

COTTESLOE WEEKLY PROGRAM – September 2022

GINGER=Group class

GOLD=free

SKY=Workshop/ Course

BOOKINGS ARE REQUIRED FOR APPOINTMENTS, EXERCISE CLASSES AND GROUPS

WEEKLY ACTIVITIES					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10AM – 11.30AM	8.30AM – 9.30AM	8.30AM – 9.30AM	8.30AM – 9.30AM	8.30AM – 9.30AM	9.30AM - 1.30PM
MEDITATION MADE EASY Bavali Hill Weekly	EXERCISE YOUR WAY Damian Weekly	INTERMEDIATE PILATES (Small Group) Stephanie Schmidt Weekly	YIN YOGA Celesta Wijaya Weekly	PILATES MAT WORK Stephanie Schmidt Weekly	OP SHOP OPEN DAY! 1 ST SATURDAY OF EACH MONTH 03/09
10AM & 11.20AM	9.45AM – 11AM	9AM – 10AM	9AM & 10AM	9.45AM & 11AM	
PRANIC HEALING Deepak Singh Weekly	QI GONG Ilona McGavock Weekly	GENTLE YOGA Yvonne Henderson Weekly bookings essential	FACIALS FOR RELAXATION Sherri Shamsi Fortnightly Starts from 01/09	HYPNOTHERAPY ONE ON ONE (Solaris members only) Katherine Butcher Ends on 02/09	
1PM & 2.15PM	9.30AM & 10.30AM	10AM – 12PM	10AM – 12PM	9.30AM - 1.00PM	
HYPNOTHERAPY ONE ON ONE (Members only) Edwina Davies Ward Weekly	REIKI ONE ON ONE Liz Albert Weekly	SUPPORT CIRCLE (Support Group) Charmaine Lobo Weekly Online – ZOOM	ART THERAPY GROUP Jasmine Edwards Weekly - 08/09 Mindfulness & Mandalas - 16/09 Negotiating boundaries through art - 23/09 Warrior Dolls – explore your inner warrior - 30/09 Exploring Support Networks with clay bookings essential	HALF DAY SILENT RETREAT 09/09 Julie Verley	
1PM – 2PM	10AM - 12PM	10AM – 11AM		10AM - 12PM	
ANXIETY & STRESS REDUCTION Group Edwina Davies Ward Monthly – 26/09	TUESDAY WELLNESS (Support Group) Charmaine Lobo Weekly In Person	BEGINNERS MAT WORK PILATES Stephanie Schmidt Weekly Starts 07/09		GRIEF SUPPORT GROUP Monthly 30/09 Julie Verley	
5PM – 6PM	12PM – 2PM	10.15AM & 11.30AM	10.30AM & 11.30AM	10.30AM – 12.30PM	
YIN YOGA + SOUND Celesta Wijaya CONFERENCE HALL Weekly	REIKI CLINIC Reiki Association WA CONFERENCE HALL Weekly	YOGA THERAPY ONE ON ONE Yvonne Henderson Weekly	REIKI ONE ON ONE Liz Albert Weekly	NUTRITION: EATING FOR WELLBEING Clemency Nichols (5 WEEKS) 16/09, 23/09, 07/10, 14/10	
	1PM – 5PM		12.30PM & 2PM	1PM - 2.30PM	
	MEETING THE CHALLENGE Charmaine Lobo 20/09 FREE WORKSHOP Face to Face		ART THERAPY – INDIVIDUAL SESSIONS Jasmine Edwards Weekly	RESILIENCE THROUGH RHYTHM - DRUMMING Julie Verley and Julie Sparrow 02/09	
	2.30PM – 3.30PM				
	YOGA: RESTORATIVE AND NIDRA Julie Verley Weekly				
	6PM – 7.30PM				
	YOUNGER PEOPLES Support Group (26-49 years) Julie Sparrow Monthly - 27/09				
COMING SOON! - OCTOBER COURSES AND WORKSHOPS					
	MEETING THE CHALLENGE 2 DAY ONLINE 18 & 19 OCTOBER		LOOK GOOD FEEL BETTER 20 OCTOBER LGFB.ORG.AU TO BOOK		
	ADVANCED CARE PLANNING 5 WEEKS STARTS 18 OCTOBER		MINDFUL SELF-COMPASSION 6 WEEKS STARTS 20 OCTOBER		

- COUNSELLING APPOINTMENTS ARE AVAILABLE MONDAY TO FRIDAY BETWEEN 9AM AND 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 \$210 for 6 months) is designed for those people who plan to be actively engaged in our program. This membership 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
- 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.



September 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

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

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.

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 because 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.

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.

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.

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.

WELLNESS PLANNING

Wellness Planning is for those wishing to put into action their learnings from various workshops and courses such as Meeting the Challenge and will help participants incorporate Wellness Practices into everyday living.