

Solaris Cancer Care

January – March
Program 2024



“

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



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About Solaris Cancer Care

Founded in 2001, Solaris Cancer Care is a charity that provides free cancer support services to the WA community. We support individuals affected by cancer, their carers, families, and the wider community.

We know that a cancer diagnosis can affect every part of your life. That's why we offer a range of ways to learn and experience how simple lifestyle changes can support your health and wellbeing. Our evidence-based approach helps people feel more informed, empowered, and supported through all stages of cancer.

Support for you

We have a range of services for you and your loved ones to access, including counselling, complementary therapies, education, wellness activities, support groups, courses and workshops.

We have centres located at Cottesloe, Sir Charles Gairdner Hospital, and Bunbury, and we also provide support in the Pilbara region.

Please contact us so we can connect you with the services that best meet your needs.
Call **9384 3544** or email **support@solariscancercare.org.au**.

For more information on how we can support you, visit our website **www.solariscancercare.org.au**.

It is thanks to donations from the community that we can continue providing free services.

By supporting us, you ensure we can continue being there for people affected by cancer in the community during their time of need – please consider making a donation at the reception desk, online via our website **solariscancercare.org.au**, or scan the QR code.



Our Centres

Each centre provides a quiet place for you to relax, reflect and connect with others, while at the same time being a space for you to receive a range of information, resources and therapies. You are welcome to drop into our centres at anytime for a cup of tea, a conversation, or simply for a bit of quiet relaxation between appointments.

Each centre offers a range of complementary therapies and activities each month – the monthly program for each centre can be accessed on our website solariscancercare.org.au or in-person at your local centre.

Solaris Cottesloe

Monday – Friday, 8.30am – 4.30pm,
80 Railway Street, Cottesloe WA 6011
T 9384 3544 | **E** csmmcottesloe@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. You can access a range of courses, workshops, complementary therapies, wellness activities, counselling and support groups at our Cottesloe centre.

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

If you are receiving treatment at any hospital in WA, you and your carer are welcome to access services at our SCGH centre.

We offer complementary therapies such as reflexology, different types of massages, Reiki, healing touch, Feldenkrais, Pranic Healing and acupuncture. We also offer counselling sessions.

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

Our Bunbury centre has a lovely garden you can enjoy while accessing therapies. We offer a range of complementary therapies such as Reiki, Bowen therapy, energy balance, reflexology and different types of massages.

You can also access counselling services and attend our various groups such as sound healing, meditation, creative craft, Tai Chi, and two men's walking groups for different levels.

Solaris Pilbara

Serving the Pilbara and surrounding regional areas

Eliza Rouse, Pilbara Cancer Support Coordinator

M 0484 244 526 | T 6383 3475

E pilbarasupport@solariscancercare.org.au

We have a dedicated Cancer Support Coordinator for anyone affected by cancer in the Pilbara region. They can provide care and coordination, advice and support between Perth and the Pilbara.

Our Cancer Support Coordinator can help you navigate the healthcare system and has a deep understanding of the unique barriers to accessing care for rural residents and their families. Their support includes:

- Accessing complementary therapies, counselling and ancillary support, in conjunction with support groups and workshops
- Providing information and resources from diagnosis to post treatment while connecting you with local services and support systems
- Liaising with cancer care professionals both in Perth and the Pilbara
- Advocating for your needs by facilitating integrated support

This initiative is generously funded by the Rinehart Medical Foundation.

Counselling

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 at each stage of your experience – during and after treatment, survivorship, end of life and bereavement.

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.

To book

To find out more about how we can support your mental and emotional wellbeing, please call **9384 3544** or email **support@solariscancercare.org.au**.



Support Groups

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

Please register your interest before attending our groups by calling our centres or booking online via our website solariscancercare.org.au to ensure you get updates about the group.

Perth

Monthly Support Group

This group provides an opportunity to connect, share, reflect and explore how others going through similar experiences are coping. Sharing your experience with others can lessen feelings of isolation and provide a space to develop skills to manage stress and navigate your experience. The effect of cancer is felt not only by the individual diagnosed, but also the people around them – carers and significant others are welcome to join the group.

Dates	Tuesday 18th January, 20th February and 19th March
Time	10.00am – 12.00pm
Venue	Solaris Cottesloe
Facilitator	Julie Verley

Support Group for People Aged 26 – 49

For people aged between 26 and 49 years old, being affected by cancer can bring about complex issues beyond the treatment phase. These can include social and relationship issues, workplace re-evaluation, body image, sexuality, and long-term effects from treatment. This group offers a safe space to normalise and discuss these challenges, and explore resources and strategies that can help you feel less isolated. People in treatment, post treatment and caring for someone with cancer are welcome to attend this group.

Dates	Last Thursday evening of each month – 25th January, 29th February and 28th March
Time	6.00 - 7.30pm
Venue	Solaris Cottesloe
Facilitators	Alice Cullam and Julie Verley

Bunbury

Please call **9791 1559** or email csmsw@solariscancercare.org.au to register your interest before attending.

Craft Group

This craft group takes place fortnightly for people with metastatic cancer and for those newly diagnosed. No artistic experience is required to participate in this group – simply come along and join our facilitator as she gently guides you through various forms of craft while you reconnect with yourself and others going through similar experiences as you.



Dates	Monday 15th and 29th January – please call 9791 1559 to find out dates for February and March
Time	9.30am
Venue	Solaris South West
Facilitator	Betty Saunders

Men's Walking Groups

Our Bunbury centre has two weekly men's walking groups with a focus on wellness, socialising and peer support. The groups provide a chance for you to improve your wellbeing, while meeting and connecting with other men going through cancer. The groups take place weekly on Mondays and typically ends with everyone gathering for a cuppa and conversations at the centre.

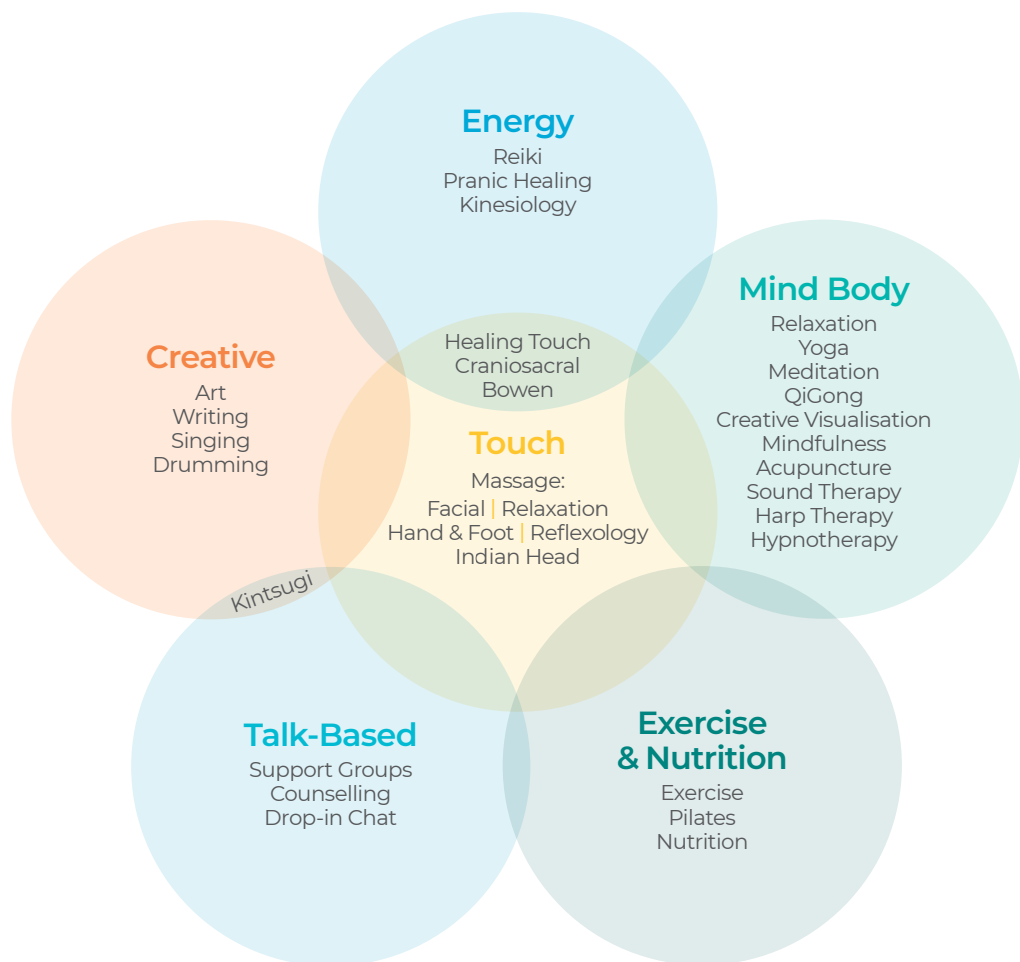
If you are going through cancer treatment, regular walking exercise can help to reduce treatment-related fatigue, maintain fitness, mobility and strength, increase energy levels, reduce anxiety and stress, and help you sleep better.

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

Weekly Therapies and Activities



For a current monthly program of one-to-one and group activities, visit your local Solaris centre, scan this QR code or check our website: solariscancercare.org.au/get-support/monthly-centre-timetables.



“

“I can only say that my overall experience with Solaris has been excellent. As a stage 4 cancer patient I have made use of the support groups, counselling, and Reiki.

Having such caring and supportive people to help me through this very challenging time has been wonderful. Thank you.”

– Ian





Courses, Workshops and Groups



All courses and workshops can be booked online via our website. Scan the QR code or visit www.solariscancercare.org.au/book-therapies-and-courses. For enquiries or for assistance with booking, please call your local centre or **9384 3544**. Please ensure that you have registered before attending as a minimum of three participants are required for a course/workshop to run.

Group Sound Healing

Sound and music have been used as an ancient healing practice in various cultures for centuries, and is said to improve one's physiological and psychological wellbeing while facilitating a deep sense of calm within us.

Utilising sounds and vibrations from Tibetan and crystal singing bowls, tuning forks, and other instruments to create harmonising sounds and soothing vibrations that facilitate a deep state of mental and physical relaxation, our experienced sound healing therapists will transport you into a meditative state, allowing you to restore peace within your body. These sessions provide an opportunity to pause, sit back, relax, and be transported into a tranquil state of mind, allowing a moment to focus on yourself.

Solaris South West (Bunbury):

Sound Meditation with Karen Fairbanks (fortnightly)

Dates Tuesday 9th and 23rd January, 6th and 20th February, 5th and 19th March

Time 2.00pm

Sound Therapy with Gill (monthly)

Dates Returning Friday 12th January – Please call **9791 1559** for February and March dates

Time 1.00pm or 2.00pm

Solaris Cottesloe:

Sound Bath with Rachel Whiteman (monthly)

Dates Thursday 11th January, 8th February and 7th March

Time 10.00am – 11.00am

Sound Journey with April Kinney (weekly)

Dates Thursdays – weekly

Time 2.00pm – 3.00pm



Meeting the Challenge

If you or someone you know has received a recent cancer diagnosis, and want to know the range of support and services available – this workshop is for you. During this session, we will cover a range of topics including managing emotions, nutrition, exercise, evidence-based strategies for wellness, and the types of services available for you at our centres.

Dates and time:

- Wednesday 24th January, 1.00pm – 5.00pm
- Saturday 24th February, 9.30am – 1.30pm
- Wednesday 20th March, 9.00pm – 1.00pm

Venue Solaris Cottesloe

Facilitator Julie Verley

Carer's Course

If you or someone you know is caring for someone recently diagnosed with cancer or a serious illness, we invite you to join us for a day of learning.

Developed and taught by experienced healthcare professionals, our Carer's Course is a comprehensive one-day course designed to help carers gain more knowledge and comfort in their role. It focuses on the challenges and demands of being a carer and provides participants with a range of information and practical strategies to improve the life of both people in the caring relationship.

Topics that will be discussed include effective communication, managing medications, pain and symptoms control, nutrition, exercise, and complementary therapies, with self-care a constant theme throughout the course.



Dates Saturday 10th February or Saturday 23rd March

Time 10.00am – 4.00pm

Venue Solaris Sir Charles Gairdner Hospital

Kintsugi

Kintsugi is an ancient Japanese healing practice that serves to join back together what was once broken, while showcasing the breaks and honouring the process.

Through our experience of life, we are touched by painful events such as loss and trauma caused by cancer. Often our lives are left in disarray as we attempt to move on and cope by hiding the parts of us that have changed or burying our pain.

Using Kintsugi as a metaphor for healing can teach us that in the meditative process of repairing something broken, we create something more unique, beautiful, and resilient. All materials will be provided.



Date	Friday 9th February
Time	10.00am – 12.00pm
Venue	Solaris Cottesloe
Facilitator	Julie Verley and Eliza Rouse

Group Harp Meditation

Acclaimed Harpist Helen Punch visits our Bunbury centre twice a month to facilitate a relaxing harp meditation session, helping clients feel deeply relaxed and at peace through the gentle tunes of her harp.

Dates	Wednesday 14th and 28th February, 13th and 27th March
Time	1.30pm
Venue	Solaris South West
Facilitator	Helen Punch

Living with Loss (5 weeks)

If you have experienced the loss of someone close to you, this five-week 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.

Dates	Friday 16th and 23rd February, 1st, 8th and 15th March
Time	10.00am – 12.00pm
Venue	Solaris Cottesloe
Facilitator	Julie Verley

Guest Speaker Evening – Ajahn Brahm

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 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.



Ajahn Brahm. Photo by
Buddhistdoor Global

Date	Tuesday 20th February
Time	4.00pm – 6.00pm
Venue	Solaris Cottesloe

Advanced Care Planning (3 weeks)

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

This course covers topics such as:

- 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 that 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
- Learning how to live well so you can die well.

Dates	Tuesday 27th February, 5th and 12th March
Time	10.30am – 12.30pm
Venue	Solaris Cottesloe
Facilitator	Julie Verley

Nourishing Kitchen Catch Ups

Join our Accredited Practicing Dietician Clemency 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.



Dates	Wednesday 31st January, 28th February and 27th March
Time	10.00am – 12.00pm
Venue	Solaris Cottesloe
Facilitator	Clemency Nicolson

Look Good Feel Better

Cancer can really change one's 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 will receive a Confidence Kit, full of products donated by cosmetic companies so you can continue to look good and feel better.

You are welcome to attend the workshop on one of the following dates. Please visit lgfb.org.au or call **1800 650 960** to book your place before attending.

Offered at Solaris Cottesloe on:

Dates Thursday 14th February and 14th March
Time 9.00am – 1.00pm

Offered at Solaris Sir Charles Gairdner Hospital on:

Date Saturday 9th March
Time 9.30am - 12.00pm





Op Shop

Our Op Shop raises significant funds to support people affected by cancer 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 quality clothing, shoes, bags, linen, bric-a-brac and more.

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

Become a volunteer – we rely on volunteers to help out at the Op Shop with a minimum commitment of four hours a week.





Solaris Op Shop – Cottesloe

Location:

80 Railway St, Cottesloe WA 6011

Opening hours:

Monday – Friday, 9.30am – 4.00pm

1st Saturday of each month, 9.30am – 1.30pm

To find out more about volunteering or supporting the Cottesloe Op Shop, please contact **6149 7912** or email opshop@solariscancercare.org.au

Solaris Op Shop – Bunbury

Location:

72 Brittain Rd, Bunbury WA 6230

Opening hours:

Monday and Tuesday, 10.00am – 12.00pm

To find out more about volunteering or supporting the Bunbury Op Shop, please contact **9791 1559** or email csmsw@solariscancercare.org.au

Get Involved

Make a donation

Your donation can help us continue providing free support to people affected by cancer in the WA community. As a charity organisation we don't receive much Government funding and rely on the generosity of community fundraisers, sponsors and donors to continue our work in the community.

To make a contribution, scan the QR code, visit **solariscancercare.org.au** and click 'Donate,' or text SOLARIS to **0400 662 662**. You can also donate in person at any of our centres. We thank you for your support.



Become a corporate partner

There are many benefits for your business if you become a corporate partner with us. We will work with you to develop a mutually beneficial partnership that can meet your business objectives and aims. This can include brand awareness, social media campaigns and volunteering 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 a healthy morning tea and lunch, along with a cooking demonstration or mindfulness practice to start your day. If your organisation is interested in being a corporate partner, we'd love to hear from you – contact us at **info@solariscancercare.org.au**.



Fundraise for us

There are many ways you can fundraise for us, such as by hosting your own event, taking up a personal challenge such as cycling, swimming, running or walking, asking for a donation in lieu of a birthday gift and more. We are there to support you in your fundraising efforts – please get in touch to discuss how you can fundraise for us. Email **fundraising@solariscancercare.org.au** or call **0499 023 921**.



Leave 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 will never have to face cancer alone. If you would like to find out more about leaving us a gift in your will, please email info@solariscancercare.org.au.

Volunteer

We rely on the invaluable help of volunteers to ensure we can provide our services to the community. You can volunteer in a range of areas including complementary therapy, administration, research, events and fundraising.

Volunteer roles at our centres include therapists, group facilitators, receptionist and administration assistants, op shop, gardening and maintenance person. We provide volunteers with the appropriate training when necessary.

If you're interested in joining our team of volunteers, please fill out the online *Volunteer Application Form* on our website solariscancercare.org.au, call **9384 3544** or email info@solariscancercare.org.au.



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



“

Solaris Cancer Care has been an absolute blessing, a place with soul to nurture and repair. Everyone is warm and friendly, and the sessions I've attended have given me strategies and practises I have begun to make part of my daily routine.

Solaris gives you the time and feeling that you can do this in a totally non-judgmental environment."

– Leah



Email us at

info@solariscancercare.org.au

support@solariscancercare.org.au

Phone us on

9384 3544

Connect with us online at

solariscancercare.org.au

