

# Sir Charles Gairdner Hospital Monthly Program – October 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	10.00	11.00	9.30	11.00		
Reiki (F) with Debbie Shaw		Massage (M) With Mihoko Richmond			Massage (F) with Tim Fisher						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	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](http://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, bower, 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](mailto: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

### OCTOBER 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](mailto: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