



Wellness

SWSLHD CANCER

Website: www.swslhd.nsw.gov.au/cancer Email: LIV.WellnessCentre@sswahs.nsw.gov.au Phone: 8738 9816 or 8738 5180

MACARTHUR WELLNESS PROGRAM TERM 3: 17 JULY – 20 OCTOBER 2017

COMPLEMENTARY THERAPY VOUCHERS

Don't forget to ask a staff member about the voucher system we currently have in place. We have vouchers available for patients and carers to attend off-site massage, hypnotherapy and acupuncture therapy sessions.

NEW MACARTHUR ONCOLOGY MASSAGE CLINIC

In addition to the current voucher system, we have now commenced an on-site Oncology Massage Clinic at Macarthur Cancer Therapy Centre. The clinic will run on Wednesday mornings from 9am – 12.30pm. 30 minutes appointments are available for a suggested donation of \$10 per booking. Bookings are essential – call Melissa on 8738 9816 or Greg on 0476 821 659. (Clinic is open during school terms only).



EXERCISE PROGRAMS

Our popular Yoga and Tai Chi classes will be continuing this term. These low impact exercise classes can be adapted to suit any limitations you may have.

Yoga is held on Thursdays at Campbelltown Hospital and Tai Chi classes are held at both Camden and Campbelltown Hospitals on Tuesdays each week (10 week term). Bookings are essential.

DRY JULY FUNDRAISING

This year we are participating in Dry July again! Our team "SWS Wellness Centres" will be giving up alcohol for the month of July. Please support our challenge and make a donation to our team! You can also join our team and "go dry" with us!



All donations made to our team will go towards funding the continuation of our Wellness Programs. Please help us make a difference to adults living with cancer.

SWS Wellness Centres

Visit the Dry July website to join our team or make a donation:

<http://www.dryjuly.com/teams/sws-wellness-centres>

JOIN OUR ENRICHing PROGRAM

Join our ENRICHing Survivorship Program for cancer survivors. Facilitated by an Exercise Physiologist, Dietician, Yoga instructor and volunteer, this program will help to restore your physical and emotional wellbeing after cancer treatment. This FREE program will run for 8 weeks from 17 August – 5 October 2017 at Liverpool Hospital. Spaces are limited, bookings are essential. Please call the Cancer Council on 1300 360 541 or email enrich@nswcc.org.au.



OVERVIEW OF OUR WELLNESS PROGRAMS

The following programs are currently available to cancer patients and their carers:

CAMDEN HOSPITAL

- **TAI CHI** – weekly group sessions on Tuesdays

CAMPBELLTOWN HOSPITAL

- **MASSAGE** – by appointment only on Wednesday mornings
- **YOGA** – weekly group sessions on Tuesdays
- **WIG SERVICE** – fortnightly by appointment only on Tuesdays
- **EXERCISE PHYSIOLOGY** – ask our staff for details
- **MASK ART WORKSHOPS & EXHIBITION** – please see further details on following page
- **TAI CHI** – weekly group sessions on Tuesdays
- **COMPLEMENTARY THERAPIES VOUCHERS** – please ask staff

LIVERPOOL HOSPITAL

- **ACUPUNCTURE** – by appointment only on Thursday mornings
- **ART WORKSHOPS** - fortnightly group sessions on Wednesdays
- **MASK ART WORKSHOPS & EXHIBITION** – please see further details on following page
- **MEDITATION** – weekly group sessions on Wednesdays
- **TAI CHI/QIGONG** – weekly group sessions on Thursdays
- **ZUMBA** – weekly group sessions on Wednesdays
- **WIG SERVICE** – fortnightly by appointment only on Tuesdays
- **YOGA** – two weekly group sessions on Mondays and Thursdays
- **PHYSIOTHERAPY LED EXERCISE CLASSES** – weekly group sessions
- **MASSAGE** – by appointment only on Monday afternoons & Tuesday mornings
- **GARDENING WORKSHOPS** - monthly group sessions on a Wednesday

To view the 2017 Wellness Program timetable, please refer to our website calendar:

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

For bookings and enquiries, please contact:

Melissa on 8738 9816 or Greg on 0476 821 659 or Email

LIV.WellnessCentre@sswahs.nsw.gov.au

BRAVERY UNMASKED WORKSHOPS AND EXHIBITION DETAILS

What happens to the masks after treatment?

All patient identifications and marks are removed from the mask at the end of treatment.

Patients have the option to take the mask home, or the masks were disposed of as recycled material. Now, the masks are transformed into works of art as part of the Bravery Unmasked Program.

NSW Health & the arts

Researchers from the USA National Institutes of Health reviewed 27 randomized clinical trials including 1,576 cancer patients, examining effects of creative arts therapies on psychological symptoms and quality of life. They found that creative arts based therapy helps clients to:

- ◆ express feelings when it is difficult to talk
- ◆ explore imagination and creativity
- ◆ develop healthy coping skills
- ◆ improve self-esteem and confidence
- ◆ identify and clarify issues and concerns
- ◆ increase communication skills
- ◆ share in a safe nurturing environment
- ◆ improve motor skills and physical co-ordination
- ◆ identify blocks to emotional expression and personal growth



Created by SWSLHD Head & Neck Group, and wellness support from the CASULA POWERHOUSE ARTS CENTRE and LIVERPOOL CITY COUNCIL.

2017 Workshops & Exhibition dates

Mask Art Workshops

Facilitated by an artist, you can use your own mask, or decorate a donated mask, and have it entered into the exhibition.

Liverpool Hospital Cancer Services

7 April, 9 June & 11 August 2017

Campbelltown Hospital Cancer Centre

12 May & 7 July 2017

Casula Powerhouse Arts Centre

21 April, 26 May, 23 June & 21 July 2017

Bravery Unmasked Exhibition

Casula Powerhouse Arts Centre

24 August - 17 September 2017

Contact Melissa on 8738 9816 or email LIV.WellnessCentre@sswahs.nsw.gov.au to book into a workshop

See our website for more details
www.SWSLHD.NSW.gov.au/Cancer

Effects of Creative Arts Therapies on Psychological Symptoms and Quality of Life in Patients With Cancer. Published online, 2013 in JAMA Internal Medicine. Timothy W. Puetz, PhD, MPH, National Institutes of Health, Bethesda, MD

What is Bravery Unmasked?



The Bravery Unmasked programme in South Western Sydney was inspired by another innovative program called Courage Unmasked Tennessee (www.courageunmaskedtn.org).

To our knowledge this is the first time that this particular initiative has been undertaken in Australia where masks have been used as a tool for people to explore emotions and reflect on their treatment experience.

With the help of a creative arts therapy project in Liverpool and Campbelltown Cancer Therapy Centres, patients can attend workshops with local artists or art therapists in order to decorate their masks and transform them into an art piece.

These decorated masks were displayed at the Casula Powerhouse Arts Centre in June 2016 and some are being displayed at other radiotherapy departments as part of a travelling exhibition in order to advertise the ongoing programme, and provide information for patients about radiotherapy and the masks.



NSW Health South Western Sydney Local Health District

What is a Radiotherapy Mask?

What is Radiotherapy?

Radiation therapy uses high-energy radiation to shrink tumours and kill cancer cells. X-rays, gamma rays and charged particles are types of radiation used for cancer treatment.

The radiation may be delivered by a machine called a linear accelerator or LINAC (Figure 1). It sends high doses of radiation to the cancer cells while sparing normal tissue.

About half of all cancer patients receive some type of radiation therapy sometime during the course of their treatment.



Figure 1: Linear accelerators are used to deliver radiotherapy

Why do patients receive radiotherapy?

Radiation therapy is often given with curative intent (that is, with the hope that the treatment will cure a cancer, either by eliminating a tumour, preventing cancer recurrence or both).

In such cases, radiation therapy may be used alone or in combination with surgery, chemotherapy, or both.

Radiation therapy may also be given with palliative intent to relieve symptoms caused by cancer.

Why do we need masks for head & neck cancers?

Radiation treatment is given in fractions (number of treatments). Fractionated treatment allows the normal tissue to repair in between treatments.

Typically treatment can range from 1 to 35 treatments.

During treatment, it is necessary to ensure that the patient will be in exactly the same position every day.

Patients getting radiation to the head and neck area may need a mask;

- ◆ to make it easier for a patient to stay still
- ◆ to help keep the head from moving so that the patient is in the exact same position for each treatment
- ◆ so markings can be drawn on the mask, not on skin

How are the masks made?



Figure 2: Unmoulded thermoplastic mask



Figure 3: Mask heated in a water bath



Figure 4: Mask moulded to the patient



Figure 5: Mask ready for treatment

- 1 • The masks are made from a thermoplastic material (Figure 2)
- 2 • The mask is heated in a 70 degree water bath for 3-5 minutes (Figure 3)
- 3 • Excess moisture is removed by drying the mask using clean dry towel
- 4 • The mask is placed over the patient and stretched downward slowly and evenly (Figure 4)
- 5 • The mask is cooled by applying iced towels over mask