

Solaris Perth/Metro Monthly Program January 2025

W: Weekly F: Fortnightly M: Monthly

■ Group sessions ■ One-on-one sessions ■ Workshop/Course ■ Outreach Stirling

Bookings are essential for all individual and group sessions. To book your place,

Call **Cottesloe** 9384 3544 or Email csmcottesloe@solariscancercare.org.au

Call **Sir Charles Gairdner** 6383 3475 or Email csmscgh@solariscancercare.org.au

MONDAY		TUESDAY		WEDNESDAY			THURSDAY			FRIDAY		SATURDAY		
COTTESLOE														
9.15am	10.30am	8.00am - 9.00am		9.00am - 3.00pm			9.00am - 10.00am			9.00am - 3.00pm				
Counselling (W) with Celia Byass <i>13th, 20th, 27th</i>		UWA Exercise Physiology (W) @ UWA Exercise & Performance Centre – bookings are essential, phone (08) 6488 3333 <i>3rd, 10th, 17th</i>		Counselling (W) <i>Please call as times may vary</i>			Yin Yoga (W) with Celesta Wijaya			Counselling (W) <i>Please call as times may vary</i>				
		9.00am - 3.00pm		9am - 3.30pm						9.30am	11.00am			
		Counselling (W) <i>Please call as times may vary</i>		<i>Come in for a tea or Coffee</i> 						Hypnotherapy (W) with Edwina Davies Ward <i>10th, 17th, 24th, 31st</i>				
1.00pm - 3.00pm		10.00am - 11.00am					10.30	11.30	12.30	10.30am - 11.30am				
Reset Your Mindset (W) with Edwina Davies Ward <i>8-week Workshop</i> <i>6th, 13th, 20th</i>		Sound Bath (M) with Rachel Whiteman <i>14th</i>					Reflexology (F) with Christina Hall Bookings essential <i>9th, 23rd</i>			Sound Healing with Bindiya Puri <i>24th</i>				
10.30am	11.30am	12.30pm	9am	10am							10.00am - 11.00am			
Reflexology (F) with Bernie Sermon Bookings essential <i>13th</i>			Facial for Relaxation (F) with Sherri Shamsi Bookings essential <i>7th, 21st</i>								Meditation (W) with Maureen Cannon <i>From the 10th</i>			
10.30am	11.30am	12.30pm	10.00am - 12.00pm								10.00am	11.00am		
Reflexology (F) with Debra Beavan-Davis Bookings essential <i>6th, 20th</i>			Monthly Support Group (M) With Julie Verley <i>21st</i>								Pranic Healing (F) with Jan Duckett <i>10th, 24th</i>			
		10.00am - 12.00pm								1.00pm - 3.00pm				
		Nourishing Kitchen Catch up With Clemency Nicolson <i>21st</i>								Art Therapy Group (W) with Zoey Pellington <i>From 31st</i>				
5.00pm - 6.00pm										9.30am	10.30am			
Yin Yoga (W) with Celesta Wijaya <i>From Jan 6th</i>										Kinesiology (F) with Adriana Berger <i>10th & 24th</i>				
SIR CHARLES GAIRDNER HOSPITAL														
9.30am	10.30am	10.30	11.30	12.30	10.30am	11.30am	10.30am	11.30am	12.30am	9.30am	10.30am			
Pranic Healing (F) with Trish Williams		Reiki With Jane Leeming		Healing Touch (F) with Leanne Den Hartog			Feldenkrais (F) with Elwyn Edwards			Reiki (W) with Bob Stimpson				
10.00am	10.45am	11.30am	10.30	11.30	12.30	9.30am	10.30am	11.30am				10.00	11.00	12.00
Acupuncture (F) With Binglei Chen			Healing Touch (F) with Rosalie Van Aken		Reiki (W) with Bob Stimpson						Counselling (W) with Clare Richards			
				9.30am			10.30am	11.30am				10.00	11.00	
				Reflexology (F) With Cheryl Caldwell						Reiki (F) With Eva Gretan				
9.30am				9.30am										
Hand Massages Chemo lounge with Catherine & Elaine				Yoga - Group class (W) with Caroline Hayers										

Solaris Cancer Care Cottesloe and SCGH

JANUARY PROGRAM 2025

Offering support and information services to
people affected by cancer, their carers, and
families across WA.

Therapies
Support & Counselling
Information & Education Services
On-site Library & Resources
Drop-in Centre
Relaxation Lounge
Garden

For bookings or information
please contact Cottesloe on

T: 9384 3544

E: csmcottesloe@solariscancercare.org.au

or visit

Cancer Wellness Centre
80 Railway Street, Cottesloe WA 6011
MONDAY – FRIDAY
8.30am – 4.00pm

Contact Sir Charles Gairdner on
P: 6383 3475 E: csmcgh@solariscancercare.org.au
Or visit
Ground Floor Comprehensive Cancer Centre DD
Block Sir Charles Gairdner Hospital (SCGH),
Nedlands WA 6009

Monday – Friday
8.30am – 4.00pm

Solaris Op Shop Cottesloe
Monday – Friday, 9.30am – 4.00pm
1st Saturday of the month, 9.30am – 1.30pm



We rely on volunteers to help at our centres with a minimum
volunteer commitment of 4 hours once a week. Please call us
at 9384 3544 for more information on joining the team.



It is thanks to donations from the
community that we can continue
providing free support services to
people affected by cancer. Please
consider making a donation at the
reception desk, online via our
website solariscancercare.org.au,
or scan the QR code. Thank you.

Yin Yoga

Yoga concentrates on combining breathing with gentle
movements. Breathwork allows people to draw more oxygen
into their body systems; this helps people feel calmer and less
fatigued. Movements encourage flexibility, agility, balance,
and muscle tone, all of which can be impaired by inactivity.
Bone density loss may also be reduced, and people with
lymphedema could benefit. Investigations into the
therapeutic potential of yoga has shown that with practice
people can reduce anxiety levels, cause the heart to work
more efficiently, decrease respiratory rates and lower blood
pressure.

Meditation Made Easy

Easy-to-follow guided meditations with clear instructions and
relaxed discussion, assist newcomers and those familiar with
meditation to relax deeply and gain confidence in their own
practice. Bavali's Meditation Made Easy sessions focus on
developing a deeper awareness of the present moment
through the senses. Meditation is proven by numerous
research studies to be highly beneficial in improving physical
and emotional health.

Touch and body-based therapies.

Many scientific studies have been conducted on the effects of
touch-based techniques for people undergoing cancer treatment,
particularly chemotherapy, radiotherapy, and surgery. Research
shows that touch-based therapies can reduce pain, fatigue, anxiety,
depression, and nausea. Other benefits may include improvements
in sleep, neuropathy, quality of life, mental clarity, and alertness.

Mind-body techniques

Mind-body techniques are based on the belief that what we think,
and feel can affect our physical and mental wellbeing. Scientific
studies suggest that mind-body techniques can benefit people who
have cancer or are recovering from it by helping reduce the
symptoms and side effects of cancer and its treatment like pain,
anxiety, stress, low self-esteem, depression, fear, and difficulty
sleeping. You may also find using these techniques gives you relief,
or a sense of peace or understanding. These techniques may help
people feel more in control of their situation, more relaxed, and less
fearful of the future.

Energy-based therapies

Many clients use energy therapies as they are very gentle and non-
invasive. They work on a similar concept to acupuncture in terms of
unblocking energy and improving its flow throughout the body to
restore balance. Anecdotal evidence from patients indicates that
energy therapies provide a deep sense of warmth, calm and
relaxation, and often helps to relieve pain, reduce stiffness, and aid
neuropathy.

Acupuncture

Acupuncture is a branch of Traditional Chinese Medicine (TCM),
which involves very thin sterile needles inserted through the skin in
various points on the body, to stimulate "energy flow" to aid the
treatment of symptoms and improve quality of life.

Return to Movement

Movement after an illness or surgery can be challenging both
physically and mentally, and it can take a while for you to adjust to
your new body, energy levels and abilities. Our Return to
Movement class is based on the principles of Pilates and is
delivered by a qualified instructor who will help gently guide you

Counselling

A diagnosis of cancer and the treatment that follows are
stressful life-events. The person with cancer, their carer and
family members may all be affected. They experience a range
of emotions including anxiety, fear, grief, anger, and confusion
which is difficult to communicate.
Counselling provides a safe and supportive environment
where patients, carers and family can discuss their emotional
and practical concerns. The counsellor is outside the person's
circle of relationships so discussion is easier and can lead to a
clearer understanding of what is happening, their choices and
strategies available now and in the future. Our counsellors are
qualified psychologists and psychotherapists with experience
in issues of grief, bereavement, loss, and change.

Qigong

Is a practise of aligning breath, movement, and awareness for
exercise, healing, and meditation. Qigong is traditionally
viewed as a practice to balance Qi (chi) or what has been
translated as intrinsic life energy." Typically, QIGONG practice
involved rhythmic breathing, coordinated with slow style
repetition of fluid movements and a calm mindful state. Qi is a
life energy TCM says the health of the body relies on a smooth
flow of energy Qi within the body.

Nourishing Kitchen Catch Ups

Join our Accredited Practising Dietician to learn about eating
well. In this monthly group, we will explore how to cook the
best foods that helps build strength throughout treatment and
recovery.

Support Group for People Aged 26 – 49

This group offers a safe space to normalise, discuss and explore
resources to face the complex challenges experienced by people
in the 26 - 49 age group who have been affected by cancer -
including social and relationship issues, body image, workplace re-
evaluation, sexuality, and
long-term treatment effects. Carers and significant others are also
supported in this group.

Reiki

Reiki is a gentle, safe, relaxing, non-intrusive therapy, which is
effective in maintaining balance within the body, mind, and
soul. The result is a deeply relaxing experience, increasing the
body's natural ability to heal itself. The term Reiki is a
Japanese word meaning "universal life energy." Reiki is
believed to influence a person's physical and spiritual health
by realigning and strengthening the body's flow of energy.
The therapist may direct healing energy to areas of your body
where they feel there is a need and work to dissolve energy
blocks where tension or resistances are held. This improves
the free flow of energy and brings about the balanced
energetic state, which supports your body's own healing
processes. Clients report that these sessions provide a deeply
relaxing experience.

Hypnotherapy

Clinical hypnotherapy is an evidence-based approach that
focuses on empowering clients to make lasting changes for
their emotional and psychological wellbeing. It is a
therapeutic technique that uses hypnosis to help people
overcome various emotional, behavioural, and mental health
issues they may be facing. During the session, the therapist
will guide you to relax and focus on positive and beneficial
suggestions to change your thinking, behaviour, and mindset.
Hypnotherapy can help clients explore the root cause of any
issues you may be facing and develop strategies for managing
them. These issues may include anxiety, depression, trauma,
phobias, and chronic pain management.

Reflexology

Reflexology is a relaxing experience that can relieve tension in
the body and promote a sense of wellbeing. The theory behind
reflexology is that areas of the foot correspond to organs and
systems of the body. During your session, the therapist will
apply light pressure to reflex points of your feet.