

Solaris Cancer Care

January–June Program 2022



About Solaris Cancer Care

At Solaris Cancer Care, we know that cancer affects every part of your life. That is why we have been providing cancer support services to the WA community for over 20 years.

Our evidence-based approach can help people living with cancer feel more informed, empowered and supported. We offer a range of ways to learn and experience how simple lifestyle changes can support your health and wellbeing.

We support individuals who are living with cancer, their families, carers and the wider community.

Support For You

Our range of services include counselling, complementary therapies, education, wellness activities, support groups, courses and workshops. We also offer tranquil and welcoming spaces for cancer patients to relax between treatment and meet people going through similar experiences.

Our centres are at Cottesloe, Sir Charles Gairdner Hospital – Nedlands, St John of God – Subiaco, Bunbury and Albany. We also work in partnership with Hedland Well Women's Centre to support people living in the Pilbara area.

If you are:

- Newly diagnosed, we recommend attending the 'Meeting the Challenge' workshop.
- In active treatment access complementary therapies, counselling and support to help reduce side effects and promote wellbeing.
- Post treatment then consider the wellness activities or attend one of the courses or workshops listed in this program.

For more information on how we can support you or someone you know with cancer visit our website at www.solariscancercare.org.au. To speak with someone to discuss your needs call **9384 3544** or email support@solariscancercare.org.au.

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Our Centres

You are invited to come in to any one of our centres. Each centre provides a quiet place to relax, reflect and connect, while at the same time receiving a range of information, resources and therapies. Our centres are a place where you can simply pause and enjoy a cup of tea and a chat.

Monthly programs of activities and therapies are available at each centre and updated regularly on our website www.solariscancercare.org.au.

Solaris Cottesloe

Monday – Friday, 8.30am – 4.30pm
80 Railway Street, Cottesloe WA 6011
T 9384 3544 | E csmcottesloe@solariscancercare.org.au

Our Cottesloe Centre is located in the Cancer Wellness Centre in the heritage listed Wanslea building. Whether undergoing treatment, caring for someone, post-treatment, bereaved or simply seeking greater wellbeing we are here to support you at every stage.

Solaris St John of God Subiaco (SJOG)

Monday – Friday, 8.30am – 4.30pm
12 Salvado Road, Subiaco WA 6008
T 9388 9788 | E csmsjog@solariscancercare.org.au

If you are a patient at SJOG Subiaco, you or your primary carer can access our services.

You can access complementary therapies such as relaxation massage, reflexology, oncology massage, Indian Head massage, Bowen therapy, Reiki, kinesiology, foot and hand massage. Counselling sessions are offered on a weekly basis by making an appointment. All group activities such as Yoga, Pilates and mindfulness can be accessed via bookings or on a drop-in basis.

Solaris Sir Charles Gairdner Hospital (SCGH)

Monday – Friday, 8.30am – 4.30pm
Ground Floor Comprehensive Cancer Centre DD Block,
Nedlands WA 6009
T 6383 3475 | E csmcscgh@solariscancercare.org.au

Therapies offered at SCGH are available to all cancer patients and carers, regardless of the hospital providing treatment.

We offer complementary therapies such as relaxation massage, reflexology, Indian Head massage, Reiki, kinesiology, foot and hand massage. We also offer counselling sessions.

Solaris South West

Serving Bunbury and the South West

Monday – Friday, 9am – 4.30pm
72 Brittain Road, Bunbury WA 6230
T 9791 1559 | E csmcw@solariscancercare.org.au

Our Bunbury centre has a lovely garden you enjoy while accessing relaxation massage, reflexology, oncology massage, Indian Head massage, Bowen therapy, beauty facials, Reiki, Kinesiology, foot and hand massage. We also offer counselling and groups such as music harp therapy, meditation and creative writing.

Solaris Great Southern

Serving Albany and the Great Southern

Tuesdays – Thursdays, 8.30am – 4.30pm
91-93 Earl Street, Albany WA 6330
M 0477 012 419 | E csmgs@solariscancercare.org.au

Great Southern Centre offers a range of therapies to cancer and palliative patients and their primary carers. These include relaxation massage, oncology massage, Reiki, meditation, healing touch, hand & foot massage as well as a friendly drop-in centre for visitors.

Enquiries and bookings can be made direct to Tami Short, Client Services Manager, on mobile **0477 012 419** or to csmgs@solariscancercare.org.au.

Parking is limited at the back of the centre so it is best, if possible to park on the road out the front.

Solaris Cancer Care Pilbara

Serving Port Hedland and the Pilbara region

Emily Cesarello – Cancer Support Nurse, Solaris Cancer Care
M 0484 244 526 | E nurse@solariscancer.org.au

Karen Cooper – Cancer Support Service Coordinator,
Hedland Well Women's Centre
T 9140 1124 | E cancersupportservice@wellwomens.com.au

We have a dedicated Cancer Support Nurse for anyone in the Pilbara region who can be your central point of contact for advice and support in Perth or the Pilbara. Our Cancer Nurse can also help you:

- Navigate the health care system
- Receive nutritional advice, access to counselling, support groups and complementary therapies
- Get the right information from diagnosis, treatment, through to survivorship
- Liaise with cancer care professionals
- Advocate and facilitate collaborative support

We are partnering with Hedland Well Women's Centre with this initiative which is generously funded by the Rinehart Medical Foundation.



Counselling and Wellness Coaching

Mental and emotional health is an essential part of your overall wellbeing. Seeing a counsellor to address cancer-related issues can ease the isolation you may feel and help you find ways to face the challenge ahead.

Having the support of a counsellor can really help you and your family manage and navigate the emotions and fears that you may be experiencing. Counselling can help provide coping strategies to support you during and after your treatment and deal with any mental health issues which may arise.

Home and hospital visits

If your health prevents you from travelling, our counsellors can visit you at home or in hospital within a certain radius of our Cottesloe centre.

Phone and Telehealth support

If you find yourself unable to attend counselling at your local centre, we can arrange a phone or telehealth counselling appointment.

Wellness Coaching

We take a holistic approach to cancer and that includes your mental and emotional wellbeing too. Wellness coaching is a collaborative approach to building the lifestyle you value most highly. By working with a skilled counsellor you can create your personalised wellbeing care plan, set realistic goals and have someone walk beside you in keeping you on track.

To book

T 9384 3544 | E support@solariscancercare.org.au

Support Groups

We believe no one should go through cancer alone. That's why our professionally facilitated support groups are free of charge and central to our offerings. Our groups offer a safe and stimulating space to share your experience.

Tuesday Wellness

The Tuesday morning group has an emphasis on living well. The group is mixed, and key support people are welcome. The group provides an invaluable opportunity to connect, share, reflect and explore how other people going through a similar experience are coping, as well as exchange tips and information.

Cottesloe: Tuesdays, 10am – 12pm (Weekly)

Women's Circle

There is remarkable power in the sharing of stories, never more so than when faced with illness. Join the women of our community in coming together to connect, share, reflect and explore.

Cottesloe: Wednesdays, 10am – 12pm (Weekly)

Grief Group

A natural follow-up from our Living with Loss 5-week course. If you have not attended the Bereavement course, we recommend you speak to one of our counsellors before joining the Grief Group so they can tailor support to your unique needs.

Cottesloe: Wednesday 1pm – 3pm (4th Wednesday each month)

Younger Peoples Support Group (26-49 years)

Younger people who survive cancer can experience complex issues beyond the treatment phase. Social and relationship issues, workplace re-evaluation, body image, sexuality and long-term effects from the treatment. The group offers a safe space to normalise and discuss these challenges as well as explore resources and strategies that can help younger people feel less isolated.

Cottesloe: Tuesday 6pm – 7.30pm (last Tuesday evenings of each month)



Meeting the Challenge

If you or someone you know has been newly diagnosed, we recommend this introductory half day workshop on one of the dates listed.

Meeting the Challenge will introduce you to a range of available services and support, including:

- How to cope with diagnosis and treatment
- Manage stress
- Positive lifestyle changes
- Importance of exercise
- Nutrition – including a juicing demonstration
- Evidenced based complementary therapies to help you feel as well as possible during and after treatment

The workshop is offered on the following dates:

Day	Wednesday
Dates	9th February, 9th March, 6th April, 11th May and 8th June
Time	1pm – 5pm
Facilitator	Charmaine Lobo



Wellness Activities

See your local Solaris centre for a current monthly program of activities or check the website, www.solariscancercare.org.au/program.

We offer a wide range of therapies such a physical, creative, touch and energy based and more. For movement-based activities there is always a small risk, so if in doubt, please ask your health professional for a signed medical clearance form before participating.





Pilates

1:1 Pilates

30 minutes one on one Pilates for clients who are currently undergoing treatment or are in recovery; post-treatment or cancer-related surgery to help slowly rebuild strength in a tailored and structured way to progress to an Introductory Pilates group.

Introduction to Pilates

A 45-minute class for beginners looking to regain strength lost after surgery and/or treatment, for those who wish to maintain their fitness during cancer treatment with the aim of preparing clients for our more advanced Pilates classes.

Pilates Matwork

A very specific way to develop strength, stability and flexibility. Pilates is well indicated as a way back to exercise if you've been sedentary and as a tool for rehabilitation after illness, surgery or other treatments.



Massage

Relaxation Massage

Massage is one of the most universally used methods of support for healing the body. Scientific research shows that massage can reduce fatigue, pain, nausea, anxiety or depression and improve quality of life. A nurturing massage can help the person feel whole again, re-establish a positive body image and rebuild hope. Skillful and sensitive massage by a qualified therapist.

Hand and/or Foot Massage

A gentle but firm massage to the hands and/or feet. Specific movements are used to promote relaxation, soothe the skin and muscles and assist circulation. Stiff and painful joints may be eased. These massages are particularly beneficial for managing treatment side effects if the feet and hands are tired, sensitive and painful and the skin feels dry and tight.

Indian Head Massage

A firm form of massage activating the muscle around the head, face and neck to stimulate the upper portion of the body and pressure points around the face.





Meditation

Meditation is one of the pillars of our program, we believe it is wonderful for managing stress, creating a restful oasis within that you can drop into anytime. The regular practice of meditation is associated with better health and practicing in a group can help make meditation part of your lifestyle.

Mindfulness

Not just a buzzword, mindfulness is a skill anyone can learn. Our experienced facilitators are long term meditators who can guide you through your own experience of mindfulness. Some proven benefits include decreased pain, lower levels of stress and anxiety, improved sleep and wellbeing.



Reiki

A practice based in stillness and kindness, Reiki is a form of mind body therapy. Receiving the compassionate intention of skilled Reiki practitioners is a deeply relaxing experience. Participants lie down or sit to receive this energy technique based on ancient Japanese philosophies.

Yoga

Proven to support people with many health conditions, the connection between you and your yoga therapist provides a framework for personal growth and development of your own yoga practice. Below are the various yoga we offer.

Gentle Yoga

Small group gentle yoga with a kind and experienced instructor, has numerous benefits – it has been shown to decrease inflammation, ease fatigue and pain and helps you feel like your body is your friend. This style of yoga is very gentle, meditative and soothing.



Restorative Yoga

Restorative yoga is a practice that is all about slowing down and opening your body through passive stretching. If you are feeling limited in your flexibility and weighed down by muscle and joint pains, restorative yoga is a great option for you. Participants can rely on props to assist and support their bodies.

Yin Yoga

This slow, long held style of yoga is designed to place strategic ‘stress’ on the corrective tissue fascia, that is sometimes described as the communication network of the body. With influences from traditional Chinese philosophy, this is yoga like you’ve never experienced it before.

Yoga Nidra

Yoga Nidra is a practice of non-doing. In today’s busy world of go, go, go, it is time to rediscover rest. You don’t have to ‘do’ anything in Yoga Nidra but lie down, relax, and listen to the teacher’s voice.

Yoga Therapy 1:1

When group classes aren’t quite right for you or you’d like to learn more about the full experience of yoga then experiencing the wonders of 1:1 individualised yoga therapy is for you.



Hypnotherapy – using relaxation techniques

The benefits of hypnotherapy can be life changing – including better sleep, pain control and coping better with grief and loss. But in this Hypnotherapy session we will be focusing on complete relaxation. Our Clinical Hypnotherapist will lead the group. You will spend the hour seated comfortably with your eyes closed. You will be awake but may feel curiously detached. In this deeply relaxed state, your levels of stress and anxiety should decrease and your general level of happiness should increase.

Individual hypnotherapy sessions are available by appointment.

Creative Art Therapy

Make meaning through expressive art using creativity and a variety of materials to express and explore thoughts, feelings and stories in a safe and supportive environment. No artistic skills are required for this activity, just a willingness to try and an openness to the possibility of insight through process.





Sing for Joy

Join our merry group in enjoying the art of singing in a friendly, down to earth environment. This weekly activity will provide opportunities to learn and share songs, do vocal exercises and be guided to experiment with group singing in a choral style. The group is open to anyone who would like to exercise their singing voice, no need for any special skill set, a love of music and a willingness to try is a great starting point.

Sound Therapy

Deep relaxation is available in our always popular sound therapy sessions. With a roster of some of Perth's best sound therapists, this is a blissful aural experience open to everyone. All you have to do is lie down and be carried on a journey of meditative music.



Music for Relaxation

A gentle musical journey using sung mantras, recorded music and carefully chosen chimes leaving you calm, relaxed, refreshed and offering an opportunity for deep relaxation via a guided musical meditation. This relaxation can be undertaken in whatever form is most comfortable for you whether seated or laying.



Therapy is not about having someone take control of your life or “feeling good”, therapy is about learning to take control of your life and making changes.

“

Solaris is an integral part of my journey, a place where I always find support and refuge, where it is always ok not to be ok and I think everyone who joins a course benefits from the knowledge, techniques and material. Ultimately it is all about how we live our lives the best possible way with joy, connection and well-being.”

– LAURA



Courses and Workshops

All courses and workshops can be booked online at solariscancercare.org.au or by calling **9384 3544**.

Advanced Health Care Planning

We don't like to think that we will die, but the reality is that we will, and just as we plan for other important events in our lives it makes sense to have a plan for this time of your life as well. It's more than just completing the right legal paperwork. The author Irvin Yalom describes thinking about death as akin to 'staring at the sun', something we naturally find uncomfortable and can't look directly at.



It involves:

- Exploring your values and thinking about what you do and don't want
- Having conversations with the important people in your life
- Getting the medical care you want
- Avoiding unnecessary suffering and relieve caregivers of decision-making burdens during moments of crisis or grief
- Reducing confusion, disagreement and stress about the choices you would want your loved ones to make on your behalf
- Learning how to live well so you can die well

When asked, most people have clear preferences for the care they want at the end of their life. But rarely do we have open, systematic conversations that lead to the effective End of Life Care plans.

Course Dates

Cottesloe

Venue	Solaris Cottesloe (run over three weeks)
Dates	Friday 18th February, 9.30 – 12.30pm Wednesday 9th March, 10am – 1pm Wednesday 23rd March, 10am – 1pm
Facilitators	Emily Cesarello and Julie Verley

Hedland

Venue	Hedland Well Women's Centre (one full day workshop)
Dates	Friday 11th February
Time	9am – 4pm
Facilitators	Emily Cesarello and Julie Verley

Albany

Venue	Solaris Great Southern, Albany (one full day workshop)
Dates	Thursday 9th June
Time	9am – 4pm
Facilitators	Emily Cesarello and Julie Verley



Meeting the Challenge

– see details on [page 9](#).

This workshop will introduce you to a range of available services and support.

Day	Wednesday
Dates	9th February
Time	1pm – 5pm
Facilitator	Charmaine Lobo

Meeting the Challenge

– see details on *page 9*.

This workshop will introduce you to a range of available services and support.

Day	Wednesday
Dates	9th March
Time	1pm – 5pm
Facilitator	Charmaine Lobo



Drumming Circle – Building resilience through Rhythm

Our community DRUMBEAT circles are delivered by accredited facilitators and provide a sense of connectedness with self and others that is physical, non-competitive and fun! Our circle of drummers share in the rhythm of relationships, harmony and cohesion.

No musical skill or experience required, all instruments provided, so come along and make some noise. We learn and play together.

Day	Friday 4th February
Time	1pm – 2.30pm
Facilitators	Julie Sparrow and Maureen Tan



Nourishing Kitchen Catchups

Join our Accredited Practicing Dietician Clemency to learn about eating well. What to eat and how to eat with chemotherapy and side effects, nutritional supplements and much more...

Day	Friday
Dates	18th February, 29th April and 17th June
Time	10.30am – 12.30pm
Facilitator	Clemency Nicolson



Meeting the Challenge

– see details on [page 9](#).



This workshop will introduce you to a range of available services and support.

Day	Wednesday
Dates	6th April
Time	1pm – 5pm
Facilitator	Charmaine Lobo

“

Self-compassion is a way of emotionally recharging our batteries. Rather than becoming drained by helping others, self-compassion allows us to fill up our internal reserves, so that we have more to give to those who need us.”

– KRISTIN NEFF

Meeting the Challenge

– see details on [page 9](#).

This workshop will introduce you to a range of available services and support.



Day	Wednesday
Dates	11th May
Time	1pm – 5pm
Facilitator	Charmaine Lobo

Carer's Course – 1 day

Are you providing care for someone recently diagnosed with cancer? Our Carer's Course is a one-day workshop developed by a multi-disciplinary team of health professionals.



The course focuses on the challenges and demands of being a carer and provides participants with a wide range of information and practical strategies to increase their coping skills, with self-care a constant theme throughout the course.

The aim of this course is for the carers to feel empowered and reinforced in their role, to gain new knowledge and to feel less isolated and to improve the quality of life for both individuals in the caring relationship.

Day	Saturday
Dates	19th February, Solaris SJOG-Subiaco 23rd April, Solaris Cottesloe
Time	9am – 4pm
Facilitators	Patricia Williams, Richie Perea and Joan Hutchings

Bereavement: Living with Loss – 5 weeks

Have you experienced the loss of someone close to you? Joining this 5-week group will allow you to express and process your experience in a supportive, professionally facilitated group, with others who have experienced the great pain of loss. We believe that grief doesn't go away, it stays with you and you learn to live around it.

Through discussions you will gain skills in identifying emotions, share ideas about how to honour and remember your loved one, and learn practical coping skills. After the course you will be invited to join an ongoing monthly support group on the 4th Wednesday of the month from 1pm – 3pm.

Day	Friday
Dates	25th February, 4th, 11th, 19th and 25th March
Time	10am – 12pm
Facilitators	Julie Verley and Maureen Tan

Nutrition: Cooking & Eating For Wellbeing – 5 weeks

Join a passionate, well informed Accredited Practising Dietitian to delight in the theory and practice of cooking and eating for well-being. Covering nutrition basics, debunking myths, and opening up to the pros and cons of different eating styles, this course will provoke and inspire discussion.



Although there's no one diet that is perfect for everyone, this course will provide you with take-home tips for improving the nutritional content of your favourite foods, making sustainable nutritional changes, practical recipes, and cooking tips.

Day	Friday
Dates	11th, 18th, 25th March, 1st and 8th April
Time	10.30am – 12.30pm includes taster of food prepared
Facilitator	Clemency Nicolson

Autumn Retreat Day

This one-day retreat will invite you to rest, relax and recharge in our tranquil grounds. There will be opportunities to engage in self-care activities such as hand and foot massage or Indian Head massage. Bring a water bottle and dress in comfortable stretchy layers for easy movement in yoga.



A healthy lunch and beverages will be provided.

The day will include guided meditation, yoga, self-compassion exercises, Art Therapy and Sound Therapy.

Date Friday 6th May

Time 9am – 4pm

Kintsugi – Beauty in the Broken

Kintsugi is an ancient art of repairing broken ceramics using gold that serves as a metaphor to highlight the beauty that exists within imperfections. Through our experience in life, we are touched by illness, trauma and grief. Often our lives are left in disarray as we attempt to move on and cope by hiding our precious scars, imperfections and pain.



In this **hands-on workshop**, you will engage in the art of kintsugi and learn that it's okay to not be okay, to be vulnerable and show your flaws. You learn how to pick up the pieces and breathe a new lease of life into the flawed broken pieces of life and embrace imperfection.

Date Thursday 7th April

Time 12.30pm – 2.30pm

Facilitator Julie Verley

Fierce Self-Compassion – 5 Weeks



The latest studies in psychology and neuroscience reveal that self-compassion underpins emotional wellbeing. Self-criticism only sabotages us and produces a variety of negative consequences. When we respond with compassion to our own imperfections – without judgment, self-criticism or self-blame – we make essential steps on the path to resilience and emotional wellbeing. Self-compassion allows us to connect to others when we suffer, rather than feeling isolated and alone. Self-compassion is about caring for ourselves when we go through tough times and recognising it's only human to get distressed on occasions with no judgement – only kindness.

Day	Wednesday
Dates	27th April, 4th, 11th, 18th and 25th May
Time	10am – 12pm
Facilitator	Julie Verley

Drumming Course – 6 weeks

For carers or patients living with a cancer diagnosis, the changes they face are unfamiliar territory. Research shows depression and anxiety are elevated as a result of managing the issues that arise out of living with a cancer experience. One of the biggest issues is the negative impact in one their social connection.

In our 6 week drumming course, participants come together to form a trusting circle, connecting through the fun of learning to create rhythm through the African Djembe drums. We look forward to seeing you – let's make some noise!

Day	Friday
Dates	13th, 20th, 27th May, 3rd, 10th and 17th June
Time	1pm – 2.30pm
Facilitators	Julie Sparrow and Julie Verley

Meditation Matters – 3 weeks

There are many paths up the mountain of meditation. We invite you to explore the history, philosophy and techniques of the different practices of meditation, to help you identify what works best for you. This course provides you with an opportunity to experience the different types of meditation over a 3 week period.

Day	Tuesday
Dates	14th, 21st and 28th June
Time	1pm – 3pm
Facilitator	Charmaine Lobo



Life Writing Skills Course – 5 Weeks

Everyone has a unique life story, no matter how old they are, and if it is not written down it will be lost forever. This course will help you begin to recollect and record your personal experiences so they can be shared with family and friends, prepared for publication, or remain a private celebration of the mystery of your journey.



Anyone can join the workshop. Our facilitator Margaret Cole is a clinical psychologist who has taught and used writing as a life skill for over thirty years. She will help you remember and provide you with techniques to write with and the confidence to do it.

Dates	Thursdays on the 2nd, 9th, 16th, 23rd and 30th June
Time	10am – 12pm
Facilitator	Margaret Cole

Meeting the Challenge

– see details on [page 9](#).



This workshop will introduce you to a range of available services and support.

Day	Wednesday
Dates	8th June
Time	1pm – 5pm
Facilitator	Charmaine Lobo

Look Good Feel Better

Cancer can really change our appearance. These regular workshops from the Look Good Feel Better team cover topics such as skincare, makeup and headwear. Along with learning new tips for using makeup and accessories, participants receive a Confidence Kit, full of products donated by cosmetic companies so you can continue to look good and feel better.

Visit the Look Good Feel Better website www.lgfb.org.au to book. Interactive virtual workshops are running until further notice.

Day	Thursday
Dates	14th February, 31st March and 12th May
Time	10am – 12.30pm
Location	Solaris Cancer Care Cottesloe

Solaris Cancer Care has established a partnership with Allevi8 to provide a free mindfulness and meditation app.



“

I strongly feel that having this centre at the hospital has enabled me to come to terms with the hospital environment and the treatment I am receiving. Being able to come and sit in such a positive and loving atmosphere has really enabled me to cope.”



Get Involved

Donate

Your donation will ensure we continue to provide supportive services across WA for anyone affected by cancer. Donate via solariscancercare.org.au and click on 'Donate' or text SOLARIS to **0400 662 662** to make a donation. Thank you!



Become a Corporate Partner

There are many benefits for your business in becoming a corporate partner. We will work with you to develop a mutually beneficial partnership that can meet your business objectives and aims. That can include brand awareness, social media campaigns through to providing volunteer opportunities for your team.

We can also offer wellness activities and programs designed to support your workforce anything from taster sessions for complementary therapies to holding your strategy planning at our beautiful Cottesloe Centre. We can offer healthy morning tea and lunch along with cooking demonstration or mindfulness practice to start your day. Talk to us about become a corporate partner today by calling our Philanthropy & Marketing Manager on **0477 951 919**.



Fundraise For Us

There are many ways you can fundraise for us such as hosting a morning tea to setting your own personal challenge and taking part in a cycling, swimming, fun run or walking event. To discuss what how and what you want to fundraise for us get in touch with our fundraising team.

Take Part in Dry July 1 – 31 July 2022

Dry July is a fundraising challenge which encourages you to go alcohol-free in July. It helps you get healthy and clear your head while also raising funds. Having a month off alcohol has great health benefits, such as sleeping better, having more energy and of course, no hangovers!



July is open to anyone, 18 years of age and over. It is primarily for the social drinker who likes a challenge and is curious to see how a break from alcohol will impact their health and well-being.

Visit www.dryjuly.com to sign up. Select Solaris Cancer Care as the beneficiary of your fundraising, and create a personalised profile page, which you can share with friends, family and workmates to encourage them to donate to your Dry July.



Volunteer

We rely on the invaluable help of many volunteers, without which we could not provide many of our services. You can volunteer in a range of areas including complementary therapies, patient services, research, events and fundraising.

In our centres you can volunteer as a:

- therapist
- group facilitator
- meet and greet receptionist
- gardener and maintenance person

We are always looking for volunteers to help with events and fundraising activities.

When necessary, we provide volunteers with appropriate training. If you are interested in becoming a volunteer simply fill out the online Volunteer Application Form, call **9384 3544** or email info@solariscancercare.org.au.

“

Solaris has been an absolute blessing, a place with soul to nurture and repair, everyone is warm and friendly, the classes I've attended, group and individual have given me strategies and practises I have begun to make part of my daily routine. They give you time and the feeling you can do this in a totally non-judgemental environment. I'm looking forward to more.

– LEAH

Op Shop

There are many ways to support the Op Shop:

- **Shop for new and previously loved goods**

There are all sorts of items available from tops, pants and coats to glassware and silverware, books, jewellery and more.



- **Donate items**

If you have quality items that you no longer need, we will happily accept your donation.

- **Become a volunteer**

We are always looking for more volunteers to help for four hours either during the week or on the last Saturday of the month.



To find out how you can get involved with us call the Fundraising and Marketing team on **9384 3544** or email fundraising@solariscancercare.org.au. We'd love to hear from you.

“

I am so glad that I found Solaris Cancer Care. The complementary therapy treatments helped me throughout my cancer treatment and now treatment is over I come to the centre and I love to participate in the diverse group of activities, events and workshops that are on offer and are an integral part of my healing journey. Thanks Solaris team for everything you do you are all amazing!”

– AMY



Solaris Cancer
Care



YEARS
OF CANCER
CARE

Email us at

info@solariscancercare.org.au
support@solariscancercare.org.au

Phone us on

9384 3544

Connect with us online at

solariscancercare.org.au

