



SolarisCare Newsletter

December 2010

From the CEO's Desk

Hello everyone, and welcome to the final addition of SolarisCare News 2010. It is great to have a forum where we can share information, particularly as SolarisCare expands its services, and I thank all those who provide contributions and Nicolette for bringing it all together so professionally. If you have any suggestions, or would like to submit some thoughts, you are welcome to contact Nicolette.

Some Reflections

I hope by now that most of you have been able to read the SolarisCare Annual Report. Copies are available at each centre; however, I would be happy to email a copy to anyone that would like one of their own. Every time I read through it, I am struck by the achievements and development of the past 9 years, and of course, the overwhelming contribution of so many volunteers, supporters and staff.

Over this time, SolarisCare volunteers have provided 28,634 therapy sessions to 8,213 cancer patients or family members. In addition to this, our wonderful meet and greet volunteers have created a culture of care and support, as people come through our doors and embrace our centres as their own small oasis within their treatment experience. Our information and referral services are also a vital aspect of our holistic approach to care.

Anna and the research team have been working very hard developing some new concepts, and preparing to write and present current proposals. I was extremely pleased to attend the recent Clinical Oncology Society of Australia Conference where the SolarisCare team presented a number of abstracts, and David Joske presented a keynote session regarding the SolarisCare experience of complementary integrated therapy within mainstream cancer treatment. The number of

sessions dedicated to 'supportive care' was very encouraging, and should be seen as interested acceptance of what we do.

In 2011, we are planning to release some information sheets, based upon our research, to assist in providing further information to many audiences, including patients, doctors, health professionals and of course, volunteers.

I was very thankful to volunteer therapists, staff and others for their wonderful input to our education series in 2010. Again, it is something I want to build on next year, and your reflections and input would be welcome.

One of our key challenges is to build awareness of SolarisCare, and to ensure that as many people as possible can access the services we provide. The opening of our South West centre in July was a great achievement, and honours a SolarisCare pledge to support the development of services in regional Western Australia. The team in Bunbury have received wonderful community support. Our marketing and events groups have also continued to build new events and new ways to promote SolarisCare. We will be finalising a new general brochure for release early in 2011.

Sharing Information....

One of the most common questions asked of me is how our money is raised and allocated. I am planning to have a series of updates on this and other issues during 2011, however, thought that that following breakdown may provide some level of information to you based on the last financial year.

In terms of sources of income, the Red Sky Ride and St John of God provide major support. This is obviously different to the previous year when the government grant was received, although this is still having an impact, as most of the interest income we receive is from remaining

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

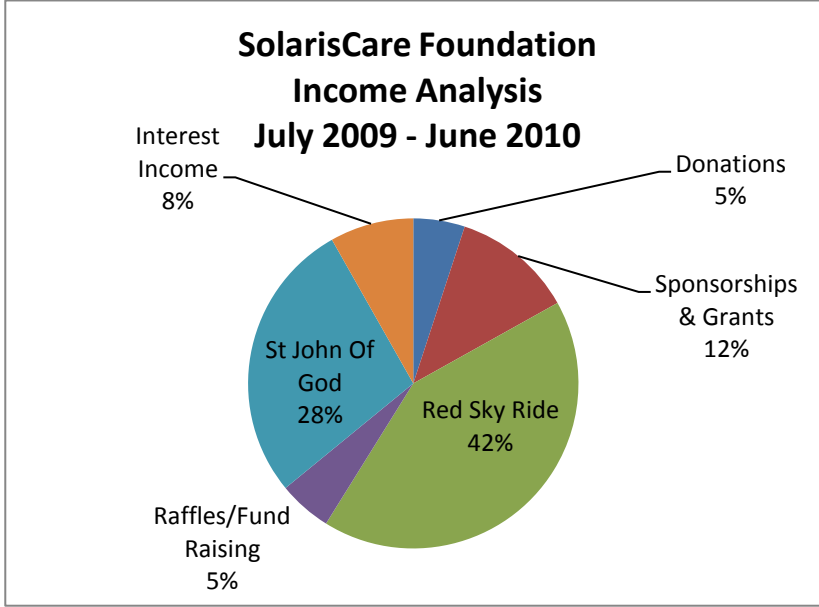
P: 08 9388 9788
F: 08 9388 9700

South West Centre
72 Brittain Road
Bunbury WA 6330

P: 08 9791 1559

info@solariscare.org.au

www.solariscare.org.au



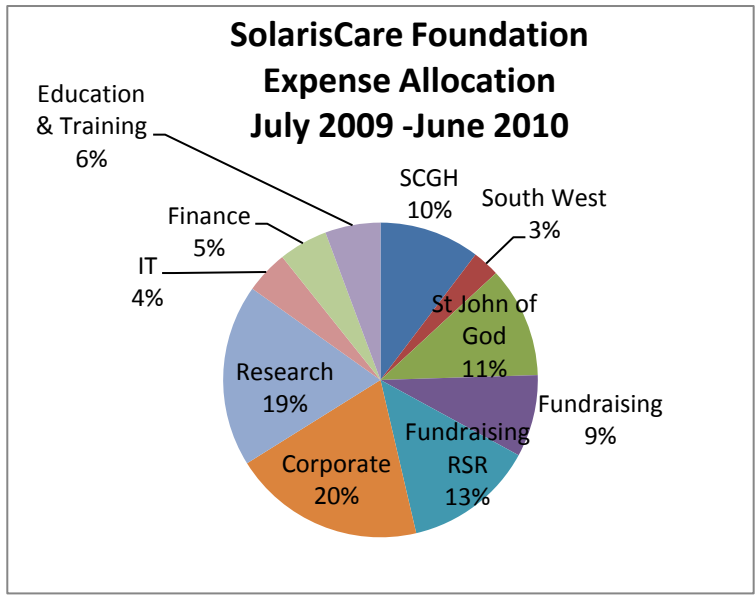
funds from this grant. Corporate sponsorships and grant monies are growing, and we are looking to build additional events to diversify areas of support. Donations continue to reflect the wonderful generosity of people who visit SolarisCare centres with events such as quiz nights, Bridgetown Fair and raffles also supported by you, our volunteers.

The chart below shows the broad allocation of expenses throughout 2009/10. Expenses relating to the centres (SCGH, SJOG and South West) reflect the operational costs of the centres including equipment purchases, library books, wages, stationery etc.

Education and training includes the carers

course, volunteer training and protocol development, and IT is primarily computer purchases and data entry / website development. The two fundraising areas and research is self explanatory, whilst Corporate covers a broad range of wages, brochure development, printing costs, association memberships, travel costs and overheads.

The South West allocation only reflects operating costs and not the purchase of the property in Bunbury which is required to be capitalised. A small number of other equipment or asset purchases would also be treated the same.





The last item I will discuss that is not shown in the graphs above is the value of volunteers and services provided at no cost. There is, of course, no way of genuinely reflecting what you as volunteers provide, because it is not about money, however, the auditors are required to reflect this in our audited accounts. In 2009/10, volunteer services, free rental space and pro bono services provided to SolarisCare were conservatively valued at a staggering \$586, 889!!!!

I hope this goes some way towards answering some of your questions in relation to this area, and I welcome any questions.

Anne Young

As you may know by now, the lovely Anne Young and her husband Cliff have taken the term 'sea change' to heart, and will be living life on the high seas for a while. Anne has been such a major contributor to SolarisCare over many years as a volunteer therapist, Red

Sky Ride volunteer, committee member and Board member. Most of all, Anne has been a wonderful friend and support to all she meets, and so I know you join me in thanking Anne, and wishing her our love and wishes for the future. You are welcome back anytime!!!

A final thank you ...

Finally, after such a busy year, I would like to again offer my personal thanks to every one of you for the heartfelt way in which you support SolarisCare and the people we serve. I love every opportunity I have to meet with you all (even though I may still struggle with names!!!) and I hope to create more time to be with you, and learn from you, in 2011.

To you and your loved ones, a very Merry Christmas, a restful break, and may 2011 be a wonderful year.

With kind regards,

David

Dates to Note for December/January

**SolarisCare Cancer Support Centres-
Opening times December 2010 / January 2011**

December 1st -23rd : normal programme

December 24th: Centres close at 12pm until January 7th, 2011

January 10th, 2011: Centres reopen with a reduced programme

January 31st: Centres recommence normal programme (Week 1)



SolarisCare Christmas Party

Date: Friday 10th December 2010

Time: 5.30pm until late

Venue: SolarisCare Cancer Support Centre,
Sir Charles Gairdner Hospital

Highlights: Carol singing in the Centre and
on the wards!!! Join us for a rousing
rendition of your favourite carols.

Please bring a plate to share in the
goodwill spirit of Christmas at SolarisCare.

Partners welcome.



*To all the volunteers who have been part of
another wonderful year at SolarisCare – your
support, generosity and dedication to supporting cancer
patients and their carers has brought warmth and ease into
the lives of those at a time when they need it most. On
their behalf and ours, the staff wish you a very
Merry Christmas.*



*May you and your family enjoy a
time of peace, joy and blessings and a
Very Happy New Year!!!*



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

SCGH Update

With Nicolette Madry

Wow what a year! In my first full year of being a Coordinator with SolarisCare SCGH I have to say I am so proud to be part of this organisation. Every time I am asked what I do for living I tell people about SolarisCare and the gorgeous volunteers who provide support, information and complementary therapies for cancer patients and their carers. I count myself very lucky to be able to see the smiles on faces as people leave the Centre everyday! The powerful effect you all have on the people that seek to help themselves through SolarisCare permeates the Centre and touches all who visit. Thank you to everyone who has contributed throughout the year.

And as I said – what a year! We have delivered over 3,000 sessions this year, despite losing the Rainbow Room in April; my thanks to the 70 volunteers who donate their time (over 6,000 hours per year) and expertise each week or fortnight.

Our enthusiasm for educating the public has been well supported through presentations to both external organisations and the staff of SCGH, the response to the Red Sky Ride 'Ride to Nowhere', the Cancer Nurses Society of Australia Winter Conference, Have-A-Go Day, regular visits from SCGH staff and interns, remedial massage students from Central TAFE (46 in total) and of course visiting research, medical and cancer support organisation staff such as CanTeen and the Breast Cancer Network of Australia. The Volunteer Training Seminars, Volunteer Meetings and Lymphodema Workshop ensured that we delivered our fullest continuing education program ever to our volunteers and staff.

And I would like to extend my personal thanks to the staff who so enthusiastically support the Centre from within - Tracey has been an invaluable addition to the team and Anna who has tirelessly extended our services with the C14 project, Men in the Kitchen and countless presentations throughout the year. And in the background, David, Husein, Ashley and Michelle – you're support and expertise has been essential to the success of SolarisCare.

So with all this positive activity what have we to look forward to in the New Year? I think a recent incident highlighted what I am sure we are all keenly anticipating:

While struggling to remove a trolley from down the back of the SCGH Centre, Sue N. said with a note of exasperation, "one day we will have a bigger house!"

It may not be as early as 2011 but we do look forward with excitement to our new premises. The rest will all be revealed all in good time. And for all the volunteers and staff at SolarisCare, may we all have the luxury of time and good health.

Merry Christmas!





SJOG – New Group sessions

We are privileged to have a new Volunteer Jacqui Payton on board that will be providing a session called “Creative Hands” : Expression through Collage. Another way for our patients to release any stress and distract their thoughts momentarily with another focus that will empower them to find strength and peace.

We are on the lookout for any discarded colourful magazines, haberdashery and textile items you have wish to part with. We would really be appreciative of any items and you can call Jennifer or Lorraine for any further clarification or leave items with your Centre’s Co-ordinator.

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”

Keep in mind that the true measure of an individual is how he treats a person who can do him absolutely no good.
-Ann Landers

Christmas Raffle

So far all three Centres have raised over \$3000. That means we have just three weeks left to beat last year’s total of \$3970. Thank you to all the volunteers who so enthusiastically take this opportunity to let people know about the services we provide at SolarisCare and what a wonderful place it is to seek comfort at such a challenging time.

There are 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 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 1559.



South West Update

With Carline Turner

Hi Everyone

A BIG thank you to all of our amazing group of Volunteers !!!

It has been a very busy time here in our South West Centre. We now have 51 Volunteers delivering 326 therapy appointments to 57 new Patients.

I have also been out and about in the community giving talks to groups and getting amazing feedback along with recruiting new volunteers!!

PR TALKS

- The Cancer Care Coordinator and Nurses at SJOG Hospital.
- Morrissey Homestead (Respite Centre)
- The WIGS (Women's Interest Group)
- The Donnybrook Ladies Dinner Group. They also are having their Xmas get together at our Cocktail Party on the 4th of December At the Lyndendale Gallery and also donated a basket of goodies to raffle on the day :)
- The Bunbury Community Learning Group, they also gave a small donation that day.
- The Eaton Lion's Club.

DONATIONS

- We were given a \$500.00 donation from Millenium Chemicals towards the costs of the Cocktail Party.
- \$120.00 from Bethanie Village Garden Club Raffle.
- The Rose Group \$50.00 for an open garden day.
- One of the ladies from the WIG group talk gave us two cartons of wine and two cartons of bubbly for our cocktail party.
- City of Bunbury (Helen Punch) \$1000 Dardanup Social Dance Group \$250 Harcourt's Realty (Den Baldwin) \$100 Denise Gillies \$100 (to buy indoor plants)

FUNDRAISING EVENTS

- Denise Gillies Lyndendale Exhibition and Cocktail Party Weekend 150 tickets at \$20.00 and 10% of the takings for the sales for the entire weekend plus a Gold Coin entry fee. Denise also had a group come through her gallery and gave them an afternoon tea charged \$5.00 (for SolarisCare) and raised \$287.
- Eaton Lion's Club ...We had a chocolate wheel Sat 13th Nov at Centrepont and raised \$405.00 (not bad for two hours work!!)
- Christmas Gift Wrapping at Centrepont Monday 6th December to Friday 24th. We receive \$500.00 for Volunteering then all the gold coin donations for the gift wrapping.
- Bunnings Sausage sizzle - Tuesday 28th December.

We all had a great Xmas lunch here at the centre on the 20th November with David, Anna & Lorraine here for the event; lots to eat and drink and prezzies as well!!

Once again a BIG thank you to all our volunteers for making this already "VERY SPECIAL" place we have here even more "SPECIAL" :)



SJOG Update

With Jennifer Russell and Lorraine Kember

It has been a wonderfully interesting and rewarding year of growth at the SJOG Centre. We now have such a diverse range of therapies to offer consisting of Touch and Non-Touch based therapies to Beauty workshops to Music and Craft and Creativity. Our centre's therapy rooms are utilised equally as consistent as our presence in the wards. SolarisCare's awareness within the hospital has grown tremendously as we are now often experiencing the lively presence of patients, carers' and others utilising our "Drop -in Centre" ambience.

We firstly would like to thank all of our Volunteers for the many versatile roles you have been willing participate in throughout the year. The enthusiasm, compassion and positive approach bestowed on the patients, carers and SJOG Staff is very much appreciated. We appreciate the dedication of donating your personal time.

We have participated in many talks and presentations on various wards throughout the hospital this year as well as regular visits to the Ivy Suite distributing pamphlets and chatting with patients in the waiting room. The Health and Wellbeing Expo in May within the hospital gave the care givers of SJOG Hospital the opportunity to experience Reflexology and Healing Touch and assisted with their understanding of our services when explaining to patients what they can expect when visiting.

Thank you again to Andrea Milan, the Master of Italia Lodge of Freemasons in WA and Tony Cocco for the generous donation of 3 Manual Wheelchairs that have been distributed between our centres and the Canningvale Craft Group for the 3 beautifully made patchwork throw rugs which will be given as gifts to patients in the Ivy Suite.

Our education program this year offered a successful half day seminar held at SJOG for all volunteers providing them with additional knowledge and clarification of each therapy and how it assists the patients. Thank you to the 12 presenting therapists from our centre and a total of 21 Volunteers attended. The Sound and Healing Session provided by Christine Morrison using the Tibetan bowls and Dream Harp was the most moving and popular event of the day. Overall, the feedback was that the day was an overwhelming success.

We have had the privilege of Charlotte Keay conducting Hand Massage workshops for our volunteers which she conducts with amazing enthusiasm and passion. Charlotte's workshops have produced a number of fine hand massage "therapists" who enjoy being able to provide this additional service to our cancer patients and carers. Thank you again Charlotte.

We held only a few Volunteer Meetings this year with wonderful presenters, one such as Beauty Therapist Julia Cattalini who spoke about the work she does with cancer patients following chemotherapy treatment and this therapy is enjoyable and provides physiological benefits for our patients. The Volunteer's morning tea at Mosman's Restaurant and the Breakfast at the Swan Yacht Club was again a wonderful time for all volunteers across the centres to come together. Thank you Di Watts for arranging these beautiful venues for us. Look forward to seeing you all again at the Christmas Party.

We would like to wish everyone a Very Merry and Safe Christmas period, enjoy the break and look forward to seeing you all back in the new year.

Celebrating another year!

with Dr Anna Petterson

Since the last Newsletter, there have been some exciting events in SolarisCare's Research & Education – rounding off another challenging year.

During 2010 we have collaborated with five research studies, which have been highlighted in other newsletters, publications from these studies are now being written and will be submitted by the end of the year, including a major paper from data collected between 2002 and 2008.

The latter part of the year saw the team present and attend various conferences, I was a keynote speaker at the National Reiki Conference in Melbourne, this conference enabled open discussion about all aspects of Reiki practice, especially within a hospital setting and the need for National standards and protocols. Following the conference I met with the staff who are planning a cancer support centre at the Austin Hospital, also allied health staff from the Royal Melbourne Hospital. It is hoped that collaborative research opportunities will be established with both centres. Dr Joske presented a paper from our major data collection to the COSA (Clinical Oncology Society of Australia) and spent time answering questions about it to an audience who were in awe of the SolarisCare model of Integrated Care for Cancer.

Celebrating collaborations:

SolarisCare looks forward to continued, long and productive collaborations with the following:

- Sir Charles Gairdner Hospital, Cancer Services
- St John of God Hospital, Subiaco
- Cancer Council WA (CITAG)
- Leukaemia Foundation WA
- Cancer Australia
- Curtin University
- Edith Cowan University
- Clinical Oncology Society of Australia
- PoCoG (Psycho-oncology Cooperative Research Group)
- Royal Melbourne Hospital
- Austin Hospital, Melbourne
- Canton Hospice, St Gallen, Switzerland

'to partner with other organisations to improve the coordination, integration and delivery of care using a multidisciplinary approach, reducing the burden of cancer on patients and their carers'.

Don't forget to access the SolarisCare website.

EDUCATION

Volunteer Training Seminars:

Four training sessions were held in the metro area and one in Bunbury. My sincere thanks to CITWG (Complementary Integrated Therapies Working Group) for their efforts in all aspects of presenting the seminars to ensure their success.

SolarisCare continues to be an innovative national leader in the integration of complementary therapies into the hospital system and providing oncology training for therapists to deliver patient-centred care.

Highlights for 2010 include:

Booklet:

- **Understanding Complementary Therapies WA version** November 2010 CITAG (AP, DE)

Conference Papers:

- **Creating Diversity: Eight years of evidence in providing complementary therapies, including Reiki for cancer patients in a major teaching hospital** National Reiki Conference: October 8-10, Melbourne: Keynote address (AP)

- **An oasis in the hospital. The perceived benefits of a cancer support centre.** 10th Biennial Behavioural research in Cancer Control Conference, Fremantle , WA and WA Cancer Research Symposium, Fremantle, WA (AW)
- **Complementary therapy session provided in a teaching hospital cancer support centre can reduce patient symptom distress scores** COSA (Clinical Oncology Society Australia), Melbourne, Vic. (DJ, MP, AP, KP)

Grant Applications:

- **Evaluating the effectiveness of an intervention for recently bereaved men: The Men in the Kitchen project.** CaPCREU (AP, RMcC, LM, KP) (SUCCESSFUL \$19, 849.00)
- **Changes in mental health in women with breast cancer following complementary therapy** Australian Rotary Health, Mental Illness (KB, DJ, AW, AP) (Results pending)
- **Developing a body of evidence to support the provision of Reflexology in the Day Cancer Centre (C14) at Sir Charles Gairdner Hospital.** Invitation to submit to the Estate of Jean Murray-Jones (SUCCESSFUL \$35,498.00)

Presentations:

- **Non pharmacological pain relief and complementary therapies** June & November 2010 SCGH Nursing Education (AP, NM)
- **Using Creative Expression for well-being** August 2010 ECU OT students (AP)
- **The SolarisCare Experience: building on evidence** September 2010 Canton Hospital, St Gallen, Switzerland (AP)
- **Complementary Therapies for Cancer Patients: Do they work? Is it a placebo effect? Does it matter?** October 11, 2010 Austin Hospital Melbourne, Grand Round, Cancer Services (AP)
- **An investigation of in-hospital complementary therapies on anxiety and quality of life in women with breast cancer** November 2010, PoCoG (KB, DJ, AW)

Publications: (2 pending)

- Williams, A.M., Davies, A. & Griffiths, G. **Facilitating comfort for hospitalised patients using non-pharmacological measures: Preliminary development of clinical practice guidelines.** *International Journal of Nursing Practice.*

In 2011 we are looking forward to: completing the Standard and Protocols for all of the Complementary Therapies offered by SolarisCare and branching out with new collaborations; to new grants, including one for the SouthWest Centre at Bunbury; to working with the Primary Care network of GP's to provide information about all of the Complementary Therapies offered at SolarisCare; to continued partnership with the research and health community; to highlighting our work through special events including the inaugural David Joske Lecture Series on the evening of September 15th, to our 10th Birthday Celebrations; to our ongoing projects; to adding 'mindfulness' for self-care to our programs at SCGH.

Have a great festive season dear friends and colleagues, I look forward to being back in touch early in the new year.

Anna Petterson PhD

Post Doctoral Research Fellow – Research & Education

Just For Laughs

AN ATHEIST IN THE WOODS

An atheist was walking through the woods.

'What majestic trees!
'What powerful rivers!
'What beautiful animals!

He said to himself.

As he was walking alongside the river, he heard a rustling in the bushes behind him.

He turned to look. He saw a 7-foot grizzly bear charge towards him.

He ran as fast as he could up the path. He looked over his shoulder and saw that the bear was closing in on him.

He looked over his shoulder again and the bear was even closer.

He tripped and fell on the ground.

He rolled over to pick himself up but saw that the bear was right on top of him, reaching for him with his left paw and raising his right paw to strike him...

At that instant the Atheist cried out,
'Oh my God!'

Time Stopped.
The bear froze.
The forest was silent.

As a bright light shone upon the man, a voice came out of the sky.

'You deny my existence for all these years, teach others I don't exist and even credit creation to cosmic accident.'

'Do you expect me to help you out of this predicament? Am I to count you as a believer?'

The atheist looked directly into the light, 'It would be hypocritical of me to suddenly ask you to treat me as a Christian now, but perhaps you could make the BEAR a Christian?'

'Very well,' said the voice.

The light went out. The sounds of the forest resumed. And the bear dropped his right paw, brought both paws together, bowed his head and spoke:

'For what I am about to receive, may the Lord make me truly thankful, Amen.'

