



SolarisCare Newsletter

February 2011

From the CEO's Desk

Hi Everyone,

Welcome Back....

It is a pleasure to welcome you all back to SolarisCare 2011, and I hope that you and your families had some time for rest, relaxation and enjoyment. Veronica, Pathawi and I enjoyed a combined families Christmas, rode ice block toboggans down Monument Hill for New Years Eve, and rounded off with a few days camping in the South West.

A BIG THANK YOU to you all for returning to lend your talents and smiling faces to SolarisCare patients and their families.

Some thoughts on the year ahead....

Our 10th Anniversary year calendar is already filling up fast with many activities – hard to believe that it is already February. In particular, we will be holding celebrations and conference sessions on the 15th and 16th of September. Obviously, I hope that many of you will be able to join us at some of these events, which will be held at The University of Western Australia (more details soon).

I remain strongly committed to building access to SolarisCare services within Western Australia, and doing so in a sustainable manner. As many volunteers and others have pointed out, we also need to continue building awareness of SolarisCare in the community. To this end, some of our key focus this year will be on research publications, as well as developing information materials and communication channels to the broad range of people and organisations we need to connect

with. I also hope to overhaul our website, and we are planning to conduct a 'snapshot' survey across all three centres, to provide us with more up to date information on who, how and why people access our services.

Most importantly, I am always looking for new ways to ensure that you, our volunteers, feel appreciated, and gain from your time at SolarisCare. A number of education forums will be held, including the communication skills workshops that many have been requesting. Please always feel free to provide other areas of interest to myself or Anna.

As mentioned previously, I will be providing updates and seeking feedback through our volunteer meetings, and welcome personal contact at any time.

Red Sky Ride...

Between February 27th and March 6th, our wonderful supporters from the Red Sky Ride will be cycling the South West for the fourth year. Training is going well, and they have also attracted, with Geoff's assistance, some new sponsors. They are planning to drop into SolarisCare South West for a photo opportunity.

Last night at the Golf Day Dinner, I sat with Dr Ian Timm's. This year's Red Sky Ride is dedicated to Ian's wife, Simone. Ian spoke so beautifully about Simone and their three children, and the personal effect of Simone's cancer experience and death. He also graciously acknowledged the care and support of SolarisCare volunteers, and the services you provided to Simone. Ian has also arranged their friend, Adam Gilchrist, to speak at the Red Sky Ride breakfast on February 10th.

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 Award...

You may not have heard prior to Christmas, however, our South West Centre was recognised for its community contribution by being awarded the Wilcox Brown Award for the most outstanding community organisation. The Award was presented at a ceremony at the City of Bunbury, and included a recognition prize of \$1000. Congratulations to Carline, Geoff and all the SolarisCare South West team.

Congratulations Nicolette....

Finally, I would like to congratulate Nicolette on being awarded a scholarship for some

training through the Australian Institute of Management (AIM).

These development scholarships are a part of AIM's commitment to developing people within the not-for-profit sector. We will be attending a ceremony in March where the exact details will be revealed, and we will also have an opportunity to speak about SolarisCare to a wider audience.

Have a wonderful year and I look forward up with each of you over the next little while.

Warm regards,
David

*How long is a piece of string?
Cut the ends off and its endless ☺
- Micheal Cattarin*

C-14: Calling all reflexologists!!!!

The C14 project is almost ready to recommence (subject to ethics approval) and we are seeking enthusiastic reflexologists to once again be part of this research. You must be available between March 22nd – 9th June. The project will operate at Sir Charles Gairdner Hospital.

For further information please speak with Anna Petterson on 9346 7632 or email anna.petterson@solariscare.org.au



Dates to Note for February 2011

- **Valentine's Day BBQ** : Sunday, 13th February at the Swan East Fremantle Yacht Club. Tickets \$30 include for bookings please see your Coordinator or ring Di Watts on 0418 904 557.
- **Carer's Course**: 19th February 2011 from 10am-4pm. Remember this fabulous
- **Red Sky Ride**: 27th February – 6th March 2011.



Request for therapists

The Motor Neuron Disease Association of WA is organising its Pamper Days once again for 2011. This is a great opportunity for MND patients and carers to experience complementary therapies while catching up with each other and the MNDAWA staff.

If you are available and would like to donate just a few hours on Saturday the 26th of February between 11am- 3.30pm then contact Rose Gibbins, Care Advisor on 9346 7355 or on rose.gibbins@mndawa.asn.au

Post Graduate Master of Wellness Degree

RMIT University, under the guidance of Marc Cohen, have launched a fully online masters program called *Master of Wellness*.

Example courses include:

- Energy medicine
- Happiness and positive psychology
- Food as medicine
- Mindbody wellness
- Leadership and management
- Wellness coaching

Further information is available at www.rmit.edu.au/programs/mc171 or by emailing healthsciences@rmit.edu.au.

Art Work for SolarisCare SCGH

It's time for a face lift at the SCGH Centre; from the paintings, prints, photos and screens to the Coordinator's desk (I promise I will tidy it!)

If you can help in any way to locate items that may be suitable for the Centre please contact Nicolette Madry on 9346 7631 or on voladminscgh@solariscare.org.au. Thank you ☺



SCGH Update With Nicolette Madry

Does anyone else feel like they skipped January and went straight from Christmas to February? Whether you had a short break or a long one WELCOME BACK! I would like to say a special thank you to all those who volunteered to make sure our services were delivered through January 2011. At Charlie's we were kept very busy with new enquiries, patients and appointments. It is very heartening to start the New Year with a high demand for our services...and cups of tea of course!

I'm personally very excited at the fact that come September, SolarisCare will be celebrating its 10th Anniversary. As mentioned in this newsletter the plan is for a year full of events, education and "fun" fundraising events. If you have any suggestions for how you think SolarisCare should celebrate reaching double digits, please come and have a chat. And I hope you will seek to be involved where you can throughout the year.

Everyday I have the pleasure of witnessing the compassion, respect, knowledge and experience all the volunteers have as a group. And the way patients, carers (and even us staff) are embraced in the community you all create is inspiring. Thank you for reminding me of how special you all are, just by turning up!

As we keenly await the development of the new Comprehensive Cancer Centre currently with its foundations in the ground, we will continue to deliver our services from the E block Centre and the wards as much as possible. Remember the Sanctuary Room is also available on the 7th floor.

I would also like to remind ALL volunteers to please read the **Access to SolarisCare Services for Cancer Patients** table that sits at reception and on the visitors table. As our space is so limited and the demand for our services increases we do need to be able to tell each new person whether they can access the therapy sessions or not. If anything needs to be clarified...well you know where I or Tracey "live".

And for those of you who unfortunately missed out on the fantastic Christmas party in December, here is a taste of the joyful atmosphere created by those who came along....(see photos).

P.S. A great big thank you to Brian "Santa Claus" English for providing presents for everyone on the night and Derise Ferrell who made sure every patient who endured our singing was justly rewarded with lollies and a handmade card. You two are amazing!





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

SJOG UPDATE

With Jennifer Russell and Lorraine Kember

Happy New Year to everyone and hope you all enjoyed a relaxing time with family or friends and rejuvenated once again to partake in the dawn of another exciting year. The enthusiastic response as we confirmed everyone's return has been amazing.

We have started the New Year with providing 20 more therapies compared with last year's statistics in January.

We would like to warmly welcome our **new Volunteers:-**

Bernadette Riseborough	Beauty Therapist / Hand Massage
Karen Stokke	Reiki
Elizabeth Gresham	Counsellor
Heidi Sumner	Relaxation Massage - Only with us for a short time
Regina Morrissey	Relaxation Massage
Mandy Johnson	Reflexology
Cherryl Lotery	Reiki
Jenny Lyons	Meet and Greet
Jacqui Payton	Creative Hands – Collage Therapy – commencing March

The Hand Massage workshops will continue throughout the year and be offered to any volunteer who would like to learn a new skill and bring warmth and support to our patients. We are planning to expand the Hand Massage to allocated sessions on a daily basis apart from initially offering a hand massage if the opportunity arises. Anyone interested in filling this niche, please contact your Volunteer Coordinators.

We sadly farewell and wish all the best in the future to Jane Watson our meet and greet on Wednesday afternoons who provided numerous hand massages to our patients, Jan Cox for giving 3 years meet and greet service with a extensive travel agenda happening this year and Christine Mclver our reflexologist that has brought lots of fun and positive energy to our centre, now committing to extra paid work. Thank you all very much for donating your time so willingly with such empathy and kindness to our patients.

We are planning a Volunteer Meeting at the SJOG Centre on Wednesday evening 23rd March and have attentively booked Linda from Look Good Feel Better workshops as our guest speaker. We will confirm details in the next couple of weeks so keep this date free in your diary.



South West Update with Carline Turner

Hi Everyone

Hope everyone had a wonderful Christmas. November and December were certainly very busy months for us especially with all our fundraising events and they were hugely successful. A BIG THANK YOU to all of the very dedicated volunteers who gave so much of their time to help at all of our fundraising events.

The gift wrapping at Centrepoint shopping centre was a great success. The last week before Christmas we were certainly wrapping continuously and are now quiet expert at wrapping presents of all shapes and sizes! We had about 40 volunteers including many non- SolarisCare people who offered their help. This event also gave great publicity for our Centre as well as raising an amount of \$4,864. (includes \$500. Donated by the Centrepoint Management).

The Eaton Lions Club held a sausage sizzle for us at Bunning's on the 28th of December (very warm day)...Proceeds \$1,100.

We have been very fortunate in receiving so much support from the community, in kind as well as donations from various individuals and groups.

The new reticulation system has been installed and thankfully it was completed just in time for the hot weather. Our shade sails have also been erected which now provides us with a much greater shaded area. These were provided by the funds raised at the Bridgetown Fair by Susie and the John Curtin Youth Leadership Group.

Well 2010 had a very busy start to Our New Centre... And this year has started off on a very productive note as well. We have already 12 new patients and given 104 therapies (Inc some Meditation).

COMING EVENTS

7th February – Presentation to Probus Group

First Fundraising Meeting for 2011

9th February - Presentation to "Whole of Service for Community Health" group

19th February - Meeting/ Sausage Sizzle at the centre

25th of February - we are having our first fundraiser for the year called "Fashion Incubator"

You are shown how to update your old style clothes into new fashion's. Tickets are selling for \$25.00

Christmas Raffle

Yay!! The final results of the Christmas Raffle for Christmas 2010 are in. In total \$6044 was raised a whopping \$2000 more than the 2009 Christmas Raffle!

Congratulations to Julia Cattalini, our resident beauty therapist at the SCGH Centre who won first prize! And well deserved after Julia offered to buy two books of tickets which had become accidentally saturated from an open water bottle. Waste not want not was definitely a winning attitude there!

A special thank you must go out to our top ticket sellers Brain English, Di Watts, Derise Ferrell, Jan Petterino and Marie Cross. Your enthusiasm for spreading the word about SolarisCare (the raffle is just an excuse to do so I'm sure!). Also to ken Gifford who painstakingly printed off the most attractive tickets we have ever sold. They did the trick Ken! And to everyone who took a book, sold or bought a ticket- thank you for supporting the services we provide.

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 Position Descriptions

Some of you may have noticed I have been regularly absent from the SCGH Centre and popping up unexpectedly at the SJOG Centre. The aim of my Subiaco sojourns have been in part, to document anything and everything to do with you, our volunteers. Policies, procedures and processes that conform to Volunteering Australia's National Standards for involving volunteers in a not for profit organisation and build on the great ideas shared at the National Volunteer's Conference 2010 are being developed.

As part of this ongoing project two very important documents have been created:

- Volunteer Position Description – Meet & Greet
- Volunteer Position Description – Therapist

As current volunteers it is important you receive a copy of the relevant position description to ensure your expectations of volunteering and the expectations SolarisCare has of your services are one and the same. Please see your Volunteer Coordinator for a copy. Each Coordinator has helped develop these descriptions so please feel free to ask any questions if something is not clear.

We are also set to overhaul our Orientation training, so stay tuned if you would like to attend the updated seminar in the near future.

With more excitement than paperwork can justify
Nicolette

The “it may not be exciting, but it is essential” reminders to volunteers

- When confirming appointments please include the following information:
 - Day
 - Date
 - Time
 - Therapy
- Anyone enquiring about hats, scarves, wigs etc can be directed to one or all of the following if we don't have what they want:
 - Wig Library at Crawford Lodge
 - Look Good Feel Better program
 - Curly Sues or Chateaux on Hay
- Volunteer therapists in private practice are required to have their own insurance
- The Breast Cancer Foundation has changed its name to Breast Cancer Care WA
- There is a new booklet at the SCGH Centre (courtesy of the patient Liaison Officer) which describes all the services available to inpatients at the hospital. Please pass this on to anyone who needs a hand negotiating the hospital system as an inpatient at Charlie's.

Thank you for your attention!

KEY EVENTS in 2011



The SolarisCare Cancer Support Centres

- Carer's Course in Feb, May, Aug, Oct
- National Volunteer's Week, 9th-15th May
- Volunteer Updates (meeting) in Mar, Jul, Oct
- SolarisCare 's 10th Anniversary, 16th September



Education and Training

- Volunteer Education and Training Seminar (metro) 13th May
- Volunteer Education and Training Seminar (SW) 7th Jun
- Community Education Seminars 16th Sept



Social Events

- Volunteer's Morning Tea, 21st May
- David Joske Lecture and Cocktail Function, 16th Sept
- Christmas Party, 2nd Dec



Research

- 11th Rural Health Conference (SW), 13th - 16th Mar
- Seventh State Cancer Conference - Cancer Council, 24th Mar
- COSA Conference, Perth, 14th-17th Nov



Fundraising

- Valentines BBQ, 13th Feb
- Red Sky Ride 27th Feb - 6th Mar
- Jazz Concert with Libby Hammer, 3rd Apr



Annual Awareness Events

- World Cancer Day, 4th Feb
- Bowel Cancer Awareness Week 6th-12th June
- Breast Cancer Awareness Month - Oct
- National Bandana Day 28th Oct
- Have a Go Day Nov 3



Just For Laughs

DETRITUS

Go placidly amid the noise and haste;
And remember what peace there may be in silence.
Do not walk behind me, for I may not lead.
Do not walk in front, for I may not follow.
Go over there somewhere.

Speak your truth quietly and clearly
Be open minded, but do not lean forward
Or your brain may fall out
Know there will be good days and there will be bad days
And this is one of them.
Never accept a drink from a Urologist
Always dismantle and clean the dog before going to bed,
But avoid the use of spot remover you may never see him again.

You are a child of the universe;
It is a small world unless you have to paint it.
Do not ask for everything unless you have a really big cupboard
And do not worry about the pace of life;
Concern yourself only with the sudden ending.

Avoid loud and aggressive persons;
Sleep well; If you cannot sleep well, practice more often.
Borrow from pessimists; they don't expect it back.
Remember, if you give a man a fish he will eat well for a day.
If you teach him to fish he will sit in a boat and drink himself stupid.
It is always darkest before the dawn;
That is the time to steal your neighbour's newspaper.

Be gentle with yourself;
Bear in mind that depression is anger without enthusiasm
And good health merely the slowest way to die.
Never argue with a fool, for he is doing the same.
Know that if at first you don't succeed
Skydiving is not a good idea
And that timing has a lot to do with the outcome of a rain dance.
Always remember that all is not lost
Although I haven't seen it for some time.
Be yourself;
If you cannot become wiser, try to be older.
Aim, as I do, to live forever;
so far I'm doing alright.
Never stand between the dog and the lamp post
And never hit a man with glasses;
Always use something larger and heavier.
And remember that some people are only alive
Because it's illegal to kill them.

A closed mouth gathers no feet;
Nature abhors a vacuum cleaner.
Be cheerful. Strive to be happy
And remember that your sole purpose in life is to serve as a warning to others.
Go far, and start as soon as possible.