

SolarisCare Cancer Support Centres

Sir Charles Gairdner
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Nedlands WA 6009

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St John of God Hospital
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Subiaco WA 6008

P: 08 9388 9788
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South West Centre
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Bunbury WA 6330

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www.solariscare.org.au

From the General Manager's Desk

Hi Everyone,

Happy Birthday SolarisCare...

Well, September is certainly a very important month at SolarisCare as we celebrate our 9th birthday.

Having only been with the organisation a short time, there are many others that can probably better reflect on the achievements over that time than me, but the consistent themes continue to be the great vision of David Joske in establishing such a wonderful service, and the incredible compassion, energy and drive of volunteers and staff in building on the foundations, and maintaining our mission of offering complementary integrated therapies and care to cancer patients and their carers.

Looking back over the past year, we can all be proud of the achievements of SolarisCare. Some key areas include the development of volunteer training and education workshops, a string of very successful fundraising events, further development of our research programs, and the opening of our new South-West Centre in Bunbury to name a few. Of course our crowning achievement through our volunteer network, was another year of delivering over 4000 complementary therapy sessions and countless hours and opportunities for information and care at our drop in centres. Thank you to everyone for playing your part.

One of my key aims for the future is for SolarisCare to be recognised in a leadership role in the arena of complementary integrated therapies. This has already started to occur, and the media exposure we have had in the past year has been wonderful in raising our profile. This aim is really about bringing greater awareness of the benefits of therapies and our other services to an integrated model of care for cancer patients – and indeed others.

I am a very proud member of the SolarisCare Team and I look forward to celebrating with you all at the party on September 17th.

Farewell to Wendy ...

Before I sign off, I would like to take the opportunity to acknowledge the contribution of Wendy Mathews to our fundraising and marketing over the past year. As you will probably know, Wendy has recently left to pursue further career advancement. However, she has certainly left her mark on the organisation and we will continue to build on her efforts.

All the best Wendy and thank you from everyone at SolarisCare.

Kind regards,

David Edwards
General Manager



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

Learning about Lymphoedema

Secondary lymphoedema can develop as a result of surgical procedures, radiotherapy and even chemotherapy. The result is swelling in a limb that causes discomfort, fatigue and movement difficulties which hamper activities of daily living. And the most interesting thing I learnt at the recent Lymphoedema Education Workshop held at SCGH, is that Lymphoedema cannot be cured, it can only be managed. So both hospital based and clinic based treatment are aimed at prevention and matching the best management strategies (compression garments, bandaging, massage, exercises) for each individual.

A new **Lymphoedema Resource File** is now available to all volunteers at the Centre's Reception desk. This file contains information on what lymphoedema is and where patients can be referred for treatment, garments and support.

I would like to say a special thank you to the guest speakers at the August workshop – Catherine Hunt (Physiotherapy SCGH), Heather Harmon (Massage therapist, Lymphoedema Management Clinic) and Hiliary Pallidino (Occupational Therapy, SCGH) who were very generous with their time and expertise. And to all the volunteers who keenly took part with their interest and their questions.

As a volunteer and staff member of SolarisCare it is heart warming to see such enthusiasm for knowledge by our therapists, knowing it all contributes to providing the best possible service to the patients and carers we see at the Centres.

-Nicolette Madry, Vol & Office Coordinator, SCGH

Communication about Complementary Cancer Care

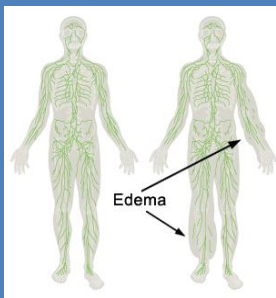
Presented by Assoc Prof. Penelope Schofield, Peter MacCallum Centre, Melbourne

In August the Cancer Council invited Penelope Schofield to present her experience setting up and conducting workshops for health professionals which encourage them to open the dialogue around complementary therapies with their patients. Her findings from the experience included:

- Health professionals identify some of the barriers to talking with patients about CTs as uncertainty about safety issues, interactions with standard treatments and the lack of scientific evidence to support the use of CTs (including herbs etc) with cancer. Thus the conversation often does not begin.
- Health professionals do have a duty of care to know what evidence is available to support the use of CTs for their patients
- The steps to clear communication include – Ask, Explore, Respond, Discuss, Advise and then check the Understanding of the patient and the health professional are congruent.

This sounds like a good structure for the way we at SolarisCare communicate with patients and carers too! It is a very important and interesting presentation and thank you to the staff and volunteers who gave up a Monday evening to attend.

For more information on the Peter MacCallum Centre (Australia's only public hospital solely dedicated to cancer treatment, research and education) visit <http://www.petermac.org/>





UPCOMING EVENTS

*"Thanks again Solaris volunteers.
I come to hospital for treatment
and here for healing" - Jane*

SOLARISCARE 9th Birthday Celebration

Date: 17th September 2010

Time : 5pm start

Venue: SolarisCare Centre

Sir Charles Gairdner Hospital, Nedlands

Highlights

- *Announcement of the winner of the David Oliver Compassion Award for 2010*
- *Dr David Joske will make a short presentation*
- *Fairy Bread...yes fairy bread. Well it is David Edwards' 1st birthday with us ☺*

Food, drinks and party hats provided!

Please RSVP ASAP to your Coordinator and pop your name down on the attendance list. For details please contact Nicolette Madry on 9346 7631 or email: voladminscgh@solariscare.org.au

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"



**The SASR Auxiliary
invites you and your friends to go 'gold' (or your hero!) for our**

'Heroes, Hearts & Harmony' Party

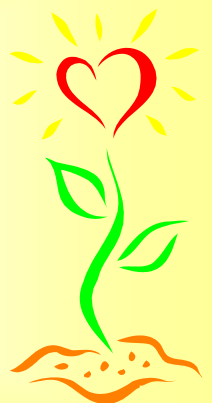
7-11pm Saturday 18th September

Association House, Campbell Barracks Swanbourne

\$15 Tickets at the door (\$10 to SolarisCare)

Finger food, drinks for purchase

Great auction, entertainment and more...



RSVP Kylie at auxiliary_inc@bigpond.com or 0438310192 by 13th September



Community Support for SolarisCare



*Ready to roll...(from left)
Tony Coccaro and Adrian
Milani from the
Freemasons' Italia Lodge
present the wheelchairs to
David Edwards, General
Manager of SolarisCare.*

WHEELING IN FOR SOLARISCARE

SolarisCare were recently given a great gift for their Cancer Support Centres when the Italia Lodge of Freemasons in WA donated and delivered three wheelchairs to our St John of God Subiaco Cancer Support Centre.

Andrea Milani, The Master of Italia Lodge said "The Italia Lodge heard via a SolarisCare volunteer that the three centres were in desperate need of wheelchairs for their centres. We had heard of the fantastic work that these centres offer to cancer patients and their carers and wanted to make a positive contribution that would assist them straight away. We hope these wheelchairs will facilitate the smooth operation of SolarisCare and we, the Freemasons of Italia Lodge, are happy to be of assistance." The Freemasons of Western Australia are a community minded group of people, who have consistently donated and assisted worthy causes, such as medical research and equipment, education grants etc.

WESLEY COLLEGE HELP SOLARISCARE

On Friday, 27th August a group of students from Wesley College took some SolarisCare Collection Containers into the main commercial areas of South Perth and raised \$781.55. A fantastic effort and we thank them very much for their hard work. The students did this collection as part of their compulsory community service. We also wish to thank Pam Clausen, the school's Community Service Coordinator for arranging this event in support of our Cancer Support Centres.

INSPIRATION

A BIG THANK YOU goes out to Cameron & Libby Trotter for an amazing fundraising effort through the City to Surf. Both have visited and received sessions at SolarisCare (SCGH) and participated in the run with the intention of raising \$500 for SolarisCare. To date, they have raised \$3 490, exceeding all expectations for both their health and support for the Centres. We wish them all the very best for their journey ahead!





Fundraising Events

SOLARISCARE STREET APPEAL

The first ever SolarisCare Street Appeal is over and with 44 volunteers assisting on the day, a fantastic \$2,393.45 was raised. A huge Thank You to the staff and volunteers for their enthusiasm and support on the day. Hopefully these small beginnings will raise to bigger heights in 2011 when SolarisCare hold another Street Appeal. Events like this not only bring about the awareness of the wonderful work that SolarisCare does but helps raise much needed funds so we can continue our support of cancer patients and their carers. WELL DONE EVERYONE!

SOLARISCARE QUIZ NIGHT

For those who attended the SolarisCare Quiz Night on Saturday, 21st August at Claremont Football Club, I am sure you will all agree that it was a magnificent night with lots of fun being had by all who attended. A big thank you to our wonderful Quiz Master Sean Ebert who managed to keep the crowd interested and motivated with his quick wit and humour. Special thanks also to SolarisCare staff Wendy Mathews, Nicolette Madry and Husein Motiwalla who assisted Sean to make this a memorable event. The night consisted of a raffle with many great prizes for people to win. Our sponsors were very generous so we thank them all very much for their support. A fun event half way through the evening was the Coin Toss where for a Gold Coin Donation/Toss the ladies had a chance to win a bottle of Moet Champagne and the men, a bottle of Johnnie Walker Black Label whisky. Coins were being thrown all over the place to try to get closest to the bottles, and finally we had two successful winners who looked very pleased with their prizes.

Total raised for this fantastic fundraising event was \$6,787.90. Thank you again to everyone who came along and supported this special fundraising event.

CHRISTMAS RAFFLE

The SolarisCare Christmas Raffle will be commencing in late September and tickets will be \$2 each. 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 1558.



Just For Laughs

A guy is driving around the back woods of Montana and he sees a sign in front of a broken down shanty-style house: 'Talking Dog For Sale ' He rings the bell and the owner appears and tells him the dog is in the backyard.

The guy goes into the backyard and sees a nice looking Labrador retriever sitting there.

'You talk?' he asks.

'Yep,' the Lab replies.

After the guy recovers from the shock of hearing a dog talk, he says 'So, what's your story?'

The Lab looks up and says, 'Well, I discovered that I could talk when I was pretty young. I wanted to help the government, so I told the CIA. In no time at all they had me jetting from country to country, sitting in rooms with spies and world leaders, because no one figured a dog would be eavesdropping.'

'I was one of their most valuable spies for eight years running. But the jetting around really tired me out, and I knew I wasn't getting any younger so I decided to settle down. I signed up for a job at the airport to do some undercover security, wandering near suspicious characters and listening in. I uncovered some incredible dealings and was awarded a batch of medals.' 'I got married, had a mess of puppies, and now I'm just retired.'

The guy is amazed. He goes back in and asks the owner what he wants for the dog.

'Ten dollars,' the guy says.

'Ten dollars? This dog is amazing! Why on earth are you selling him so cheap?'

'Because he's a liar. He never did any of that!'

