



"What a journey! Looking back I don't know how I managed to walk the rough path, I remember grim, extreme fear, depression, and I also remember you holding my hand and gently helping me to take steps, one at a time. Your care, support and good souls have made a positive contribution in these hard times just when I most needed it..."

Maria



SolarisCare Annual Review 2015

Humanity in Health Care

Valmai Nathan takes Dr David Joske and David Edwards on a tour of SolarisCare Great Southern



“Dare to reach out your hand into the darkness, to pull another hand into the light.”

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WHO WE ARE

OUR VISION

SolarisCare is to be recognised as the leaders in providing proven quality of life care for cancer patients and their carers.

OUR MISSION

In a nurturing environment provide access to:

- safe and supervised complementary therapies,
- a reliable information service,
- qualitative and quantitative research,
- support and personalised care

through our highly skilled volunteer and staff network whilst embracing mainstream medical treatments.

We will achieve this with the continued support of our key stakeholders, sponsors, donors and supporters.

OUR CORE VALUES

CARE: *To always help and comfort others in a supportive environment is essential to the physical and psychological wellbeing 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*

"You treat a disease, you win, you lose. You treat a person, I guarantee you, you'll win, no matter what the outcome."

Patch Adams

WHAT IS INTEGRATIVE CANCER CARE AND WHY IS IT IMPORTANT?

1 in 4 Australians will use a form of Complementary Therapy such as massage, exercise and music therapy during their cancer treatment.

Integrative Cancer Care is the combined use of mainstream cancer treatment with complementary methods in a deliberate manner that is personalised, evidence-based and safe.

An integrative process involves bringing conventional and complementary approaches together in a coordinated way. This approach to health, wellness and quality of life is increasing within the healthcare system worldwide. There is a growing number of research into the benefits of integrative cancer care in a variety of circumstances, including pain management, symptom relief and programs to promote quality of life in cancer patients, survivors and carers.

Complementary Integrative Therapies (CIT's) are evidence-based, and used alongside mainstream cancer treatments, to provide supportive care to improve quality of life. These therapies are not used to treat cancer but first and foremost, to assist in reducing the physical and psychological symptoms associated with cancer and mainstream treatments. The terms complementary and alternative medicine are often used interchangeably. However, they are two very different approaches to treatment of an individual's health. Alternative medicine/ therapies are used in place of conventional medicine and are not supported qualitative research.

"When everything is under a cloud – jobs, friendships, relationships, lifestyle and indeed life itself – we ask people diagnosed with cancer to negotiate hospital mazes, a whole new language, learn something about biology and then to decide on treatment."

Dr David Joske

PLANNING FOR THE FUTURE

SolarisCare is the leading provider of integrative cancer care across Australia. To ensure our sustainability, growth and the continued delivery and advancement of integrated oncology the Foundation has developed a set of core strategic imperatives.

- *To be an organisation of choice for volunteers, staff, cancer patients and their families*
- *To undertake a rigorous and collaborative research and education program that builds and shares knowledge of integrated cancer care*
- *To increase supportive relationships through brand awareness and reputation development*
- *To create a sustainable future through a more diversified, and increased, funding base*
- *To stay true to core business and remain responsive to areas of unmet need*

CHAIRMAN'S REPORT

It has been a year of tangible advances this year, both literally and strategically, leading to I believe a sense of re-born energy within the organisation. New directions are opening up and the SolarisCare story will have new chapters to add soon. The short version of this year's main gains includes a new-look Board, finding a clearer message, and the creation of the SolarisCare Community Garden at SCGH.

Starting at the Board level, new blood has been injected through the additions of Kirsty Danby and John Hassell. Kirsty brings her wide and current knowledge of marketing and modern media, plus her dynamic team, who have been "volunteered" to take an extensive look at our image, at how we are perceived and how we should best tell our story. A huge array of stakeholders has been surveyed, much data crunched, and numerous meetings held. A clearer communication strategy will result, with new-look logos just the face of the deeper change towards better clarity of purpose that her work provides us. On behalf of the Board and across SolarisCare, I thank Kirsty, Michael and Shanna especially for all they have done and achieved and for the time they have spent with Ashlee Young as well.



Dr David Joske

John "Alby" Hassell may by now have been able to forget me bending his ear over five hours on the first day of this year's Red Sky Ride, riding from Perth to Harvey. For me, it was a jewel of a day in his company and I hugely enjoyed discovering the caring, many-layered person he is, whilst hammering out the kilometres. At the same time a passionate man of the land and farmer, he has a shrewd view of the business world and an acute understanding of modern governance issues from his work with the Board of CBH. Perhaps from that discussion, John came to see that he could offer a lot to SolarisCare as well and we are all delighted he has accepted a spot on our Board. We look forward to his contributions greatly.

Next, I must record with very deep gratitude the resignation of Margaret Naderbaum, who leaves after several productive years. I shall miss her quiet voice of reason and practical concern over executive decisions; she often directed our thinking back to good sense, identifying the key issues through thoughtful questions.

The work Kirsty and team have done has been extensive and has prompted us to look at ourselves afresh at many levels across the organisation. For myself, I came to a stronger appreciation of our pioneering achievements and a renewed sense of confidence and pride. This was presaged at a session at the Clinical Oncology Society of Australasia annual scientific meeting in Melbourne in December 2014. This is the main cancer scientific meeting on the Australasian Calendar. The topic in this session was Wellness and Cancer and the three organisations sharing the podium were ourselves, the Olivia Newton-John Cancer centre based at the Austin Hospital in Melbourne and the Chris O'Brien Lifehouse at the Garvan Institute in Sydney. It was very apparent to me that our documented treatment record was far, far more extensive than theirs, plural. As David Edwards says, "we punch above our weight" in terms of track record (over 12,000 Western Australians with cancer treated, plus carers, and currently delivering over 750 treatments per month.)

"If I were a cat I'd purr..."

SolarisCare Patient

Without doubt, one of the most noteworthy achievements this year has been the SolarisCare Community garden. The idea for this came from within SolarisCare and it has realised by partnerships with Dry July (funding), Curtin University Leadership Academy (design and elbow grease), Masters Home Improvements (building materials), plus the hard toil of our own staff, particularly Treslyn Hansen, Michelle Hilder and Ashlee Young. A very beautiful oasis with the SCGH environment has been created, for cancer patients, staff and others to have a quiet and attractive space to reflect and prepare. Already, many hospital staff and patients have availed themselves of the Garden. It has justifiably attracted a lot of attention; the value of this project to cancer patients and to SolarisCare will be amplified over the years to come. But if even one cancer patient finds renewed resolve or calmness there, then it is money well spent!

Our usual activities continue as the backdrop to these stars. The scientific symposium was held in Albany on May 15th, and it was a marvellous day of psycho-oncology research interaction and patient experiences being shared. As well, awareness of our Great Southern centre was being raised amongst the local health community. Well done to Dr Anna Petterson for making this day a success. The four centres with their coordinators remain busy and the ongoing demand for what we do shows no signs of abating. The Red Sky Ride once again rode to our rescue and on behalf of the Board I offer our thanks to the RSR riders, volunteers, family members, sponsors, donors and especially the inspiration trio of Kim “Maverick” Gilbert, John “Jester” Down and Alan “Iceman” White.



Dr Joske and fellow Red Sky Riders at SolarisCare South West.

Other community engagements have been through Patricia Williams and colleagues “Care for the Carers” courses. Outreach massage programs in the chemotherapy waiting areas, and the Men In The Kitchen courses continue when possible. Thanks too to Steve Smith and the staff at the Aspire Fitness Centre in Claremont for “The Chemo Club”, which after a short hiatus will recommence late 2015. I shall slip in here, a special thanks, once again, to David Edwards for the quietly stellar performance he is putting in as our CEO.

We are in the process of adapting the cherished, but now (I admit it) slightly dated original logo, to something more modern, and with this will come clearer communications and messages that reflect this greater confidence in what we have achieved. So what are the new clearer messages? Why simply, that we are the national leader in “Integrative Oncology” and in bringing humanity to healthcare. Our achievements deserve and have earned recognition at the national level.

Nevertheless, there remain new goals and aspirations. We need future partnerships to bring new income streams; we have agreement, but not funding, for a critical fifth centre at the new Fiona Stanley Hospital; work will commence on modifications to the Bunbury centre imminently to create a new outdoor meeting and working space in that very lovely environment; and collaboration in research and service delivery with interstate centres remains an exciting possibility flagged at the Melbourne meeting.

So I found myself, in the midst of a year of great change for SolarisCare saying, as before, “Watch this space.” As ever, our story grows and grows and there is so much to look forward to. To paraphrase our new Prime Minister, “There has never been a better, more exciting time to be a part of the SolarisCare family”.

Dr David Joske

SolarisCare Founder, Medical Director and Board Chairman

Clinical Professor of Medicine, University of Western Australia

Clinical Haematologist, Department of Haematology Sir Charles Gairdner Hospital

W.A. Cancer & Palliative Care Network Survivor Collaborative Clinical Lead



David Edwards, CEO

It is a great privilege to have Dr Robin Youngson, Co-Founder of Hearts in Healthcare, to present at our Annual Review this year. Hearts in HealthCare is an organisation dedicated to bringing joy back into the lives of those engaged in healthcare, so that this positive intent is openly shared with patients, family, team members, staff and visitors. As with the theme of this year's review, through the vision of David Joske, SolarisCare proactively embraces this mission of bringing **humanity to healthcare** through our wonderful volunteers, corporate supporters, community champions and staff.

In creating and building SolarisCare into the future, I believe the key strategic elements we need to focus on are (1) to remain a volunteer organisation of choice (2) to increase supportive relationships through brand awareness and relationship development and (3) to create a sustainable future through a more diversified and increased, funding base. Each of these elements were strongly supported by the outcomes of the Deloitte Innovation Café in August

2014, and have guided our actions during the past year.

It cannot be said enough, but volunteers are the life blood of our organisation. In addition to our regular therapist and 'meet and greet' volunteers, we have fundraising volunteers, gardening volunteers, construction volunteers just to name a few. What is most pleasing, as you will note in the operational review, is that there is an incredibly high level of satisfaction within our volunteering community, and a strong intent to continue volunteering. In addition to the fact that our volunteers are incredible humanists, I believe this says a lot about the caring and supportive work undertaken by Treslyn Hansen and our amazing Centre Managers, Val Henry, Cathleen Backman, Valmai Nathan and Carline Turner. It also confirms the statement often related to me by volunteers that the relationships created with patients and family members are intrinsically rewarding in themselves.

The appointment of Kirsty Danby and John Hassell to the SolarisCare Board has added extra skill sets to a very strong board that have already proven incredibly valuable. Kirsty and her team at Platform Communications (special mention to Shanna Crispin) have embraced SolarisCare completely, and worked tirelessly with our incredible PR, Marketing and Fundraising Manager, Ashlee Young, to increase our media exposure, build new connections, streamline our communications, and shape a strong story for our brand development. John's regional network, governance capabilities, and passion for the organisation will certainly bear fruit for us over the next few years.

SolarisCare, like many organisations in Western Australia, is not immune to the fluctuations of the economy. The past year has been particularly difficult; however, I would like to sincerely acknowledge the generosity of so many in the business community and philanthropic organisations that have remained steadfast in their support of our mission. Our overall financial position was affected also by a one off revaluation of our Bunbury centre.

The 8th SolarisCare Red Sky Ride attracted a vast array of old and new supporters and volunteers who delivered a record fundraising total over \$430,000. I acknowledge particularly our Team Sponsors Brierty, Zenith Insurance Services, Jarman McKenna and Vogue Lighting and our 2015 SRSR Ambassador Fiona Ryan (Boyce). The event itself delivered strong future partnerships and ideas, including the inaugural Deloitte led 'Spin for Cancer' that we are building to become an additional revenue stream in the RSR stable of events. Many other individuals and communities have also come together to create stand-alone events that benefit SolarisCare, which is imperative given our limited resources.

Dry July has been another incredible success and has allowed us, in partnership with volunteer organisation from Curtin University, to deliver a new SolarisCare Community Garden at SCGH and over two weekends, give our South West centre a much needed bit of TLC. Patients, volunteers and staff love these new additions along with new equipment, modernised resources and care packs. Our Dry July partnership is going from strength to strength.

Our connections within the Philanthropic sector continue to grow and I would like to acknowledge the Perron Charitable Foundation, The Barrows Foundation and the Dorothy and Bill Irwin Charitable Trust for their generous support.

We will continue to grow events and connections such as these, and to keep advocating to government that SolarisCare is a more than worthy recipient of funding into the future.

SolarisCare continues to be acknowledged as a leader in evidence based complementary therapies and the development of supportive care services in cancer. We have been fortunate to have many centres seek our advice on the establishment or operations of such services, and we have willingly collaborated in spreading our message of safe, supervised care. This has been supported by the robust work of the SolarisCare Collaborative Research Team under the guidance of Dr Anna Petterson.

I would also like to acknowledge Michelle Hilder, Husein Motiwalla, Patricia Williams and Ashley Metcalf who, in addition to offering their accounting, IT, project and analysis expertise, genuinely give of themselves to the SolarisCare community.

As always, there are too many people to thank. It always feels a bit inadequate in trying to fully capture the impact of a SolarisCare year in review. It never seems to do justice to what is a genuinely collaborative, connected and caring community of people and organisations. In the end, we can be sure that everyone who has engaged with us or been touched by the services we offer, can say that through SolarisCare, there is **Humanity in HealthCare**.

David Edwards

Chief Executive Officer, SolarisCare Foundation



SolarisCare SCGH Community Garden official opening with David Edwards, Hon. Alyssa Hayden MLC and Dr David Joske

“Healthcare’s focus on physical disease and bio-medicine is unbalanced. We need to pay much more attention to emotional, psychological and spiritual wellbeing and the huge importance of healing relationships.”

Dr Robin Youngson “Time to Care”

SolarisCare: A Year at a Glance

What you have helped us achieved

Over 9,000 free Complementary Integrated Therapies were provided including massage, counselling and yoga



>4,500 additional patients walk in to access our free resources, have a chat or enjoy a cup of tea in a quiet place.



Community Outreach

603

Individual Counselling Hours

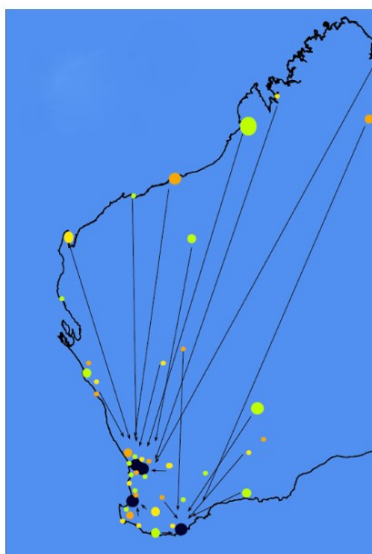
361

Volunteer Hours

16,669

State-wide Impact

SolarisCare provide vital support to patients and families across the state, covering 2,532,400 square kilometers from Kununurra to Denmark.



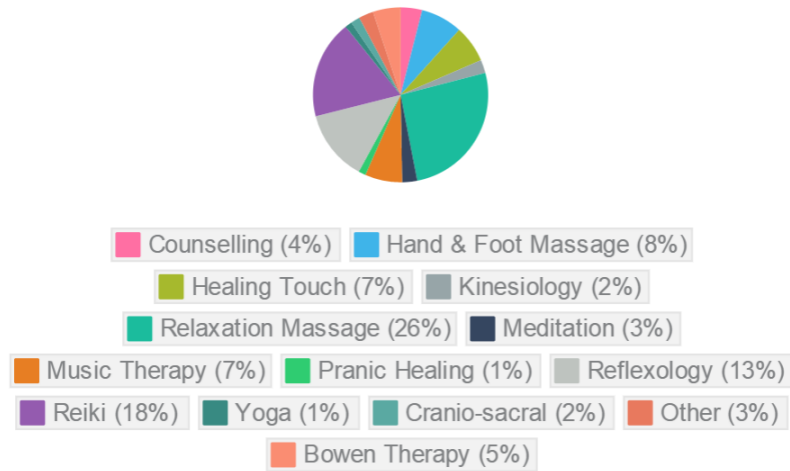
Referrals

Over 50% of patient referrals to SolarisCare are through healthcare professionals, and affiliated organisations and cancer services

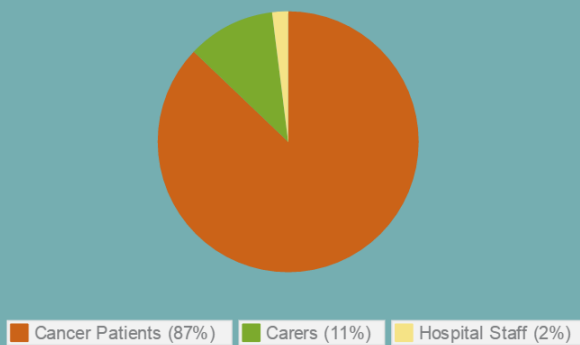


SolarisCare: Therapies in Action

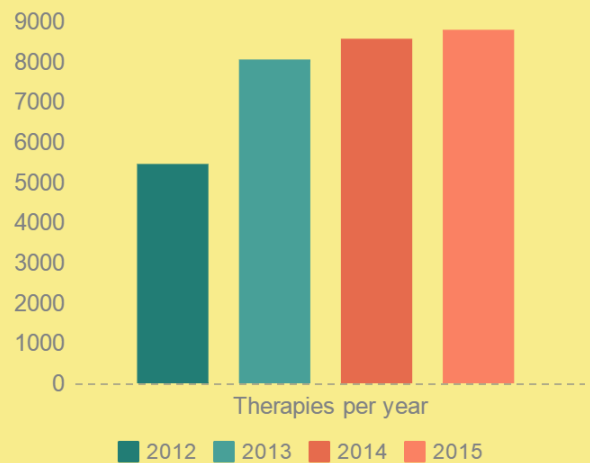
Types of Complementary Therapies provided



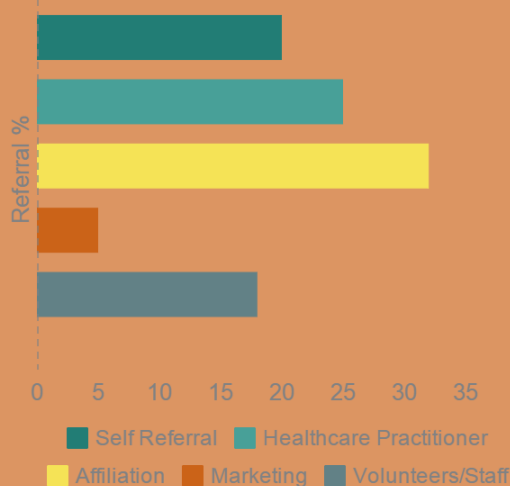
Breakdown of therapy users



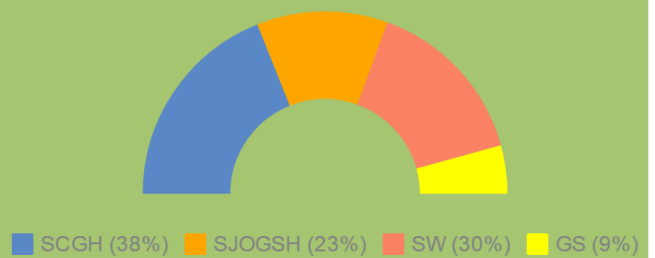
Growth in therapy use



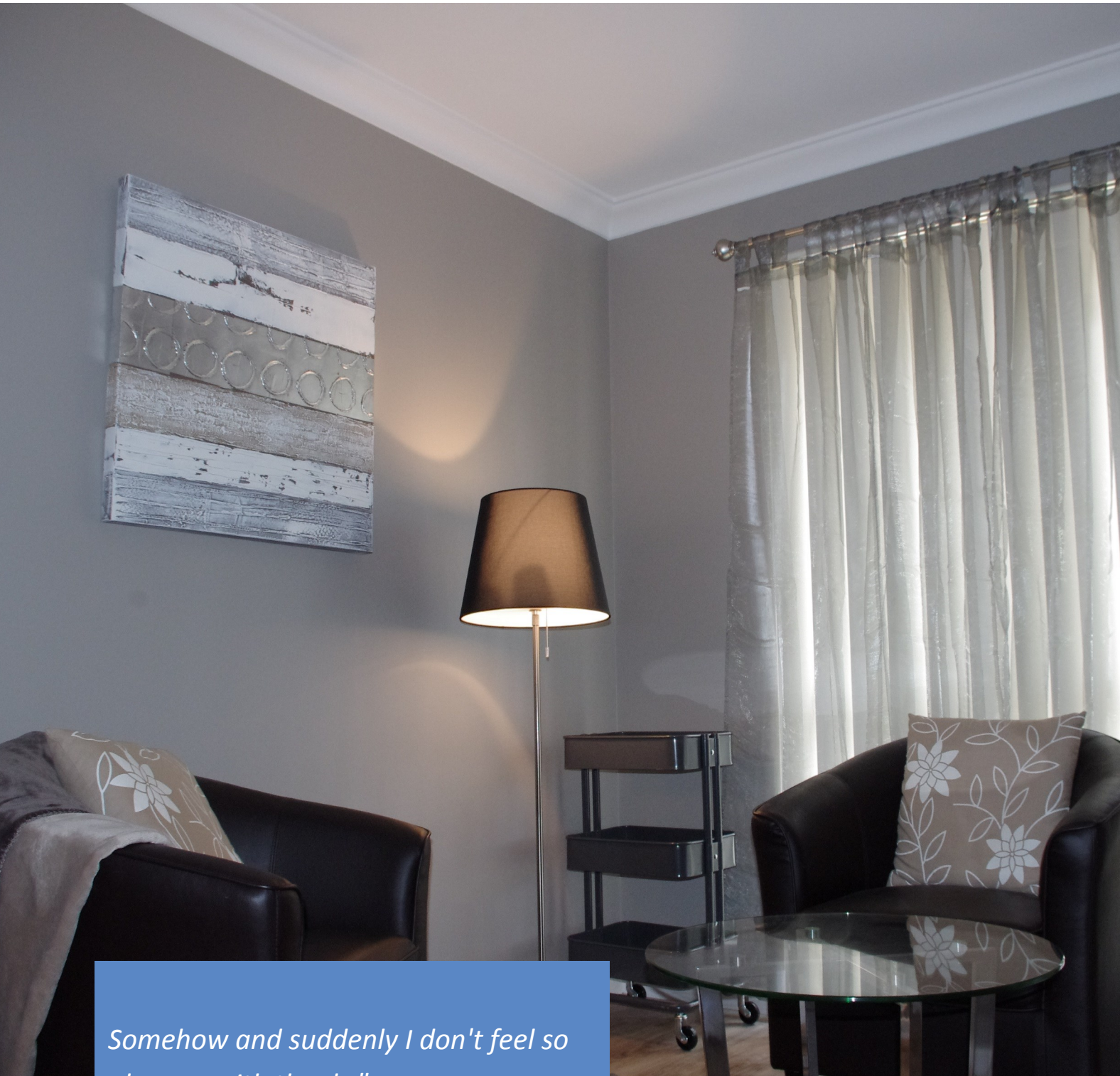
Source of referral



Therapies delivered per centre



Enhancement of SolarisCare South West through funds raised from Dry July



*Somehow and suddenly I don't feel so
alonewith thanks"*

Sue

The SolarisCare Foundation continues to be a leading organisation in supportive health care services for cancer patients and their carers.

The fourteenth year of the SolarisCare Foundation has seen centres deliver the following services to 30th September 2015.

	SCGH		SJO		South West		Great Southern	
	THERAPIES	WALK IN	THERAPIES	WALK IN	THERAPIES	WALK IN	THERAPIES	WALK IN
2015	2639	2828	1540	519	2294	563	606	501
2014	2627	2485	1567	444	1553	255	658	387
2013	2547	2635	1576	328	1414	146	648	399

ORGANISATION OF CHOICE

As an organisation reliant on volunteers to deliver these services, there is continued strong focus to be a volunteering organisation of choice. An organisation where volunteers feel respected, valued and connected.

Further to this, a questionnaire was developed and distributed in the second half of 2015 to survey all SolarisCare Foundation volunteers. 68.5% of the surveys were completed. The overall aim was to utilise the questionnaire as a tool to review and assess the role of our volunteers, their experiences and to directly gather information that is imperative to maintain service fundamentals.

VOLUNTEER QUESTIONNAIRE SUMMARY

The survey clearly reflected that SolarisCare as a whole is a friendly and very supportive place for volunteers to work.

99% of survey respondents indicated care was SolarisCare's top priority and should the need arise, they would encourage friends or relatives to attend the centres.

The majority of volunteers were introduced to the Foundation by personal recommendation from family and friends (28%). 13% were attracted by direct marketing and 12% by SolarisCare team members or staff. A total of 9.5% returned to volunteer following personal experience with the Foundation.

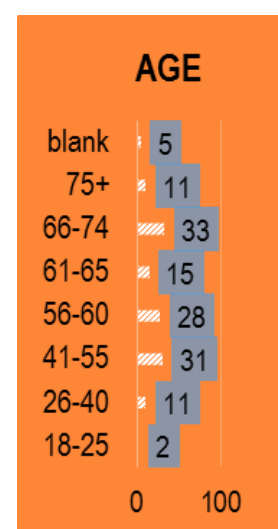
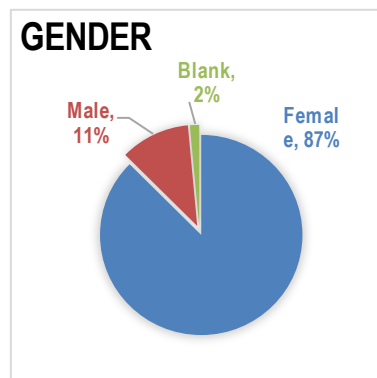
In addition to increasing successful levels of volunteer involvement, the summary of the survey results will be used to lead future discussions, and encourage and implement innovative initiatives.

DEMOGRAPHICS

Distributions are fairly even over age and length of service. Some volunteers deliver services at multiple centres. 50% of all respondents volunteered at SolarisCare SCGH.

A majority of survey respondents were:

- 41-55 years of age
- Female (87%)
- Therapists 56%
- And provided:
- 1-10 years of service
- <4-8 hours per week (87.5%)



CENTRE REVIEW

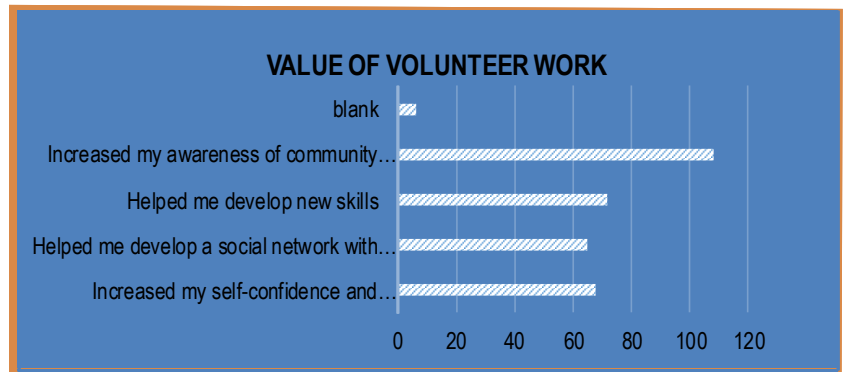
REASONS TO VOLUNTEER WITH THE SOLARISCARE FOUNDATION

- 88% of respondents were motivated to make a difference
- 43% wished to increase their therapy experience
- 20% wanted to occupy their free time, learn something new, and give back to society
- All volunteers who responded to this question felt valued in their volunteering environment. The responses were not mutually exclusive.

SATISFACTION, SUPPORT AND RECOGNITION

96% of SolarisCare volunteers surveyed were confident in their roles and responsibilities. A higher proportion felt more strongly that they gave a quality of service and made a difference. All but one respondent were satisfied or very satisfied with their position.

All indicated they planned to continue volunteering however most were unsure or against increasing their hours due to a variety of reasons.



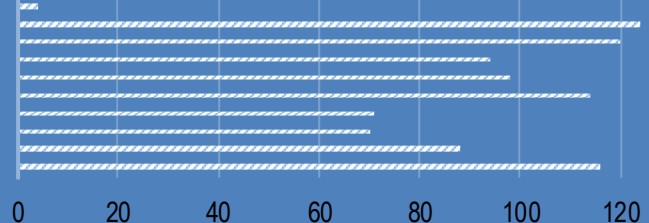
Management and Volunteer Coordinators were recognised as being highly supportive, communicative and having a team approach including volunteers with decision making processes. The only neutral leaning yet still positive distribution was for action taken on volunteer feedback.

Nearly all respondents felt adequately supported in their volunteer work with 68% undertaking specific training. 7% indicated training had not been offered. The value of training option preferences were at variance and these will be a focus of future individual and group learning, skill development programs.

Nearly all respondents felt supported by their peers, that their contribution was valued, and in general were given appropriate recognition for their contributions.

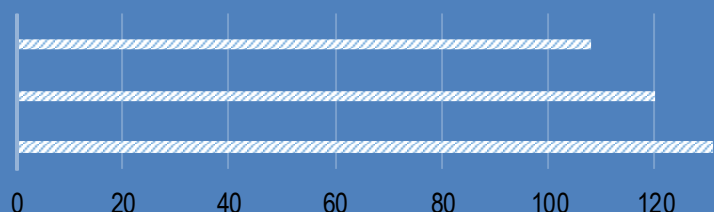
REFLECTION OF VOLUNTEER ROLE

I am proud to tell people who I volunteer with
It is important for me to be accountable for my volunteer work
My volunteer work gives me a sense of accomplishment
I feel encouraged to motivate others
I use my skills and abilities doing meaningful work



STATEMENTS ABOUT SOLARISCARE

I feel like I am part of the Foundation's vision for the future
SolarisCare Foundation has a clear vision for the future
I share the values of the Foundation



COMMUNICATION WITH VOLUNTEERS

The identified areas to improve seem to be logistical, perhaps establishing more tangible or formal avenues for suggestions, complaints or communications to be processed so the results are not left open ended or uncertain in volunteers' minds.

Respondents found email the most helpful avenue, followed by the newsletter, noticeboards, and meetings (27% neutral). Utilising this feedback, the importance of sharing information and appropriate strategies, will be a focal point going forth.

DEVELOPMENT OF SOLARISCARE CENTRES

Utilising funds from the 2014 Dry July campaign, support from Curtin University, Masters Home Improvements and other community stakeholders, the Foundation has focused heavily on modernising and enhancing our centres.

Investing in the expansion of the natural environment, SolarisCare SCGH and SW centres now offer enhanced patient services and surroundings through the development of therapy gardens. These provide areas of respite, reflection and tranquillity for patients, carers, volunteers and staff.

The redevelopment of these areas have received overwhelming and emphatically positive feedback.

Dry July continues to be the main source of revenue for the infrastructure of the centres and these funds are expended to create and maintain efficient, inviting areas with excellent resources.

SUMMARY

The outlook for the SolarisCare Foundation while positive is not without challenges. Economic dynamics have put heightened pressure on operating costs demanding SolarisCare centres function as efficiently and cost-effectively as possible without compromising the provision of the very best patient care. Along with this, our social responsibility dictates operations and activities must be environmentally sound.

Most importantly, the critical factor in our continuing success is our people. They demonstrate dedication, strength of purpose and consistently deliver quality and heartfelt service.

Evidenced by the questionnaire results, SolarisCare supports an inclusive, empowering and equitable volunteering experience that operates in accordance with best practice.

Our volunteers and staff continue to make an extraordinary contribution over a sustained period, bringing a wealth of knowledge and experience to their roles and we are invested and committed to knowledge sharing through a range of training and engagement opportunities.

The Foundation is recognised for its service excellence and benchmarks performance standards to best practice. These in turn, advance the quality, value and recognition of the Foundation. The effective management of compliance processes are key as are workplace occupational health and safety.

The challenge is to sustain and further develop the current operational model whilst maintaining awareness of potential opportunities and areas of development for increased capacity.

To underpin this, it is necessary to continue to build resilient infrastructure, promote standardisation of practices and foster and implement innovative processes. This will contribute to increased stakeholder value and strengthen support for the economic growth and financial stability of the Foundation.

Combined, these measures will promote an effective, committed, accountable and reliable development at all levels, which in turn consolidate the core business of the Foundation – the promotion of well-being and improved quality of life.

OUR IMPACT



"My wife and I are overwhelmed by your support and kindness. In particular we loved the quilt"

Bruce

"As a carer, I am always looking for ways to reduce my mum's pain and discomfort, so having a SolarisCare treatment booked ... provides me with some sense that I have achieved my aim...."

Jo



"To all the Volunteers – you are doing such a wonderful job. Creating transformation through compassion..."

SolarisCare Patient

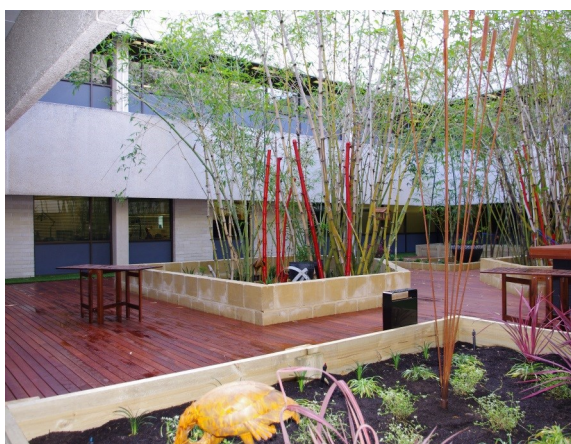
"I love this place. I am just here to chill before my treatment..."

SolarisCare Patient



"I can only do what's in my capability. Thank you for SolarisCare for helping me feel personally connected and involve myself with friends"

Gina



"Thank you for having this facility available. It's given me a chance o take time out and feel a little normal!"

SolarisCare Patient

"I was introduced to your wonderful centre by a friend we know and care for. I enjoyed the laughter, the tea in real china cups as well as the hands of therapy."

Karen



"Thank you for all that you do"

Jim

It is my great pleasure to report on the Collaborative Research Team's (CRT) progress and plans. I am extremely proud to be part of this vibrant, collaborative. The CRT is multidisciplinary with representation from across Universities and includes members with wide-ranging research and clinical expertise focusing on mentoring and developing research around all aspects of non-pharmacological care including the safe provision of complementary therapies for those affected by cancer.

In meeting the imperatives of the 2012-2015 Strategic Plan, the main areas of development for the year has been on survivorship, the evaluation of services, delivering a Symposium in Albany and developing safe practice guidelines for the delivery of Reflexology in the Day Clinic, Comprehensive Cancer Centre at SCGH.

Another of our Strategic Imperatives is the development of Alliances, Partnerships and Relationships, this continues.

September 15, marked our 14th year, activities included planning and pilot work for future projects and the development of operating procedures for the delivery of therapies. We continue to successfully engaged health and research professionals through our various research and education programs.

Research and Education for the next triennium will have a focus on:

- The development of safe practice guidelines for all complementary therapies offered through our Centres.
- Development of interventions amenable to translation, particularly targeting cancer survivorship, mindfulness, arts and health.

EDUCATION

VOLUNTEER EDUCATION

Our volunteer training continues, facilitated by Rosemary Watkins. The format of delivery changed in response to participant's feedback over the past two years. Metropolitan training was conducted in the same format used in Bunbury and Albany i.e. two full days (Saturdays) about 4-5 weeks apart (rather than 8 half days, over 8 weeks). This structure enables reflection on existing practices and learning new strategies as well as providing experiential opportunities in pairs and a group setting.

Courses:

Communication and Basic Counselling Skills:

Basic: Metro March-April

Advanced: Metro August-September

Professional Development: (skills update)

Albany: May

Bunbury: August

OUTREACH EDUCATION

SolarisCare Cancer Care Symposium

Friday, 15 May 2015

Albany, Western Australia

Theme: Care , Compassion, Commitment

The fourth SolarisCare Symposium focused on the key emerging trends in health care, complementary integrated therapies and cancer care, in regional communities.

Keynote Speaker: Dr Kirsten Auret

Held in May, this symposium completed the cycle of presenting an annual symposium in each of our centre locations.

The quality of presentations from local speakers and those from the metropolitan area were outstanding.

Proposed 2016 Symposium – Metro Area:

Including video links to ECU Bunbury and UWA Albany for keynote address and invited speakers.

CURRENT RESEARCH

- SCGH Clinical Trial, HREC No: 2012-96 **Providing reflexology in a chemotherapy centre: Is it safe? The development of safe practice guidelines for the use of reflexology in an outpatient chemotherapy clinic.**
Investigators: Dr Anna Petterson, Prof Anne Williams, Dr David Joske, Ms Kylie McCullough
- SCGH Clinical Trial, HREC No: 2013-093 **Stress Management/Mindfulness Based Cognitive Therapy (MBCT) for cancer: A trial of MBCT vs. traditional relaxation for reducing and preventing further episodes of psychological distress in individuals affected by cancer .**
Investigators: Dr Anna Petterson, Assoc. Prof Kellie Bennett, Dr Toni Musiello, Dr Suzie Brans, Ms Lani Valentine
- **Developing a Wellbeing Educational Program for Cancer Nurses.**
Investigators: Prof A Williams, Dr N Williams, Dr S Slatyer, Prof L Monterosso, Dr A Petterson, Prof P Morrison, Dr A Ebert, Prof D Twigg, Dr A Towell, Ms K Endacott.
- **Men in the kitchen (MIKE): Evaluating the effectiveness of an intervention (MIKE) for recently bereaved men.**
Investigators: Dr Anna Petterson, Dr Ruth McConigley, Prof Anne Williams, Dr Lisa Miller, Dr David Joske
- **Promoting the Health and Wellbeing of Patients with Cancer at Sir Charles Gairdner Hospital: An Evaluation of the Emotional/Physical Effects and Cost Effectiveness of the SolarisCare Program.**
Investigators: Prof Anne Williams, Dr Anna Petterson, Dr David Joske
- **Impact of wellness assessment and activity ‘prescription’ on cancer patients daily physical activity and health related quality of life.**
Investigators: Dr Bonnie Furzer, Dr Anna Petterson, Dr David Joske, Dr Karen Wallman
- **PEECE Study. Development and Testing of a new research instrument to elicit patients’ perceptions of emotional well-being.**
Investigators: Prof Anne Williams, Dr Anna Petterson, Dr Carolyn Bulsara, Assoc. Prof Kellie Bennett, Dr David Joske, Dr Toni Musiello, Leanne Lester, Emily Allen
- **Grant application: - unsuccessful. Exercise, Sports Science Australia (ESSA)**
Investigation of the efficacy of an exercise intervention based on self-determination theory and incorporating synchronous online delivery on the health outcome of cancer patients.
Investigators: Dr Bonnie Furzer, A/Prof Ben Jackson, A/Prof James Dimmock, Dr Anna Petterson, Dr Louise Naylor, Dr David Joske, Dr Nigel Spry. *Essence Fitness – Bill Grace*

JOURNAL PUBLICATIONS

A randomised controlled trial comparing the effects of a 12-week supervised exercise versus usual care on outcomes in haematological cancer patients

Bonnie J. Furzer, Timothy R. Ackland, Karen E. Wallman, Anna S. Petterson, Sandy M. Gordon, Kemi E Wright, David J.L. Joske
Supportive care Cancer 09/2015; DOI:10.1007/s00520-015-2955-7

Positive patient experiences in an Australian integrative oncology centre

Bonnie J Furzer, Anna S Petterson, Kemi E Wright, Karen E Wallman, Timothy R Ackland, David J L Joske
BMC Complementary and Alternative Medicine 05/2014; 14(1):158

*“A most positive experience of great value
to my post op recovery”*

SolarisCare Patient

RESEARCH COLLABORATIONS

THE COLLABORATIVE RESEARCH TEAM

Dr David Joske SCGH, SolarisCare Foundation and UWA

Dr Anna Petterson PhD, SolarisCare Foundation and Edith Cowan University

Prof. Anne Williams Murdoch University and SCGH

Patricia Williams SCF, Complementary Therapist and RPH

Dr Bonnie Furzer PhD, UWA

Assoc. Prof. Kellie Bennett UWA and SCGH

Dr Suzi Brans PhD WA Psycho-Oncology Services

Dr Lisa Miller SCGH and WA Cancer and Palliative Care Network

Dr Ruth McConigley PhD Curtin University

SCGH Sir Charles Gairdner Hospital
SCF SolarisCare Foundation

UWA University of Western Australia

RPH Royal Perth Hospital

CURRENT RESEARCH COLLABORATIONS:

SolarisCare looks forward to ongoing collaborations with the following.:

Sir Charles Gairdner Hospital, Cancer Services

St John of God Hospital, Subiaco

Cancer Council WA

Curtin University

Edith Cowan University

Murdoch University

University of Western Australia

WAPOS (WA Psycho-Oncology Services)

Clinical Oncology Society of Australia

IPOS International Psycho-Oncology Society

PoCoG (Psycho-oncology Cooperative Research Group))

State and National Complementary Therapy Associations

‘to partner with other organisations to improve the co-ordination, integration and delivery of care using a multidisciplinary approach, reducing the burden of cancer on patients and their carers’

STUDENT SUPERVISION:

We continue to foster new collaborative relationships through Masters and PhD student supervision.

Curtin University:

PhD student: Tina Crosbie CNP

Title: Wellness in Stem Cell Transplant (WIST)

University of Western Australia

Masters student: Valli Batchelor

Title: Will an intervention of Mindfulness using movements, breathing, attention, imagery and sound (MUMBAIS) improve patients quality of life?

TOWARDS THE FUTURE

Leadership, Diversity and Innovation: It promises to be an exciting period ahead with new initiatives and participation of new collaborators providing a strong focus on development and improvement of our services. The ongoing aim of the Collaborative Research Team is to remain fluid in our membership as we respond to the challenge of integrating complementary therapies into all aspects of care for people affected by cancer. Two patient (consumer) consultative workshops will be conducted during 2016 to solicit patient views regarding new research projects to meet identified needs.

SolarisCare will continue to investigate and plan to meet identified needs of specific populations to ensure that all people diagnosed with cancer, regardless of who they are, where they live and at what stage of the cancer trajectory they are at, will have access to optimum care and support.

We will help people whose medical cancer treatment has finished to find a way to move forward in life and assist in providing support and educational opportunities for people to develop habits that will reduce the risk of recurrence and to create and maintain a healthy lifestyle.

Volunteers of SolarisCare St John of God Subiaco Hospital



"Many thanks to all at SolarisCare who have helped us understand that we are not alone. Complementary therapies have really helped us relax and occasionally forget about worries. Much appreciation and admiration for those who have given up there to time to help others in need. Much love and many thanks"

Asae and Lincoln

OUR COMMUNITY



THE RED SKY RIDERS:

The Red Sky Ride is a vital element of the SolarisCare Foundation. It is more than a bike ride, incorporating a Business Breakfast, Golf Day and now extended to a Gala Dinner.

Each year a dedicated group of rider commit to cycling 1000kms over eight days through the South West of WA. The event is designed to mimic the philosophy of SolarisCare and the cancer journey; some days are harder than others but through the support and care of the group each rider can persevere.

Without the munificence and support of the riders, volunteers and sponsors involved in this event Foundation would not be able to provide the extensive services to patients and families across the state.

Through the Red Sky Ride we can achieve the extraordinary

COMMUNITY FUNDRAISERS:

Individuals and groups within the community play an important role in the ongoing delivery of support services through our centres.

As the foundation receives no ongoing government funding we rely on the generosity and support of community members.

Our Community fundraisers share our vision and recognise the importance of providing supportive care to cancer patients and their carers. Those who have the courage to undertake a marathon, host a high tea or take on Dry July, help raise vital funds needed to support adults in Western Australia.



ADVOCATES

We are honoured to have so many Western Australians stand up in their local communities to help spread the vision of SolarisCare.

Word of mouth is our primary source of referral. As a small organisation SolarisCare builds on our relationships with healthcare professionals, in particular hospital staff, as well as patients and volunteer to share their experiences and encourage individuals to use the free services offered.

We are a community built to help others.

AMBASSADORS

Our Ambassadors are passionate leaders who believe in the values and vision of Dr Joske and the Foundation.

Ambassadors will play a key role in helping SolarisCare meet its strategic objective of increasing awareness and understanding of the importance of cancer care with the general public. Our ambassadors are pivotal in assisting the Foundation to deliver our key messages and ensure we can reach those individuals in need of a helping hand.

SolarisCare ambassadors are representatives of the foundation and range from celebrities such as our patron and West Australian Cricket Coach Justin Langer to patients such as Deb Walker and Robina Crook.



SUPPORTERS AND DONORS

Our supporters and donors contribute to the foundation in many ways, including regular giving, donating to a campaign or leaving a gift in their will.

Every donation, in kind gift or act of support propels SolarisCare makes a real difference in the lives of Western Australians living with cancer. Through their generosity SolarisCare has the ability to provide individuals with the information, practical skills and support to create a better today.

The best way to provide a helping hand to patients and carers is to support them to get the most out of their treatment and empower them to live to their potential, regardless of their diagnosis.

CORPORATE PARTNERS AND MAJOR DONORS

Corporate partners, philanthropic trusts and foundations play a vital role in the development and future of the foundation.

Our partners are those who collaborate with SolarisCare as a contributor of tied and untied funds and share their skills and knowledge to help bring the foundation forward and assist in delivering a service. We tailored our relationship to the individual level of input and involvement to suit the organisation.

The opportunity exists for SolarisCare to create new and enhance existing relationships with businesses to further the success of the organisation. To continue, grow and expand the services of SolarisCare, the Foundation is pursuing development of partnerships with organisations that align with our brand, values and leadership model to create mutually beneficial relationships.

We look forward to initiating, building and sustaining strategic and meaningful relationships, and enhancing shared values with a focussed corporate audience.



Our information booklet provides an insight in Complementary Integrated Therapies , funded by Dry July



"My sessions at SolarisCare have been absolutely transforming in terms of keeping focused and positive on working with my clinicians to provide the best evidence based care..."

Simon

INCOME AND EXPENDITURE		
INCOME	2015	2014
Grants and Donations	351,586	310,523
Fundraising Events	580,866	528,503
Interest	5,688	18,465
TOTAL	938,140	857,491
EXPENDITURE		
Cost of Charitable	528,777	476,428
Cost of Research	87,532	90,894
Cost of Generating	75,775	95,000
Cost of fundraising	229,475	173,675
Cost of Governance	246,810	229,890
Building Revaluation	98,078	-
TOTAL	1,266,446	1,065,887
SURPLUS/(DEFICIT)	-328,306	-208,396

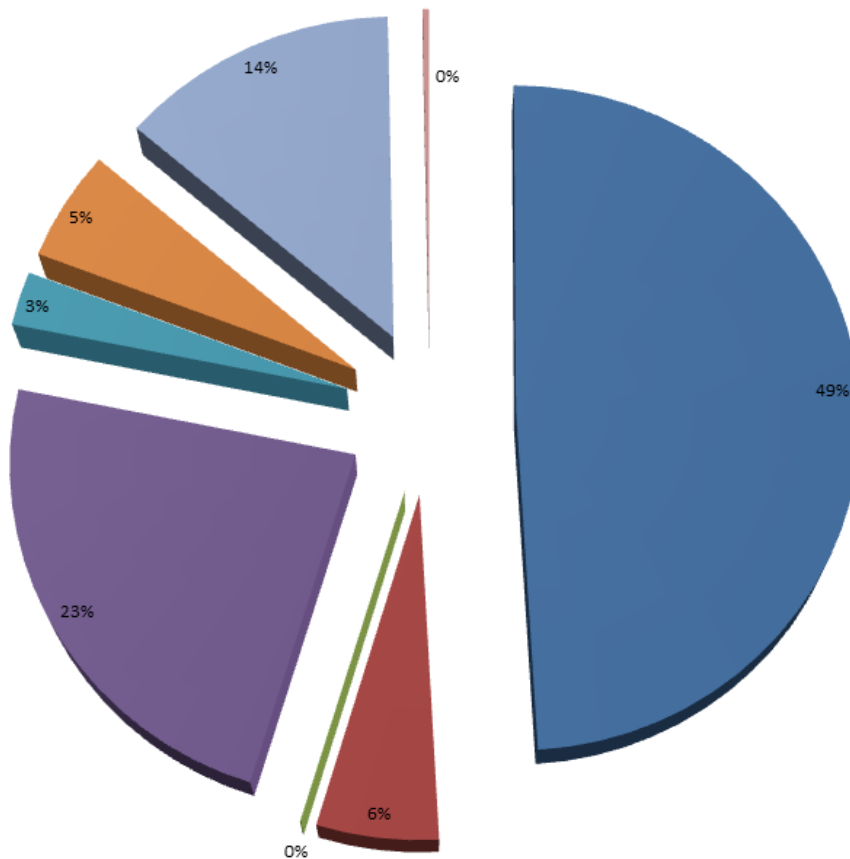
BALANCE SHEET		
	2015	2014
Fixed Assets	496,693	592,352
CURRENT ASSETS	2015	2014
Debtors	71,642	63,911
Cash at Bank	314,270	475,740
TOTAL	385,912	539,651
Creditors	195,924	117,017
Net Current Assets	189,988	422,634
Total Assets less current liabilities	686,681	1,014,986
RESERVES	2015	2014
Retained Earnings	686,681	1,014,986
TOTAL	686,681	1,014,986

The summary of income and expenditure for 2015 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 auditors report and directors report on these financial statements should be consulted.

Copies of the full financial statements can be obtained from David Edwards on 08 9381 3268

FINANCIAL SNAPSHOT

INPUTS GENERATED IN 2015



6% Donations: \$102,767

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

0% Research: \$745

Funds donated towards supporting our research projects

23% Red Sky Ride Event: \$431,669

Cyclists ride 1000kms over 8 days to raise funds to

3% Community Fundraising: \$48,344

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

5% Other Fundraising Activities: \$100,108

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

14% Grants and Funding: \$248,819

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

0% Bank Interest: \$5,688

This is interest received on our money invested

49% Volunteer and Pro Bono Services: \$905, 203

This includes 15,890 Volunteer hours, pro bono rental and professional services.

Total Income: \$938,140

OUTPUTS ALLOCATED IN 2015

39% Frontline Services: \$491,175

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

2% Volunteer Education and Training: \$22,132

The cost of running courses and training programmes for

1% Patient Education: \$15,469

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

7% Research and Advocacy: \$87,532

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

18% Cost of Fundraising Events: \$229,475

This is the cost of organising the Red Sky Ride and

6% Cost of Generating Funds: \$75,775

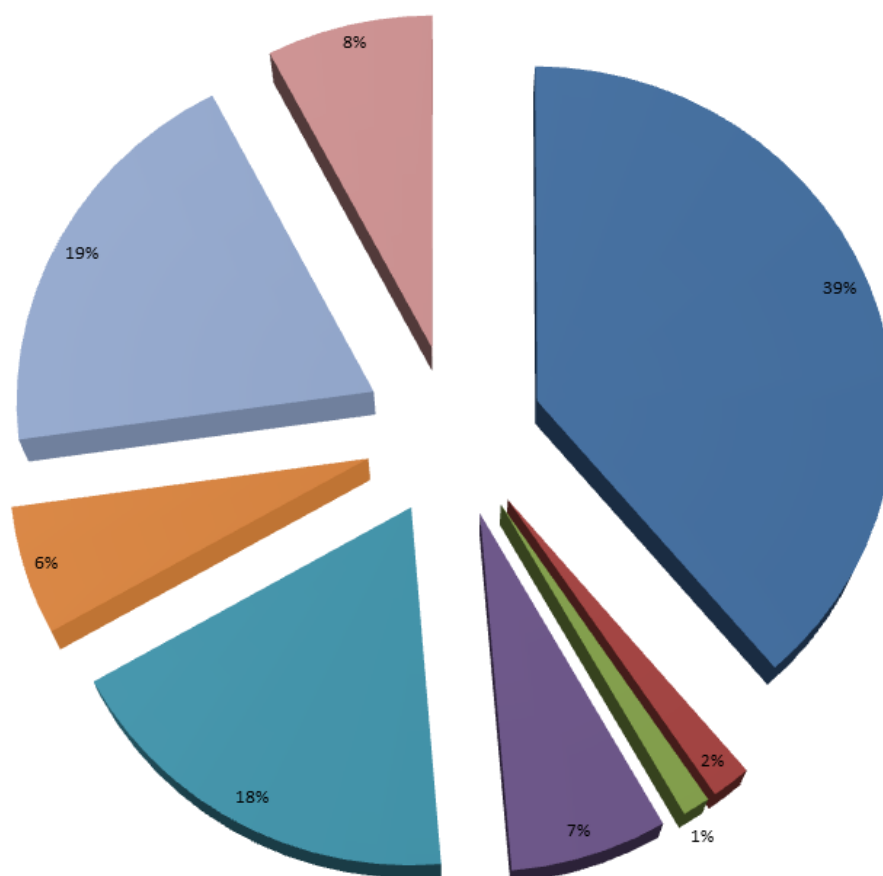
This is the cost of promoting our services in order to

19% Cost of Governance: \$246,810

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

8% Building Revaluation: \$98,078

Total Expenditure: \$1,266,446



SolarisCare SCGH

Comprehensive Cancer Centre
Sir Charles Gairdner Hospital
DD Block, Ground Floor
Hospital Avenue
Nedlands WA 600

SolarisCare SJOG

St John of God Subiaco Hospital
12 Salvado Road
Subiaco WA 6008

"A serene spot in the midst of trauma, one cannot help but feel relaxed"

Louis

SolarisCare South West

72 Brittain Road
Bunbury WA 6230

SolarisCare Great Southern

Ambulatory Cancer Care Centre
Albany Health Campus
Warden Avenue
Albany WA 6330



Relaxation lounge and resource centre at SolarisCare Sir Charles Gairdner Hospital





SOLARISCARE FOUNDATION

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