

SOLARIS CANCER CARE

January - June Program 2021



Solaris Cancer
Care

CHAIRMAN'S MESSAGE



David Joske



Francis Lynch

I am writing as an acting Chief Executive Officer, with our new CEO, Mr Francis Lynch, due to start on December 21, 2020. We wish our outgoing CEO, Mr David Edwards, all the very best in his future endeavours and once again put on record our gratitude for all he has done. It has been a year of change and upheaval for Solaris, and indeed for us all facing this once-in-a-lifetime challenge.

I'm sure I speak for us all, to hope for a better year in 2021. My suspicion, as a doctor in the public health system, is that there is still a great deal of distress and anxiety for us to work through. And this will be all the more so, for those of us forced to deal with a major illness at the same time.

Solaris is here to help. We have in-centre and on-line experts and services all totally committed to helping manage this. This program lets you know what we have on offer. I encourage cancer patients, carers and support crews, and indeed health professionals and staff to take up these offerings. We genuinely love to help. From massage to music therapy, from counselling to reiki, there may well be something here that helps manage symptoms and side effects. What's more, our own research suggests sometimes complementary therapies of various types, can be the key that opens the door to feeling more in control, and better managing, this difficult time.

One benefit of the pandemic crisis for us, is that we have greatly expanded our on-line services. You may need to check out the website for the latest news on these.

So please, take a look through this program, make some choices, and give us the chance and the privilege of helping you in our special way. I may meet some of you over the year, too. Whether I do or not, on behalf of all the Solaris teams across our five centres and on-line, I commend this program to you and wish you every success in achieving your health goals in 2021.

Sincerely,

Dr David Joske
Clinical Haematologist and Board Chair,
Solaris Cancer Care Foundation

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ABOUT SOLARIS CANCER CARE

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

Solaris Cancer Care is a community based healthcare organisation which provides support for cancer patients, their carers and families. We believe in seeing the whole person and promoting overall quality of life and wellbeing.

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

We do this through a range of integrated services:

- › Counselling and facilitated support groups
- › Psychoeducational workshops and short courses
- › Complementary therapies in and near hospital treatment centres
- › Reliable, evidence-based information about cancer wellness
- › Support to help clients with fear of recurrence and deal with the emotional effects of cancer
- › Survivorship initiatives and support programs
- › Tranquil spaces to relax, read, drink tea and chat
- › A community centre where clients can meet people going through a similar experience

Our services are founded on the latest evidence and are consistently refined through our commitment to client feedback, quality research and education. We try to be very clear with all our clients and visitors about the helpful role complementary and integrative therapies can play when used responsibly alongside mainstream medicine. We see our role as providing a safe harbour in the community, an oasis in the hospital centres and a reliable provider of up to date information about evidence-informed complementary therapies and supportive care.

Our human compassion binds us the one to the other – not in pity or patronisingly, but as human beings who have learnt how to turn our common suffering into hope for the future.

Nelson Mandela

ABOUT SOLARIS CANCER CARE

Our Vision

Solaris Cancer Care is recognised as leaders/pioneers in providing evidence-based quality of life care to cancer patients and carers.

Our Values

Care: To always help and comfort others in a supportive environment is essential to the physical and psychological well-being of all individuals.

Empowerment: Creating strength through knowledge and support.

Compassion: Be empathetic to others who seek comfort to alleviate the pain and distress of cancer.

Respect: We will act in a respectful manner to all who associate with us.

Community: Working together to achieve our common goals.

Our Mission

In a nurturing environment we provide access to:

- › Safe and supervised complementary therapies
- › A reliable information service
- › Qualitative and quantitative research
- › Support and personalised care through our highly skilled volunteers and staff network whilst embracing mainstream medical treatments.

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

The amazing staff and inviting environment helped navigate the hardest challenge of a lifetime

- Miro

ABOUT SOLARIS CANCER CARE

Partnerships and Professional Development

Solaris Cancer Care works in partnership with registered training organisations and tertiary institutions to provide professional development opportunities for students from a variety of disciplines. In recent years the uniqueness of our organisation has attracted students from national and international universities.

As a host organisation, we aim to ensure that all internships challenge and extend the students' learning in their respective professional areas of practice. Students are also expected to contribute productively to the therapeutic services of Solaris Cancer Care, including a willingness to share information based on their theoretical studies and research interests.

We look forward to ongoing collaboration with tertiary institutions committed to the placement and development of students in health and therapeutic practices.

Solaris Cancer Care Locations

We are thrilled about our new partnership with Hedland Well Women's Centre Cancer Support Services. This provides us with a wonderful opportunity to have a satellite centre based in the Pilbara Region. We can now offer Pilbara patients, carers and their families access to our services both in the Pilbara as well as in Perth Metro and our other regional centres.

"It will mean that all cancer patients in the Pilbara, regardless of gender or age, will have access to some of the services that, until now, have only been available in metropolitan Perth,"
- The Well Women's Centre CEO Rebekah Worthington

We are truly reaching all over WA, lending a helping hand to anyone who needs us.



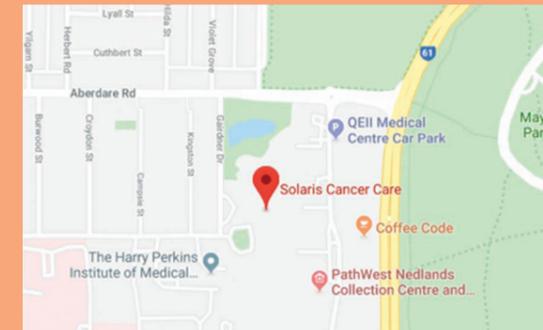
SOLARIS CANCER CARE LOCATIONS

Currently we have five sites across Western Australia. Visit the Solaris team and drop in to our cancer care centres. Each centre provides a quiet place to relax, reflect and connect, while at the same time receiving a range of information, resources and therapies. Our Centres are a place where you can simply pause and enjoy a cup of tea and a chat.

Monthly programs of activities and therapies are available at each centre and updated regularly on our website www.solariscancercare.org.au

Solaris Cancer Care Sir Charles Gairdner Hospital

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



Clients having active cancer treatment at SCGH hospital or requiring visits to the out patient clinic or their oncologist specialist, are welcome to access one therapy each week. Carers are equally important and are welcome to access our Centre weekly.

Individual sessions must be at least seven days apart, but group Yoga, Art Therapy and Counselling appointments may be made at any time.

Our lounge area is available to you and your family - come in for a rest, have a cup of tea or just read the paper and relax.

Here are some handy tips if you are going to visit our Sir Charles Gairdner Solaris Cancer Care Centre:

- » Parking is available in the carpark underneath the Cancer Centre with the entry off Gairdner Avenue as well as parking on the ground floor.
- » If you catch the train to Subiaco train station catch the No. 97 bus which stops outside the main entrance to the hospital.

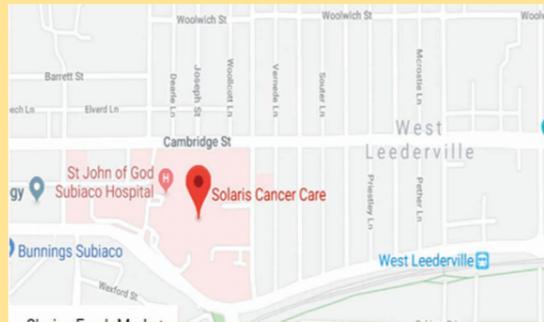
- » You can also take a train and get off at Leederville station and then catch the No. 96 bus to the hospital. This is good if you live in the northern suburbs.
- » Alternative buses that drop you off at the hospital are 24, 25, 103, 998/999 and 950.



SOLARIS CANCER CARE LOCATIONS

SJOG Subiaco Hospital Centre

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



Clients having active cancer treatment at SJOG Subiaco hospital or requiring visits to the out-patient clinic or their oncologist specialist, are welcome to access our complementary therapy services on a weekly basis. Principal carers are just as important and are welcome to access our services weekly.

Our collaborative agreement with St John of God Subiaco Hospital allows us to offer our services to all in and out patients as well as carers who are receiving treatment and care at the Subiaco Hospital. We are located next to the Bendat Centre on Salvado Road.

Our Lounge provides a relaxing and friendly alternative to waiting for appointments in the Ivy Suite, where you can have a chat and cuppa with one of our lovely volunteers.

Individual complementary and counselling sessions can be accessed on a weekly basis and require appointments to be booked in advance. All group activities such as yoga, Pilates and mindfulness can be accessed on a drop-in basis according to the weekly timetable.

At the end of active treatment, we are pleased to offer a further six (6) treatments. In addition, you have the option of ongoing care and support from our community Centre at Cottesloe for a nominal fee.

Here are some handy tips if you are going to visit our Subiaco Solaris Cancer Care Centre:

- » Parking is available at the multi-storey car park off Salvado road or there is paid parking on the surrounding streets.
- » The Subiaco train station and numerous bus stops are a 5 minute walk from the hospital; there is also

a St John of God shuttle bus to drop you straight to the door.

- » Subiaco Square is a 5-minute walk and here you will find delightful cafes, restaurants, retail stores and chemists.
- » Please bring your lunch and store in our fridge if you are having a long day at the Bendat Centre.



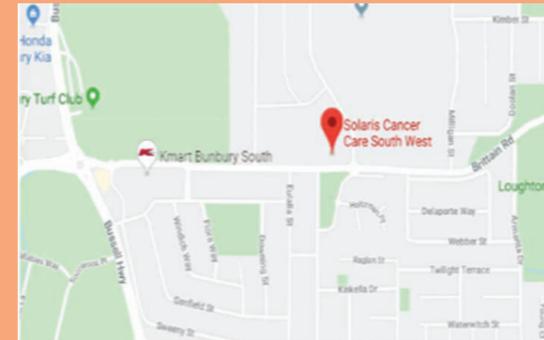
A day at Solaris Subiaco centre has to count as a good day. You stand like a lighthouse, a safe harbour in the middle of the storm. Feeling extremely grateful for your care and love.

- María

SOLARIS CANCER CARE LOCATIONS

Solaris Cancer Care South West - Bunbury

72 Brittain Road
Bunbury WA 6230
Phone: 08 9791 1559
Monday - Friday: 9:00am - 4:30pm



We have this beautiful property, a stand alone centre with a very calming energy. A lovely drop in centre, and reflection area where people can come in and relax, have a cuppa with a warm, friendly listening ear, and a pretty garden to wander around...

We offer Relaxation Massage, Reflexology, Oncology Massage, Indian Head Massage, Bowen Therapy, Beauty Facials, Reiki, Kinesiology, Foot and Hand Massage. We also offer Counselling, Group Music Harp Therapy, Group Meditation and Creative Writing Group.

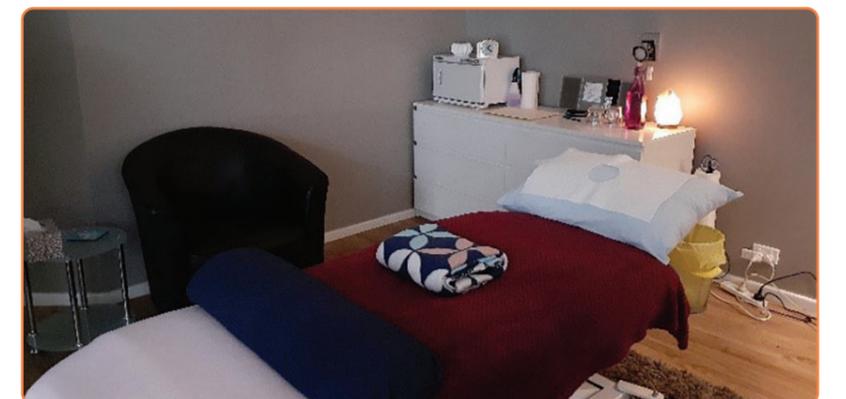
Check the website for our monthly timetable or pick up a copy at the centre.

Here are some handy tips if you are going to visit our South West Solaris Cancer Care Centre:

- » We have 9 parking bays on site, and room for several cars on the verge. No road parking permitted on our very busy little street which leads to Parks Centre (shopping Centre) just up the road.
- » We are in very close proximity to the South West Health Campus (comprising Bunbury Regional Hospital and SJOG Hospital) - just two streets away (about a kilometre).



A great organisation at a time of need in my life.



SOLARIS CANCER CARE LOCATIONS

Solaris Cancer Care Great Southern

Serving Albany and regional areas in the Great Southern

Mobile: 0477 012 419

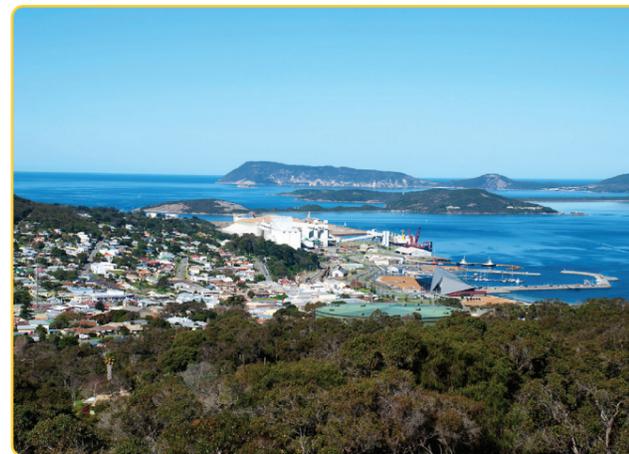
Tuesday and Thursdays: 8:30am- 4:30pm



Solaris Cancer Care in the Great Southern offers a range of therapies to cancer and palliative patients and their primary carers. These include Relaxation Massage, Reiki, Meditation, Healing Touch, Cranio Sacral Therapy, Hand & Foot Massage, Art Therapy, Acupuncture and Reflexology sessions, as well as a friendly drop-in centre for visitors.

We are currently on the move to a new venue within the city area and during this time, we are providing a limited service each Tuesday and Thursday to Albany Community Hospice in the form of wellness - survivorship therapies to residential patients and their carers as required.

We welcome calls and enquiries from all patients or carers and their families in preparation for our return to full service during early 2021. Enquiries and bookings can be made direct to Gillian Robertson, Client Services Manager, on mobile service 0477 012 419 or to csmsg@solariscancercare.org.au.



We also work with the local Bodycare Health Club to offer Chemo Club exercise Classes twice a week. Chemo club is a free exercise program offered to adult Cancer patients currently undergoing medical treatment. It aims to improve quality of life including, through increased energy, lessening of nausea and supporting and aiding immune function. It is run twice a week on the following days:
Mondays: 10:00am - 11:00am
Fridays: 10:00am - 11:00am



SOLARIS CANCER CARE LOCATIONS

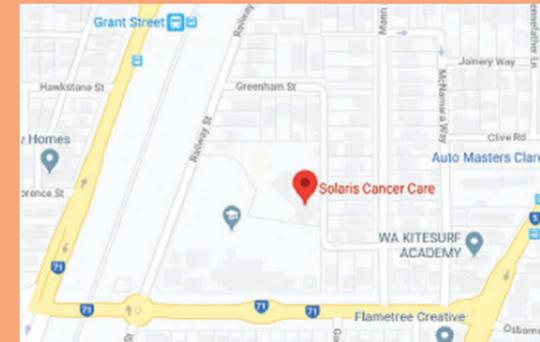
Solaris Cancer Care Cottesloe

80 Railway Street

Cottesloe WA

Phone: 9384 3544

Monday - Friday: 8:30am- 4:30pm



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

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

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

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

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



As soon as you enter this amazing property, surrounded by the gorgeous heritage buildings and gardens, you are swept up and cared for.

- Lisa



FRIENDS OF SOLARIS CANCER CARE

Become a Friend of Solaris Cancer Care

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

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

We welcome everyone to join our community

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

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

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

Pricing and inclusions at Cottesloe

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

**Fees payable annually from registration start date.

*You can apply for a Standard Supporter package if you have a relationship with someone with a full-paying Wellness Club package. However, you cannot sign up for a Wellness Club Supporter package in connection with a person with a Standard package.

FRIENDS OF SOLARIS CANCER CARE

Standard package

\$80 single – payable annually

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

What you get:

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

Wellness Club package

\$395 single – payable annually

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

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

What you get:

Standard Package plus these additional benefits:

- Free attendance at all weekly classes and activities e.g. Qi Gong, Reiki, sound therapy, exercise, massage, yoga, Pilates, meditation.
- Free attendance to all courses, workshops and events.
- Free complementary therapies by appointment.

Supporter discount packages

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

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

Standard Supporter: \$40 single – payable annually

Wellness Club Supporter: \$200 single – payable annually

Counselling

Mental and emotional wellbeing is an essential part of our overall wellness and seeing a counsellor to address cancer-related issues can ease the sense of isolation you may feel and help you find ways to face the challenges ahead. Counselling is available during and after cancer treatment. It can be beneficial for family members and loved ones too.

Having the support of a counsellor can really help you and your family manage and navigate the emotions and fears that you may be experiencing. Counselling can help provide coping strategies to support you and your family during and after your treatment and deal with any mental health issues which may arise.

We value empowerment and inclusivity as part of the Solaris Cancer Care mission. As such, we aim to walk alongside you, to support and explore what your personal experience of cancer brings, its emotional and psychological impacts - and assist you in getting in touch with yourself and your inner resources towards living well.

Home and hospital visits

If your health prevents you from joining us, our counsellors can visit you at home or in hospital within a 10 km radius of our Cottesloe centre.

Phone support and online support

If you find yourself unable to attend counselling at your local Solaris Cancer Care centre, feel free to contact Cottesloe's reception on 9384 3544 to arrange a phone or Skype/Zoom counselling appointment.

Details

- 50 minute sessions once a week.
- Appointments are available at the following centres:
 - Cottesloe: Monday - Friday, 9:00am - 3:00pm
 - Bunbury: refer to monthly program*
 - Sir Charles Gairdner Hospital: refer to monthly program*
 - Albany: refer to the monthly program*
 - St John of God Subiaco Hospital: refer to monthly program*

* Monthly programs are accessible from www.solariscancercare.org.au

Cost

- Cottesloe: The first session is free. Nominal fee applies after the first session.
- All other centres are free.

Wellness Coaching and Survivorship Care Plans

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

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

Your counsellor may draw on a number of therapeutic approaches such as positive psychology, motivational interviewing and mindfulness based therapies to help you live well.

Details

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

Solaris Cancer Care also provides support groups

We believe no one should go through cancer alone. That's why our professionally facilitated support groups are free of charge and central to our offerings.

Tuesday Wellness Support Group

The Tuesday morning group has an emphasis on living well. The group is mixed and partners are welcome. This professionally facilitated group is a safe and vibrant space to share your story. Find commonality and strength in sharing experiences with other group members.

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

Women's Circle

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

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

Grief Group

A natural follow on from our Bereavement: Living with Loss 5-week course, this group welcomes you no matter how long ago or in what form you have experienced a loss in your life. If you have not attended the Bereavement course, we recommend you speak to one of our counsellors before joining the Grief Group so they can tailor support to your unique situation.

Cottesloe: Wednesday, 10:00am - 12:00pm (Monthly - First Wednesday of month)

Online support group

Facebook support group

Our closed Facebook support group is for anyone affected by cancer. Find us by searching 'Solaris Cancer Care Support Group' on Facebook.

South-West Support groups

The support groups allow country people to share experiences and make connections in their communities. The groups are about supporting one another and providing insightful information.

Busselton - Sue Evans 0438 554 126

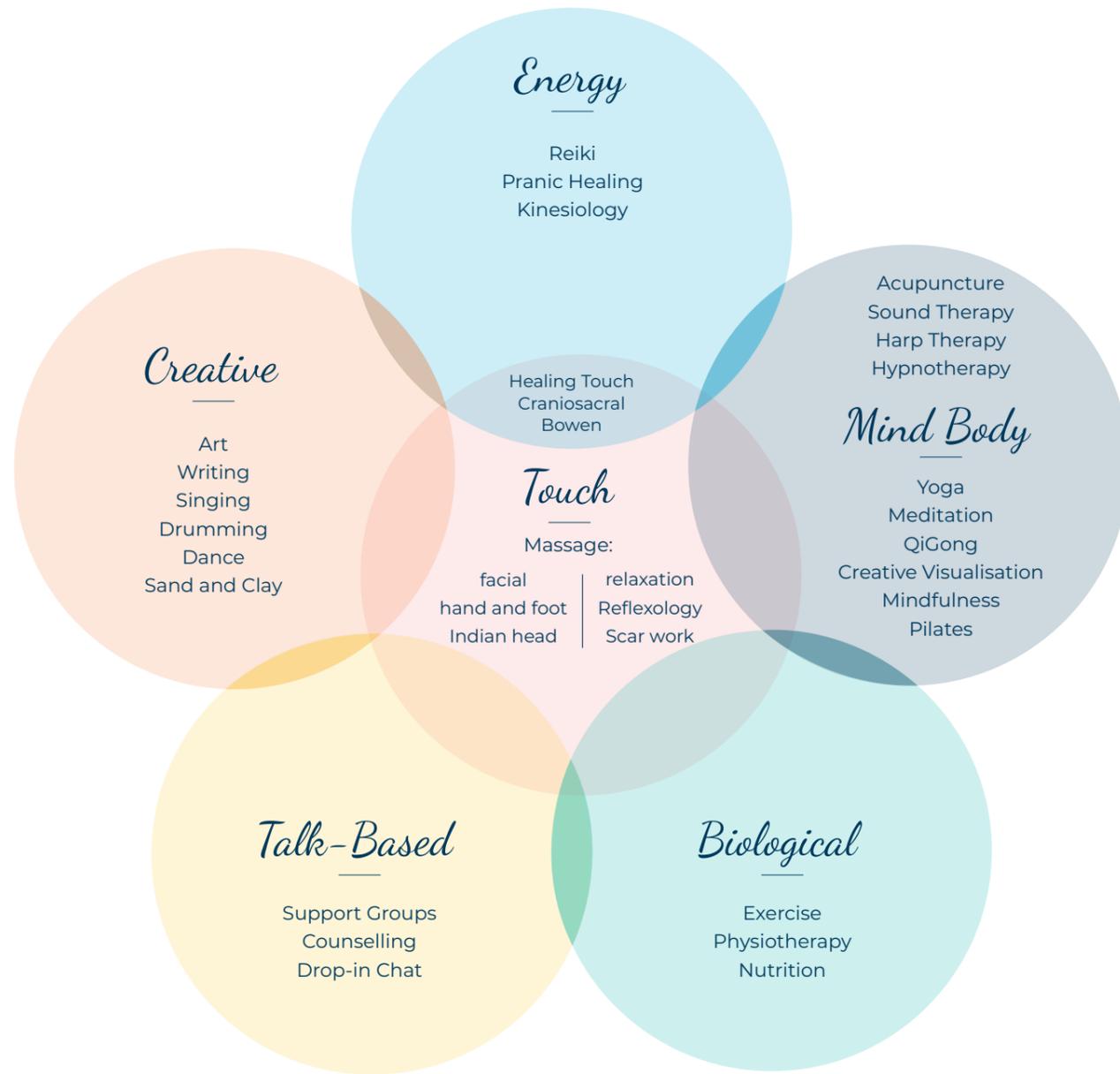
Walpole - Dianne Pickersgill 0423 937 188

Manjimup - Beth Askew 0428 356 749

WEEKLY WELLNESS ACTIVITIES

See your local Solaris Cancer Care centre for a current monthly program of activities or check the website. www.solariscancer.org.au/program

Our Complementary Therapy Information and Services Guide is available at the centres and on our website. We offer a wide range of physical activities, creative therapies, touch based complementary therapies, energy-based therapies and more. For movement-based activities there is always a small risk, so if in doubt, please ask your health professional for a signed medical clearance form before participating.



WELLNESS AND SURVIVORSHIP ACTIVITIES

Exercise

The benefits of exercise are well known of course, but many of us don't move enough. The recommendation for cancer prevention is 150 minutes per week of vigorous activity. This class will give you 60 minutes but don't feel daunted - this class is for everyone! It's all done under the supervision of an exercise physiologist. If you have health issues that impact your ability to exercise, we recommend an individual assessment with an ESSA accredited Exercise Physiologist before you start.



Massage: Hand and/or Foot Massage

A gentle but firm massage to the hands and/or feet. Specific movements are used to promote relaxation, soothe the skin and muscles and assist circulation. Stiff and painful joints may be eased. These massages are particularly beneficial for managing treatment side effects if the feet and hands are tired, sensitive and painful and the skin feels dry and tight. Hand and Foot massages are given in all Solaris Cancer Care centres.

Massage: Indian Head

Working on the upper back, shoulders, upper arms, neck, scalp, ears and face, the areas are massaged using acupressure points.

The massage increases nourishment and oxygen to the scalp and hair follicles which in turn stimulates hair growth. Indian Head Massage stimulates and improves lymphatic drainage and blood flow to the neck thus helping to remove waste products from the body.



Massage: Relaxation Massage

Massage is one of the most universally used methods of support for healing the body. Scientific research shows that massage can reduce fatigue, pain, nausea, anxiety or depression and improve quality of life. A nurturing massage can help the person feel whole again, re-establish a positive body image and rebuild hope. Skillful and sensitive massage by a qualified therapist.

WELLNESS AND SURVIVORSHIP ACTIVITIES

Meditation Made Easy

Meditation is one of the pillars of our program, we think it is just wonderful for managing stress, creating a restful oasis within that you can drop into anytime. The regular practice of meditation is associated with better health and practicing in a group can help make meditation part of your lifestyle.



Creative Art Therapy

Make meaning through expressive art using creativity and a variety of materials to express and explore thoughts, feelings and stories in a safe and supportive environment. No artistic skills are required for this activity, just a willingness to try and an openness to the possibility of insight through process.

Mindfulness Meditation

Not just a buzzword, mindfulness is a skill anyone can learn. Our experienced facilitators are long term meditators who can guide you through your own experience of meditation. Some proven benefits include decreased pain, lower levels of stress and anxiety, improved sleep and wellbeing.



Pilates Matwork

A very specific way to develop strength, stability and flexibility, Pilates is well indicated as a way back to exercise if you've been sedentary and as a tool for rehabilitation after illness, surgery or other treatments.

WELLNESS AND SURVIVORSHIP ACTIVITIES

Anxiety and Stress Reduction Group Session - using relaxation techniques

The benefits of hypnotherapy can be life changing - including better sleep, pain control and coping better with grief and loss. But in this Anxiety and Stress Reduction Group Session we will be focusing on complete relaxation. Our Clinical Hypnotherapist will lead the group. You will spend the hour seated comfortably with your eyes closed. You will be awake but may feel curiously detached. In this deeply relaxed state, your levels of stress and anxiety should decrease and your general level of happiness should increase. Individual hypnotherapy sessions are available by appointment.



Qigong

Qigong encourages a shift from our usual mode of "thinking and doing" to a more restorative state of "feeling and being". All traditions of Qigong aim to synchronise the breath and movement using mental focus and gentle movements. This improves circulation, moves the body in all dimensions and gradually aligns the breath, energy and mind. The effect is a gentle movement meditation.

Reflexology

One session with a qualified reflexologist can help destress your body. Reflexology is a holistic, non-invasive therapy which complements other therapies and modern medicine. By applying pressure to pressure points in the hands, feet, face and ears your therapist will help alleviate built up stress.



Therapy is not about having someone take control of your life or "feeling good", therapy is about learning to take control of your life and making changes.

WELLNESS AND SURVIVORSHIP ACTIVITIES



Kinesiology

Kinesiology encompasses holistic disciplines which use the gentle art of muscle monitoring to access information about a person's well-being. This is a gentle, relaxing therapy that can be used effectively in conjunction with mainstream medicine. It enables the patient to relax deeply reducing stress and anxiety. Kinesiology may help alleviate physical pain, mental anxiety, headaches and fatigue.

Reiki Clinic

A practice based in stillness and kindness, Reiki is a form of mind body therapy. Receiving the compassionate intention of skilled Reiki practitioners is a deeply relaxing experience. Participants lie down or sit to receive this energy technique based on ancient Japanese philosophies.



Sing for Joy

Join our merry group in enjoying the art of singing in a friendly, down to earth environment. This weekly activity will provide opportunities to learn and share songs, do vocal exercises and be guided to experiment with group singing in a choral style. The group is open to anyone who would like to exercise their singing voice, no need for any special skill set, a love of music and a willingness to try is a great starting point.

Sound Therapy

Deep relaxation is available in our always popular sound therapy sessions. With a roster of some of Perth's best sound therapists, this is a blissful aural experience open to everyone. All you have to do is lie down and be carried on a journey of meditative music.



WELLNESS AND SURVIVORSHIP ACTIVITIES



Yoga: Gentle Yoga

Small group gentle yoga with a kind and experienced instructor, has numerous benefits - it has been shown to decrease inflammation, ease fatigue and pain and helps you feel like your body is your friend.

This style of yoga is very gentle, meditative and soothing.

Yoga: Yin Yoga

This slow, long held style of yoga is designed to place strategic 'stress' on fascia, the connective tissue that is sometimes described as the communication network of the body.

With influences from traditional Chinese philosophy, this is yoga like you've never experienced it before.



Yoga: Restorative and Nidra

Restorative yoga is a practice that is all about slowing down and opening your body through passive stretching. If you are feeling limited in your flexibility and weighed down by muscle and joint pains, restorative yoga is a great option for you. Participants can rely on props to assist and support their bodies.

Yoga nidra is a practice of non-doing. In today's busy world of go, go, go, it is time to rediscover rest. You don't have to "do" anything in yoga nidra but lie down, relax, and listen to the teacher's voice.

Yoga: Yoga Therapy

When group classes aren't quite right for you or you'd like to learn more about the full experience of yoga including asana (postures), pranayama (breathing techniques), meditation, mantra and yogic lifestyle, then experiencing the wonders of 1:1 individualised yoga therapy is for you. Proven to support people with many health conditions, the connection between you and your yoga therapist provides a framework for personal growth and development of your own yoga practice.



COURSES AND WORKSHOPS AT COTTESLOE CENTRE

Live Well: Create Your Wellness Lifestyle

While some things are just unlucky, there's a lot you can do to improve your lifestyle and decrease risk of cancer or its recurrence. This 10 week course covers all aspects of lifestyle medicine and is skillfully facilitated by someone who walks her talk. Cathy Brown is a long-term survivor and thriver, who will share her personal and professional insights, informed by her training as a Gawler Foundation facilitator, clinical hypnotherapist and group facilitator. Join for 10 weeks, choose 5 weeks or drop in to the following topics:

- Meditation - February 3rd
- Mind Training 1 - February 10th
- Pain Management - February 17th
- Healthy Emotions - February 24th with Julie Verley
- Nutrition - March 3rd with Clemency Nicolson
- Living and Dying - March 10th
- Change - March 17th
- Mind Training 2 - March 24
- Healing - March 31
- The Connection and Finale - April 7



Day: Wednesdays 10 weeks, 5 weeks or workshop
Dates: February 3rd - April 7th
Time: 1:00pm - 3:00pm
Duration: 5 week, 10 weeks or drop in session
Facilitators: Cathy Brown & Pauline O'Connor

Meeting the Challenge

Meeting the Challenge half day seminar will introduce you to a range of available services and support, including:

- Evidence based complementary therapies proven to help you feel as well as possible during and after cancer
- Managing stress through meditation
- How to cope with diagnosis and treatment
- Positive lifestyle changes
- How to cope with diagnosis and treatment
- Nutrition, including juicing demonstration

Day: Tuesday workshop
Dates: February 9th, March 9th, April 13th, May 11th and June 8th
Time: 1:00pm - 5:00pm
Facilitator: Cathy Brown



Become a Wellness Club Member and attend ALL activities and events at no extra cost.

COURSES AND WORKSHOPS

Change Your Mind, Change Your Life

Come and explore beliefs during this three-week course of the untapped power of the mind in the search for meaning, freedom and personal happiness. Empower yourself with strategies and skills to enhance your life.

Day: Tuesdays 3 weeks
Dates: February 16th - March 2nd
Time: 1:00pm - 3:00pm
Facilitators: Cathy Brown & Pauline O'Connor



Bereavement: Living with Loss

Have you lost someone close to you? Joining this 5-week group will allow you to express and process your experience in a supportive, professionally facilitated group, with others who have also experienced the great pain of loss. We believe that grief doesn't go away, it stays with you and you learn to live around it.

Through discussions you will gain skills in identifying emotions, share ideas about how to honour and remember your loved one, and find practical coping tools to help you manage. After the course you will be invited to join an ongoing monthly support group on the 1st Wednesday of the month from 10am-12pm.

Day: Fridays 5 weeks
Dates: February 19th - March 19th; May 28th - June 25th
Time: 10:00am - 12:00pm
Facilitators: Julie Verley & Maureen Tan



Drumming Circle: Building Resilience Through Rhythm Workshop

Holyoake's DRUMBEAT is the world's first structured learning program using music, psychology and neurobiology to reconnect with ourselves and others. We are fortunate to have facilitators trained to support you to use drumming to connect. No musical skills or experience are required, and the instruments are provided, so come along and make some noise, and see how drumming in a group feels for you.

Day: Friday workshop
Date: February 19th
Time: 1:00pm - 2:30pm
Facilitators: Julie Verley & Maureen Tan



COURSES AND WORKSHOPS



Life Writing Skills Course

Everyone has a unique life story, no matter how old they are, and if it is not written down it will be lost forever. This course will help you begin to recollect and record your personal experiences so they can be shared with family or friends, prepared for publication, or remain a private celebration of the mystery and complexity of your journey.

Anyone can do this workshop; the basic tools are an exercise book and a pencil. Margaret Cole is a clinical psychologist who has taught and used writing as a life skill for over thirty years. Margaret sees her job as helping you to remember, showing you some techniques to write with and giving you the confidence to do it.

Date: 5 weeks - February 25th - March 25th

Time: 10:00am - 12:00pm

Facilitator: Margaret Cole

Mindful Movement for Pain Management

Pain over any sustained period of time can be debilitating and decrease your quality of life. Research shows chronic pain has a significant negative impact on our mental health and emotional wellbeing. These 2 session workshops explore mindful breathing and movement to promote your autonomy in gaining ownership in the way you manage pain.

The requisite is that participants must be able to move fairly freely, not have had surgery in the last 3 months and are able to get onto the floor, even with assistance.

Day: Mondays

Dates: March 8th and 15th

Time: 1:00pm - 3:00pm

Facilitator: Maureen Tan

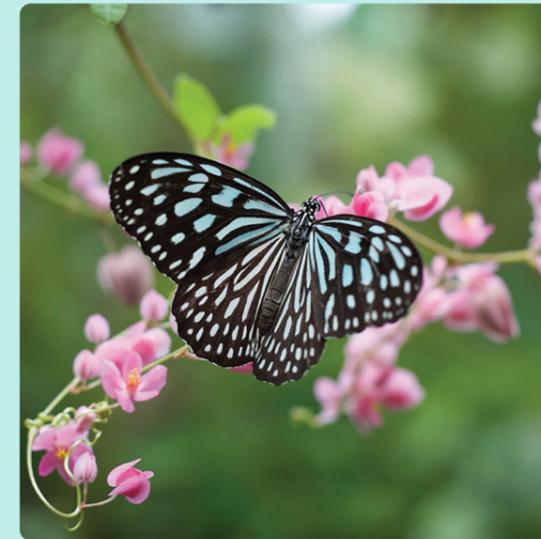


Meeting the Challenge Workshop - March 9th; 1:00pm - 5:00pm. See [page 22](#) for more information.

The mind is like water. When it's turbulent, it's difficult to see. When it's calm, everything becomes clear.

Prasad Mahes

COURSES AND WORKSHOPS



Mindfulness Based Stress Reduction Introduction Workshop

The diagnosis of cancer, chronic pain or other chronic illness profoundly impacts our lives. It is normal to feel overwhelmed with the challenges associated with illness, including family and relationship issues, feeling sad, angry, helpless, worried about the future and changes in body image and energy levels.

Mindfulness is a specialised skill in mental awareness, attention, and acceptance that is associated with numerous health benefits. Mindfulness practice allows you to develop a deeper understanding of the mind, and a more accepting and compassionate relationship to your internal and external experiences. It involves guided exercises, including meditation and yoga, to help you become aware of automatic patterns of thinking, feeling and behaving, and learn how to respond in a more effective way.

This workshop that is interactive and experiential - questions and discussion are welcome.

Day: Thursday workshop

Date: March 11th

Time: 1:00pm - 3:00pm

Facilitator: Julie Verley

Living Life

Living Life is a 3 week course which can be stand alone or follow on from Change Your Mind, Change Your Life.

In this course we will be looking at topics such as:

Week 1 - Cutting the Ties that Bind: Exploring the complex beliefs and experiences that are holding people back from being the best they can be.

Week 2 - Finding Purpose and Meaning which is one of the key pillars in rebuilding life after cancer.

Week 3 - The Attitude of Gratitude - Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude people acknowledge the goodness in their lives.



Day: Tuesdays 3 weeks

Dates: March 16th - March 30th

Time: 1:00pm - 3:00pm

Facilitators: Cathy Brown & Pauline O'Connor

You might be tempted to avoid the messiness of daily living for the tranquility of stillness and peacefulness. This of course would be an attachment to the stillness, and like any strong attachment, it leads to delusion. It arrests development and short-circuits the cultivation of wisdom.

Jon Kabat-Zinn

COURSES AND WORKSHOPS



Advanced Health Directive

We don't like to think that we will die, but the reality is that we will, and just as we plan for other important events in our lives it makes sense to have a plan for this time of your life as well.

It's more than just completing the right legal paperwork.

It involves:

- ▶ exploring your values and thinking about what you do and don't want
- ▶ having conversations with the important people in your life
- ▶ getting the medical care you want
- ▶ avoiding unnecessary suffering and relieve caregivers of decision-making burdens during moments of crisis or grief
- ▶ reducing confusion, disagreement and stress about the choices you would want your loved ones to make on your behalf.

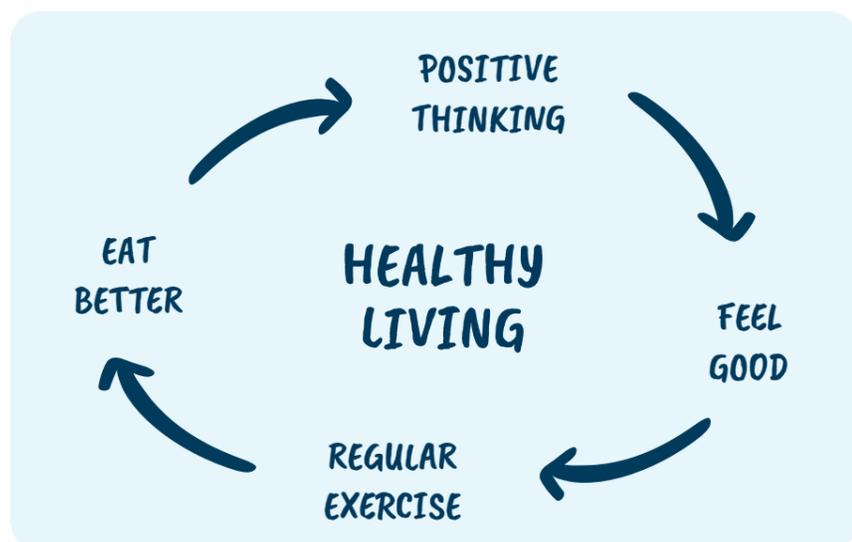
Day: Wednesday
Date: March 17th
Time: 9:00am - 12:00pm
Facilitator: Julie Verley

Chemo and Nutrition

Join our dietician Clemency Nicolson and learn about eating well during chemotherapy. What to eat, how to eat with chemotherapy side effects, nutritional supplements and more...



Day: Friday workshop
Date: March 19th
Time: 10:30am - 12:00pm
Facilitator: Clemency Nicolson



COURSES AND WORKSHOPS



Wills, Enduring Powers of Attorney, Guardianship & Advanced Health Directives – Estate Planning

The importance of Estate Planning can at times be overlooked. Estate Planning includes Making a Will, Enduring Power of Attorney, Enduring Guardianship and Advanced Health Directive. Our visiting lawyer will provide you with information that will help you plan as well as advise you about using Advanced Health Directives and appointing agents and guardians – either for yourself or for family members.

You should plan ahead so that your needs and desires can be followed in the event of an incapacitating illness or injury. She can explain the benefits of advance planning to avoid guardianship should you become incapable of taking care of your personal affairs. If you wish to appoint an agent, a lawyer can prepare a power of attorney naming someone you trust to handle your affairs if you cannot. Our visiting lawyer can also provide information about preparing an AHD that complies with your wishes as well as the detailed requirements of your state.

Day: Monday
Date: March 22nd
Time: 11:00am - 12:00pm
Facilitator: Marguerite Lourens

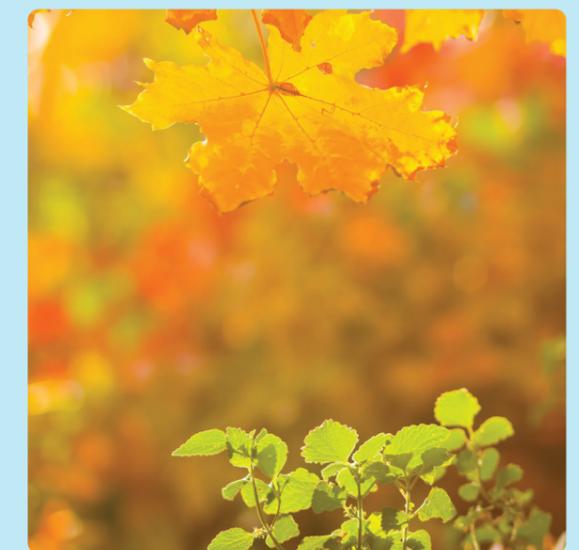
End of Life Care Plans - Braving the Wilderness

It can be really challenging to think about the end of life. The author Irvin Yalom describes thinking about death as akin to 'staring at the sun', something we naturally find uncomfortable and can't look directly at.

When asked, most people have clear preferences for the care they want at the end of their life. But rarely do we have open, systematic conversations that lead to the effective End of Life Care plans.

Social work researcher Brene Brown writes about stepping into what we fear, and 'braving the wilderness' within. Our Braving the Wilderness course provides a safe space to explore the concept of dying, which can be the start of new opportunities, conversations and ways of being together and alone.

Join us for this interactive 2 week course where you will be free to express your ideas and feelings in a supportive environment.



Day: Wednesdays
Duration: 2 weeks (5 hours per week)
Dates: March 24th - March 31st
Time: 9:00am - 2:00pm
Facilitators: Julie Verley & Maureen Tan

COURSES AND WORKSHOPS



Kintsugi -The Art of Precious Scars (Grief) Workshop

Through our experience of life we are touched by painful events such as loss and grief. Often times our lives are left in disarray as we attempt to move on and cope by hiding or burying our painful feelings. This interactive and experiential workshop involves a meditative process through a tangible medium to help develop resiliency and healing in the face of loss. Kintsugi art is an ancient Japanese healing practice that serves to join back together that which was once broken, while showcasing the breaks and honouring the process. Cost will include a selection of bowls to choose from, a bag, gold glue and a journal.

Day: Friday
Date: March 26th
Time: 10:00am - 12:00pm
Facilitator: Julie Verley

Self Compassion

Self-compassion involves connecting to yourself kindly, especially when things aren't going well, when you fail or notice personal shortcomings. Self-compassion invites you to respond to your own pain and suffering. The mindful practice of self-compassion is reported to significantly reduce anxiety and stress, and increase mindfulness and self-compassion.

Day: Thursday
Date: April 8th
Time: 9:30am - 12:30pm
Facilitator: Julie Verley



If your compassion does not include yourself, it is incomplete.

Jack Kornfield

Drumming Circle Workshop - April 9th; 1:00pm - 2:30pm. See **page 23** for more information.

COURSES AND WORKSHOPS

Meeting the Challenge Workshop - April 13th; 1:00pm - 5:00pm. See **page 22** for more information.

Change Your Mind, Change Your Life - April 20th - May 4th; 1:00pm - 3:00pm. See **page 23** for more information.



Meditation Matters

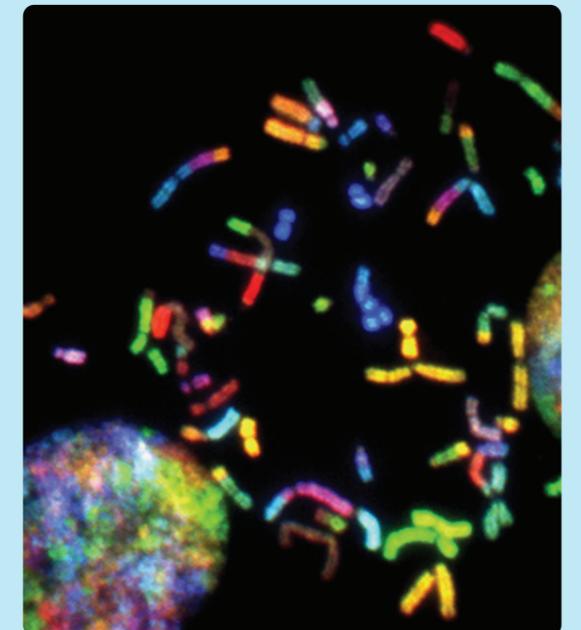
There are many paths up the mountain of meditation and different temperaments will find some styles more accessible than others. We invite you to explore the history, philosophy and techniques of different meditation traditions during this 3 week course. The course will combine theory and practice so you can have a short experience of each technique and then share with a supportive group.

Day: Wednesdays - 3 weeks
Dates: April 28th - May 12th
Time: 1:00pm - 3:00pm
Facilitators: Cathy Brown & Pauline O'Connor

Genetics Workshop

Why do some people seem more prone to cancer than others? Lifestyle factors like smoking, sedentary lifestyle and poor diet, exposure to toxins and other known causes may increase risk, yet some people seem to get away with it, while others with health conscious lifestyles still get cancer. As the understanding of genetics grows, particular genes have been identified that increase risk of certain cancers. There's still a lot of unknowns though and having genetic testing won't be for everyone. This workshop is facilitated by a skilled genetic counsellor, Amy Pearn, who can explain the science clearly and help you understand the options for testing.

Day: Thursday
Date: April 29th
Time: 10:00am - 12:00pm
Facilitator: Amy Pearn



COURSES AND WORKSHOPS



Kintsugi -The Art of Resilience (Survivorship) Workshop

Through our experience of life we are touched by painful events such as trauma. Often times our lives are left in disarray as we attempt to move on and cope by hiding or burying our painful feelings. This interactive and experiential workshop involves a meditative process through a tangible medium to help develop resiliency and healing in the face of trauma. Kintsugi art is an ancient Japanese healing practice that serves to join back together that which was once broken, while showcasing the breaks and honouring the process.

Cost will include a selection of bowls to choose from, a bag, gold glue and a journal.

Day: Thursday
Date: April 29th
Time: 1:00pm - 3:00pm
Facilitator: Julie Verley

Autumn Retreat Day

All welcome to enjoy a day of meditation, gentle yoga, massage, simple nourishing food and gentle company in the beautiful grounds of our Cottesloe centre.

This is an event for everyone and you are welcome to bring a friend or support person.

A light, vegetarian lunch and herbal teas will be provided.

Bring a water bottle, and dress in stretchy layers you can move in for the gentle yoga.

Day: Friday
Date: April 30th
Time: 9:00am - 4:00pm



Mindfulness Based Stress Reduction - May 6th - July 1st; 1:00pm - 3:00pm. See [page 25](#) for more information.

A wellness retreat provides a safe, informative, guided, and serene space. Becoming more intimately connected with your own being requires a certain level of self-awareness and solitude. It often takes time, effort, energy, and focus. The benefits of going to a wellness retreat can run deep and wide and have lasting effects. Our retreat includes a variety of activities, ranging from mindfulness, yoga, guided meditation, and self-compassion.

COURSES AND WORKSHOPS



Deep Rest: the iRest Experience

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

Based on traditional yoga nidra, this form of relaxation practice has been found beneficial for trauma survivors, war veterans and people seeking to find peace, resilience and insight. Practiced lying down, all equipment is provided to help you feel comfortable while you learn and practice iRest.

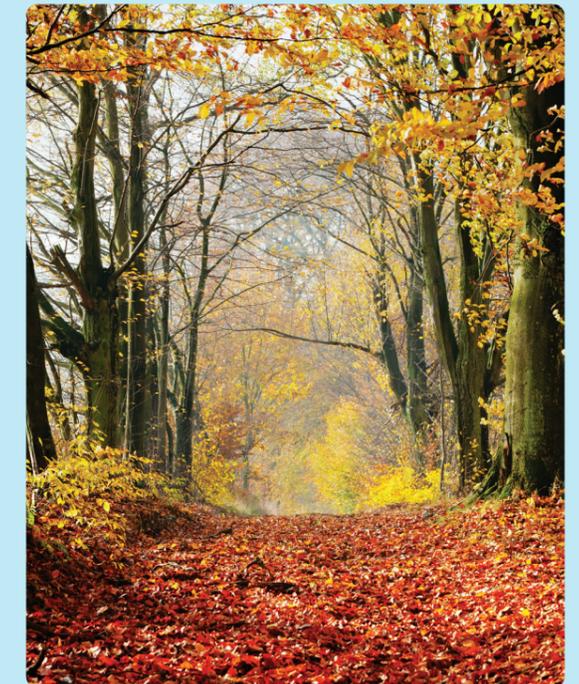
Day: Wednesdays 5 weeks
Dates: May 5th - June 2nd
Time: 11:30am - 1:00pm
Facilitator: Dael Hunter

Meeting the Challenge Workshop - May 11th; 1:00pm - 5:00pm. See [page 22](#) for more information.

Mindfulness Based Stress Reduction

Mindfulness is more than just a buzzword, it's an incredibly useful skill to develop. This eight week course stems from the work of Jon Kabat-Zinn and has been studied around the world for thirty years. Delivered in all major cancer centres worldwide. It has been proven in numerous studies to help with pain management, fatigue and stress, lowering rates of anxiety and depression. Participants frequently report that they find this program truly life altering. MBSR can help you live well, regardless of your circumstances. The course also includes (optional) monastery visit retreat day (date tbc).

Day: Thursdays
Dates: May 6th - July 1st
Time: 1:00pm - 3:00pm
Facilitator: Julie Verley
Silent Retreat: June 17th 12:00pm - 4:00pm



Mindfulness is a way of befriending ourselves and our experience.

Jon Kabat-Zinn

COURSES AND WORKSHOPS



MBSR Graduate Practice Sessions

We now offer an ongoing mindfulness practice group once a month for graduates of the MBSR course in the morning. You can book in via the website.

3rd Thursday of the month 10:00am-12:00pm
Facilitator: Julie Verley

Nutrition: Cooking & Eating for Well-being

Join a passionate, well informed Accredited Practising Dietitian to delight in the theory and practice of cooking and eating for well-being. Covering nutrition basics, debunking myths, and opening up to the pros and cons of different eating styles, this 5 week course will provoke and inspire discussion.

Although there's no one diet that is perfect for everyone, this course will provide you with take-home tips for improving the nutritional content of your favourite foods, making sustainable nutritional changes, practical recipes, and cooking tips.



Day: Fridays 5 weeks
Dates: May 7th - June 4th
Time: 10:30am - 12:30pm includes taster of food prepped
Facilitator: Clemency Nicolson



Managing Fears Workshop

Having a cancer diagnosis can cause us to experience a wide range of fears, concerns and worries. This often increases our stress levels and causes us difficulties in navigating our diagnosis and treatment. It can also lead us to fear illness reoccurrence. Learning to more effectively manage our fears and worries can increase our ability to cope and improve our well being.

Join experienced facilitator and registered psychologist Kirsty Wood to learn practical techniques that will assist you to better manage your fears and worries related to diagnosis, treatment and illness reoccurrence.

Day: Monday
Date: May 17th
Time: 1:00pm - 3:00pm
Facilitator: Kirsty Wood

COURSES AND WORKSHOPS

Drumming Course

For anyone facing a diagnosis or who are carers, the changes they face within themselves and by extension to their relationships is unfamiliar territory. Research shows depression and anxiety is elevated due to the adjustments required to manage the varying levels of lifestyle changes and social connections. In light of this, we offer a space where men can connect through their experiences, to come together and form a trusting circle - let your spirit speak through the vibrations of the African Djembe Drums.

Julie Verley and Maureen Tan are excited to be the facilitators of the 6 week drumming course at Solaris as therapeutic support for anyone who wants to connect through rhythm and fun.



Day: Fridays 6 weeks
Dates: May 21st - June 25th
Time: 1:00pm - 2:30pm
Facilitators: Julie Verley & Maureen Tan



Keys to Empowerment

Join experienced facilitator Cathy Brown to explore 10 key areas of life, cancer thrivers may have in common. Built on lived experiences, this interactive program brings to life your unique experience making informed choices to support your wellbeing.

This course is hopeful and opens up discussions on a variety of topics relevant to people facing health issues. As her PhD thesis, Kelly Turner author of Radical Remissions and Radical Hope, examined out-livers - people who outlived their prognosis, and analysed the key themes they had in common. While we are careful to avoid false hope, many people diagnosed with cancer find that reading and discussing the stories of these cancer thrivers is very helpful.

A pre-requisite of this course is to read Radical Remission or Radical Hope. Copies of both books are in the library and Radical Hope is available for sale at the Cottesloe Centre.

Day: Wednesdays, 5 weeks
Dates: June 2nd - June 30th
Time: 1:00pm - 3:00pm
Facilitator: Cathy Brown & Pauline O'Connor

COURSES AND WORKSHOPS

Bereavement: Living with Loss - 5 week course; May 28th - June 25th; 10:00am - 12:00pm. See **page 23** for more information.

Meeting the Challenge Workshop - June 8th; 1:00pm - 5:00pm. See **page 22** for more information.

Living Life - June 15th - June 29th; 1:00pm - 3:00pm. See **page 25** for more information.

Look Good Feel Better

Cancer can really change our appearance. These regular workshops from the Look Good Feel Better team cover topics such as skincare, makeup and headwear. Along with learning new tips for using makeup and accessories, participants receive a Confidence Kit, full of products donated by cosmetic companies so you can continue to look good and feel better.

Visit the Look Good Feel Better website lgfb.org.au to book. Interactive virtual workshops are running until further notice.



Dates: February 18th, April 1st and May 13th



ALLEVI8

Solaris Cancer Care has established a partnership with Allevi8 to provide a free mindfulness and meditation app.

Download the Allevi8 App to join our complimentary Allevi8 guided meditation sessions.



COURSES AND WORKSHOPS



Carer's Course

Are you providing care for someone with cancer or a serious illness?

The Solaris Cancer Care Carer's Course is a one-day workshop developed by a multi-disciplinary team of health professionals.

The course focuses on the challenges and demands of being a carer and provides participants with a wide range of information and practical strategies to increase their coping skills, with self-care a constant theme throughout the course.

The aim of this course is for the carers to feel empowered and reinforced in their role, to gain new knowledge and to feel less isolated and to improve the quality of life for both individuals in the caring relationship.



- ▶ Effective Communication - improving communication skills.
- ▶ Managing Medications - understanding common medications, their use, possible side effects and medication safety.
- ▶ Communicating in Special Situations - with family, friends and health professionals and when you are experiencing distressing feelings.
- ▶ Managing Pain - how to describe measure and maximise pain control.
- ▶ Managing Symptoms - how to reduce common symptoms such as nausea and constipation.
- ▶ Fatigue - providing strategies to help combat the effects of fatigue and stress.
- ▶ Practical Aspects - identifying some physical aspects of caring and some practical issues to be aware of.
- ▶ Good Nutrition and Exercise - the importance of good nutrition and appropriate exercise for both people in the caring relationship.
- ▶ Self-Care - throughout the course there is an emphasis on self-care for the carer.
- ▶ Complementary Therapies - what are they and how can they help.

Day: Saturday

Dates: Please check the website or Facebook for dates in 2021

Time: 10:00am - 4:00pm

Venues: Sir Charles Gairdner Hospital

St John of God Subiaco

Bunbury and Albany

Facilitators: Patricia Williams, Richie Perera,

Joan Hutchings

All course materials, lunch and refreshments supplied. Registration is essential as places are limited.

GUEST SPEAKER EVENINGS

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

Ajahn Brahm | Tuesday, February 2nd 4:00pm – 6:00pm



Start the year in peace with Ajahn Brahm's annual address. His dharma talk will cover mindfulness, kindness and with his usual humour, bring us all together.

The Venerable Ajahn Brahm has spent the past 45 years as a Buddhist monk, practicing and sharing his deep knowledge of Buddhist teachings in Australia and internationally. Ajahn Brahm is also the author of a number of books and many meditation resources. He is a humorous and insightful speaker and meditation teacher. Ajahn Brahm lives at the Bodhinyana Monastery in Serpentine and the Solaris Cancer Care community is grateful to be invited to visit the monastery later in the year.

This is a not to be missed presentation from a world leading expert on exercise and cancer.

Venue: Solaris Cancer Care, 80 Railway Street, Cottesloe. In the top Hall.

Register online via the Solaris website solariscancercare.org.au, email csmcottesloe@solariscancercare.org.au or call 9384 3544

Medical Cannabis Panel Discussion | Tuesday, April 27th 6:00pm – 8:00pm

Join our panel of experts as they discuss and share their knowledge about medical cannabis.

What is medicinal cannabis and which conditions does it work best for?

Is medicinal cannabis legal?

How can medicinal cannabis help you?

What does the research tell us?

Medicinal cannabis products and access

What are the side effects and risks?

This information may help answer some of your questions. Please talk to your doctor about medicinal cannabis and if it is right for you.

Time: 6:00 pm - 8:00 pm

Cost: Free

Venue: Solaris Cancer Care, 80 Railway Street, Cottesloe. In the top Hall.

Register online via the Solaris website solariscancercare.org.au, email csmcottesloe@solariscancercare.org.au or call 9384 3544



GUEST SPEAKER EVENINGS

Exercise Science Update with Prof Rob Newton | Tuesday, June 22nd 6:00pm – 8:00pm



Professor Rob Newton was recognised as WA's joint Scientist of the Year in 2019 and with very good reason. His research has included over 38 randomised clinical trials focusing on improving the wellbeing and life span of people with cancers including breast, lung, ovarian, pancreatic and a type of brain cancer as well as mesothelioma.

Rob says research into tens of thousands of people shows that cancer patients who exercise live longer than those who are sedentary. That's not just because of the overall health benefits of exercise - cancer patients who exercise are less likely to die from their cancer. "So there's something about exercise that actually suppresses the development of the cancer," Rob says. He says targeted exercise produces changes in the body of cancer patients that slow cell proliferation and increase the death of cancer cells. Rob says if a patient exercises each day they are effectively dosing themselves with internal anti-cancer medicine.

This is a not to be missed presentation from a world leading expert on exercise and cancer.

Venue: Solaris Cancer Care, 80 Railway Street, Cottesloe. In the top Hall.

Register online via the Solaris website solariscancercare.org.au, email csmcottesloe@solariscancercare.org.au or call 9384 3544

According to the **Clinical Oncology Society of Australia (COSA)** position statement on exercise in cancer care, exercise should be prescribed to all cancer patients as a standard part of their cancer care to help manage the effects of cancer and its treatment. **Exercise & Sport Science Australia (ESSA)** also encourages people with cancer to exercise.

RETREATS

Autumn Retreat Day

All welcome to enjoy a day of meditation, gentle yoga, massage, simple nourishing food and gentle company in the beautiful grounds of our Cottesloe centre.

This is an event for everyone and you are welcome to bring a friend or support person.

A light, vegetarian lunch and herbal teas will be provided.

Bring a water bottle, and dress in stretchy layers you can move in for the gentle yoga.

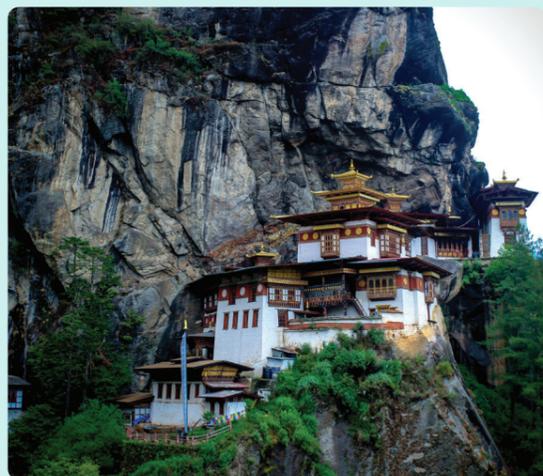
Day: Friday

Date: April 30th

Time: 9:00am - 4:00pm



Bhutan for the more adventurous



Step inside a mystical kingdom floating high amongst the clouds in the Himalayas, as we follow the trail of Guru Rinpoche who brought Buddhism to Bhutan. Enter a land of ancient customs & traditional culture, of tiny Buddhist temples perched high on mountain tops, of majestic fortresses, built thousands of years ago rising up to the sky and of soaring mountain peaks. Bhutan is like no other place on the planet and you will feel uplifted, connected and very peaceful.

Date: May 14th - 26th (SUBJECT TO COVID RESTRICTIONS)

Venue: Bhutan

Group leader: Cathy Brown

Take long walks
Deep breaths
And frequent vacations.

RETREATS

Kerala Ayurvedic Wellness Retreat



Ayurveda means the 'science of life' and is a 5000-year-old ancient healing tradition born in Kerala, south west India.

In the world of Ayurveda, all elements of our being play equal part and are interconnected.

On this retreat, the focus is about bringing our emotional, mental, physical, spiritual and physiological aspects of

ourselves into balance and harmony. You will have an individualised program of Ayurvedic therapies, which last two hours every day and a personalised menu of nourishing delicious food, which intends to bring harmony to your individual body type. The program also includes yoga, meditation & pranayama (yogic breathing) all set within this secluded, peaceful sanctuary. Beautiful cottages in stunning gardens and the warm and caring staff all create an inspirational experience of nurturing and wellness.

Organised by Journeys of the Spirit, this retreat is facilitated by Solaris Cancer Care's Cathy Brown. Contact Cathy for more information on cathy@solariscancercare.org.au.

Dates: 29th August - 12th September

12th September - 26th September (SUBJECT TO COVID RESTRICTIONS)

Venue: Kerala, India

Group leader: Cathy Brown

Bodhinyana Monastery Visit

You are invited to visit the Bodhinyana Buddhist Monastery in Serpentine This is a wonderful opportunity to experience the tranquility of a functioning monastery. Bodhinyana is a Theravadin Buddhist Monastery in the Thai Forest Tradition and every year the community of Solaris Cancer Care is welcomed by the monks and lay people. Your mindful day in nature will flow as follows:

- ▶ 10:00am Arrival at Monastery.
- ▶ 10:30am Sharing of Food (Bring a plate of vegetarian food to offer). Early lunch and enjoy the gardens.
- ▶ 12:00pm Talk and guided meditation by the Ven Abbot Ajahn Brahm.
- ▶ 2:00pm Departure

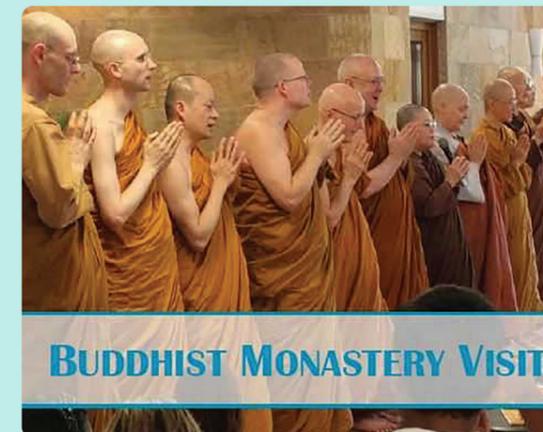
Day: Thursday

Date: 22 July 2021

Venue: Bodhinyana Buddhist Monastery,

216 Kingsbury Drive, Serpentine

Contact: Cathy Brown - cathy@solariscancercare.org.au



BUDDHIST MONASTERY VISIT

GET INVOLVED: VOLUNTEERS

Solaris Cancer Care relies on the invaluable help of many volunteers, without which we could not provide many of our services. We are incredibly grateful for all their time and energy and consider our volunteers an integral part of our organisation. Volunteering helps Solaris Cancer Care conserve the funds that we raise so that more of this money can be used to help people diagnosed with cancer and their families.

You can volunteer in a range of areas including **complementary therapies, patient services, research, events** and **fundraising**.

When necessary, we provide volunteers with appropriate training. If you are interested in becoming a volunteer simply fill out the online Volunteer Application Form, call us on **(08) 9381 3097** or email **info@solariscancercare.org.au**

Why volunteer with Solaris Cancer Care?

Volunteering offers many benefits, including opportunities for volunteers to:

- ▶ Benefiting the community. Volunteers are an essential part of the community. Contributions made by volunteers have a real impact and will make a difference to many people's lives
- ▶ Make new connections. Volunteering provides an opportunity to meet new friends, create new connections, and expand your network through a common interest
- ▶ Gain new skills and knowledge, which can boost your own job and career prospects
- ▶ Enjoy a sense of achievement and fulfilment
- ▶ Develop personally, boost self-confidence, and improve life satisfaction.
- ▶ Enjoy better physical and mental health
- ▶ Connect to and better understand your community
- ▶ Personally rewarding experience.
- ▶ Volunteer within a positive, friendly and supportive environment.

How you can volunteer

- ▶ In our centres as a therapist, group facilitator, meet and greet reception, gardening and maintenance
- ▶ In the Op Shop at our Cottesloe Centre
- ▶ At an event
- ▶ As an independent fundraiser

The benefits Solaris provides on limited resources prompted me to volunteer.

- Miro

GET INVOLVED: VOLUNTEERS



GET INVOLVED: DONATIONS

Workplace giving

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

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

Corporate Partnerships

A partnership with Solaris Cancer Care will show people who matter to you (your employees, community, Government) that you have an ongoing commitment to supporting the wider community, and giving back to West Australian cancer patients who are most in need of hope and support.

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

Today, there are more than 13,300 West Australians diagnosed with cancer each year, and every one of them needs help on their cancer journey. Without that support, they could suffer mental health breakdowns and not be able to fight their cancer as well as they could.

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

Bequests/ Donations in memory of

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

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

Donate

Solaris Cancer Care is self-funded and relies on the generosity of individuals, local business, the corporate sector and the wider community who share our vision and recognise the importance of providing supportive care to patients and carers. Donate via solariscancercare.org.au and click on 'Donate'.

Text **SOLARIS** to **0400 662 662** to make a donation.

GET INVOLVED: DONATIONS

Live and Silent Auction Donations

Please consider helping us with a product or service donation to auction at main events. All donations are greatly appreciated.

A range of items are required for these major fundraising events and can be something as simple as a bottle of wine, through to perfume, jewellery or a gift certificate for an experience or accommodation.

Our events are very popular so this is a great way to give back and for participating businesses, a wonderful way to showcase your social conscience and your goods and services.

Shop and Donate at the Op-Shop



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

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

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

All proceeds go to Solaris Cancer Care.

Stay in touch

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

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

 [Solaris Cancer Care](https://www.facebook.com/SolarisCancerCare) |  [@SolarisCare](https://twitter.com/SolarisCare) |  [@Solaris_Cancer_Care](https://www.instagram.com/Solaris_Cancer_Care) |  [Solaris Cancer Care](https://www.linkedin.com/company/SolarisCancerCare)

Attendees are totally in awe of the Solaris Community. There is a joy and deep sincerity of passionate care with all you encounter. You too will be inspired to thrive just by walking through the door. Simply enter Solaris!!!

- Lisa

GET INVOLVED: FUNDRAISING

Red Sky Ride Movie Night: High Ground

Thursday, 18 February 2021



In a bid to save the last of his family, Gutjuk, a young Aboriginal man, teams up with ex-soldier Travis to track down Baywara, the most dangerous warrior in the Territory, his uncle.

Stars: Simon Baker, Jacob Junior Nayinggul, Jack Thompson

Director: Stephen Johnson

Time: 7:30 PM to 10:30 PM

Location: Grand Cygnet Cinema, 16 Preston Street, COMO, WA 6152

Purchase tickets at <https://bit.ly/38kkflg>

The South 32 Rottnest Channel Swim

Saturday, 20 February 2021



Highly regarded worldwide and one of Western Australia's iconic events, the Rottnest Channel.

Swim is a 19.7 km open water swim from Cottesloe Beach to Rottnest Island.

Whether competing as a solo, duo or team, the Rottnest Channel Swim is a 'team' event with all swimmers surrounded by a support network of paddlers, boat skippers and crew.

The event, managed by the Rottnest Channel Swim Association, is held in February of each year and is Rottnest Island's biggest day.

Visit rotnestchannelswim.com.au

GET INVOLVED: FUNDRAISING

Red Sky Ride 2021

3 - 6 March 2021



Established and run in Western Australia, the Red Sky Ride is a unique charity event bringing together ordinary people supporting families with cancer.

Mirroring the cancer journey, the Red Sky cyclists' band together, testing their physical and emotional strength. Some days are tough, physically and mentally draining but the riders work together, sharing the challenges and successes of the experience as they cycle through the picturesque South West of WA.

This is an event that will challenge and change you in many amazing ways; an experience that you will never forget. It is your chance to achieve greatness, inspire others and connect Solaris Cancer Care with the thousands of West Australians currently living with cancer and their families.

The ride objectives are:

- ▶ To raise awareness of the importance of 'quality of life' and the available cancer support service for patients and carers across Western Australia.
- ▶ To raise awareness of the Solaris Cancer Care Cancer Support Centres and the free services provided.
- ▶ To raise funds for Solaris Cancer Care.

No cycling event delivers the satisfaction of the Red Sky Ride. - Achieve the Extraordinary!

Enquiries and expressions of interest to coordinator@redskyride.org.au

Mother's Day Raffle 2021



Tickets are just \$3 and the prize a whopping \$15,000!

Order tickets (or a book of tickets) for the chance to win, here are the ways you can order your tickets:

- ▶ Online solaris.auraffles.com.au
- ▶ Website Solaris Cancer Care solariscancercare.org.au
- ▶ By phoning any of our Solaris Cancer Care Centres or 1300 302 983

If you would like to help Solaris Cancer Care fundraise by selling our raffle tickets for current or future draws, email Barbara at:

barbara@solariscancercare.org.au

The raffle will be drawn on 7 May 2021.

GET INVOLVED: FUNDRAISING

HBF Run For a Reason - May 2021

Support Solaris Cancer Care, build your fitness and have fun all at once by participating in the HBF Run for a Reason 2021.

Walk, jog, wheel, push a pram or run this scenic river route and enjoy entertainment and support along the way. There are three lengths to choose from; 4 km, 8 km, or 12 km.

Date to be confirmed.



May We Thrive Awareness & Fundraising Campaign - May 2021



Your generosity can help change lives.

Solaris Cancer Care is committed to providing the best supportive cancer care for everyone, regardless of personal or financial status.

A cancer journey can throw up many challenges and this annual appeal seeks to ease the burdens while also raising awareness of our many services.

Donations over \$2 are tax deductible.



Entertainment Membership

12 months starts from day of activation

Entertainment Memberships make great gifts for birthdays, Fathers' day and in fact any celebration. Aside from the metropolitan area, the offers include Mandurah, Bunbury, Busselton, Dunsborough, Margaret River and Bali!

Entertainment Membership is now in Digital format only, which can be shared on up to 5 devices, making it easy and simple to activate the discounts.

12 months of savings can start anytime, from the day you activate the membership. No more June expiry.

Solaris Cancer Care receives \$14.00 for each Membership sold.

www.entertainment.com.au/orderbooks/8540v7

Containers for Change

Solaris is a registered charity with Containers for Change and you can drop your containers at any participating drop off centre, our scheme ID is **C10289692**.

Drop off your eligible recyclable containers for a good cause. Our Cottesloe centre has collection bins! Every time you drop a container at Cottesloe or your participating drop off centre using our Scheme ID, we receive **10 cents**. This money is channeled into our community programs and mental health services.



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support@solariscancercare.org.au

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