

Cancer Wellness and Survivorship Centres

South Western Sydney
Cancer Services Fundraising



“It is a pleasure to come on board as an Ambassador for the South West Sydney Cancer Wellness Centres based in Liverpool & Camden.

Like many Australians, I have family and friends who have been touched by cancer. Facilities such as these are vital in ensuring their cancer journey is as comfortable as possible”

Michael Clarke



Health
South Western Sydney
Local Health District



Cancer Services
Fundraising



Cancer Services Fundraising

Cancer Survivorship and Wellness Centres

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Proposed reception area of the Wellness centre

BECOME A SPONSOR TODAY



Superhuman Sponsor
\$1,000,000+
including equal naming rights of the Wellness Centre



Super Room Sponsor
\$100,000+



Super Supporter
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Supporter
\$500+

See more, including a video of the building at: <http://www.swslhd.nsw.gov.au/cancer/csc.html>



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The Need For Wellness Centres In South West Sydney

SWSLHD comprises 12% of the residents of New South Wales. The expected number of new cancer diagnoses per year is 5,300. The number of patients surviving their cancer is growing. Currently, approximately 65% of patients will live longer than 5 years after their cancer diagnosis and the vast proportion of these patients are cured from their cancer.

Cancer Survivors, and those who have completed treatment, have specific ongoing needs that are best addressed in a comprehensive cancer wellness centre. Issues relating to the physical and emotional effects of the cancer and the resultant treatment can lead to significant ongoing problems for patients and their carers.

Those living with Cancer often have ongoing health issues such as musculoskeletal dysfunction, hormone imbalances, fatigue, reduction in cognition as well as ongoing psychological and emotional problems. While Cancer Therapy Centres can address some of these issues, a purpose-built wellness centre facilitates a greater focus on these issues away from the environment in which the cancer patients underwent their acute treatment.

Wellness programs provide specific input (support, education and therapies) with clear goals to facilitate and optimise the patient and carer transition to self management and sustainable community based activities following Cancer diagnosis and treatment. This is not an unlimited service providing ongoing "maintenance" or a lifelong drop in centre program, it will have defined goals and outcomes.

As well as providing for people living with Cancer, it is proposed that this facility will also be responsible for conducting research to improve understanding of cancer survivorship problems and to facilitate solutions.

Proof of Concept – Other Centres

This is not a new concept – other establishments exist with good support; Maggies in UK have many very well established facilities and programs across the country, the Olivia Newton-John centre in Melbourne, and Solaris Care in WA are a few examples of this done well.

<http://www.oliviaappeal.com/wellness/default.asp>

<http://www.austin.org.au/Page.aspx?ID=85>

<http://www.maggiescentres.org/maggies/maggiescentres/home/home.html>

<http://www.solariscare.org.au/home/history/>

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Description of Proposed Wellness Centres

Our wellness centre aims to provide a supportive environment to empower patients and their carers to maximize their wellness potential based on their individual capacity and their needs.

It is envisaged that, under one roof, patients and carers can access help with information, benefits advice, psychological support (both individually and in groups), attend courses and stress-reducing strategies. The unit is available for anybody who feels the need for help, which includes those who look after someone with cancer, who often feel as frightened and vulnerable as those who actually have cancer.

The Wellness Centre will provide accommodation for consultative medical, nursing, allied health and complementary therapists and volunteer services delivered on a programmed and scheduled basis.

The Living with Cancer Programs may include:

Mind-Body Therapies

- Living with cancer program
- Look good feel better
- Information centre and library
- Education & support for patients and carers
- Psycho-oncology, social work
- Genetic counselling
- Bereavement support & pastoral care
- Occupational therapy
- Exercise and fitness programs
- Physiotherapy & rehabilitation
- Exercise physiologist - led fatigue management
- Diversional therapies
- Diet and nutrition programs (and cooking classes)
- Pain management services
- Wound care clinics
- Lymphoedema clinics
- Speech therapy (swallowing and procedural)
- Complementary therapies (evidence based)
- Specialist medical survivorship

- consultants and researchers

Touch Based Therapies

- Bowen
- Craniosacral
- Kinesiology
- Massage
- Reflexology
- Acupuncture
- Cupping

Energy-based therapies

- Healing touch
- Pranic healing
- Qi Gong
- Tai Chi
- Reiki

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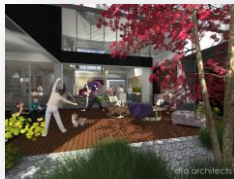
Cancer Services Fundraising

Specific Design and concepts

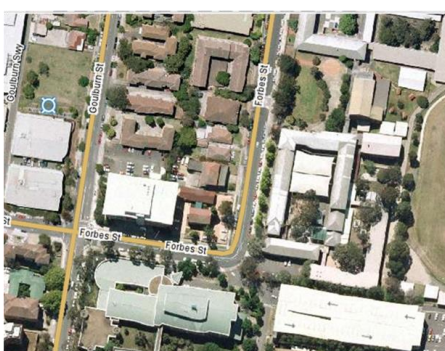
The designs convey a friendly and inviting environment that inspire confidence in the services provided and reflects a commitment to patient orientated care. Reception and waiting areas are designed to reflect a sense of peace and orderly service delivery and will encourage a calmness for people passing through the centre.

Inclusions:

- Space to provide translational research
- Welcoming Reception and Waiting Area
- Calm and informative Resource Centre
- Kitchen for nutrition and dietary courses
- Large multi-purpose media rooms providing information sessions
- Gymnasium for exercise physiology
- Shower/change rooms with disabled access for after the gym
- Therapy rooms for acupuncture, massage, and discussions
- Large clinic/treatment rooms for lymphoedema
- Relaxation gardens & outdoor areas for Qi Gong, Tai Chi, or to sit and relax



Proposed Cancer Wellness Centre Locations



39 Goulburn Street, Liverpool



86 Menangle Road, Camden

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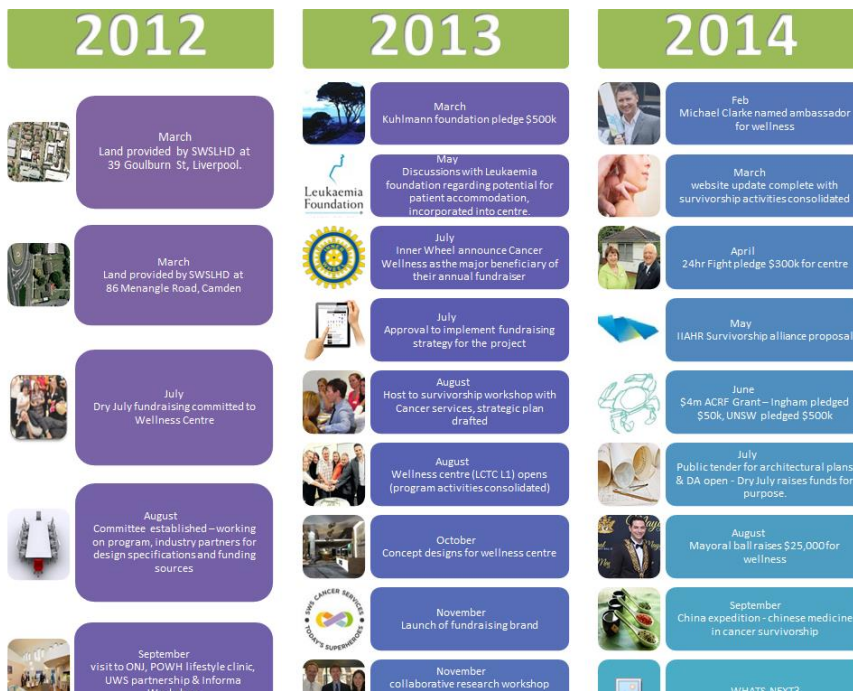
Progress so far

We have secured land at Goulburn Street, Liverpool where we aim to build these facilities that will provide ongoing survivorship programs for after-treatment care for patients living with cancer in our community.

We have received concept drawings for the buildings, and are commencing work with selected architects to prepare the development applications for the facility by the end of the year. Once these have been approved by council, we will be ready to build. The estimated cost of the building is \$6million.

We have received pledges of more than \$800,000 for these projects, and once DA is approved, we will be seeking the rest of the estimated funds.

A long term project, we have started a timeline, that can be found on our website at cancercrusader.com.au



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Funding of SWSLHD Wellness

South Western Sydney Local Health District have allocated land for the building of wellness centres at Liverpool and Camden. We now look to the local community to make the building of these centres a reality for patients in our local area.

We welcome your support for these vital services for cancer survivors. Should you wish to be involved in these exciting new services, donations would be gratefully accepted.

You Are Never Too Old To Be A Superhero... Fighting Cancer Together!

Our Sponsors So Far can be found at [cancercrusader.com.au](http://www.cancercrusader.com.au)

<http://www.swslhd.nsw.gov.au/cancer/sponsor.html>

Goal
\$6,000,000

 Superhuman Sponsor
\$1,000,000+
including equal naming rights of the Wellness Centre

 Super Room Sponsor
\$100,000+
Logo on sponsor wall & room name

(pledges)


 24 Hour fight against cancer
MAGABURU

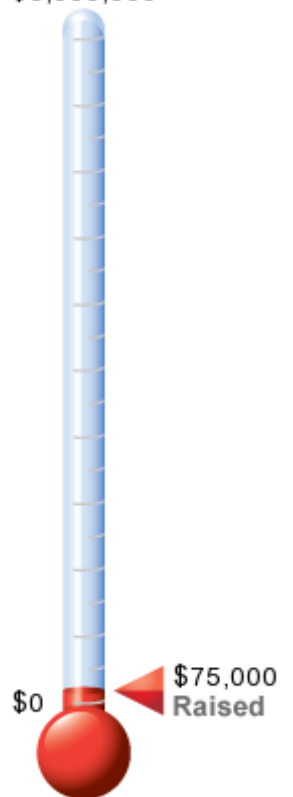
 DRY JULY
Clear your head, make a difference®

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Logo on sponsor wall. Verbal recognition at public events

The John Richard Kuhlmann Foundation Inc

 Liverpoolcitycouncil
creating our future together

 Supporter
\$500+
Name on sponsor wall



IDTA

de angelis taylor + associates
architecture interior design urban design



FACTORY ONE



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Why become a sponsor?

As a sponsoring participant you or your organisation will be involved in a unique community program which results in the improved quality of life for thousands of cancer patients and their families

The ways you can sponsor the program

1. Purchase a Sponsorship Package – Superhuman, Super Room, Super Supporter or Supporter
2. Make a general donation of \$15 \$30 \$50 \$100 or Other

Benefits of sponsoring The Wellness Centre Program

- Naming rights for rooms and building (Superhuman & Super Room sponsors)
- Your logo/brand presence on the SWSCC website
- Verbal recognition at public events
- Acknowledgement on our sponsors wall inside the new centres

CHOOSE YOUR SPONSORSHIP

Sponsorship Packages

- Superhuman Sponsor \$1,000,000+
- Super Room Sponsor \$100,000
- Super Supporter Sponsor \$10,000
- Supporter Sponsor \$500

General Donation

- \$15 \$30
- \$50 \$100
- Other \$



Please send your Super Hero donation to:

Cancer Services Fundraising
PO Box 3149
Liverpool NSW 2170

Phone: (02) 8738 9808

Thank you for your support!

YOUR DETAILS (so we can send you a receipt for your donation)

Title: _____ First name: _____ Surname: _____

Address: _____

Postcode: _____ Phone: _____

Mobile: _____ Email: _____

This gift is made on behalf of an organisation. Organisation: _____

YOUR DONATION

I wish to make a donation of \$ _____
by: Cash / Cheque* / Mastercard / Visa

Cardholders name: _____ Expiry date: _____

Card number: _____ Signature: _____

* Cheques payable to South Western Sydney Cancer Services. (All donations over \$2 are tax deductible). ABN: 46 738 965 845

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Southern Highlands
Bankstown
Fairfield



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