

Sir Charles Gairdner Hospital Monthly Program – March 2024



To maximise patient benefit, individual therapies are limited to **1 each week** excluding group and counselling appointments.

W: Weekly

F: Fortnightly

M: Monthly

Group Session

Individual Appointments

MORNING (AM) APPOINTMENTS									
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9.30	10.30	11.15		10.30	11.30	9.30	10.30	11.30	10.30
Pranic Healing (F) with Trish Williams		Pilates - Group class (F) with Christie Otto <i>Not during school holidays</i>		Healing Touch (F) with Leanne Den Hartog or Rosalie Van Aken		Healing Touch (F) with Brigitte Nyenhuis		Reiki (W) with Bob Stimpson	
9.30	10.30	11.30		9.30	10.30	11.30		9.45	11.00
Reiki (F) with Debbie Shaw				Massage (M) with Tim Fisher				Healing Touch (F) with Joanne Sumpton Wales	
				9.30	10.30	11.30		9.30	10.30
				Reflexology (F) With Cheryl Caldwell				Counselling (W) with Clare Richards <i>in person or via phone</i>	
				9.30				9.30	
				Yoga - Group class (W) with Caroline Hayers				Yoga - Group class (W) with Sue Burgess	

AFTERNOON (PM) APPOINTMENTS														
MONDAY			TUESDAY			WEDNESDAY		THURSDAY			FRIDAY			
1.00	2.00	3.00	1.00	2.00	3.00	1.00	2.00	1pm	2pm	3pm	1.00	1.45	2.30	3.15
Reiki (F) with Delwyn Klevenow			Reiki (F) with Jane Leeming			Healing Touch (F) with Leanne Den Hartog		Feldenkrais (F) with Elwyn Edwards			Acupuncture (F) with Khiuk Pui			
			1.00	2.00	3.00									
			Massage (W) With Sally Hendriks											

Please phone 6383 3475 to make an appointment. The therapies listed in this program are subject to change.

Please note: Solaris Cancer Care services are limited to adult patients and their carers who are undergoing current cancer treatment and to those who are palliative.

All services are free of charge and provided through the generous contributions of our volunteers.



We are a 95% community-funded organisation, and 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 solariscancer.org.au, or scan the QR code.

We thank you for your support.

UPCOMING COURSES AND WORKSHOPS

Advanced Care Planning (3-week course)

Date: Tuesday 27th February, 5th March and 12th March

Time: 10.30am – 12.30pm

Venue: Solaris Cottesloe, 80 Railway St Cottesloe WA 6011

Support Group for People Aged Between 26 – 49

Date: Thursday 29th February and 28th March

Time: 6.00pm – 7.30pm

Venue: Solaris Cottesloe, 80 Railway St Cottesloe WA 6011

Meeting the Challenge

If you are newly diagnosed, this workshop will introduce you to the range of support and services available, covering topics like exercise, nutrition, managing emotions and more.

Date: Wednesday 20th March

Time: 9.00am – 1.00pm

Venue: Solaris Cottesloe, 80 Railway St Cottesloe WA 6011

Carer's Course

For carers of people recently diagnosed with cancer or a serious illness.

Date: Saturday 23rd March

Time: 10.00am – 4.00pm

Venue: Solaris Sir Charles Gairdner Hospital

To register, please visit <https://solariscancercare.org.au/book-therapies-and-courses/> or email csmcgh@solariscancercare.org.au

To find out what is on offer at our other centres, visit our website
<https://solariscancercare.org.au>

*Please note you must be over 18 years old to access
services at Solaris Sir Charles Gairdner Hospital*

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Solaris Cancer Care Sir Charles Gairdner Hospital

MARCH PROGRAM 2024

**Offering free support and information services to all adult
cancer patients and their primary carers**

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

For bookings or information please contact us on

P: 6383 3475

E: csmcgh@solariscancercare.org.au

Or visit

Ground Floor Comprehensive Cancer Centre DD Block
Sir Charles Gairdner Hospital (SCGH), Nedlands WA 6009

Monday – Friday
8.30am – 4.00pm