

# Solaris Cottesloe Monthly Program November 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](mailto:csmcottesloe@solariscancer.org.au)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10.00am - 11.30am	8.00am - 9.00am	9.00am - 10.00am	9.00am - 10.00am	9.00am - 10.00am	9.30am - 1.30pm
<b>Meditation Made Easy (W)</b> with Bavali Hill	<b>UWA Exercise Physiology (W)</b> @ UWA Exercise & Performance Centre – bookings are essential, phone (08) 6488 3333	<b>Pilates (W)</b> with Stephanie Schmidt	<b>Yin Yoga (W)</b> with Celesta Wijaya	<b>Pilates Mat Work (W)</b> with Stephanie Schmidt	<b>Solaris Op Shop Saturday Sale 2<sup>nd</sup> Nov</b>
9.15am   10.30am	9.00am - 3.00pm	9.00am - 3.00pm	10.30am   11.30am	9.30am   11.00am	
<b>Counselling (W)</b>	<b>Counselling (W)</b> Please call as times may vary	<b>Counselling (W)</b> Please call as times may vary	<b>Reiki (W)</b> with Liz Albert	<b>Hypnotherapy (W)</b> with Edwina Davies Ward	
9.30am – 10.30am	9.00am   10.00am	10.00am - 10.45am	12.00pm   12.45pm	9.00am - 3.00pm	
<b>Qigong (W)</b> with Niki Brown-Cooper	<b>Facial for Relaxation (F)</b> with Sherri Shamsi	<b>Return to Movement (W)</b> with Stephanie Schmidt	<b>Hypnotherapy (W)</b> with April Kinney	<b>Counselling (W)</b> Please call as times may vary	
11.30am   12.30pm   1.30pm	10.00am - 11.00am	10.00am-12.00pm	10.00am - 12.30pm	9.30am – 11.00am	
<b>Reflexology (F)</b> with Christine Hall <b>Bookings essential</b>	<b>Sound Bath (M)</b> with Rachel Whiteman 12 <sup>th</sup>	<b>Kintsugi Workshop</b> With Julie Verley 20 <sup>th</sup>	<b>Look Good Feel Better 28<sup>th</sup></b> bookings are essential, phone 1800 650 960	<b>Anxiety and Stress Reduction Group (M)</b> with Edwina Davies Ward 29 <sup>th</sup>	
10.30am   11.30am   12.30pm	10.00am - 12.00pm	9.30   10.30   11.30	2.00pm - 3.00pm	10.00am   11.00am	
<b>Reflexology (F)</b> with Bernie Sermon <b>Bookings essential</b>	<b>Monthly Support Group (M)</b> With Julie Verley 19 <sup>th</sup>	<b>Acupuncture (F)</b> with Richard Shen 6 <sup>th</sup>	<b>Sound Journey (W)</b> with April Kinney	<b>Pranic Healing (F)</b> with Jan Duckett 1 <sup>st</sup> , 15 <sup>th</sup> , 29 <sup>th</sup>	
1.00pm – 3.00pm	10.00am - 12.00pm	1.00pm - 2.30pm		1.00pm - 3.00pm	
<b>Reset Your Mindset (W)</b> with Edwina Davies Ward 8-week Workshop 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> Nov. 2 <sup>nd</sup> , 9 <sup>th</sup> Dec.	<b>Nourishing Kitchen Catchups (M)</b> with Clemency Nicolson 19 <sup>th</sup>	<b>Drumming Circle</b> With Julie Verley 27 <sup>th</sup>		<b>Art Therapy Group (W)</b> with Zoey Pellington	
5.00pm - 6.00pm	12.00pm   1.00pm	6.00pm – 8.00pm	6.00pm - 7.30pm	3.15pm – 4.15pm	
<b>Yin Yoga (W)</b> with Celesta Wijaya	<b>Reiki Clinic (W)</b> <b>Bookings essential</b>	<b>Men at Solaris (M)</b> Men in the Kitchen with Clemency Nicolson 13 <sup>th</sup>	<b>Support Group for People Aged 26 - 49 years (M)</b> with Alice Cullam 28 <sup>th</sup>	<b>Sound Bath (M)</b> with Bindiya Puri 22 <sup>nd</sup>	
<b>UPCOMING SESSIONS IN DECEMBER</b>					
1.00pm – 3.00pm	10am - 11am		6.00pm - 7.30pm	10.00am   11.00am	10.00am - 2.00pm
<b>Reset Your Mindset (W)</b> with Edwina Davies Ward 8-week Workshop 2 <sup>nd</sup> , 9 <sup>th</sup> Dec.	<b>Sound Bath (M)</b> with Rachel Whiteman 10 <sup>th</sup>		<b>Support Group for People Aged 26 - 49 years (M)</b> with Alice Cullam	<b>Pranic Healing (F)</b> with Jan Duckett 13 <sup>th</sup>	
	10.00am - 12.00pm				
	<b>Monthly Support Group (M)</b> With Julie Verley 17 <sup>th</sup>				
	10.00pm - 12.00pm				
	<b>Nourishing Kitchen Catchups (M)</b> with Clemency Nicolson 10 <sup>th</sup>				



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

### NOVEMBER PROGRAM 2024

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

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

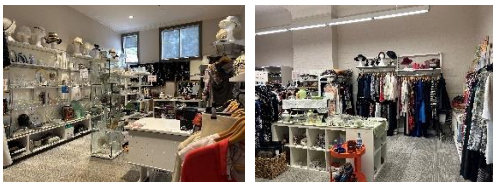
E: [csmcottesloe@solariscancercare.org.au](mailto:csmcottesloe@solariscancercare.org.au)

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  
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](http://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.

### Acupuncture

Acupuncture is a branch of Traditional Chinese Medicine (TCM), which involves very thin sterile needles inserted through the skin in various points on the body, to stimulate "energy flow" to aid the treatment of symptoms and improve quality of life.

### 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.

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.

### Qigong

Is a practise of aligning breath, movement, and awareness for exercise, healing, and meditation. Qigong is traditionally viewed as a practice to balance Qi (chi) or what has been translated as intrinsic life energy." Typically, QIGONG practice involved rhythmic breathing, coordinated with slow style repetition of fluid movements and a calm mindful state. Qi is a life energy TCM says the health of the body relies on a smooth flow of energy Qi within the body.

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