# **Solaris Cottesloe Monthly Program**

### - March 2024



 W: Weekly
 F: Fortnightly
 M: Monthly

 ■ Group sessions
 ■ One-on-one sessions
 ■ Workshop/Course

Bookings are essential for all individual and group sessions. To book your place, call 9384 3544 or email <a href="mailto:csmcottesloe@solariscancercare.org.au">csmcottesloe@solariscancercare.org.au</a>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10.00am – 11.30am	9.00am – 10.00am	9.00am – 10.00am	9.00am – 10.00am	9.00am to 10.00am	10.00am – 4.00pm
Meditation Made Easy (W) with Bavali Hill	UWA Exercise Physiology (W) @ UWA Exercise & Performance Centre — bookings are essential	Intermediate Pilates (W) with Stephanie Schmidt	Yin Yoga (W) With Celesta Wijaya	Pilates Mat Work (W) with Stephanie Schmidt	Carer's Course @ Solaris SCGH
9.30am 10.30am 11.30am	10.00am – 12.00pm	9.30am 10.45am	10.30am 11.30am	9.30am 11.00am	
	Monthly Support Group (M) with Julie Verley 19th March	Reiki (F) with Uli Brell	Reiki (W) with Liz Albert	Hypnotherapy (W) with Edwina Davies Ward	
10am 11am	12pm – 2pm	10.00am – 10.45am	11.30am 12.30 pm	9.30am 10.30am	
Reiki (W) with Liz Albert	Reiki Clinic (W) Drop-in clinic	Return to Movement (W) with Stephanie Schmidt	Sound Bath (M) with Rachel Whiteman 7 <sup>th</sup> March	Indian Head Massage (W) with Robyn Coles	
5.30pm – 6.30pm	10.30am – 12.30pm	10.00am - 12.00pm	10.00am to 12.30pm	1.00pm - 2.00pm	
Yin Yoga (W) With Celesta Wijaya	Advanced Care Planning (3 weeks) with Julie Verley 27 <sup>th</sup> February, 5 <sup>th</sup> and 12 <sup>th</sup> March	Nourishing Kitchen Catch Ups (M) with Clemency Nicolson 27th March	Look Good Feel Better 14 <sup>th</sup> March	Art Therapy Group (W) with Zoey Pellington 8 <sup>th</sup> March for 10 weeks	
11.30am	9.00am 10.00am	9.00am – 1.00pm	12pm 12.45pm		
Sculptures by the Sea Tour @ Cottesloe Beach 11th March – bookings essential	Facial for Relaxation (F) With Sherri Shamsi	Meeting the Challenge (M) with Julie Verley 20 <sup>th</sup> March	Hypnotherapy (W) with April Kinney		
		1.00pm 3.00pm	2.00pm – 3.00pm	10.00am – 12.00pm	
		Relaxing Massage (F) With Nicola Ruane	Sound Healing (W) with April Kinney	Living with Loss (5 weeks) with Julie Verley 16th and 23rd February, 1st, 8th and 15th March	
		2.00pm	6.00pm – 7.30pm		
		Reflexology (F) with Nicola Ruane	Support Group for People Aged 26 - 49 years (M) with Julie Verley & Alice Cullam 28th March		
		UPCOMING SESSIONS I	N APRIL		
	10.00am – 11.00am		6.00pm – 7.30pm		
	Sound Bath (M) with Rachel Whiteman 2 <sup>nd</sup> April		Support Group for People Aged 26 - 49 years (M) with Julie Verley & Alice Cullam 18 <sup>th</sup> April		



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 <a href="https://solariscancercare.org.au/book-therapies-and-courses/">https://solariscancercare.org.au/book-therapies-and-courses/</a>

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

The therapies listed in this program are subject to change.



#### **Solaris Op Shop Cottesloe**

Monday – Friday, 9.30am – 4.00pm 1<sup>st</sup> 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.

## Solaris Cancer Care Cottesloe

#### **MARCH 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 – 4.00pm

#### **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.

#### **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 tehcniques 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 fallouts.

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.

#### **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.

#### Support Group for People Aged 26 – 49

This group offers a safe space to normalise, discuss and explore resources to face the complex challenges experienced by people in the 26 - 49 age group who have been affected by cancer - including social and relationship issues, body image, workplace re-evaluation, sexuality, and long-term treatment effects. Carers and significant others are also supported in this group.

#### Reik

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. Hynotherapy 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.