

Sir Charles Gairdner Hospital Monthly Program – April 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	11.30	
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	11.30
					Reflexology (F) With Cheryl Caldow						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 GROUPS:

Support Group for People Aged Between 26 – 49

Date: Thursday 18th of April and 30th of May

– Last Thursday evening of each month

Time: 6.00pm – 7.30pm

Venue: Solaris Cottesloe, 80 Railway St Cottesloe WA 6011

Monthly Support Group

Date: Tuesday 16th of April and 21st May

Time: 10.00am – 12.00pm

Venue: Solaris Cottesloe, 80 Railway St Cottesloe WA 6011

Men at Solaris: Drumming

A space for men living with or impacted by cancer to come together and meet others going through similar experiences. Men affected by cancer, survivors, carers, friends and family of someone with cancer, and men who have lost someone to cancer are welcome to attend. This month's activity is Drumming.

Date: Wednesday 10th April

Time: 6pm – 8pm

Venue: Solaris Cottesloe, 80 Railway St Cottesloe WA 6011

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

APRIL 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: csmscgh@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