

# COTTESLOE WEEKLY PROGRAM - June 2022

**GINGER**=Group class

**TEAL**=Booking Required

**GOLD**=free

**SKY**=Workshop/ Course

WEEKLY ACTIVITIES					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>10AM – 11.30AM</b>	<b>8:30AM – 9:30AM</b>	<b>8.30AM – 9.30AM</b>	<b>8:30AM – 9:30AM</b>	<b>8.30AM – 9.30AM</b>	<b>9.30AM-1.30PM</b>
<b>MEDITATION MADE EASY</b> Bavali Hill Weekly	<b>EXERCISE YOUR WAY</b> Weekly	<b>INTERMEDIATE PILATES (Small Group)</b> Stephanie Schmidt Weekly	<b>YIN YOGA</b> Celesta Wijaya Weekly	<b>PILATES MAT WORK</b> Stephanie Schmidt Weekly	<b>OP SHOP OPEN DAY!</b> 1 <sup>ST</sup> SATURDAY OF EACH MONTH
<b>1PM &amp; 2:15PM</b>	<b>9:45AM – 11AM</b>	<b>9AM – 10AM</b>	<b>10AM – 12PM</b>	<b>9AM &amp; 10.30AM</b>	
<b>HYPNOTHERAPY ONE ON ONE</b> (Solaris member only) Edwina Davies Ward Weekly	<b>QI GONG</b> Ilona McGavock Weekly	<b>GENTLE YOGA</b> Yvonne Henderson Weekly	<b>LIFE WRITING SKILLS</b> 5 week course 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> June	<b>HYPNOTHERAPY ONE ON ONE</b> (Solaris member only) Katherine Butcher Weekly	
<b>From 1PM</b>	<b>9.30AM &amp; 10.30AM</b>	<b>9.45AM &amp; 10.15AM</b>	<b>10.30AM &amp; 11.30AM</b>	<b>1PM – 2.30PM</b>	
<b>ACUPUNTURE CLINIC</b> Jessica Kennedy 20/06	<b>REIKI ONE ON ONE</b> Liz Albert Weekly	<b>RECOVERY PILATES ONE ON ONE</b> Stephanie Schmidt Weekly	<b>REIKI ONE ON ONE</b> Liz Albert Weekly	<b>DRUMMING WORKSHOP</b> Julie Sparrow 10 <sup>th</sup> June	
<b>1PM – 2PM</b>	<b>10.00AM- 12PM</b>	<b>10AM – 12PM</b>		<b>9AM – 3.30 PM</b>	
<b>ANXIETY &amp; STRESS REDUCTION Group</b> Edwina Davies Ward Monthly – 27/6	<b>TUESDAY WELLNESS (Support Group)</b> Charmaine Lobo Weekly In Person	<b>Support Group</b> Charmaine Lobo Weekly <b>Online - ZOOM</b>		<b>WINTER WELLNESS DAY</b> 17 <sup>th</sup> June Julie Verley	
<b>5PM – 6PM</b>	<b>12PM – 2PM</b>	<b>10:15AM &amp; 11:30AM</b>			
<b>YIN YOGA + SOUND</b> Celesta Wijaya CONFERENCE HALL Weekly	<b>REIKI CLINIC</b> Reiki Association WA CONFERENCE HALL Weekly	<b>YOGA THERAPY ONE ON ONE</b> Yvonne Henderson Weekly			
	<b>1PM – 3PM</b>	<b>12PM -1.30PM</b>			
	<b>MEDITATION MATTERS</b> Charmaine Lobo 3 week course 14, 21 & 28 June	<b>ART THERAPY – INDIVIDUAL SESSIONS</b> Jasmine Edwards Returning July			
	<b>2.30PM – 3.30PM</b>	<b>1PM -3PM</b>			
	<b>YOGA: RESTORATIVE AND NIDRA</b> Julie Verley Weekly Returns mid-June	<b>MEETING THE CHALLENGE</b> Charmaine Lobo 7 & 8 June FREE WORKSHOP <b>Online - ZOOM</b>			
	<b>6PM – 7:30PM</b>	<b>1PM-2.30PM</b>			
	<b>YOUNGER PEOPLES Support Group (26-49 years)</b> Julie Sparrow Last Tuesday of each month – 28/6	<b>!!NEW!!</b> <b>INTRODUCTION TO WELLNESS PLANNING</b> Charmaine Lobo 15 June			
<b>JULY ACTIVITIES</b>					
	<b>9AM-3PM</b>			<b>10.30AM-12.30PM</b>	
	<b>SNEAK PEAK FOR JULY!</b> <b>BODHINYANA MONASTERY VISIT</b> <b>JULY 12</b> <b>REGISTRATIONS OPEN</b>			<b>NOURISHING KITCHEN CATCH UPS</b> <b>CLEMENCY NICHOLS</b> 22 JULY	
				<b>10AM-12PM</b>	
				<b>REGISTRATIONS OPEN</b> <b>BEREAVEMENT LIVING WITH LOSS</b> <b>Julie Verley &amp; Maureen Tan</b> 5 WEEKS STARTING 29 JULY	

- COUNSELLING APPOINTMENTS ARE AVAILABLE MONDAY TO FRIDAY BETWEEN 9AM TO 3PM.**

Please phone (08) 9384 3544 to book appointments or register or visit <https://solariscancercare.org.au/upcoming-therapies-and-courses/>

**The Wellness Club Membership Package (\$395/year or \$210 for 6 months)** is designed for those people who plan to be actively engaged in our program. This is the best value possible and allows you to make all our activities an easy part of your lifestyle. Benefits included are:

**On joining you will receive the below, FREE OF CHARGE:**

- A place at the Meeting the Challenge Seminar
- A place on MBSR 8 week course
- Cancer Wellness Coaching
- Support Groups
- Sessions for all weekly activities
- Wellness Workshop 5 week extended course
- 10 week extended course
- Counselling

## Solaris Op Shop at Cottesloe

Monday to Friday 9.30am-4pm,  
First Saturday of the month 9.30am-1.30pm



We rely on volunteers to help at our Solaris Centres and Op Shop with a minimum volunteer commitment of 4 hours once a week. Call 93843544 for more information.

### DRY JULY



Go Dry this July to help Solaris Cancer Care provide more support for people affected by cancer.

Sign up today and take part!

<https://www.dryjuly.com/beneficiaries/solariscarecancersupportcentres>



**JUNE 2022**

### Offering care, support, and information services

Complementary Integrated Therapies  
Support & Counselling  
Information & Education Services  
On-site Library & Resources  
Drop-in Centre  
Relaxation Lounge Area  
Health & Wellness Activities

**For bookings or information please contact us on**

P: 08 9384 3544

E: [csmcottesloe@solariscancercare.org.au](mailto:csmcottesloe@solariscancercare.org.au)

or visit

**CANCER WELLNESS CENTRE  
80 RAILWAY STREET  
COTTESLOE WA 6011**

**MONDAY – THURSDAY**

8:30 AM – 4:30 PM

**FRIDAY**

8.30 AM - 4:00 PM

[WWW.SOLARISCANCERCARE.ORG.AU](http://WWW.SOLARISCANCERCARE.ORG.AU)

### MINDFUL 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

Pilates is gentle, with many of the exercises performed in reclining or sitting positions and most are low impact and partially weight bearing. Therapist aid in developing proper breathing techniques, correct spinal and pelvic alignment and concentration on smooth, flowing movement, so you become acutely in tune with your body. Pilates elongates and strengthens, improving muscle elasticity and joint mobility. Your whole body is evenly balanced and conditioned, helping the enjoyment of daily activities. The therapist will design a workshop best suited to your current needs and increase the intensity as your body condition improves.

### QI GONG

Pronounced “chee-gung”, is a practice 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 involves rhythmic breathing, coordinated with slow stylised repetition of fluid movements and calm mindful state. There are four main divisions of Qigong, depending on the goal of the practitioner – spiritual, medical, martial and athletic. However, there is some overlap between the branches. Medical Qigong is branch of Traditional Chinese Medicine (TCM). Qi is life energy and TCM says that the health of the body relies upon a smooth flow of Qi within the body.

### 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 the 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 the body's own healing processes. Patients report that Reiki is a deeply relaxing experience.

### Complementary Integrated Therapies

#### Touch/ 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 Technique

Mind-Body Technique 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. Some therapies allow people to explore their emotions. Evidence also shows that mind-body techniques may reduce the symptoms and side effects of cancer and its treatment. These include pain, anxiety, stress, low self-esteem, depression, fear, and difficulty sleeping, which can all affect mood and overall wellbeing.

Mind-Body techniques give you the opportunity to discuss your thoughts, feelings and concern in a safe and confidential environment. 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 patients 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 is that energy therapies provide a deep sense of warmth, calm and relaxation, and often helps to relieve pain, reduce stiffness and neuropathy.

#### ACUPUNCTURE

Acupuncture is a branch of Traditional Chinese Medicine (TCM), which involves very thin sterile needles inserted through the skin at various points on the body to stimulate “energy flow” to aid the treatment of symptoms and to improve quality life. The manipulation of needles into specific combinations of points called meridians allows the body to return to its regulated flow of energy or Qi. This vital energy or life force (pronounced “Chee”) and the flow of Qi is considered necessary in order to maintain physical and emotional wellbeing. Patients report that it is relaxing and beneficial for some symptoms and overall quality of life. There is good evidence that it is effective in treating

chemotherapy-induced nausea and vomiting. Some evidence suggests that it is useful in reducing pain.

#### ART THERAPY

Art therapy uses art materials to support the expression and exploration of thoughts, feelings, conflicts, or any issue causing anxiety, in the presence of a trained medical art psychotherapist. The image, the discussion and the sharing of stories provides insight and support, it also improves coping, emotional wellbeing and quality of life. Psychotherapy as an intervention is well documented for its benefits for people with cancer. Expressive art therapy requires no art skills, just a sense of playful inquiry.

#### COUNSELLING

A diagnosis of cancer and the treatment that follows are stressful life-events, which make heavy demands on personal resources – emotional, physical and spiritual. 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. Even when in remission, survivors can experience difficulties with adjustment as a consequence of the treatment and/or emotional fallout.

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 and choices and strategies available now and in the future. Solaris Cancer Care Counsellors are qualified psychologists and psychotherapists with experience in issues of grief, bereavement, loss and change.

#### HYPNOTHERAPY

Hypnotherapy is deep relaxation, used to help people become more aware of their inner thoughts. This can assist them to overcome mental blocks that have previously stopped them from dealing with anxiety, fear, low self-esteem, pain, insomnia or unwanted habits. It can improve mental wellbeing and quality of life. Being in a relaxed state of altered consciousness can help people cope with pain and nausea following surgery.

#### MEDITATION MADE EASY

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 a group can help make meditation part of your lifestyle.

### SING FOR JOY

Join our merry group in enjoying the art of singing in a friendly, down to earth environment. This weekly actively 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 HEALING

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

### YOGA includes GENTLE YOGA, YIN YOGA, YOGA FOR ALL

Yoga concentrates on combining breathing with gentle movements. Breath work allows people to draw more oxygen into their body systems; this helps people feel calmer and less fatigued. Yoga has the capacity to alter mental and bodily responses normally thought to be beyond a person's ability to modulate them. 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.

### GRIEF GROUP (SUPPORT GROUP)

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

### WEDNESDAY ONLINE SUPPORT

There's a remarkable power in conversation never more so than when faced with something as intense and serious as cancer. You are welcome to join the wonderful online community coming together to share, laugh and cry, providing unconditional support for one another in an online setting.

### INTRODUCTION TO WELLNESS PLANNING

Our Introduction to Wellness Planning is a great place to start for those who are wishing to put into action their learnings from various workshops and courses they have attended and will help participants incorporate Wellness Practices into everyday living.