

SolarisCare Cancer Support Centres

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From the Editor's Desk

Hi Everyone,

The hard working David Edwards is away at the COSA Conference with Dr David Joske and Dr Anna Petterson, so I'll be stepping into the 'editorial' role for this month.

Its been a very big month for SolarisCare behind the scenes. Our Annual General Meeting was held late October. You may have noticed copies of the Annual Report around your Centre and you are warmly invited to read through the reports and see what your organisation as a whole has achieved for cancer patients and their carers in 2009-2010.

As some of you will know I have just come back from a fantastic National Conference on Volunteering in Melbourne. It was inspirational to see how people involved in volunteering for 10, 20 even 30 years manage their volunteers which can range from 5-3000.

Some of the highlights of the Conference included:

Demographer and columnist for the Australia, Bernard Salt highlighted the trend for baby boomers to make volunteering a part of their lifestyle choice in retirement. And with most of this generation used to a professional working environment, SolarisCare will be aiming to have a volunteering program that maintains its warmth within a stimulating, engaging and best practice environment.

The other presentation that made a huge impact on my thinking was by Dave Dobbin from Vision Australia. Not only was the lay preacher and professional Volunteer Manager a delight to listen to but he articulated some fantastic points such as:

- Does everyone in your organisation know its vision and mission statements?
- Does your organisation provide services to both its volunteers and the community which address basic human needs such as certainty, belonging, growth and contributing to a functional world view or philosophy?
- Your organisation needs to be able to articulate the "why" of its existence. This inspires and engages others if they resonate with the reason for the existence of your organisation.

And on a point a bit closer to home – a reminder that SolarisCare will be closing over the Christmas break. The Centres will remain open until Friday, 24th December and will close until Friday, 7th January 2011. The Reduced Roster of previous years will be run from Monday, 10th January to January 28th January 2011,. The full roster will begin on Monday the 31st of January.

So note those dates and please let your Volunteer Coordinator know if you are willing and able to volunteer during the Reduced Roster period in 2011.

Of course this is also a great opportunity to take a break if you have not done so during the year. We need to take care of ourselves just as much as the patients and carers we care so much for. Otherwise who will be left to provide such a wonderful service?

Kindest regards

Nicolette Madry
Volunteer & Office Coordinator (SCGH)



**WE ARE PROUD TO BE MAKING A DIFFERENCE EVERYDAY TO
CANCER PATIENTS AND THEIR CARERS ACROSS WA**

MARK IN YOUR DIARY **SolarisCare Christmas Party**

Date: Friday 10th December 2010

Time: 5.30pm until late

Venue: SolarisCare Cancer Support Centre, Sir Charles Gairdner Hospital

Highlights: Carol singing on the wards!!! Join us for a rousing rendition of your favourite carols.

Please bring a plate to share in the goodwill spirit of Christmas at SolarisCare. *Partners welcome.*

Carer's Course

Date: Saturday, 13th November 2010

Time: 10am-4pm

Venue: SolarisCare Cancer Support Centre, Sir Charles Gairdner Hospital



Many people in the community have a major role as the Carer of a relative or friend with a serious illness or disability. The role of Carer can be a demanding one. The Carer can be required to develop new skills, can be faced with complex new information, and can feel unprepared and isolated. The main goal is to improve the quality of life for both people in the caring relationship.

The Carers Course is made up of six modules and can be run on one day or over two or three sessions to suit the participants.

The modules are:

- Communication – improving communication with health professionals and family members
- Knowing your Medicines – understanding common medications, their use, possible side-effects and medication safety.
- Pain – how to describe, measure, and manage pain through medication and alternative methods.
- Symptom Control – helping to reduce common symptoms such as nausea and constipation.
- Physical Caring – practical tips for everyday physical needs.
- Exercise and Nutrition – the importance of appropriate exercise and good nutrition for



Volunteer Thank You Breakfast Swan Yacht Club 24th Oct 2010

A wonderful time was had by all that attended for a scrumptious breakfast, beautiful views and gorgeous company. A big thank you to Di, Jan and Marie for fundraising especially for this event and making sure SolarisCare can thank its volunteers for all their amazing work throughout the year.



Have a Go Day

Spreading the word about SolarisCare is important to ensuring our services are utilised to their full capacity. The Have-A-Go Day event organised by the Seniors Recreation Council at Burswood Park has been a key event at which volunteers have done this for the past five years. A great big thank you to Geoff Gardiner, Julia Cattalini, Derise Ferrell, Fay Boyd and Brian English for being such enthusiastic ambassadors for SolarisCare on a very hot day!!!

THANK YOU FOR YOUR AMAZING SUPPORT!





What does our name mean?

“ the name SolarisCare evolved from **Solar**, meaning the sun which provides light and warmth.

We see ourselves as ‘bringing light’ into people’s life/situation following their diagnosis and treatment.

And of course, we **Care** about the people who use our services”

Hand Massage Course

Charlotte Keay is offering another Hand Massage Workshop on Thursday 25th November at 9.30am to 11.00am at the SJOG Centre. The Workshop runs over a three week period with 2 lessons and a visit to the Ivy Suite to gain confidence approaching and liaising with Patients and hands-on experience with Charlotte present to guide you through any uncertainties.

This is just another way SolarisCare would like to reach out further to show our patients truly genuine support by simple means of touch a smile and a chat and always offering Self Development Opportunities to our Volunteers. If you would like to participate, please contact Jennifer or Lorraine at the SJOG Centre on 9388 9788.



SJOG Update

With Jennifer Russell and Lorraine Kember

Thank you to all volunteers who attended our Volunteer Breakfast held on Sunday 24th October. It was, as always nice to catch up with volunteers and staff from both centres and to enjoy the tasty breakfast prepared by the staff of the Swan Yacht Club.

It’s hard to believe that Christmas is just around the corner. It has been a wonderful and rewarding year bringing with it the satisfaction and fulfilment of knowing that SolarisCare *is making a difference* to the lives of others.

The following words taken from our patient’s comment book says it all.

This is an amazing, peaceful place for people with cancer to find some moments of pleasure. Such wonderful and kind practitioners and staff are hard to find... Sincere Gratitude

Thank you so much to all who work with the SolarisCare Centre. There is such a lovely and loving atmosphere which really lifts the spirit. God Bless you all.

I feel peaceful and serene every time I visit your loving Centre. The therapies offered leave me feeling calm and a heavenly feeling envelops me. Thank you for all of the care and attention. God Bless the people who started and maintain the running of SolarisCare.

To our long term and recently joined volunteers, we would like to extend our sincere and heartfelt thanks to each and every one of you for your selfless and dedicated support of SolarisCare and the cancer patients and the cares who come into our Centre.

Lorraine and Jenny



Christmas Raffle

The SolarisCare Christmas Raffle is underway and selling like hotcakes through three Centres this year. We are aiming to sell **600 tickets per week** to reach our target, so if you know anyone who can help by taking a book of tickets or has some time to sit outside one of the Centres to promote SolarisCare through the raffle then please contact your Coordinator.

So far all three Centres have raised over \$1000. Thank you to all the volunteers who so enthusiastically take this opportunity to let people know about the services we provide at SolarisCare and what a wonderful place it is to seek comfort at such a challenging time.

There are great prizes to be won including an 8 piece outdoor setting which was donated by Bunnings Homebase. We are looking for volunteers to assist in selling these tickets on-site at our Support Centres or externally to the public at shopping centres. If you are able to assist, or would like to purchase a ticket, please contact a Volunteer Coordinator at one of our Centres on: SCGH - 9346 7631 SJOG- 9381 3097 SW Centre - 9791 1559.



Red Sky Ride 2011

The training begins!!!

Riders will test their physical and mental endurance over 8 days and over 1000 kilometres from **27th February – 6th March 2011**. Supported by ten volunteers and five support vehicles the ride will travel from Perth through the towns of Harvey, Dunsborough, Augusta, Bridgetown, Wagin, York and finish in Perth on 6th March 2011.

Celebratory Endorsement

Fiona Wood

"We can all make the choice to help someone in need. That's what the riders in the Red Sky Ride are doing. Our lives can change in an instant and as a community we can all help ease the journey. By riding and by supporting the riders people suffering with cancer will be supported. Good luck to all involved for the long week and to those who will benefit into the future. "





Just For Laughs

A man was getting a haircut prior to a trip to Rome. He mentioned the trip to the barber who responded, "Rome? Why would anyone want to go there?"

It's crowded & dirty and full of Italians. You're crazy to go to Rome.

So, how are you getting there?"

"We're taking TWA," was the reply. "We got a great rate!"

"TWA?" exclaimed the barber. "That's a terrible airline. Their planes are old, their flight attendants are ugly, and they're always late.

So, where are you staying in Rome?"

"We'll be at the downtown International Marriott."

"That dump! That's the worst hotel in the city. The rooms are small, the service is surly and they're overpriced. So, whatcha doing when you get there?"

"We're going to go to see the Vatican and we hope to see the Pope."

"That's rich," laughed the barber. "You and a million other people trying to see him. He'll look the size of an ant. Boy, good luck on this lousy trip of yours. You're going to need it."

A month later, the man again came in for his regular haircut. The barber asked him about his trip to Rome.

"It was wonderful," explained the man, "not only were we on time in one of TWA's brand new planes, but it was overbooked and they bumped us up to first class. The food and wine were wonderful, and I had a beautiful 28 year old stewardess who waited on me hand and foot.

And the hotel-it was great! They'd just finished a \$25 million remodeling job and now it's the finest hotel in the city. They, too, were overbooked, so they apologized and gave us the presidential suite at no extra charge!"

"Well," muttered the barber, "I know you didn't get to see the pope."

"Actually, we were quite lucky, for as we toured the Vatican, a Swiss Guard tapped me on the shoulder and explained that the pope likes to personally meet some of the visitors, and if I'd be so kind as to step into his private room and wait the pope would personally greet me. Sure enough, five minutes later the pope walked through the door and shook my hand! I knelt down as he spoke a few words to me."

"Really?" asked the Barber. "What'd he say?"

He said, "Where'd you get the lousy haircut?"