

SOLARISCARE SJOG WEEKLY PROGRAM 2011

Please Note – Available therapies are subject to change please call ahead for bookings

Please Note:

1 treatment per week

WARD VISITS CAN BE BOOKED

PLEASE PHONE 9388 9788 TO MAKE AN APPOINTMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM				
↓ MORNING THERAPIES ↓				
	9.30 10.30am BOWEN THERAPY Fenella Jones Weekly	10.00 11.00 12.00pm RELAXATION MASSAGE Angela Follett (Wk1) 10.00 11:00am REFLEXOLOGY Dina Shah Wk 2 Mth	10.30 11.30am CREATIVE VISUALIZATION Helen Martino-Bailey Wkly 9.30 10.30 11.30 REFLEXOLOGY Evelyn Keyser Wk 2	9:30 10:30 11:30 am RELAXATION MASSAGE Michelle McGregor Monthly
9:30 10:30 11:30 am HEALING TOUCH Wk 1 Ainslie Allison Wk 2 Jane Meiklem	9.30 10.30 11.30am RELAXATION MASSAGE Andrea Pursey Fortnightly Wk 1	10.00 -11.30am Qi Gong Group Sessions Alan Donnelly Weekly	9:30 10:30 11:30 am REIKI Wk1 Marjorie Mc Kercher HAND MASSAGE Wk 2 Jaye Darling	
9.30 10.30 11.30 am REFLEXOLOGY Jeanette Avins Weekly AVAIL IN CENTRE ONLY	9:30 10:30 11:30am PRANIC HEALING or REIKI Margaret Papaelias Weekly	9.30 10.30 11.30am REIKI Donna Ward Weekly	HANDS ON FOR CARERS Learning Hand massage 10.30 to 11.30 Charlotte Keay Weekly	10.00 11.00 12.00pm REIKI Nancy Blaasch Weekly
	9:30 10:30 11:30am REFLEXOLOGY Marlene Pearson Fortnightly Wk 2	9.30 10.30 11.30am REIKI Karen Stokke Fortnightly Wk2	MUSIC TO SOOTHE THE SOUL Christine Morrison INDIVIDUAL SESSIONS 9.30 10.00 10.30am GROUP SESSION 11.30 - 12.00 Wk 1	
10 am – 11 am CARERS CUPPA Self Care for Carers Weekly		9:30 10:30 11:30 am COUNSELLING Jill Lawson Weekly	9.00 10.00 11.00am COUNSELLING Elizabeth Gresham Weekly	
PM				
↓ AFTERNOON THERAPIES ↓				
1:30pm PRANIC HEALING Patricia Williams Wk 2	1.00 2.00 3.00pm AROMATHERAPY MASSAGE Margaret Moore Fortnightly Wk 1	1:00 1:45 2:30 3:15 pm KINESIOLOGY IN CENTRE ONLY Martin Quinlan Weekly		
1:30 2.30 pm PRANIC HEALING Colleen Coccaro Wk 1	1.00 2.00 3.00pm KINESIOLOGY Jo Roworth Avail in Centre and on the Wards		1.00 2.00 3.00pm REIKI Luzanne White Weekly	1.00 2.00 3.00pm RELAXATION MASSAGE Nicki Van Maanenberg Wk 1
1.30 2.30pm REIKI Mike Choo Weekly	1.00 2.00 3.00pm REFLEXOLOGY Maeve Dolan Wk 1		1:00 1.45 2.30pm PRANIC HEALING Rae Yorg Week 1	
1.00 2.00 3.00pm RELAXATION MASSAGE Junko Cockerill Wk 2			1:00 1.45 2.30pm Hand Massage Kerry-Anne Burbidge Weekly	RELAXATION MEDITATION OR REIKI 1.00 2.00pm GROUP SESSION 3.30 to 4.30pm Christine Anthony Wk 2

Coming Events at SolarisCare

CARERS COURSE

This one day course offers Carers the opportunity to learn practical knowledge and the skills they may need in a relaxed and supportive setting
Next course 3rd December 2011

Bookings Essential – 9388 9788

SolarisCare is currently seeking:

*** Volunteer Therapists**

Massage

Reflexology, Beauty

*** Volunteer Meet and Greet**

Volunteer Fundraisers

“Carers Cuppa’s”

Time out for Carers every Monday 10 am to 11am

Enjoy a Cuppa and a chat about complementary therapies and how they might be helpful for the person you care for.

“Hands on for Carers”

Carers Group Hand Massage
Learn Hand Massage techniques
Each Thursday from 10.30am to 11.30am

New Therapy

“Music to soothe the Soul Therapy”

An Inspirational Journey into Colour and Sound

With Christine Morrison

A great stress reliever leaving you relaxed and at peace.



Chemo Club - Aspire Fitness

Steve Smith's Gym at the Claremont Oval is the home of the Chemo Club. Exercise has been shown to reduce the side effects from Cancer treatment, improve energy levels, aid immune function, and may even improve outcomes in some types of cancer. The sessions are attended by physiotherapist, exercise physiologist and trained nurses (all volunteers)
Participants will have a separate room for this class. The Chemo Club is free and operates totally on donated services. Call SolarisCare for further details.



CANCER SUPPORT CENTRE
St John of God Hospital

Providing free
Complementary Therapies & Information Service

To all St John of God Hospital
Patients and their Carers

Complementary therapies are those treatments and supportive care given alongside the mainstream cancer treatments of surgery, radiotherapy and chemotherapy.

Many complementary therapies are traditionally accepted by doctors because they can help people feel better and more able to cope with their mainstream cancer treatment.

SolarisCare is a Drop-in Centre – No appointment necessary

Feel free to come in, have a cup of tea, sit quietly in our lounge or chat with our volunteer staff who will also assist you in making an appointment for one of our therapy sessions.

THE CENTRE IS OPEN MONDAY TO FRIDAY

From 9:30am – until 4:30pm

SolarisCare Foundation

St John of God Hospital
12 Salvado Road
Subiaco WA 6008

Reception: (08)9388 9788 SJOG (Ext) 9048

Email: info@solariscare.org.au

Web: www.solariscare.org.au