bunbury that is in need
of the support of the
community.

The event will serve a
gourmet meal at the din-
ner showcasing the food
and wine from the South
West.

Tribute to a 'wonderful gift'

MUSICIAN Paul Raven's CD,
Second Chance, is a tribute to
the 'wonderful gift' of life and
the need to live it to the full while
there is the chance.

The terminally ill Denmark man
was at a peak of his teaching ca-
reer when, two years ago, a small
freckle on his shoulder turned out
to be a melanoma.

Soon after his students from
Albany's St Joseph's College,
comprising the African percussion
band, Kasamba - meaning gift of
life - won a silver medal at the
Australian International Music
Festival in Sydney.

Four months after the removal
of the 'freckle' the music special-
ist faced surgery for an underarm
tumour and surrounding lymph
node tissue.

Paul's teaching career was 'over
in a flash'.

He and wife of 22 years, Pauline,
a music specialist at Denmark
Primary School, knew the tumour
was 'going to be trouble'.

"We knew enough about secondary cancer
and the severity of it," Paul said.

Since then there have been operations to re-
move the tumour and surrounding lymph
nodes.



Paul Raven and Baci.

moved without severing the motor nerves.
"I still had all my sensitivity and movement
of my hand," he said.

"It was a case of determination to break
through the pain barrier."

Pauline during his illness.

Pauline, a singer and pianist, has been en-
couraged to do likewise.

"Paul has taught me not to leave things until
the last minute," she said.



SolarisCare chief executive David Edwards, volunteer Fay Boyd and Red Sky Ride co-founder Kim Gilbert.

Cyclists on mission for SolarisCare

A GROUP of 20 western
suburbs bike riders are
tackling an eight-day,
1000km ride through the
South West to raise
money for SolarisCare

Cancer Support Centres.
The centres' founda-
tion offers support, infor-
mation, education and
complementary therapies
to cancer patients and

their families.

SolarisCare founder
David Joske said the
annual bike rides since
2008 had raised more
than \$1 million.

RESPECT

RESPECT GIVES A POSITIVE FEELING OF
ESTEEM OR DEFERENCE FOR A PERSON, AND
ALSO SPECIFIC ACTIONS AND CONDUCT
REPRESENTATIVE OF THAT ESTEEM.

**“SOMEHOW AND
SUDDENLY I DON'T
FEEL SO
ALONEWITH
THANKS”**

SUE

FINANCIAL STATEMENTS

SolarisCare is committed to a sustainable future and responsible management of our resources.

INCOME & EXPENDITURE

INCOME	2012	2011
Grants and Donations	347,728	386,722
Fundraising Events	428,554	413,030
Interest	50,059	48,486
Total	826,341	848,238

EXPENDITURE

Cost of Charitable Activities	374,337	327,997
Cost of Research	158,258	100,720
Cost of Generating Funds	126,422	74,747
Cost of Fundraising Events	159,295	154,481
Cost of Governance	232,815	234,938
Total	1,051,127	892,883

SURPLUS/(DEFICIT) -224,786 -44,645

The summary of income and expenditure for 2012 set out above has been extracted from the full financial statements and does not constitute the charity's statutory financial statements. This summarised financial information may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. For further information, the full financial statements, the auditor's report and directors' report on these financial statements should be consulted. Copies of the full financial statements can be obtained from David Edwards (08) 9381 3268

" THANKS SO MUCH FOR ALL YOUR SUPPORT YOU HAVE SHOWN/GIVEN US THIS YEAR, NO WORDS CAN DESCRIBE HOW MUCH IT HAS MEANT TO US "

DAVID, LEONA, EMALEE & KYLE

BALANCE SHEET

	2012	2011
FIXED ASSETS	579,145	584,584
CURRENT ASSETS	2012	2011
Debtors	66,677	63,880
Cash at Bank	881,464	1,105,057
Total	948,141	1,168,937
CREDITORS	106,292	107,742
NET CURRENT ASSETS	775,172	997,315
TOTAL ASSETS LESS CURRENT LIABILITIES	777,184	999,326
RESERVES	2012	2011
RETAINED EARNINGS	1,420,994	1,445,779
Total	1,420,994	1,445,779

FINANCIAL STATEMENTS

WHERE OUR FUNDS CAME FROM 2011 - 2012

DONATIONS

\$55,201

This is income received in our donation box or from corporates and individuals to support our services

RESEARCH

\$32,278

Funds donated towards supporting our research projects

RED SKY RIDE EVENT

\$325,656

Funds raised to support this valuable event, where cyclists ride 1000kms over 8 days to raise funds to support our services.

LOCAL COMMUNITY FUNDRAISING

\$49,969

This includes income from volunteers and supporters who run events and fundraise locally in their communities.

RAFFLES AND OTHER FUNDRAISING ACTIVITIES

\$29,414

This is income from raffles, book sales and other fundraising activities organised in our centres.

GRANTS AND FUNDING

\$283,764

This is money received from St John of God Hospital in Subiaco and the Brady Foundation to support our centres

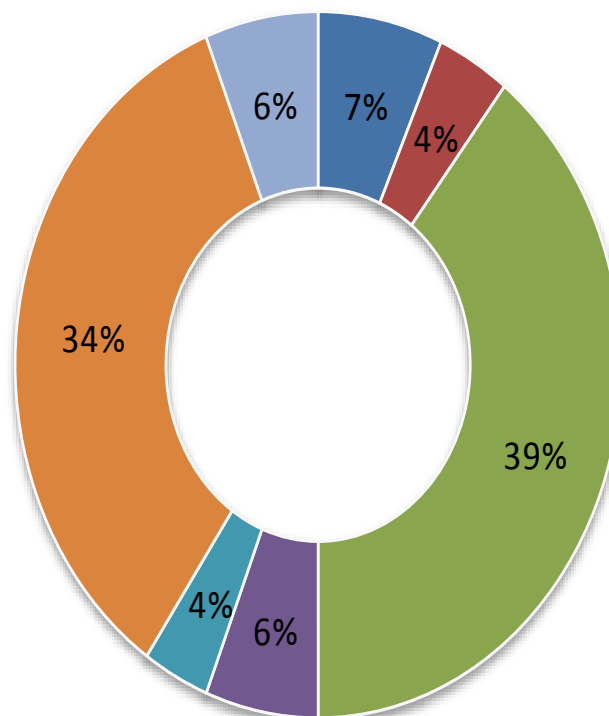
BANK INTEREST

\$50,059

This is interest received on our money invested

TOTAL INCOME

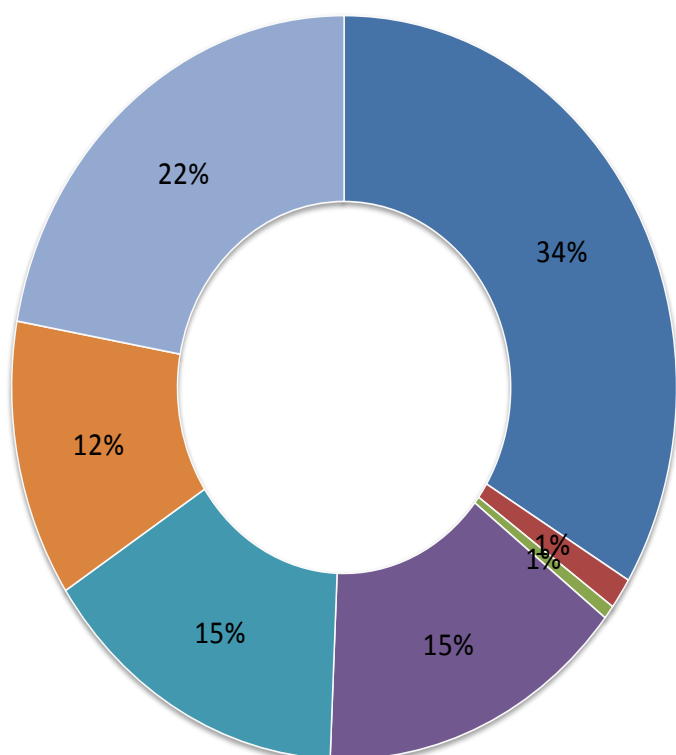
\$826,341



"IF CANCER PATIENTS ONLY DO ONE THING I WOULD SUGGEST WALKING INTO SOLARISCARE, YOU WILL NEVER FEEL ALONE. I WILL NEVER BE ABLE TO THANK YOU ENOUGH."

SALLY

FINANCIAL STATEMENTS



"THEY ARE A QUIET PORT IN LIFE'S STORM, AT SOLARIS I FEEL SAFE, LOVED, STRONGER IN MY MIND BODY AND SOUL. I AM VERY LOVED AND HUGGED ACCEPTED FOR BEING ME AND SAFE AND ENCOURAGED"

JACQUELINE

HOW OUR FUNDS WERE ALLOCATED 2011 - 2012

FRONTLINE SERVICES

\$353,759

This is the cost of running our 4 cancer support centres.

VOLUNTEER EDUCATION & TRAINING

\$14,286

The cost of running courses and training programmes for our volunteers.

PATIENT EDUCATION

\$6,292

We run courses for the carers of cancer patients to assist them in their difficult role as a carer.

RESEARCH & ADVOCACY

\$158,258

We put substantial time and funds into the research of the benefits of complimentary therapies to cancer patients.

COST OF FUNDRAISING EVENTS

\$159,295

This is the cost of organising the Red Sky Ride and other fundraising events held throughout the year.

COST OF GENERATING FUNDS

\$126,422

This is the cost of promoting our services in order to generate donations and support for our services.

COST OF GOVERNANCE

\$232,815

This includes all the required insurance, staff training and other costs to meet our ongoing requirements.

TOTAL EXPENDITURE

\$1,051,129

SOLARISCARE 2011 - 2012



SOLARISCARE SUPPORTERS

RSM Bird Cameron
Chartered Accountants



Department of Health

GRA Everingham



St John of God Subiaco, RSM Bird Cameron, Brady Foundation, Department of Health WA, GRA Everingham, Justin Langer, Zenith Insurance Services, Macmillan Cancer Support, Insight Environmental, Lumley Insurance, Hollywood Private Hospital, Gallagher Bassett, Shotz, Automotive Holdings Group, Milne AgriGroup, Veolia Transport, Perth Stitching's, Pelusey Photography, CSE-Comsource Pty Ltd, Wolfe Civil, Scody Sportswear, D'Orsogna Smallgoods, QBE Insurance, Hertz Rental and Leasing, Advans WA, ELA, JayPak Digital, Trendsetter Homes, Forestland Springs, Emma White, Contract Power Group, Azzura Gelati, Bright Green, Sodexo, Global Transport, Jarman McKenna, Acton Real Estate, The Good Guys Bunbury, The Good Guys Osborne Park, Aspire Fitness, Steve Smith, John Worsfold, St Catherine's College, Barkers Furniture, Carers WA, Cycle Mania, The Navy Club Fremantle, Libby Hammer, Doral, Mt Barker Chicken, Australian Red Cross, Salt on the Beach Restaurant, Central TAFE, Super IGA Bunbury, Centrepont Shopping Centre Bunbury, Lions WA, Canning Vale Quilters, Margaret River Chocolate Company, Maurice Meade, Bridgetown-Greenbushes Shire, Natural Therapies Centre, Tas's Bakery, Augusta Bakery, Drover's Fruit, CWA Harvey, Brownes Dairy (City Milk Distributors), WA Quilters Association, April Flowers, Pauline Smyth, Jan Payne, Captain Stirling IGA, Central TAFE, Challenger TAFE, Chez Moi Gifts, Saffe, Bloomin' Flowers - Tracey and Zoë, Albany Plantation Export Company, Lyndendale Gallery, Italia Lodge, Kim and Christine Gilbert, Rose Graham, ECU Bunbury, Captain Stirling, Men of Song, Chadia Scheel, Frank Scheel, Luke O'Donohoe and many, many more.

SCGH

**DD BLOCK GROUND FLOOR
HOSPITAL AVENUE NEDLANDS
TEL (08) 6383 3475**

SJOG SUBIACO

**12 SALVADO ROAD SUBIACO
TEL (08) 9388 9788**

SOUTH WEST

**72 BRITAIN ROAD BUNBURY
TEL (08) 9791 1559**

GREAT SOUTHERN

**WARDEN AVENUE, ALBANY
TEL (08) 9891 2600**

OR CONTACT

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SolarisCare
Integrated care for cancer