

# Solaris Cancer Care

January – March  
Program 2023



# Contents

Our Centres	4
Counselling and Wellness Coaching	7
Support Groups	8
Weekly Therapies and Activities	11
Courses and Workshops	12
Meeting the Challenge	12
Get Involved	22



“

***Solaris has been a bit like my lighthouse in the storm.***  
*Sometimes I have good weeks, sometimes I have bad weeks with chemo but... I don't feel alone. I feel like I can talk to people there who understand what I'm going through."*

– ELEONORE

# About Solaris Cancer Care

Solaris Cancer Care has been providing cancer support services to the WA community for over 20 years, and we know that a cancer diagnosis can affect every part of your life.

We offer a range of ways to learn and experience how simple lifestyle changes can support your health and wellbeing. Our evidence-based approach can help people living with cancer feel more informed, empowered and supported.

**We support individuals who are living with cancer, their families, carers and the wider community.**

## Support for you

Our range of services include counselling, complementary therapies, education, wellness activities, support groups, courses and workshops. We also offer tranquil and welcoming spaces to relax and meet people going through similar experiences.

We have centres located at Cottesloe, Sir Charles Gairdner Hospital, St John of God Hospital – Subiaco, Bunbury and Albany. We have a Cancer Support Officer who provides support for anyone in the Pilbara region, including those traveling to Perth for treatment.

Please contact us so we can connect you with the therapies and services that best meets your needs. Call **9384 3544** or email **[support@solariscancercare.org.au](mailto:support@solariscancercare.org.au)**.

For more information on how we can support you or someone you know with cancer visit our website at **[www.solariscancercare.org.au](http://www.solariscancercare.org.au)**.



# Our Centres

You are invited to come in to any one of our centres. Each centre provides a quiet place to relax, reflect and connect, while at the same time being a space where you can receive 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](http://www.solariscancercare.org.au).

A few workshops and support groups are also offered online making them easy to access from the comfort of your own home.

---

## Solaris Cottesloe

Monday – Thursday 8.30am – 4.30pm,  
Friday 8.30am – 4pm

80 Railway Street, Cottesloe WA 6011

T 9384 3544 | E [csmcottesloe@solariscancercare.org.au](mailto:csmcottesloe@solariscancercare.org.au)

Our Cottesloe centre is located within the Cancer Wellness Centre. Whether in active or post-treatment, caring for someone, bereaved, or simply seeking to improve your wellbeing – we are here to support you at every stage.

## Solaris Sir Charles Gairdner Hospital (SCGH)

Monday – Friday, 8.30am – 4.30pm

Ground Floor Comprehensive Cancer Centre DD Block,  
Nedlands WA 6009

T 6383 3475 | E [csmscgh@solariscancercare.org.au](mailto:csmscgh@solariscancercare.org.au)

Therapies offered at SCGH are available to all cancer patients and carers, regardless of the hospital you are receiving treatment from.

We offer complementary therapies such as reflexology, different types of massage (Indian head, hand & foot, and relaxation), Reiki, healing touch, Feldenkrais, Pranic Healing and acupuncture. We also offer counselling sessions.

## Solaris St John of God Subiaco (SJOG)

Monday – Friday, 9am – 5pm

Suite 208, 25 McCourt Street, St John of God Hospital, Subiaco WA 6008  
T 9388 9788 | E [csmsjog@solariscancercare.org.au](mailto:csmsjog@solariscancercare.org.au)

If you are a patient at SJOG Subiaco, you and your carer can access our services.

We offer complementary therapies such as reflexology, Bowen therapy, Reiki, Pranic healing, and different types of massage (relaxation, Indian head, hand & foot, and oncology). We also offer counselling and wellness activities such as yoga, Pilates and mindfulness.

## Solaris South West

*Serving Bunbury and the South West*

Monday – Friday, 9am – 4.30pm

72 Brittain Road, Bunbury WA 6230

T 9791 1559 | E [csmsw@solariscancercare.org.au](mailto:csmsw@solariscancercare.org.au)

Our Bunbury centre has a lovely garden you can enjoy while accessing therapies. We offer Bowen therapy, energy balance, hypnotherapy, and different types of massage (relaxation, lymphatic, hand & foot and Indian head). You can access counselling and groups such as music harp therapy, meditation, creative craft and two men's walking groups for different levels.

## Solaris Great Southern

*Serving Albany and the Great Southern*

Tuesdays – Thursdays, 8.30am – 4.30pm

91-93 Earl Street, Albany WA 6330

M 0477 012 419 | E [csmgs@solariscancercare.org.au](mailto:csmgs@solariscancercare.org.au)

Our Albany centre offers a range of therapies for cancer and palliative patients and their primary carers to access. These include relaxation massage, hand & foot massage, Reiki, meditation, healing touch, craniosacral therapy, acupuncture, reflexology, and art therapy sessions.

## Solaris Pilbara

*Serving Port Hedland and the Pilbara region*

### **Pilbara Support Officer**

**T** 9384 3544 | **M** 0484 244 526

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

We have a dedicated Cancer Support Officer for anyone affected by cancer in the Pilbara region, who can be your central point of contact for advice and support in Perth or the Pilbara.

Our Cancer Support Officer can also help you:

- Access complementary therapies, diet and exercise, counselling, support groups and workshops
- Navigate the health care system
- Get the right information from diagnosis, active and post treatment
- Liaise with cancer care professionals
- Advocate and facilitate collaborative support

**This initiative is generously funded by the Rinehart Medical Foundation.**



# Counselling and Wellness Coaching

Mental and emotional health is an essential part of your overall wellbeing. Seeing a counsellor to address cancer-related issues can ease the isolation you may feel and help you find ways to face the challenges ahead.

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 provide coping strategies to support you during and after your treatment, and help you deal with any mental health issues which may arise.

## Phone and telehealth support

If you find yourself unable to attend counselling at your local centre, we can arrange a phone or telehealth counselling appointment.

## Home and hospital visits

If your health prevents you from travelling, our counsellors can visit you at home or in hospital within a certain radius of our Cottesloe centre.

## Wellness coaching

Wellness coaching is 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 care plan, set realistic goals and have someone walk beside you to keep you on track.

## To book

T 9384 3544 | E [support@solariscancercare.org.au](mailto:support@solariscancercare.org.au)

# Support Groups

We believe no one should go through cancer alone. That is why our professionally facilitated support groups are free of charge and central to our offerings. Our groups offer a safe and stimulating space to share your experience.

## Perth

### Tuesday Wellness Group

With an emphasis on living well, this group provides an invaluable opportunity to connect, share, reflect and explore how other people going through similar experiences to us are coping, as well as exchange tips and information with each other. This group is open to people affected by cancer, their carers and key support people.

**Solaris Cottesloe:** Tuesdays, 10am – 12pm (weekly)

---

### Grief Group

This Grief support group is a natural follow-up to our 5-week Living with Loss course. We recommend speaking to one of our counsellors before joining the group so they can tailor support to your unique needs.

**Solaris Cottesloe:** 1pm – 3pm  
(second Wednesday of each month starting 11th January)



## Online

### Wednesday Support Circle

There is a remarkable power in conversation and never more so than when faced with something as intense and serious as cancer. You are welcome to join our wonderful community who come together weekly to share, laugh and cry, and provide unconditional support for one another in an online setting.

**Online:** Wednesdays, 10am – 12pm (weekly)

---

### Younger Peoples Support Group (26-49 years)

Younger people affected by cancer can experience complex issues beyond the treatment phase. These include social and relationship issues, workplace re-evaluation, body image, sexuality, and long-term effects from the treatment. This group offers a safe space to normalise and discuss these challenges as well as explore resources and strategies that can help younger people feel less isolated.



This group is suitable for those in treatment and post treatment. Younger people caring for someone impacted by cancer will also be supported in this group.

**Online:** 10am – 11.30am (last Friday of each month starting 24th February)

For login in details please email [csmcottesloe@solariscancercare.org.au](mailto:csmcottesloe@solariscancercare.org.au) or call **9384 3544**.

# Bunbury

## Men's Walking Groups

Our South West centre has two fortnightly men's walking groups with a focus on wellness and socialising. These groups provide a chance for you to improve your wellbeing and meet and connect with other men going through cancer over a cuppa at our centre.

If you are going through cancer treatment, regular walking exercise can help to reduce treatment-related fatigue, maintain fitness, mobility and strength, increase energy levels, reduce anxiety and stress, and help you sleep better.

The groups take place fortnightly on Mondays:

- CanSir Men's Walking Group, 9.30am – reasonably paced walking
- CrewSirs Men's Walking Group, 10.15am – relaxed paced walking

**Dates:** 16th and 30th January, 13th and 27th February, 13th and 27th March

---

## Meditation Group (breathing and visualisation)

Tuesday, 9.30am (weekly)

---

## Creative Inspirations Craft Group

Monday, 9.30am – 11am  
(once a month for metastatic cancer and once a month for newly diagnosed)

**Dates:** 6th and 20th February, 6th and 20th March



# Weekly Therapies and Activities

We offer a wide range of therapies such as physical, creative, touch and energy based 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.

Visit your local Solaris Cancer Care centre for a current monthly program of one-to-one and group activities or check our website: [www.solariscancercare.org.au/program](http://www.solariscancercare.org.au/program).



# Courses and Workshops

All courses and workshops can be booked online at [solariscancercare.org.au](http://solariscancercare.org.au). For enquiries please call your local centre or call **9384 3544**.

## Meeting the Challenge

**If you or someone you know has been diagnosed with cancer, we highly recommend this introductory workshop.**

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

- How to cope with diagnosis and treatment
- Managing stress
- Positive lifestyle choices
- Importance of exercise
- Nutrition, including juicing / smoothie demonstration
- Evidence based complementary therapies to help you feel as well as possible during and after cancer treatment.

At **Solaris Cottesloe** on the following date:

- Wednesday 15th February,  
1pm – 5pm

**Online** via Zoom on the following dates:

- Tuesday 14th and Wednesday 15th March,  
1pm – 3pm

**Facilitator** Charmaine Lobo



## Meeting the Challenge

– see details on [page 12](#).

This workshop will introduce you to a range of available services and support.

**Dates** Wednesday 15th February

**Time** 1pm – 5pm

**Venue** Solaris Cottesloe



## 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 [www.lgfb.org.au](http://www.lgfb.org.au) to book.

**Day** Thursday  
**Date** 16th February  
**Time** 10am – 12.30pm  
**Venue** Solaris Cottesloe

---

**Day** Thursday  
**Date** 16th March  
**Time** 10am – 12.30pm  
**Venue** Solaris Cottesloe



## Drumming Circle – Building resilience through rhythm

Our community DRUMBEAT circles are delivered by accredited facilitators and provide a sense of connectedness with self and others that is physical, non-competitive and fun! Our circle of drummers share in the rhythm of relationships, harmony and cohesion.



No musical skill or experience required, all instruments provided, so come along and make some noise. We learn and play together.

<b>Date</b>	Friday 17th February
<b>Time</b>	1pm – 2.30pm
<b>Venue</b>	Solaris Cottesloe
<b>Facilitator</b>	Julie Sparrow

---

## Bereavement: Living with Loss Course – 5 weeks

Have you experienced the loss of someone close to you? This course provides a safe space 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.

You will learn how to identify emotions, share ideas about how to honour and remember your loved ones, and develop strategies to help you cope.

*After the course you will be invited to join an ongoing monthly support group that takes place on the second Wednesday of each month from 1pm – 3pm.*

<b>Day</b>	Friday
<b>Dates</b>	17th and 24th February, 3rd, 10th and 17th March
<b>Time</b>	10.30am – 12.30pm
<b>Venue</b>	Solaris Cottesloe
<b>Facilitators</b>	Maureen Tan and Julie Verley

## Carer's Course – 1 day

Are you providing care for someone with cancer or a serious illness? Our Carer's Course is 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.

This course aims to help carers feel empowered and reinforced in their role, gain new knowledge, feel less isolated and improve the quality of life for both individuals in the caring relationship.

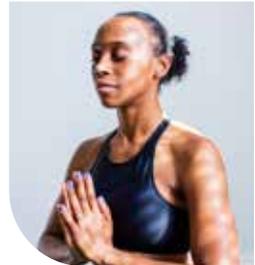
<b>Date</b>	Saturday 17th February
<b>Time</b>	10am – 4pm
<b>Venue</b>	Solaris Sir Charles Gairdner Hospital
<b>Facilitators</b>	Patricia Williams and Richie Perera

For more information, please call **6383 3475** or email [csmscgh@solariscancercare.org.au](mailto:csmscgh@solariscancercare.org.au)

---

## Meditation Matters – 3 weeks

Meditation is a journey and practicing it is not about getting 'good' but instead about getting better with our response to the highs and lows of life. A common response to meditation is 'I can't do it, my mind is too busy, too noisy,' but we begin learning meditation by acknowledging that we all have experienced busy minds.



Practicing meditation brings us the opportunity to sit with ourselves and cultivate awareness about our mental, emotional, and physical self. We invite you to explore and experience various meditation techniques and practices. By the end of the course, you will have a regular meditation routine set up and the tools to continue practicing it.

<b>Day</b>	Tuesday
<b>Dates</b>	21st and 27th February, and 7th March
<b>Time</b>	1pm – 3pm
<b>Venue</b>	Solaris Cottesloe
<b>Facilitator</b>	Charmaine Lobo

## Wellness Planning Workshop

This two-hour workshop can be attended once you have completed Meeting the Challenge.

This workshop introduces practical and evidence-based techniques designed to help you create a wellness approach that maximises your potential to live well.



Wellness is not merely the absence of illness or distress – it is a lifelong process of making decisions to live a more balanced and meaningful life.

**Date** Wednesday 22nd February

**Time** 1pm – 3pm

**Venue** Solaris Cottesloe

**Facilitator** Charmaine Lobo

---

**Date** Tuesday 21st March

**Time** 1pm – 3pm

**Venue** Solaris Cottesloe

**Facilitator** Charmaine Lobo

---

## Hair and Scalp Care Workshop

This workshop is for men and women and is a great source of information on how to care for your scalp and hair during and after treatment and as you recover. The workshop will also provide information on ways to protect your head after hair loss.

Facilitated by Natasha Girvan from Look Good Feel Better.

**Date** Wednesday 1st March

**Time** 1pm – 12.30pm

**Venue** Solaris Cottesloe

## Life Writing Skills – 5 weeks

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 and friends, prepared for publication, or remain a private celebration of the mystery of your journey.

Anyone can join the workshop. Our facilitator Margaret Cole is a clinical psychologist who has taught and used writing as a life skill for over thirty years. She will help you remember and provide you with techniques to write with and the confidence to do it.



<b>Day</b>	Thursday
<b>Dates</b>	23rd February, 3rd, 9th, 16th, and 23rd March
<b>Time</b>	1pm – 4pm
<b>Venue</b>	Solaris Cottesloe
<b>Facilitator</b>	Margaret Cole

---

## Befriend your Nervous System

When faced with life stressors, our bodies forget how to reset and stay hyper vigilant, sensing danger in everything. This may present as fear, anxiety, disconnection, or catastrophising and can cause physiological symptoms like tension, upset tummy and increased pain and blood pressure. This workshop will explain what happens to our bodies in flight, fright or freeze and offer tools to regulate the nervous system and enhance your physical and mental wellbeing.

<b>Date &amp; Time</b>	Wednesday 1st March, 1pm – 4pm
<b>Venue</b>	Solaris Cottesloe
<b>Facilitators</b>	Julie Verley and Charmaine Lobo

# Meeting the Challenge

– see details on [page 12](#).

This workshop will introduce you to a range of available services and support.

**Dates** Tuesday 14th and Wednesday 15th March

**Time** 1pm – 3pm

**Venue** Online



## Laughter Yoga

Laughing helps us explore how we view the world and ourselves. It gently challenges us to let go of judgements and ego and connect with others. It is a liberating experience that loosens us up, relieves stress and tension in the body, and strengthens the immune system.

Join us in this safe space to feel a heartfelt connection with your fellow participants.

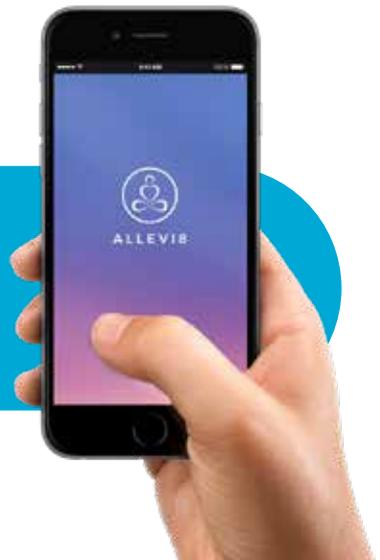
**Date** Wednesday 29th March

**Time** 11am – 1pm

**Venue** Solaris Cottesloe

**Facilitators** Jannie Goss

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



## Guest Speaker

### Ajahn Brahm

Tuesday 7th February, 4pm – 6pm

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

The Venerable Ajahn Brahm has spent the past 46 years as a Buddhist monk, practicing and sharing his deep knowledge of Buddhist teachings in Australia and internationally.



*Ajahn Brahm. Photo by Buddhistdoor Global*

Ajahn Brahm is also the author of several 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 community is grateful to be invited to visit the monastery later in the year.

**Register** online via our website [solariscancercare.org.au](http://solariscancercare.org.au), email [csmcottesloe@solariscancercare.org.au](mailto:csmcottesloe@solariscancercare.org.au) or call **9384 3544**.

“

*I feel totally relaxed and very peaceful. I have a complete sense of calm and warmth from within myself and radiating throughout my whole body. I feel at peace with myself. Thank you very much for allowing me to have the wonderful Reiki treatments.”*



## Ayurvedic Wellness Retreat, Kerala India

**Dates** 9th – 23rd September

Ayurveda means the 'science of life' and is a 5000-year-old ancient healing tradition originating in Kerala, south west India. In the world of Ayurveda, all elements of our being play equal part and are all interconnected.

On this retreat, the focus is bringing our emotional, mental, physical, spiritual and physiological aspects of ourselves into balance and harmony. This is created through a personalised program of treatments; a menu of nourishingly delicious food, which is medicine for your individual body type; yoga, meditation, pranayama (yogic breathing) all set within this secluded, peaceful sanctuary.

There is the opportunity of deep healing from this authentic ayurvedic retreat. Whether this be good health, emotional stability, joy, light heartedness, happiness, peace or self-love, the beautiful cottages, stunning gardens and the warm, caring staff all combine to create an inspirational experience of nurturing and wellness.

Organised by *Journeys of the Spirit*, this retreat is facilitated by Cathy Brown.

**Register** online via [journeysofthespirit.com.au](http://journeysofthespirit.com.au)

### Want to find out more about the retreat?

An information session will be taking place on **Wednesday 15th February** from **5.30pm – 6.30pm** at our **Cottesloe centre**. Please call **9384 3544** to book your place.



## Op Shop

Our Op Shop raises significant funds through its various sales and special events. There are many ways you can support the Op Shop:

- **Shop** for new and previously loved goods. There are all sorts of items available from tops, pants and coats to glassware and silverware, books, jewellery and more.
- **Donate items** – if you have quality items that you no longer need, we will happily accept your donation.
- **Become a volunteer** – we are always looking for volunteers to help for four hours either during the week or on the first Saturday of the month.



To find out how you can get involved with the Op Shop call **9384 3544** or email **[opshop@solariscancercare.org.au](mailto:opshop@solariscancercare.org.au)**.

We'd love to hear from you.

# Get Involved

## Donate

Your donation will ensure we continue to provide supportive cancer care services across WA for anyone affected by cancer.

Donate online via our website [solariscancercare.org.au](https://solariscancercare.org.au) or call **9384 3544**. Thank you.



## Become a corporate partner

There are many benefits for your business in becoming a corporate partner. We will work with you to develop a mutually beneficial partnership that can meet your business objectives and aims. That can include brand awareness, social media campaigns through to providing volunteer opportunities for your team.

We can also offer wellness activities and programs designed to support your workforce, anything from taster sessions for complementary therapies to holding your strategy planning at our beautiful Cottesloe Centre. We can offer healthy morning tea and lunch, along with a cooking demonstration or mindfulness practice to start your day. Talk to us about becoming a corporate partner today by calling our Philanthropy & Marketing Manager on **0477 951 919**.



## Fundraise for us

There are many ways you can fundraise for us such as hosting a morning tea or setting your own personal challenge and taking part in a cycling, swimming, fun run or walking event. To discuss ways you can fundraise for us, get in touch with our fundraising team.



## Leaving a gift in your will

Every single gift makes it possible for us to plan for the future, ensuring that we are here for everyone who needs us for years to come. Leaving a gift in your will is one way of offering unconditional support and reassurance to others, ensuring that they never have to face cancer alone.

If you would like to find out more about leaving us a gift in your Will, please speak with our Philanthropy & Marketing Manager on **0477 951 919**.

## Volunteer

We rely on the invaluable help of many volunteers, without which we could not provide many of our services. You can volunteer in a range of areas including complementary therapies, client services, research, events and fundraising.

In our centres you can volunteer as a therapist, group facilitator, meet and greet receptionist, gardening and maintenance person. We are always looking for volunteers to help with events and fundraising activities.

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 **9384 3544** or email **[info@solariscancercare.org.au](mailto:info@solariscancercare.org.au)**.





Solaris Cancer  
Care

“

*I found the counselling very helpful in developing some new strategies for being calmer. The Reiki and massage have helped my body relax and deal better with my fatigue and sleeping patterns.”*

**Email us at**

[info@solariscancercare.org.au](mailto:info@solariscancercare.org.au)  
[support@solariscancercare.org.au](mailto:support@solariscancercare.org.au)

**Phone us on**

9384 3544

**Connect with us online at**

[solariscancercare.org.au](http://solariscancercare.org.au)

