



SolarisCare Newsletter

June 2011

From the CEO's Desk

Hi Everyone,

It was wonderful to see so many of you at the Volunteers Thank You morning Tea. Another amazingly beautiful day and a great opportunity to have a relaxed catch-up. Our lovely volunteers in SolarisCare South West also enjoyed a special morning together.

Many of you have contacted me to say how wonderful it was to see David Joske, and to hear him once again take us back to the heart and soul of why SolarisCare was established, as well as to honour your role as healers. I know that David enjoyed it as well.

'Bus to Bunbury' South-West Centre Inauguration – 30 June 2011

We have a 20 seater bus travelling to Bunbury for the Inauguration, but I believe that there are only about 10 places left. If any volunteers or staff would like to join the 'Bus to Bunbury', please contact your Volunteer Coordinator. Of course, you are also welcome to travel yourself if you wish, and there will be parking available next door to our property at 72 Brittain Road and possibly across the road as well. If you do decide to travel yourself, please RSVP to Gemma on 9380 6281 for catering.

The Bus will pick up from St John of God at 7.15am and SCGH at 7.30am to make the journey. We are still organising specific sites for pick up with security at both hospitals. After the official event, the bus will take you into Bunbury for a browse, and where you can purchase lunch.

Carers Course Update

The SolarisCare commitment to supporting those affected by cancer continues to grow, and our very popular Carer's Course is no exception. Our recent course received wonderful reviews from participants, and for the first time, attracted more men than women. Comments from participants included, "facilitators are very open, approachable, knowledgeable and professional"; "An excellent and helpful day"; and "Thank you – well done to the girls!".

Many thanks to the Carer's Course presenting team of Jill, Trish and Joan, and best wishes for your first regional course in the South West in July.

Education Day

Many thanks also to all the wonderful presenters and organisers of the Education Day that was held on May 13th. Again, the feedback has been overwhelmingly positive, and continues to inform us on the areas of personal and professional development you would like to see SolarisCare provide.

There will be continued educational opportunities throughout the year, including our Inaugural Symposium on September 16th as part of our 10th Anniversary Celebrations. The program is coming together extremely well, and promises to be an exciting addition to the calendar of events in Western Australia relating to a more integrative approach to patient support and care.

Warm regards,

David

SolarisCare Cancer Support Centres

Sir Charles Gairdner
Hospital
E Blk Ground Floor
Nedlands WA 6009

P: 08 9346 7631
F: 08 9346 3797

St John of God Hospital
12 Salvado Road
Subiaco WA 6008

P: 08 9388 9788
F: 08 9388 9700

South West Centre
72 Brittain Road
Bunbury WA 6330

P: 08 9791 1559

info@solariscare.org.au

www.solariscare.org.au



SolarisCare South-West Inauguration

Date: Thursday 30th June 2011

Time: 10am

Location: 72 Brittain Road, Bunbury

SolarisCare is thrilled to be holding the inauguration for the SolarisCare South West Cancer Support Centre. SolarisCare South West is the first regional centre to offer an integrated model of cancer support services in Western Australia. And we would like to invite you to join us in marking this event.

SolarisCare will be organising a 20 seat bus to take any interested volunteers to this event.

If you would like to book your seat on the bus please put your name on the list at your Centre. Please note – **PLACES ARE LIMITED to 20.**

Guided Tour of Radiation Oncology at SCGH

For the very first time volunteers from SolarisCare will have exclusive access to the Radiation Oncology Unit and treatment rooms in July. Radiation Oncology Nurse and Carer's Course presenter Joan Hutchins has kindly offered to show us through the unit, explaining the **current process of radiation treatment** for cancer patients. Any questions about radiation and the newer form of treatment – hormone therapy are most welcome.

This tour will be very informative for anyone who is unfamiliar with current radiotherapy procedures. Therapists can use this event to contribute to their CPE points.

When: Volunteer Meeting

Thursday, 7th July 2011

Tour starts 5.30pm

Where: Sir Charles Gairdner Hospital
SolarisCare Cancer Support Centre
Ground floor, E Block

The meeting will also include an updates from David Edwards, SolarisCare CEO and Geoff Hutchinson, Marketing Manager.

Please RSVP to your Volunteer Coordinator by 3rd July.

So come along and take advantage of this generous offer to continue your education of cancer treatments in a hospital setting.



Volunteer Morning Tea

21st May 2011



Reminders for Therapists

- **Ward talks** to SCGH nurses will be recommencing toward the end of June to educate new staff on the services offered by SolarisCare. If you would be able to present a **15 minute talk on your therapy to the nurses** and/or provide mini sessions, please contact Nicolette on 9346 7631.
- **No advice on mainstream medical treatment** – please remember if a patient or carer has any concerns about their treatment to refer them back to their oncologist, specialist or nurse. Patients are in a very vulnerable and sometimes anxious state, and can misinterpret well meaning statements as advice.
- **No psychic guidance** – each patient comes in for an experience of their chosen therapy. Please keep information received during the session to yourself and allow the patient to receive their own experiences and impressions.

“One day I said to myself ‘I’m forty!’ By the time I recovered from the shock of that discovery I had reached fifty.”

– Simone de Beauvoir



SCGH Update With Nicolette Madry

Hi everyone

I am very glad to report the Charlie's Centre is busy, even with the change of season activating a few dormant viruses amongst both our patients and volunteers. And as the cold weather sets in we will bid adieu to several therapists as they holiday in warmer parts of the world...enjoy!

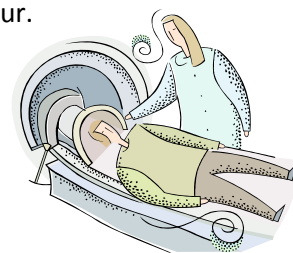
At the SCGH Centre the focus over the coming winter months will be to revive the ward talks we used to do for the nursing staff to educate them on SolarisCare and the complementary therapies we offer their patients. The purpose of these talks will be to give the nurses a way of explaining what we do to patients, how the therapies can benefit both patients and staff and to invite them to try a session of one or more of the therapies. **If any therapist is available to do mini sessions for the nurses please contact me so I can set up times and places.** These talks will be a complement to the many presentations Anna Petterson has been doing over the past few years throughout the hospital at various study days and education sessions.

And on the subject of education, the **Carer's Course** held in May was very well received with 10 attendees who all enjoyed the day. Well done to Trish Williams, Jill Lawson and Joan Hutchins who have been delivering the course over the past few years and continue to seek ways to improve and develop the course to suit the needs of the carers. The next Carer's Course will be run in **Bunbury for the first time** on the 9th July. If you know anyone who may benefit please contact me for a flyer to pass on.

Finally mark in your calendars the next Volunteer Meeting on **July 7th at 5.30pm**. Trish Williams has arranged with Joan Hutchins for a **tour of the Radiation Oncology unit** which will be a wonderful opportunity for all staff and volunteers to see the latest in technology, procedures and ask any and all questions regarding radiation and hormone therapy for cancer patients. Drinks and nibbles will be provided after the tour.

Have a wonderful month!

Cheers
Nicolette



Volunteer reminders - SCGH

- We can no longer offer appointments to children (under 18 years of age). We will work toward changing this situation in the future. However at present there are a number of issues we must address before we can offer proper duty of care, whether the parent is or is not present during an appointment.
- Sir Charles Gairdner Hospital is now encouraging its staff and volunteers to attach their Identification Badges directly to clothing while visiting the wards. Lanyards are now considered too great a risk as potential carrier's of infectious agents, so please leave them behind when you visit patients on the wards.
- Brochures regarding the services offered by SCGH Social Work Department are now available to be handed out to patients.



SJOG Update



International Nurses Day

On 12th May SolarisCare at SJOG played an active part in support of International Nurses Day providing various therapies for Nurses on Ward 35 of the Bendat Family Comprehensive Centre. Our therapists provided Relaxation Massage, Reflexology and Hand Massage to 15 nurses during the afternoon. The appreciation and feedback and from the Nurse Manager and Nurses was enormous. Our sincere thanks and recognition of the time, support and generosity in providing a therapy goes out to Andrea Pursey for relaxation massage, Michelle MacGregor, Dina Shah and Catherine Barr for Reflexology and Jaye Darling and Charlotte Keay for Hand Massage.

SolarisCare Volunteers are truly amazing!

Education and Development Day

The SolarisCare education and development program held on Friday 13th May was a resounding success. Our sincere thanks go to Margaret Papaalias (reiki), Trish Williams (pranic healing) and Ramzi Peska (bowen therapy). Their information and demonstrations were invaluable in clarifying some of the less known and understood facts about these therapies and their impact on our cancer patients and carers.

A big thank you also to Judy Griffiths who spoke to us about grief, mourning and the emotional impact of loss. Although this topic is sensitive and has special meaning for some of us present, Judy's knowledge, professionalism and good sense of humour combined to make it a most informative and enjoyable afternoon.

Last but not least – thank you to Anna Petterson for putting this valuable program together and to Nicolette for being such a willing patient in the demonstrations.☺

Morning Tea at Mosman's

Thank you to all the volunteers who attended the morning tea at Mosman's Restaurant on Saturday 21st. It was as ever, a pleasure to meet with you all in such a beautiful location. The weather could not have been better and the food was delicious!

An added pleasure was listening to a talk presented by David Joske who so eloquently puts into words what SolarisCare stands for and what our goals are as we move into the future. Our thanks to David for his vision, for his dedication and for allowing us to be proud members of this wonderful organisation.

Thanks also to Di Watts for her tireless efforts in making the arrangements for the morning tea – it is much appreciated.

Jennifer Russell and Lorraine Kember



South West Update

with Carline Turner

Hi Everyone

What a wonderful morning tea we all enjoyed at the Mangrove Cafe on the 21st May. It was amazing to have so many volunteers there, and for the first time for some to meet others. The achievement of the morning? We managed to devour all of the yummy eats!!!

The education program on the 13th of May

The morning program was "Compassion Fatigue" and the afternoon Facing Loss, Grief & Mourning. The volunteers who went to Charlies for the program enjoyed it very much and received great information. 😊 I spoke with Judy Griffiths the facilitator for the afternoon program and she agreed to do a similar program in Bunbury in the near future. Keep your eye out for that one.

Meanwhile, down in the South West

All of the presentations went very well in May, with Geoff helping me by delivering a presentation to one of the Christian Men's Group on a Sat morning at 7.30,(at least they gave him breakfast) 😊

At the Bunbury Central Rotary talk, one of the ladies (Heather) her Mum has made a number of beautiful scarves, which she donated to the centre. We are selling them for \$20.00 as a fundraiser.

The same group are also handing over some funding to the centre at the end of June.

A warm welcome to Gemma Ioffelman.....Therapist / Reflexology.

The beginning of winter Ill's have begun, with a couple of therapists calling in sick this week, so please take care of yourselves and inform me as soon as possible if you are unable to volunteer your shift.

Lymphodema Support

We had a very successful meeting on Monday afternoon with Yvonne Bagwell South West Radiation Oncology Service Manager and a Lymphodema Nurse (Karin) who has worked in both hospitals in Bunbury for a number of years. It looks as though we may be hosting a workshop once a month on Lymphodema for Cancer patients & Carers.

Take Care Everyone

Warm Regards

Carline

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"*



Volunteer Education Day - 13 May 2011

Feedback from the Day

RATINGS FOR OVERALL DAY

<i>STRUCTURE</i>	Total Score	Number of Responses	Mean
Location	103	24	4.29
Time of day	110	25	4.40
Number of talks	115	25	4.60
Length of each talk	111	24	4.63
Length of overall session	108	24	4.50
Was meditation beneficial?	113	25	4.52
Length of breaks	107	25	4.28
<i>CONTENT</i>			
In each talk	114	25	4.56
Over the whole day?	114	24	4.75
<i>INFORMATIVE</i>			
Amount	106.5	25	4.26
Quality	107.5	25	4.30
<i>PRACTICAL</i>			
Amount	107	25	4.28
Quality	112	25	4.48
TOTAL POSSIBLE	125	25	5

COMMENTS

- Excellent morning. Very helpful to learn more about the therapies or allow increased understanding as a M&G
- Great presentations. Congratulations Bunbury and all those involved.
- These descriptions and practical demonstrations were very valuable to my understanding of them and how they benefit SolarisCare patients/clients.
- Excellent presentation - great skills. I learned a lot about listening and my need to further develop my skills.

OVERALL DAY

FUTURE TOPIC SUGGESTIONS

- All therapies offered at SolarisCare.
- Meet + Greet self care and experiences.
- More presentations by Judy Griffiths.
- More volunteers' get togethers - so valuable to see and listen.
- Opportunities to interact with staff. Intro to palliative care and process.



Proposal to run a Balint Group for Solariscare volunteers

By Judy Griffith

Balint Groups have been run to assist individuals in learning to “tune in” to the emotional needs of patients and clients. The aim is to take a group of eight volunteers for eight weeks to practise listening in this focussed way, and sustain the discovery and learning.

What is a Balint Group?

The purpose of any Balint group is to explore what may be playing out at an emotional level in the meeting between patient/client and volunteer. With SolarisCare volunteers, the idea is to help them tune in, through the difficult/worrying/upsetting interactions the volunteers experience, to the underlying emotional context that clients are living in and affected by.

Aim

To assist volunteers to listen for the emotional undertones in what is being said by:-

- familiarising the volunteers with the underlying emotional aspects of meetings that take place between practitioner and patient/client
- helping volunteers register their own feeling reactions as a beacon for what is being communicated
- recognising the dynamics at play in both oneself and the patient/client

Benefits

The most beneficial aspect of being part of such a group is the integration that takes place from practising seeing situations in a particular way over time. Volunteers who are part of such a group are given ongoing experience of being led in capturing their emotional reactions and listening for those of others, and seeing in play the patterns that we all use to defend ourselves against being affected by difficult or painful emotional situations.

This kind of knowledge provides more connection from the meeting for both the client and the worker. Greater satisfaction all round enhances and sustains the service being provided.

Judy Griffiths

Psychotherapist and trainer, with particular interest in loss and grief: Balint group leader.

To register your interest please contact Nicolette on 9346 7631



SYMPOSIUM 2011 – Friday September 16th Celebrating 10 years of Service & Support

We are happy to announce three keynote speakers for our Inaugural SolarisCare Symposium, ***Back to the Future***. The Call for Abstracts closes on June 17th and Registration is now open.

We are fortunate to have as our first keynote speaker **Professor Marc Cohen** who is currently Foundation Professor of Complementary Medicine at RMIT University and a Senior Research Fellow in the Centre for Medical and Health Sciences Education at Monash University. Professor Cohen is an Expert advisor the Therapeutic Goods Administration's (TGA) Complementary Medicine Evaluation Committee (CMEC) and the Discipline Leader for the Wellness Group at RMIT University Melbourne and a program leader for the Master of Wellness and the Master of Nutrition Medicine Programs. For the past two decades, Professor Cohen has been one of Australia's foremost pioneers of complementary medicine in the academic arena and he has made significant impact on education, research, clinical practice and policy. He is a registered medical practitioner in Victoria with a medical degree (Hons.) and a Bachelor of Medical Science Degree (Hons.) from Monash University. He also has a PhD in Traditional Chinese Medicine and a second PhD in biomedical engineering. Professor Cohen has a Fellowship of the Australian Medical Acupuncture Society and a Fellowship of the International College of Acupuncture and Electrotherapeutics.

Our second keynote is **Molly Carlile**, 'Deathtalker'. Molly has worked in the health sector for over twenty years. Molly has a wicked sense of humour, which belies her subject matter. She says we can talk about our most intimate thoughts on mobile phones in crowded trains and trams (she is from Melbourne) for everyone to hear. We talk to our kids about drugs and alcohol, stranger danger and safe sex. We talk openly about religion, politics and world events. Only one subject is taboo...Death. We don't talk about death because we think of ourselves as immortal. We have faith that no matter what is wrong with us, there will be a treatment that will fix it. We live in a bubble of denial. The time has come for us to inform ourselves about death and to build our ability to show compassion to the people around us who suffer in silence and isolation. Information leads to understanding. Understanding helps us to nurture ourselves and those around us when someone we love dies. Understanding death and grief will help you to embrace LIVING. So let's start talking! (Molly is also an actor in the play Four Funerals in One Day).

Finally, but importantly is **Dr David Joske**, Founder of the SolarisCare Foundation. Dr Joske has been Head, Haematology Care Centre since 1994. He did his medical training in Perth at RPH and Sir Charles Gairdner Hospital; then went overseas to Switzerland and London to complete his clinical training. At SCGH Dr Joske began the autologous bone marrow transplant program in 1996. He was Medical Co-Director of the Cancer Clinical Service Unit from 1996 to 2000. Dr Joske's clinical and research interests include genetic predisposition to lymphoma; the role of palliative care in Haematology and the value of supportive care in cancer. His Cancer Shared Care Project began in 1999 and in 2001, it won an Australian HealthCare Association national award for innovation in service delivery. He founded the SCGH Brownes Dairy Cancer Support Centre in September 2001 (now SolarisCare Foundation) and in December 2001, was awarded a Health Consumer Council of Western Australia Certificate of Excellence for outstanding work with cancer patients. The SolarisCare Foundation, continues to lead Australia in providing innovative programs and a growing research profile addressing the use of complementary therapies integrated with mainstream cancer care in reducing symptom distress and improving quality of life.



Marketing and Fundraising Update

with Geoff Hutchinson

Dear SolarisCare Volunteers,

In speaking to many of you at the recent volunteers thank-you event, I thought this would be a great opportunity to give you some insight into the direction of marketing for the SolarisCare Foundation in the year ahead.

As the organisation looks towards the next ten years and faces new challenges, it has become more important than ever before for us to improve the way our story is presented and find new ways of telling that story to more people.

In recent weeks SolarisCare staff have been working hard to update and improve our information brochures. While there is still some work to be done you should be seeing the fruits of this labour very soon. This is the first step towards updating the way all our information is presented to ensure that it is accurate, easy to read and visually appealing.

We hear all too often that people do not know about our services or find out about us too late; therefore we will also be focusing on improving our awareness among the wider community. It is vital that we find new ways of letting people know what is happening at SolarisCare. A recent achievement is that for the month of July, Acton Real Estate has agreed to donate its billboard on the corner of Hay Street Subiaco to SolarisCare from promotional purposes. This is a wonderful opportunity for SolarisCare with over 20,000 cars passing by this spot every day.

We are also looking at some exciting new fundraising events. Planning has begun on a "Secret Garden Dinner" complete with live entertainment, and we have taken the lead in working with other community organisations to establish a new combined charity event. The Red Sky Ride will also be reviewed to ensure that it stays successful well into the future.

Finally, we will be ramping up our media and promotional campaigns in the lead up to the Bunbury Opening and 10th Anniversary celebrations, and in general as we continue to look for ways to tell our story.

Please feel free to contact me at any time either by phone or e mail or speak to me next time I am at your centre to discuss our plans for the direction of marketing for SolarisCare.

Warm Regards
Geoff



Books Sequel Proves to be even better!!

The sequel to one of the biggest selling books in Western Australia is here and by all reports it's even better than the original!!

The 2011-12 Entertainment Books have arrived and if you haven't purchased your copy yet you could be missing out on some amazing value. Selling for only \$65, the new Entertainment Book contains over \$15,000 in valuable 50% off, 25% off and 2-for-1 offers from the best restaurants, attractions, cinemas, sports and hotel accommodation.

Plus \$15 from each book sale goes towards SolarisCare so contact Geoff or your Volunteer Coordinator and make sure that you, your friends, family, co-workers (even your dog) gets a copy and spend 2011 enjoying the best value book on the market!!



Just For Laughs



Why do people order double cheeseburgers, large fries, and a diet coke.

Why do banks leave vault doors open and then chain the pens to the counters.

Why do we leave cars worth thousands of dollars in our driveways and put our useless junk in the garage.

EVER WONDER ...

Why the sun lightens our hair, but darkens our skin?

Why can't women put on mascara with their mouth closed?

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why is 'abbreviated' such a long word?

Why is it that doctors call what they do 'practice'?

Why is lemon juice made with artificial flavouring, and dishwashing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavored cat food?

Why didn't Noah swat those two mosquitoes?

Why do they sterilize the needle for lethal injections?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?!

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?