

Sir Charles Gairdner Hospital

Monthly Program – NOVEMBER 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		10.30	11.30	1.00	10.30	11.30		9.30	10.30	11.30	9.30	10.30	
Pranic Healing (F) with Trish Williams			Reflexology (W) With Margot Wigston			Healing Touch (F) with Rosalie Van Aken			Healing Touch (F) with Brigitte Nyenhuis			Reiki (W) with Bob Stimpson		
9.30	10.30	11.30	10.00	11.00	12.00	9.30	10.30	11.30	9.00	10.00		9.30	11.00	
Reiki (F) with Debbie Shaw			Massage (M) With Mihoko Richmond			Massage (F) with Tim Fisher			Hypnotherapy (w) April Kinney			Healing Touch (F) with Joanne Sumpton Wales		
10.00	10.45	11.30				9.30	10.30	11.30				9.30	10.30	11.30
Acupuncture (F) With Binglei Chen						Reflexology (F) With Cheryl Caldwell						Counselling (W) with Clare Richards		
9.00	10.00	11.00										10.00	11.00	
												Reiki (F) With Eva Gretan		
						9.30						9.30		
Hand massages Chemo lounge-with Catherine and Elaine						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		1pm	2pm	3pm	1.00	1.45	2.30	3.15
			Massage (W) With Sally Hendriks			Healing Touch (F) with Leanne Den Hartog			Feldenkrais (F) with Elwyn Edwards			Acupuncture (F) with Khiuk Pui			

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.

WE ARE LOOKING FOR VOLUNTEERS

Solaris Cancer Care at Sir Charles Gairdner Hospital are looking for Volunteer therapists. If you are a caring and compassionate therapist qualified in massage, reflexology, beauty, Bowen, kinesiology, counselling or any therapy that may be relevant, come and see Cheryl and the team at Solaris, on Watling Walk heading towards DD Block. You can also email csmcgh@solariscancercare.org.au or call 63833483 for more information.

We also have Centres in Cottesloe and Bunbury.

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

NOVEMBER 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