



SolarisCare Newsletter

May 2011

From the CEO's Desk

Hi Everyone,

National Volunteer Week...Our thanks to you

It is hard to believe that it is May already, but the good news is that it brings with it, National Volunteers Week; and a more formal opportunity for SolarisCare to thank you for your tireless efforts for cancer patients and carers in Western Australia. As we continue to grow, and provide more opportunities to support our patients, we are also blessed with more wonderful volunteers willing to share their personal gifts. For this, I extend to you all a huge THANK YOU.

I feel very privileged to come to work every day, and be surrounded by the generosity and care that every one of you provide. The stories of the patients and the families that I meet illustrate the enormous positive effect that SolarisCare has, through you our volunteers, at people's most vulnerable moments.

I look forward to celebrating you all at the SolarisCare Volunteer Morning Tea on May 21st. For those of you unable to attend, I hope we have the opportunity to catch up soon.

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

After a long wait we have finally secured a time to inaugurate our new South West Centre. Minister John Castrilli will officiate at a morning tea event on June 30th.

I would like to take a group of interested metropolitan volunteers to the event, to show our support for our South-West colleagues, and am currently seeking to book a bus for this purpose. If you are interested, please let your volunteer coordinator know, however, numbers will have to be limited, as there is already an extensive list of local supporters that need to be included.

Proposed National Registration of Complementary Therapists

Anna and I recently attending a forum to discuss a proposal for a National Registration

and Accreditation Scheme for what are currently termed 'unregistered health practitioners', and this includes many of the therapies provided through SolarisCare. A scheme has been operating in New South Wales since 2007, however, the preference is to create a seamless national scheme purpose.

Three options were presented on the day. The preferred option appeared to be development of a register with a Statutory Code of Conduct. This will provide uniform standards, and a complaints mechanism for dealing with breaches of professional and ethical standards, in a similar manner to what occurs with registered health practitioners.

Whilst it may sound a bit ominous, such a scheme would see minimal government intervention. It will be designed in consultation with established professional bodies as appropriate and will only really impact when a breach of the code of conduct is alleged. The positive aspects will not only include increased protection for consumers, but also stronger recognition of the overwhelming majority of practitioners doing the right thing, and protection of your professional group from the actions of unscrupulous operators.

It will be some time off I believe, however, if you would like to view the consultation paper, you can go to the Australian Health Ministers' Advisory Council website at www.ahmac.gov.au. I will certainly keep you informed of further developments.

Congratulations Husein and Lubaina ..

Finally, I would like to send congratulations to our IT Guru, Husein Motiwalla, who became engaged to Lubaina during his recent holidays. We extend our love and thoughts to you both at this very exciting time, and for your future together.

Take care everyone
Warm regards
David

SolarisCare Cancer Support Centres

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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



Red Sky Ride Appreciation Evening

On April 14, SolarisCare hosted an Appreciation Evening to thank all those who were involved in making the Red Sky Ride 2011 a roaring success. Held at the Royal Freshwater Bay Yacht Club, the cocktail function paid tribute to the sponsors, event volunteers and of course, the riders, who donated their time and efforts to this extraordinary fundraising event.

22 Riders completed a gruelling 1000km journey around the South West and has so far raised a total of \$328,424 for SolarisCare. CEO David Edwards extended his sincere thanks to all those involved, and offered a special thank you to the family of the late Simone Maree Timms, to whom the ride was dedicated. The event was attended by SolarisCare Patron Justin Langer, who presented certificates and trophies to riders and sponsors.

SolarisCare would like to extend our warm appreciation to organisers Kim Gilbert and Deb Mackesy, for their tireless and inspirational efforts in championing the Red Sky Ride.

*Pictured: CEO David Edwards,
SolarisCare Patron and Cricketer
Justin Langer, and Ian Timms*



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.

When taking a cancellation for a counselling appointment

Try gently asking for a reason for the cancellation e.g “Can I give the counsellor a message for you?” or “Would you like me to ask the Counsellor to phone you when she is next in?”. Please record the reason either next to the appointment or on the Cancellations page at the back of the Appointment Book.

Client Confidentiality

Personal information about clients needs to be kept confidential and not discussed in the hearing of other clients.

Counsellor Privacy

Counsellor phone numbers are only for the use of SolarisCare staff. If a client wishes to speak to a Counsellor, offer to tell the Counsellor so she can decide on the appropriate response.

Thank you for your support.



*In celebration of
National Volunteer's Week 2011
You are warmly invited to the Solaris Care
Volunteer's Morning Tea*

Date; Saturday, 21st May

Time: 9.30am

Venue: Mosmans Restaurant

15 Johnson Parade, Mosman Park.

Please **RSVP** by 10th May 2011 to Nicolette 9346 7631

or Lorraine/Jennifer on 9381 3097

*Proudly sponsored through the fundraising efforts of Di Watts and Jan Pitterino
who continue to raise money through various raffles for volunteer events.*

Mother's Day Raffles

SCGH – A big congratulations to the volunteers of SolarisCare SCGH for raising **\$1500** in our Mother's Day raffle. Your donations to the prizes were much appreciated. A special thank you to Brian English, Derise Ferrell, Geoff Gairdner and Tracey Brooke who used the raffle to channel their initiative and enthusiasm for talking to anyone and everyone about SolarisCare!

SJOG - Congratulations to our Raffle winners for this year. Ali Cosgrove of Mingenew has won an assortment of fashion accessories from Charmed Gift Shop, and Glennis Ward of Ballajura won the second prize of chocolates and a bottle of D'Arenberg wine.

All money raised goes towards supporting SolarisCare. Many thanks to Di Watts for coordinating the raffle and prizes.

*"When you reach the end
of your rope, tie a knot
in it and hang on"*

– Thomas Jefferson



SCGH Update With Nicolette Madry

Hi everyone

May is a month which holds a couple of key occasions to celebrate.

Firstly, to all the mothers, grandmothers and mother-figures involved in supporting SolarisCare I would like to extend an enthusiastic **HAPPY MOTHER'S DAY!** And to celebrate here is a quote:

"There is no way to be a perfect mother, and a million ways to be a good one" – Jim Churchill.

May 9th -15th is National Volunteer Week for 2011. It is an opportunity to reflect on the valuable contribution made by volunteers across Australia to the quality of life in their community. For some perspective here are a few fast facts published by Volunteering Australia about volunteering...

- 5.4 million adults (34% of the population) do voluntary work each year
- Volunteering continues to grow – in 1995 24% of the population volunteered, in 2000 32% and 2006 35%
- Volunteers contribute more than 713 million hours annually
- 50% of volunteers do so because they believe they are helping others
- 36% of women volunteer whilst 32% of men volunteer
- National Volunteer Week 2011 is proudly supported by NAB and the Department of the Prime Minister and Cabinet

Please make sure you take advantage of the events on offer to thank you personally for your heart felt contribution to SolarisCare by attending the Education Seminar on May 13th, the Volunteer's Morning Tea on May 21st or simply receiving a thank you. After all, your dedication is what makes SolarisCare the wonderful success it is amongst cancer patients and carers across WA!

Enjoy the month of May.

Cheers
Nicolette

Volunteer reminders - SCGH

- Please see your Coordinator if you have not yet collected your SolarisCare polo t-shirt.
- Let your Coordinator know if you are able to attend the Volunteer's Morning Tea on May 21st.
- 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.
- Cancellations – please record the details of any cancelled appointments for Counselling sessions at the back of the Appointment Book.



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

Hi everyone and welcome back from your Easter break – we hope that you had a nice rest and enjoyed the extra time with your family and friends.

As you are all sadly aware, we have lost our beautiful Andrew Lim who has been coming in to SJOG each week since our centre opened. Mondays just don't seem the same without his presence. Andrew was truly a special man whose dedication to his craft was an inspiration and whose quiet grace and dignity touched the hearts and souls of everyone who was privileged to know him. He is sadly missed. Though he no longer walks beside us, he will remain in our hearts forever.

The time is fast approaching to the Volunteer Breakfast and as always Jen and I look forward to catching up with you all over a scrumptious breakfast whilst enjoying the beautiful surrounds of the Mosman's Restaurant.

We also look forward to the Education & Professional Development Program which will be held on the 13th May at SCGH. It is pleasing to note that a good number of volunteers will be attending this informative and interesting program.

Entertainment Book

This year's Entertainment Book is now available. Please promote this at every opportunity. As well as being a very worthwhile purchase – it also raises funds for SolarisCare.

Volunteers Needed

Over the past months we have regrettably seen a number of our volunteers leave due to family and working commitments and we are presently in need of both Meet and Greet volunteers and Therapists – especially Massage, Reflexology, Bowen and Qigong. We have placed advertisements in various publications and it is mentioned on our website, however we would appreciate your help.

If you know anyone who would like to become one of our valued volunteers, please encourage them to contact myself or Jenny to arrange an interview.

Thank you all once again for your continued support and dedication to SolarisCare, it is a pleasure to work beside you as we make a difference to the lives of those who are on a cancer journey.

Lorraine and Jenny



South West Update

with Carline Turner

Hi Everyone

Hope everyone had a fantastic Easter and well deserved break. I have to admit it went way to quickly for me!!! Having said that it was also great to come back and do what we do here. It is so very humbling to be here.

With this beautiful centre we have and the amazing volunteers that give their time so freely, who would want to be doing anything else :) Don't forget our SolarisCare celebration of National Volunteer Week 2011 Thank You Morning Tea on the 21st of May at the Mangrove River Cafe. Please let me know by the 17th of May.

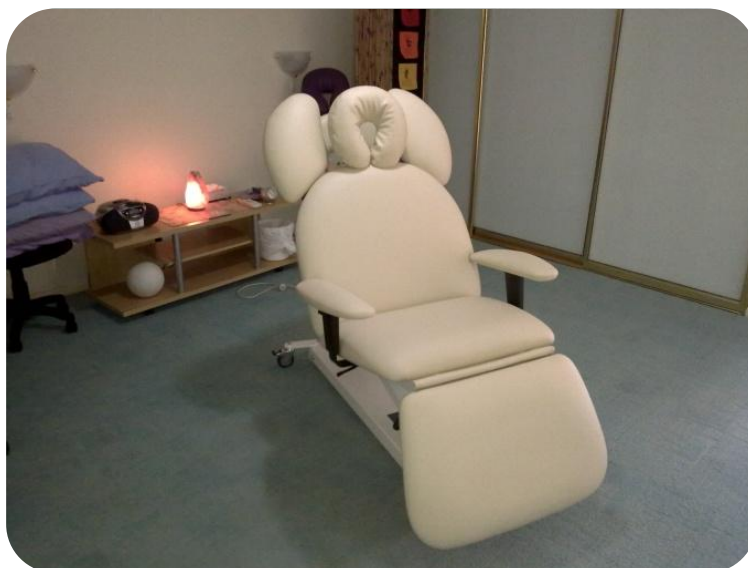
THEY'RE HERE!!! Our two very lovely Electric Massage Tables. The feedback from the patients, carers and therapists is absolutely fantastic. Some of the therapists tell me they forgot to put an eject button on them... just kidding :) We feel very privileged to have them, and once again a HUGE THANK YOU to the volunteers that gave their time and their backs on a very warm day at The Chef's Long Table Lunch with some very hard work on the morning! (one volunteer was there all day).

I have three more presentations to give this month, so I will endeavour to do some recruiting for more therapists. It looks like we have another reflexologist starting next month, from an interview today.

The meeting/ briefing session with the Oncology Genesis Health Care Group and Noel Carlin, Project Manager - South West Health Campus was a very successful one. We all agreed to share a very close working relationship for the whole of community. The Radiotherapy Bunkers (2) will be operational in the beginning of July. I'm sure we will find the room and the volunteers that are going to be needed when the time arrives! There will be an accommodation block at ECU available, for those who live further south.

Carline Turner

P.S. At the SCGH Centre, Nicolette is experiencing chair-envy in response to the picture below!



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

“Compassion Fatigue”

13 May 2011

8.30am-9.00am	REGISTRATION – please wear your SolarisCare badges or identification. And a great opportunity to see how we all look in our SolarisCare t-shirts! Group photo perhaps?
9.00am-9.10am	WELCOME Anna Petterson
9.10am-9.30am	HEALING TOUCH Christine McGillivray
9.35am-9.55am	REIKI Margaret Papaelias
10.00am-10.30am	<i>Morning Break & Refreshments</i>
10.30am-10.50am	BOWEN Ramzi Peska
10.55am-11.15am	PRANIC HEALING Trish Williams
11.20am-11.40am	<u>BUNBURY/Getting Started</u> <u>Carline Turner</u>
11.45am-12noon	Compassion Fatigue Anna Petterson
12noon-12.15pm	Meditation Toni Musiello
12.15pm-1.00pm	Lunch BYO or 8 th Floor Canteen
1.00pm-4.30pm	<u>FACING LOSS, GRIEF & MOURNING</u> <u>Judy Griffiths</u>

Proposal to run a Balint Group for Solariscare volunteers **By Judy Griffith**

Recently, Balint Groups have been run for allied health workers, to assist them in learning to “tune in” to the emotional needs of patients and clients and thereby making more meaningful contact. I suggest this would be a creative way of supporting volunteers in integrating and sustaining their ability to hear and respond to clients emotionally as well as in all other ways.

What is a Balint Group?

Balint groups have been being run since the 1950’s, traditionally as part of training and ongoing professional development for GPs, to support them in understanding their “difficult to treat” patients. If the doctors are assisted to think about what may be happening emotionally in the consultation, it enables them to make meaning of otherwise unsatisfactory or fraught meetings. Once the doctor is thinking about the dynamics of what is going on between them and their patients, then it becomes easier to reflect on what the patient’s experience is and what they, without being fully aware of it, may be wanting from the doctor, which may be different from what is being said. Thinking in this way offers another perspective to the patient-doctor meeting.



Purpose

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 professional/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.

Challenges

We are asking volunteers to shift in their perception to embrace an understanding of their own and others' emotional experience. As our emotional reactivity is a lifelong pattern this can be hard to shift. Our defences are usually well established as part of our way of protecting ourselves and it can take more than eight weeks of exploring different scenarios in a group for the learning for this understanding to generalise and be integrated. The maximum number of volunteers in a group is eight, in order to effectively attend to the dynamics that arise in the Balint group setting.

Plan

Starting with the May training session on emotional listening to excite the interest and curiosity about what can get in the way of hearing someone emotionally, even if one is committed to listening. Then follow up with a group of eight volunteers for eight weeks, and a waiting list for further groups, to practise listening in this focussed way, and sustain the discovery and learning.

Judy Griffiths

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



Just For Laughs

Puns for Educated Minds....

- The fattest knight at king Arthur's round table was Sir Cumference. He acquired his size from eating too much pi.
- She was only a whisky maker but her loved her still.
- A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption.
- No matter how much you push the envelope, it'll still be stationery
- A dog gave birth to puppies near the road and was cited for littering.
- A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
- Two silk worms had a race. They ended up in a tie.
- Atheism is a non-prophet organisation.
- Two hats were hanging on a hat rack in the hallway. One hat said to the other "you stay here; I'll go on a head"
- I was wondering why the baseball kept getting bigger. Then it hit me.
- The midget fortune teller who escaped from prison was a small medium at large.
- A backward poet writes inverse.
- The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
- A vulture boards an airplane, carrying two dead raccoons. The stewardess looks at him and says, "I'm sorry sir, only one carrion allowed per passenger.
- Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again you can't have your kayak and heat it too.
- There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did!

*The trouble with being punctual is that
nobody's there to appreciate it*

- Franklin P. Jones

**Why does a slight tax increase cost you two hundred dollars and a
substantial tax cut save you thirty cents?" – Peg Bracken**





Celebrating 10 Years of Service & Support for Cancer Patients and their Carers

As part of these celebrations, we proudly present our:

Inaugural SolarisCare Symposium

BACK TO THE FUTURE

Integrating Complementary Approaches into
Clinical Practice to Promote Wellness

Keynote Speaker: Professor Marc Cohen

RMIT University

Three underpinning themes: WELLNESS, COMMUNICATION and
COMPLEMENTARY THERAPIES (incl. exercise)

Friday 16 September 2011

**The Symposium will be held in the University Club, University of Western
Australia (UWA) From 8.30am – 5.00pm**

Followed at 7.00pm by Alan Hopgoods play
FOUR FUNERALS IN ONE DAY,
at the Octagon Theatre, UWA

Further information: Dr Anna Petterson: anna.petterson@solariscare.org.au

Watch our web page for regular updates:

www.solariscare.org.au/research/symposium/



Inaugural SolarisCare Symposium
BACK TO THE FUTURE:
Integrating Complementary Approaches into
Clinical Practice to Promote Wellness

Friday 16 September 2011

First and Final Call for Abstracts/Submission Instructions

This symposium will be a highlight of the tenth anniversary of SolarisCare, it is also the tenth anniversary of the International Year of Volunteers providing an opportunity for delegates to celebrate our dedicated team of volunteers and the complementary therapies they provide, along with the 'meet & greet' volunteers who are the face of SolarisCare.

This symposium will discuss key emerging trends in complementary integrated therapies and cancer care, initiate new strategies, identify and examine ways to improve patient care.

We invite contributions from researchers/cancer clinicians or allied health staff involved in any aspect of cancer care. With numerous changes being made to research funding and the changes underway for the not-for-profit sector this is a unique and creative opportunity for presenters to influence the role, the direction and delivery of cancer services in Australia.

The three underpinning streams of the symposium are: *wellness, communication and complementary therapies (incl. exercise)*

Oral presentations: **Fifteen minutes will be allocated to each presenter, plus five minutes for questions from the audience.**

Presentation of abstracts: **The abstract should contain a concise statement of the following:**

- 1. Author/s title and organisation (please underline presenting author)**
- 2. Introduction**
- 3. Methods**
- 4. Outcome/s**
- 5. Conclusion and recommendations**

In your abstract please use the above headings in bold, with the text beginning on the same line. Each abstract is not to exceed 300 words, exclusive of author/s, title and organisation.

Instructions for submission of abstracts:

- **Closing date is** Friday 17 June 2011
- **Receipt of abstracts will be acknowledged via email**
- **All designated corresponding authors will notified by email whether their abstract has been accepted or declined by Friday 1 July**
- **All abstracts are to be submitted via email as a Microsoft Word attachment to symposium2011@solariscare.org.au and the following format followed: ***Surname, First Name, Conference Abstract Title*** – where more than one abstract is submitted by the same person, please place the relevant number after your first name (e.g. ***Smith, John 1, Conference Abstract: Title***)**

Please note: Submission of an abstract implies a commitment to present at the symposium. All presenters are required to register for the symposium. Early-bird registrations open July 11 watch our web page for regular symposium updates: <http://www.solariscare.org.au/research/symposium/>

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Further information: anna.petterson@solariscare.org.au