



SolarisCare Newsletter

March 2011

From the CEO's Desk

Hi Everyone,

Please accept my apologies for the shortness of this message; however, I have spent the best part of the last few weeks fighting pneumonia and ear infections. Thank you so much to you all for your kind messages and wishes.

The year is certainly speeding up quickly, and all centres have been increasingly busy in providing care and support to our wonderful patients and families. For your ongoing commitment – THANKYOU.

It is difficult (at least from my perspective) to find ways in which to thank you for all that you do. However, I know from talking with many volunteers, that opportunities for further education and development are very welcome. As highlighted within the newsletter, we are developing some amazing volunteer education days this year, as well as trialling some new initiatives such as Balint Groups (see inside for more details). We are also reaching out into the broader community to play our part in contributing to knowledge development amongst the diverse groups that provide support to cancer patients and their families.

Red Sky Ride 2011

On Sunday, March 6th, I was privileged to join a large group of family, friends and supporters, who welcomed back the 21 riders and volunteers of the 2011 Red Sky Ride. In spite of looking extremely weary (some days were up to 45°C), there was a huge sense of both personal achievement, and I believe, an

amazing connection with having supported SolarisCare, an organisation that all riders have come to respect greatly.

Reports from our South-West team, said the riders looked magnificent as they rolled into the centre for a brief rest stop. My sincere thanks to Geoff Hutchinson, who has taken on coordination of the ride this year, and to all who have contributed to the continued success of the Red Sky Ride.

Finally, I receive feedback on a daily basis regarding the hugely positive impact that you all have on the lives of those who pass through our doors. As I said during a recent presentation, there is also a huge ripple effect that flows to an even wider support network. I want to share with you part of a message sent to the Red Sky Ride team from Ian Timms, the husband of this year's rider dedication, Simone Timms, prior to departure.

"I truly believe that the Solaris Care offers so much to so many and I wish to remain involved for many years to come. As a doctor that offers (I hope) some improvement in quality of life, I feel belittled by the generosity of others. Of course we all strive and wish for a cure or to eliminate the scourge of cancer but until that time I can't think of a single more important way to help those and their families through the horror."

Warm regards,
David

SolarisCare Cancer Support Centres

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Dates to Note for March 2011

- **11th National Rural Health Conference:** addressing the issues affecting the health and wellbeing of the 32% of Australians who live in rural and remote Australia. Perth Convention and Exhibition Centre, 13-16 March 2011. Dr Anna Petterson will be presenting findings from the Men in the Kitchen program.
- **Volunteer Meeting:** 23rd March 2011 at the SJOG Centre. Start time is 5.30pm and the guest speaker is Linda Hunter from the Look Good Feel Better program.
- **Seventh State Cancer Conference: 24th March 2011.** Dr Anna Petterson, Dr David Joske and Assoc Prof. Anne Williams will each present a paper about their work with SolarisCare at this Cancer Council sponsored event.
- ...and please add to your diaries a **Volunteer's Thank You Event** on Saturday **May 21st**. Further details will be published in next month's newsletter.

Interacting with Counselling Clients

The Counsellors of SolarisCare have created some simple guidelines for volunteers and staff to help us understand the needs of counselling clients when they walk into our Centres. Each month an excerpt from the guidelines will be highlighted in the newsletter to help us all remember the important role we play in each individual getting the most possible out of their experience with SolarisCare.

Listening with empathy, giving reassurance and support and explaining what SolarisCare has to offer are the services provided by the volunteers at SolarisCare. They form the strong foundation of the Centres' work.

Counselling is in some ways different from the other therapies provided at SolarisCare. While a client may share personal information to a volunteer or staff member, it is not their role to work with these issues directly. **In a counselling session, a client works directly with their thoughts, feelings, experiences and relationships in a confidential setting.**

When you have an enquiry about counselling it may be useful to mention:

1. You don't need to be in a really bad way to have counselling. Working with small problems can help them not turn into large ones.
2. All our Counsellors are well qualified, experienced and approachable.
3. The service IS **CONFIDENTIAL**.





SCGH Update With Nicolette Madry

It has been a wonderful start to our full schedule at Charlie's in 2011. The Centre continues to be frequently used as a place of relaxation and rejuvenation for patients and carers, continuing its "oasis" like presence within a very busy hospital.

As we ease into autumn I would ask all volunteers to refresh your memory of the Weekly Programme as there have been a large number of changes recently. These include our opportunity to welcome students from Central Institute of Technology (i.e. TAFE) who will be providing relaxation massage sessions from March – June. Many thanks to Tracey Newman (ex-SolarisCare volunteer) who has been working with us at the SCGH Centre for several years to ensure the patients of SolarisCare and the students are enriched by the experience of massage in a hospital setting.

We also look forward to the return of the lovely reflexologists who will provide a valuable service to the patients in the C14 Chemo Day unit (end of March). Feedback from patients and staff of C14 was very positive and continued for weeks after the project's end last year.

As for the volunteer team that delivers the unique services of SolarisCare I would like to

Welcome....

- Erinna Murray – M&G
- Sally Boeter - M&G
- Claire Jenkins – Healing Touch
- And welcome back Andrew Lim!!! Great to see you healthy and smiling in the Centre again.

Farewell....

- Makiko Nakamura – M&G. We thank Makiko for her gentle warmth, enthusiasm and generosity and wish her all the best with her massage course and oncology nursing career back in Japan!
- Elena Danci – Massage therapist with the magic touch for our most fragile patients. Wishing Elena all the positive energy required to create her own business in 2011.
- Sally Hendriks – M&G. I want to thank Sally for the three years we have enjoyed her heartfelt care and dedication to everyone visiting and working from the Centre at Charlie's. Best wishes for your new position and we will miss your presence.
- Caroline Lord – Acupuncture. Caroline has provided a very skilful, knowledgeable and caring acupuncture service to our patients since 2007. We wish you all the best for your new full time study adventure!

So lots of changes creating new opportunities for the services provided at the Charlie's Centre. May it be a dynamic combination which consolidates the achievements of last year!

Cheers
Nicolette

Our Monday morning team wishing Makiko all the best for her future studies and trip back home to Japan. Thanks for the photo Makiko!





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

SJOG Update

With Lorraine Kember and Jennifer Russell

As we move into the month of March it is encouraging to note that more and more new patients are coming into our centre. Research has shown that the majority of new patients come to us through 'word of mouth' so please continue to talk about SolarisCare and the wonderful support and services we provide to cancer patients and their carers whenever and where ever you have the opportunity.

Word of mouth has also proved to be the most reliable means by which to attract new volunteers to our centre. We have a number of available therapy slots on most days throughout the week and are in need of more therapists, especially: Massage, Reflexology, Bowen and Acupuncture.

We could use your help. Speaking to others in the broader community about your caring role and the fulfilment it brings to your lives, may spark their interest and result in them wishing to become a volunteer.

As always we are so grateful for each and every one of you and for your uniqueness which helps us to provide our valuable service on so many levels. *Thank you.*

Our thanks and appreciation also to those who have recently left us: Karen Mitchell, Anthea Gilbert, Chris Turner, Heidi Sumner, and to Regina Morrissey who will be leaving us in the near future. All of your contributions have been amazing and you have made such a difference to the lives of so many people. You will be sadly missed.

A big welcome to our new volunteer Kinesiology/Reiki Therapist, Li Spaul Weidman.

International Nurses Day

When: Thursday 12th May

Where: SJOG Subiaco

Time: 1.30 to 2.30

Massage and reflexology sessions plus hand massage have been requested by hospital staff. Any therapist or meet and greets who would like to contribute on the day – please let your coordinator know as soon as possible.

Weekly Update Folder

All volunteers please check the Weekly Update Folder at the reception desk prior to commencing your shift each week. This folder is designed to keep you informed of any new events which are planned as well as any updated procedures which have been put in place.

We look forward to catching up with you all at our next Volunteer Meeting on the 23rd March

Lorraine and Jenny



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”

Healing Touch Program

Create Positive change for Health and Well being

Healing Touch is a complementary integrative energy therapy, developed within the nursing profession. **HT** offers an international, multi level, certified educational program in energy-based medicine. **HT** is open to all who desire to enhance wellness in themselves and the lives of people they care about.

Level 1 is being held on Saturday 9th and Sunday 10th April 9am-6pm.
A Free talk and demonstration is being held on Saturday 12th march at 2pm. Bookings Essential.

For details call Claire on 0415 745 812.

Valentine’s Day BBQ

Love was in the air for over 100 people as the Valentine’s Day BBQ once again raised funds and awareness for the SolarisCare Foundation and Red Cross WA. This annual event was held at the Swan Yacht Club on the 13th of February and was organised by super volunteer Di Watts and her team of lovelies. The event was not only a chance for a relaxing meal it also provided an opportunity to share the love and help raise funds for the SolarisCare’s upcoming volunteer appreciation event (21st May at Mosman’s Restaurant).

Diners were not only treated to a delicious meal from Chef Dave and his staff but raffles and prizes as well as a romantic sunset over the bay in East Fremantle.

Events such as the Valentine’s Day BBQ are vital to SolarisCare’s ability to continue its work with the Western Australian community and could not happen without the tireless efforts of our fundraising volunteers. While it’s not certain if anyone found the love of their lives on this night it did help to contribute over \$2,500 towards the two organisations.

Fundraising Jazz Concert

Join us for a special jazz concert featuring the amazing talents of Libby Hammer and the Jazz Fremantle Club.

Date: Sunday 3rd April 2011

Time: 4.00pm- 7.00pm

Venue: Navy Club, 64 High Street Fremantle

Tickets: \$20 at the door.

For more information please ring Di Watts 0418 904 557





South West Update with Carline Turner

Hi Everyone

THANK YOU to all that attended our first Update/Meeting at the centre on Saturday the 19th. We enjoyed a great day with new volunteers meeting some of our existing volunteers for the first time, that being one of the reasons for having the updates !

Karen Mazzella, one of our therapists, gave a great talk about Kinesiology. Deb Sinclair and Carolyn, two of our therapists, talked about holding an expo on Complementary Therapies in Bunbury in the near future. This would be a great opportunity to not only raise the profile of SolarisCare in the community, but also the awareness of the benefits of complementary therapies. We all enjoyed a sausage sizzle with salad and fruit after the update/meeting was over 😊

The Probus, “Whole of Service for Community Health”, presentations were very successful. I have been approached to offer more presentations to other clubs in the community.

Approximately 30 people attended The “Fashion Incubator” held on Friday the 25th. It’s amazing what you can do with old/unused garments or just very plain ones!! Unfortunately the weather was very warm, which may have had a bearing on the numbers.

I have been in contact with the local TAFE College regarding students learning massage to come into the Centre when they are ready to do their clinical placements.

It was so amazing to see the Red Sky Riders cycling through the gates to the centre on the 28th of February, we had Win T.V. here photographing and interviewing them. The Mayor David Smith welcomed and congratulated them with a speech and Adele Farina Hon (MLC) also encouraged and congratulated them. Next year I will have to encourage more volunteers to welcome them... maybe I should mention to them all the men in lycra and that may do it 😊😊😊



The Red Sky Riders at the South West Centre on Day 2 of their ride. They welcomed by the Mayor, Coordinator Carline Turner and supportive volunteers.





Just For Laughs

LETTER to JULIA GILLARD

- From a retired and respected member of the Courts.

Dear Julia,

Let's put the SENIORS in jail and the CRIMINALS in a nursing home.

This way the seniors would have access to showers, hobbies and walks. They'd receive unlimited free prescriptions, dental and medical treatment, wheel chairs etc and they'd receive money instead of paying it out. They would have constant video monitoring, so they could be helped instantly, if they fell, or needed assistance.

Bedding would be washed twice a week, and all clothing would be ironed and returned to them. A guard would check on them every 20 minutes and bring their meals and snacks to their cell.

They would have family visits in a suite built for that purpose. They would have access to a library, weight room, spiritual counselling, pool and education.

Simple clothing, shoes, slippers, PJ's and legal aid would be free, on request. Private, secure rooms for all, with an exercise outdoor yard, with gardens. Each senior could have a PC; a TV, radio and daily phone calls.

There would be a board of directors to hear complaints, and the guards/nurses would have a code of conduct that would be strictly adhered to.

The "criminals" on the other hand would get cold food, be left all alone and unsupervised. Lights off at 8pm, and showers once a week. Live in a tiny room and pay \$900.00 per month and have no hope of ever getting out.

Justice for all we say:-

*"Nothing is more difficult and
therefore more precious,
than to be able to decide"
- Napoleon*



2011 Education and Professional Development Program 1

Our aim is to develop and build on the knowledge and skills of our volunteers, carers, health care professionals to provide optimal care and support to the individual with cancer and their family. We aim to work with cancer care providers and other health professionals to maintain a high standard on ongoing volunteer development and education in Australia that reflects current clinical evidence-based practice and research.

Information about this program is also available on our website: www.solariscare.org.au

MORNING PROGRAM	
8.30am- 9.00am	REGISTRATION
9.00am- 9.10am	WELCOME – Anna Petterson
9.10am-10.15am	SELF-CARE IN CANCER CARE: <i>Compassion Fatigue</i>
<i>10.15am-10.45am</i>	<i>Morning Break</i>
10.45am-12noon	SELF-CARE IN CANCER CARE: <i>Compassion Fatigue continued</i>
12noon-1.00pm	<i>Lunch Break</i>
AFTERNOON PROGRAM	
1.00pm-2.45pm	<p>FACING LOSS, GRIEF & MOURNING: Understanding the emotional impact of loss and facing loss, grief and mourning: Exploring how our emotional experience can get in the way of hearing someone</p> <ul style="list-style-type: none"> • The emotional upheaval of confronting forced change • The experience of grief, a natural aspect of coming to terms with loss • A general mud map for mourning
<i>2.45pm-3.15pm</i>	<i>Afternoon Break</i>
3.15pm-4.00pm	<p>FACING LOSS, GRIEF & MOURNING - continued</p> <ul style="list-style-type: none"> • Listening to and hearing someone: how our own emotional experience can get in the way • The difference between reacting and responding to someone
4.10pm-4.30pm	<p>FORMATION OF A <u>BALINT GROUP</u>: A Proposal for SolarisCare volunteers:</p> <p>Judy Griffiths Facilitator – Balint groups have been run for GPs to support them in understanding their ‘difficult to treat’ patients. With SolarisCare volunteers, the idea is to help them tune in, through the difficult/worrying/upsetting, interactions you may experience, to the underlying emotional context that patients are living with and are affected by. <i>See the next Volunteer Newsletter for more information.</i></p>

Program changes or amendments are sometimes unavoidable; we will make every effort to deliver the program as advertised. SolarisCare wishes to acknowledge the support of the **Red Sky Ride** for the 2011 training program.



2011 Education and Professional Development Program 1

SELF-CARE IN CANCER CARE: *Compassion Fatigue*

Topic information: This half-day session is designed for SolarisCare volunteers and healthcare staff working with patients who have a life limiting illness and is designed to allow you to reflect on areas of your work that you may find difficult and incorporates self-care concepts and coping strategies.

We will explore the meaning of 'compassion fatigue' its causes, signs and symptoms. Participants will be introduced to current thinking about how to avoid compassion fatigue through mindfulness related strategies. The morning will include a practical mindfulness meditation session.

Presenter/s: Therapists from SolarisCare will share their experiences of providing therapies at their cancer support centres and how they address compassion fatigue. The session is designed to maximise participation through group discussion and case studies.

Date: Friday 13 May 2011

Time: 9.10am – 12noon

Location: Sir Charles Gairdner Hospital, Joske Lecture Theatre (West)
8th Floor, Blue Lifts

Catering: Morning tea/coffee and light refreshment provided

Note: If you are attending the full day program, please bring your own lunch or purchase from Re-juvenate adjacent to the lecture room

Cost: SolarisCare Volunteers – free
Others \$25 (Inc GST)



2011 Education and Professional Development Program 1

FACING LOSS, GRIEF & MOURNING

Understanding the emotional impact of loss and facing loss, grief and mourning: Exploring how our emotional experience can get in the way of hearing someone

Topic Information: Judy's presentation invites participants to enter into a deeper understanding of loss and why we all grieve the way we do. Judy will explore and reflect on the following issues:

- The emotional upheaval of confronting forced change
- The experience of grief, a natural aspect of coming to terms with loss
- A general mud map for mourning
- Listening to and hearing someone: how our own emotional experience can get in the way
- The difference between reacting and responding to someone

In the second half of the afternoon, Judy invites participants to look at what can get in the way of being able to hear someone. This awareness allows us to listen not just to the words but for what is in the heart and mind of the other person about the experience they are having.

Presenter: Judy Griffiths BA (Hons), CQSW, Accredited Mental Health Member, Australian Association of Social Workers (MAASW), Accredited Counsellor and Trainer with National Association for Loss and Grief (Victoria)(NALAG)

SolarisCare is pleased to welcome back Judy Griffiths. For many years Judy has had a special interest in how people experience loss and how it can be a trigger for growth, resilience, or for ongoing vulnerability. Judy trained in the UK as a clinical social worker and worked in London teaching hospitals at the time when Elizabeth Kubler Ross and Colin Murray Parkes were teaching about the emotional needs of the dying and the bereaved. Judy now has a private practice in Swanbourne where she works as a psychotherapist and grief counsellor, supervisor and trainer.

Date: Friday 13 May 2011

Time: 1.00pm – 4.00pm

Location: Sir Charles Gairdner Hospital, Joske Lecture Theatre (West)
8th Floor, Blue Lifts

Catering: Afternoon tea/coffee and light refreshment will be provided. Bring your own lunch or purchase from Re-juvenate the canteen at SCGH

Cost: SolarisCare Volunteers – free
Others \$25 (Inc GST)