

Cottesloe Monthly Program

– January 2024



W: Weekly F: Fortnightly M: Monthly

Group sessions One-on-one sessions Workshop/Course

Bookings are essential for all individual and group sessions.
You can book into a session by contacting us via 9384 3544 or email csmcottesloe@solariscancercare.org.au

MONDAY			TUESDAY		WEDNESDAY			THURSDAY		FRIDAY		SATURDAY
10.00am – 11.30am			9.00am – 10.00am		8.45am – 9.45am			10.30am – 11.30am		8.30am – 9.30am		9.30am - 1.30pm
Meditation Made Easy (W) with Bavali Hill			UWA Exercise Physiology (W) @ UWA Exercise & Performance Centre – bookings are essential Starting 8 th January		Intermediate Pilates (W) with Stephanie Schmidt Starting 31 st January			Sound Bath (M) with Rachel Whiteman 11 th January		Pilates Mat Work (W) with Stephanie Schmidt Starting 31 st January		Op Shop 1 st Saturday Sale 6 th January
9.30am	10.30am	11.30am	10.00am – 12.00pm		9.30am	10.45am		10.30am	11.30am	9.30am	11.00am	
Reflexology (F) with Donna Billington			Monthly Support Group (M) with Julie Verley 18 th January		Reiki (W) with Uli Brell Starting 24 th January			Reiki (W) with Liz Albert		Hypnotherapy (W) with Edwina Davies Ward		
1.30pm		2.30pm			10.00am – 11.00am			2.00pm – 3.00pm				
Reiki (W) with Liz Albert					Return to Movement (W) with Stephanie Schmidt Starting 31 st January			Sound Healing (W) with April Kinney				
					10.00am – 12.00pm			6.00pm – 7.30pm				
					Nourishing Kitchen Catch Ups (M) with Clemency Nicolson 31 st January			Support Group for People Aged 26 - 49 years (M) with Julie Verley & Alice Cullam 25 th January				
					10.00am	11.15am	12.30pm					
					Relaxing Massage (W) with Mona Wu Starting 31 st January							
					1.00pm – 5.00pm							
					Meeting the Challenge (M) with Julie Verley 24 th January							
UPCOMING COURSES AND WORKSHOPS IN FEBRUARY												
			4.00pm – 6.00pm		10.00am – 12.00pm			10.30am – 12.30pm		10.00am – 12.00pm		10.00am – 4.00pm
			Guest Speaker Evening: Ajahn Brahm 20 th February		Nourishing Kitchen Catch Ups 28 th February			Sound Bath (M) 8 th February		Kintsugi 9 th February		Carer’s Course @ Solaris Sir Charles Gairdner Hospital 10 th February
			10.30am – 12.30pm					9.00am – 1.00pm		10.00am – 12.00pm		9.30am – 1.30pm
			Advanced Care Planning (3 weeks) 27 th February, 5 th and 12 th March					Look Good Feel Better 14 th February		Living with Loss (5 weeks) 16th and 23rd February, 1st, 8th and 15th March		Meeting the Challenge 24 th February



To make an appointment, please phone 9384 3544, email csmcottesloe@solariscancercare.org.au.
You can also book into upcoming courses and workshops online by scanning the QR code
or visit <https://solariscancercare.org.au/book-therapies-and-courses/>

Counselling appointments are available Monday to Friday between 9am and 3pm.

The therapies listed in this program are subject to change.

Solaris Cancer Care Cottesloe

JANUARY PROGRAM 2024

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

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

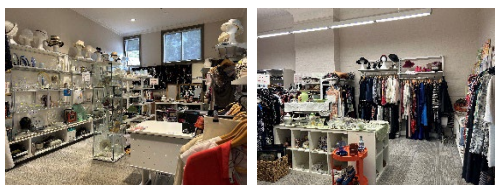
**For bookings or information
please contact us on**
T: 9384 3544

E: csmcottesloe@solariscancercare.org.au

or visit
Cancer Wellness Centre
80 Railway Street, Cottesloe WA 6011

MONDAY – FRIDAY
8.30am – 4.30pm

Solaris Op Shop Cottesloe
Monday – Friday, 9.30am – 4pm
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.

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 back to movement and assist you to improve your strength and flexibility.

Qi Gong

Qi Gong is a meditative movement exercise that involved breathwork and slow, fluid movements while in a mindful state. The main focus of Qi Gong is to balance the qi (chi), also known as intrinsic life energy, and it is a great practise to improve relaxation and wellbeing.

Gentle Yoga, 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.

Meeting the Challenge

If you or your loved one has recently been diagnosed, we recommend this introductory monthly workshop. **Meeting the Challenge** introduces you to the range of support and services available after a diagnosis, touching on topics like nutrition, exercise, managing emotions, evidence-based strategies for wellness and the services we offer.

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. Even when in remission, people 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, 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.

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 art psychotherapist. The image, the discussion and the sharing of stories provides insight and support, improves coping skills, 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.

Relaxation Massage

Relaxation Massage is a nurturing form of massage can be beneficial at any stage of cancer. Scientific research shows that massage can reduce fatigue, pain, nausea, anxiety or depression, and improve quality of life.

Nourishing Kitchen Catch Ups

Join our Accredited Practicing 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.

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 corresponds to organs and systems of the body. During your session, the therapist will apply light pressure to reflex points of your feet.