

Solaris Cottesloe Monthly Program

– May 2024

W: Weekly

F: Fortnightly

M: Monthly

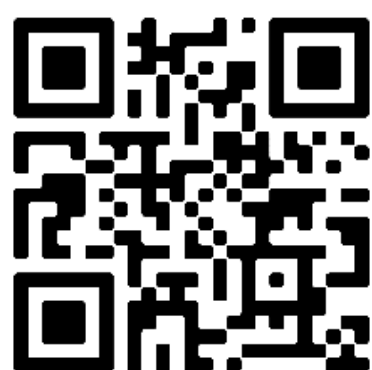
■ Group sessions

■ One-on-one sessions

■ Workshop/Course

Bookings are essential for all individual and group sessions. To book your place, call 9384 3544 or email csmcottesloe@solariscancer.org.au

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
9.15am	10.30am	8.00am – 9.00am		9.00am – 10.00am		9.00am – 10.00am		9.00am to 10.00am		9.30am – 1.30pm			
Counselling (W) with Celia Byass		UWA Exercise Physiology (W) @ UWA Exercise & Performance Centre – bookings are essential		Intermediate Pilates (W) with Stephanie Schmidt <i>Not on during school holidays</i>		Yin Yoga (W) with Celesta Wijaya		Pilates Mat Work (W) with Stephanie Schmidt <i>Not on during school holidays</i>		Solaris Op Shop Saturday Sale 4 th May			
10.00am – 11.30am		9.00am	10.00am	9.30am	10.45am	9.30am	11.30am	9.30am	11.00am				
Meditation Made Easy (W) with Bavali Hill		Facial for Relaxation (F) with Sherri Shamsi		Reiki (F) with Uli Brell		Indian Head Massage (W) With Robyn Coles		Hypnotherapy (W) with Edwina Davies Ward					
10.00am	11.00am	9.30am	10.30am	11.30am	10.00am – 10.45am		10.30	11.30	9.30am				
Reiki (W) with Liz Albert		Counselling (W) with Julie Verley		Return to Movement (W) with Stephanie Schmidt <i>Not on during school holidays</i>		Reiki (W) with Liz Albert		Anxiety & Stress Reduction Group with Edwina Davies Ward 31 st May					
5.00pm – 6.00pm		10.00am – 11.00am		10.00am – 12.00pm		12.00pm	12.45pm	1.00pm – 3.00pm					
Yin Yoga (W) With Celesta Wijaya		Sound Bath (M) with Rachel Whiteman 7 th May		Nourishing Kitchen Catch Ups (M) with Clemency Nicolson 29 th May		Hypnotherapy (W) with April Kinney		Art Therapy Group (W) with Zoey Pellington					
		10.00am – 12.00pm		9.30 am – 11.30am		2.00pm – 3.00pm		9.30am	11.00am				
		Monthly Support Group (M) with Julie Verley 21 st May		Meeting the Challenge (M) with Julie Verley 15 th May		Sound Journey (W) with April Kinney		Kinesiology (F) [NEW] with Adriana Berger					
		12.00pm – 2.00pm		1.00pm		6.00pm – 7.30pm		10.00am – 12.00 pm					
		Reiki Clinic (W) Drop-in clinic		Relaxing Massage (F) with Nicola Ruane		Support Group for People Aged 26 - 49 years (M) with Julie Verley & Alice Cullam 30 th May		Kintsugi with Julie Verley and Eliza Rouse					
		1.00pm	2.00pm	3.00pm	2.00pm		10.00am – 12.30pm		10.00am – 12.00pm				
		Counselling (W) with Suzie		Reflexology (F) with Nicola Ruane		Look Good Feel Better 2 nd May		Living with Loss (5 weeks) with Julie Verley 24 th and 31 st May, 7 th , 14 th and 21 st June					
		1.30pm	2.30pm	3.30pm	6.00pm – 8.00pm				9am	10am	11.30am	1pm	3pm
		Counselling (W) with Julie Verley		Men in the Kitchen with Clemency Nicholson 8 th May				Counselling (W) with Julie Verley					
				9am	10am	11.30am	1pm	2pm	1.00pm		2.15pm		
				Counselling (W) with Julie Verley				Counselling (W) with Celia Byass					
UPCOMING SESSIONS IN June													
		10am – 11am		10am – 12pm		6.00pm – 7.30pm		9.30am					
		Sound Bath (M) with Rachel Whiteman 4 th June		Nourishing Kitchen Catch Ups (M) with Clemency Nicolson 19 th June		Support Group for People Aged 26 - 49 years (M) with Julie Verley & Alice Cullam 27 th June		Anxiety & Stress Reduction Group with Edwina Davies Ward 28 th June					
		10.00am – 12pm		1pm – 2.30pm		10.00am – 12.30pm							
		Monthly Support Group (M) 18 th June		Drumming Circle with Julie Verley 5 th June		Look Good Feel Better 13 th June							



To make an appointment, please phone 9384 3544
You can also book into upcoming courses and workshops online by scanning the QR code
or visit <https://solariscancer.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

MAY 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

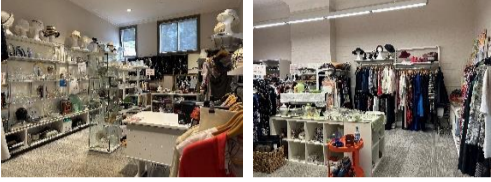
T: 9384 3544

E: csmcottesloe@solariscancercare.org.au

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

MONDAY – FRIDAY
8.30am – 4.00pm

Solaris Op Shop Cottesloe
Monday – Friday, 9.30am – 4.00pm
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.

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.

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 Practising 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.

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.