

Using art to transform & explore creativity



Creative expression can assist us to feel well and gain a new perspective on life.

What do the garden bride, gypsy woman and

Phantom of the Opera have in common?

These are the results of our first transforming art workshop in which head and neck treatment masks have been recycled into objects of beauty by former patients or carers.

We have partnered with the Casula Powerhouse Museum on our arts/health project to put on an exhibition that celebrates the recycling of unwanted objects associated with treatment into creative works of interest and beauty.

We are excited to have the support of local artists to help us develop the masks for an exhibition which the public can attend. The exhibition will raise funds which will be used to subsidise the costs of the programs provided at Campbelltown/Camden and at Liverpool.

So why not explore your creative side and come along and see your ideas come to being.

WORKSHOP DATES:

Liverpool Hospital – Friday, 15th April & Friday, 13th May 2016 at 10am

Campbelltown Hospital – Friday, 29th April & Friday, 27th May 2016 at 10am

Book with Melissa on 8738 9816, or call Jan on 0476 821 659

In Tap heaven

We are very fortunate to be able to share gardening wisdom with Phil Petitt from the Sydney Botanical Gardens.

Our balcony garden now has the exciting arrival of a new tap so that watering is easy and no longer necessitates going into the dark engineering cupboard or running around with a 9 litre watering can.



The tap is already being put to good use and our garden plants are responding accordingly.



Our capsicum and chilli plants have grown and we will hope over the next few months to be harvesting some of our home-grown vegies to use in our cooking program.

Phil's talk this month on the **6th April** is focusing on what natural methods you can use to control those pesky bugs that want to munch on our plants.



You can see that they've definitely had a chomp on our chilli plant so Phil's expertise is definitely needed. As usual it will be a hands-on activity and a chance to get all your horticulture questions answered. So please register with Melissa to attend on **8738 9816**

ZUMBA GOLD update !

Our March free trial of Zumba Gold has had people tapping their toes and shaking their hips on Wednesday from 1:15 to 2 pm. It's something about the African beat and Salsa or other Latin music that gets people moving. Monica our teacher has made it very easy for everyone to learn the dance moves and have fun. If you would like this program to continue let us know so that we can continue to offer it. Call Melissa on 8738 9816, or Jan on 0476 821 659 to sign up for next terms classes

Need a Post Easter Recovery? Try some healthy cooking ideas

Did you overindulge this Easter with too many buns, chocolates and long lunches?

It happens to us all but we can get back on track again. Why not consider coming along to our healthy cooking program. On Wednesday we try out fabulous recipes that focus on eating well-balanced food. Abbey can help you cook simple to prepare home cooked meals that don't take long to prepare. Why not join her on the **6th or 20th of April from 11:30 to 1pm** to learn some new recipes! **Book with Melissa on 8738 9816**

Anzac Day is coming up this month, so we've revamped an old favourite, why not try this healthier version of the Anzac biscuit

A traditional recipe uses butter, sugar, and golden syrup. Our version makes 20 biscuits and substitutes healthy olive oil for butter and the sugar and syrup with natural honey and vanilla. So why not give this a try?

Ingredients:

- 1 ½ whole rolled oats
- ½ cup desiccated coconut
- ½ cup flaked or chopped almonds
- 2½ tbsp olive oil
- 2 tbsp honey
- 1 teaspoon vanilla
- 1 tablespoon water *Preheat the oven to 150C.*



Method

- In a food processor, combine the oats, coconut, almonds, oil, honey and vanilla for 30 seconds.
- Add the water and process again for 15 seconds.
- Using wet hands, take a small amount of dough and shape into a ball. You should make around 20 small cookies.
- Place the cookies onto a baking sheet lined with baking paper and flatten down slightly, ensuring there is enough room for spreading.
- Bake for 20-30 minutes until golden brown.
- Cool on a wire rack before sharing. These will keep in an airtight container for 5 days, but don't expect them to last for that long.

Calories per biscuit 90.

Source: <http://www.losebabyweight.com.au/butter-free-and-sugar-free-anzacbiscuits/#sthash.ZvCDNhpy.dpuf>

Massage update

Massage is proving to be our most popular service both whilst people are having their treatment or as they are finishing it.

At Campbelltown there has been an increase in vouchers being used. You just need to ask at reception for a voucher and can then make an appointment at a time to suit you.

At Liverpool due to high demand and some last minute cancellations without notice we have had to introduce some rules to ensure everyone can equitably access the services.

Just wanted to say thanks my mum said she woke up pain free for the first time in years.

Sandra was just great she really does a wonderful job. Thank you
Catherine

Guidelines for use of the Massage service at the Liverpool Wellness Centre

The following information is provided to make sure the massage service runs smoothly and effectively.

Making a Booking

Massage appointment of a 30 minute duration must be booked either through Melissa or Jan. Massage appointments run every 30 minutes from 1- 5pm on Mondays, last appointment at 4:30 pm and from 9:30 – 12:30 on Tuesdays , last appointment at 12:00pm.

We appreciate that as both Melissa and Jan work part time it may sometimes be difficult to contact us when your call can go to a message back system. To assist us it would be helpful if you could state your name, your phone number and 2 time options for booking. We can then check all these and get back to you with dates that are easier to confirm.

e.g. *My name is Thi Nguyen I would like to book for a massage after 1100 on the 19th April and 3rd may. Please call my no 8738 9808 to confirm.*

Priority for treatment

Priority is given to patients having treatment first, former patients and then to carers. If you are a carer we hope you will understand that we are sometimes not able to accommodate your booking as your appointment may need to be given to a patient. At present due to demand for the service bookings need to be made approximately 2 weeks ahead. **Book with Melissa on 8738 9816, or call Jan on 0476 821 659.**

When you need to cancel

We appreciate that people can sometimes feel unwell or have other priorities that come up that mean that they cannot attend their appointment. Please notify us as early as possible if your appointment needs to be cancelled and rescheduled. This enables us to book someone else in as we usually have requests for appointments that we cannot always meet and some people can attend at short notice or patients or carers on the ward can come down.

Donations

We request a donation payment of \$10:00 that is usually collected after the first treatment. This donation funds about 1/3 of the cost of providing the service. We are now requesting that if you require ongoing massage treatment that you pay this money upfront. If you are unable to attend and give us notice we will reimburse this money, if you cancel and do not notify us this money will not be reimbursed.

Feedback forms

Your feedback is important to us and provides data which we use to continue to get the funds to provide the service. We appreciate you completing this form each time you attend for treatment.

Other options you can explore

We appreciate that many of you would like longer appointments. For those clients who have access to private health insurance please speak to Sandra about accessing her service as a private individual. This will mean that you can book for a longer appointment and can organise a time to suit you, but unfortunately we do not have sufficient funds to be able to subsidise this option at present.



Helping you to make friends and meet other people

The Wellness Centre offers opportunities to meet with others in a friendly atmosphere through our morning teas or by learning something new. This month why not join Wendy for **Scrapbooking on the 22nd of April from 10:30am – 12:30pm** Or try **Watercolour Painting fortnightly on Wednesday, 13th & 27th of April at 10am with Laurel**. Come along to **Abbey's Healthy Cooking fortnightly on Wednesday 6th & 20th of April at 11.30am** or **Morning Teas fortnightly on Tuesday 12th & 26th of April at 10am**.



ACUPUNCTURE update

Our acupuncture clinic is off to a steady start. Acupuncture has been used for many years to treat a range of conditions. Today it is recognised as an important therapy that can assist cancer patients by improving sleep, helping to decrease pain and helping to provide a greater sense of wellbeing

Like to know more about how acupuncture could benefit you?

Why not come along to our Q & A session with Lisa on Tuesday 5 or 12th April 2016 from 12.30- 1pm to find out more. (Melissa check date with Lisa)

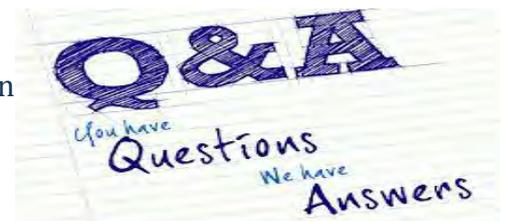
Lisa will explain how acupuncture is delivered in Australia, what symptoms it can help with or can answer any questions you may have.

Want to make a booking,

45 minute treatment sessions can be booked between 1pm and 5pm at Liverpool in the Wellness Centre for a donation of \$10.00. Call Melissa on 8738 9816

At Campbelltown why not pick up a voucher from reception for you to use at the time convenient to you.

Book with Melissa on 8738 9816, or call Jan on 0476 821 659.



NEWSLETTER DISTRIBUTION LIST

Not on our newsletter email list? If you don't receive our monthly newsletter just email Melissa who can add your details to our list: Melissa.Carmagnola@sswahs.nsw.gov.au

Yoga classes

Yoga focuses on bringing the body and mind together to create calm and improve relaxation and suppleness and body awareness. Julie has now taken over providing classes for us at both Liverpool and Campbelltown. We thank Prem for her efforts in getting our classes going initially and wish her well in her new work role. Why not join our new instructor Julie for either Yoga Pilates or Gentle Yoga. You can improve your flexibility, strength, balance and breathing techniques.



WHAT & WHERE	WHEN
Liverpool Gentle Yoga Alex Grison Ground East Conference Room (near clinics)	Mondays 1pm – 2pm
Campbelltown Gentle Yoga Allied Health Outpatients Physio Gym, Entrance F	Tuesdays 12:30-1:30pm
Liverpool Yoga Pilates Alex Grimson Ground East Conference Room (near clinics)	Thursdays 12-1pm
Campbelltown Yoga Pilates Allied Health Outpatients Physio Gym, Entrance F	Thursdays 2-3pm

Sharing your story

Share your story

Sharing your experience with cancer can play an important part in helping others to understand what it is like, and to give hope to people with cancer and their carers.

It also helps you as a story teller to reflect on what you've learnt from your own and your families experience

If you'd like to share your experience we can assist you in various ways to capture your story.

Ask Jan for more information Ph 8738 9808

or check out some stories on our website

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



Can you help our fundraising efforts for our wellness programs?

Tickets still available for Trivia

As you may be aware we are always trying to make our programs available at a reasonably low cost, which is why we ask you if you are able to make a gold coin donation for most programs. The funds that we collect from you are then reimbursed back into our patient care trust fund. Unfortunately we do not break even and so this means that we have to continually raise money to go back into our trust funds that we draw upon.



If you love a challenge why not get a table of friends together and come along and support the Wellness Centre Trivia night. It will be a night of fun, a chance to win great prizes and give support to a great cause. Book your tickets online at this link <http://www.swslhd.nsw.gov.au/liverpool/events/trivia/tickets.html> or ask for Jan on Thursday at Campbelltown and she will collect your cash and give you tickets in person..

Dry July is coming up soon



Dry July is a fundraiser that challenges you to go alcohol free for a month to support adults living with cancer. It helps *you* get healthy and clear your head while also raising funds for an important cause. Dry July improves the wellbeing of adult cancer patients by providing funds to create better services and environments for them and their families. We are very grateful to Dry July at the wellness centre for funding towards our Yoga and Tai Chi classes and Massage clinics in 2015/16

It would be great if all our newsletter readers could support our Liverpool and Campbelltown Teams by making a donation to our teams. Team registration opens soon, watch for more information about this in our May newsletter

Calming the mind...

It's harder than you think but our Mediation classes at Liverpool and at Camden can help you to find a variety of techniques that suits you and assist you to find resources to use at home. We have a number of CD's and handouts that can help you explore how you might calm your mind. As well a number of phone apps and YouTube have some music and other sound resources that may be helpful. Try the following links https://www.youtube.com/watch?v=w5GZAXK9wzY&feature=player_detailpage

**On hour Meditation Classes are held at:
Liverpool on Fridays at 1.30pm and at
Camden on Thursdays at 12.30pm**



A Fun Movie Event

If trivia is not your scene but movies are, then consider going along to the Camden Breast Cancer Survivors Movie Night.

I was fortunate enough to attend these great women's meeting recently. They do a fabulous job in supporting people in a very practical ways throughout their cancer treatment experience and beyond.

If you're having treatment for breast cancer and would benefit from friendship, practical information and access to helpful services why not go along to their monthly meeting call Judy for more information

Interested in joining a clinical trial?

Cancer clinical trials are carefully designed research studies that investigate a new test or treatment for cancer in people. Trials look at whether a treatment is safe, its side effects or how well a treatment or procedure works. Some trials also look at how well treatments control symptoms or whether they improve the person's quality of life.

Scientific Trials are the way that doctors and patients can find out the effects of different treatments. Trials tell us if a new treatment is more effective than the current standard treatment offered and they also identify any risks or side effects.

A new treatment becomes the new standard only after it has been proved effective and safe in clinical trials, and is shown to be better than other treatments. The results of clinical trials today will help trial participants and people with cancer in the future

So why not ask your surgeon, radiation oncologist or medical oncologist about the clinical trials being run at the place where they work and whether they know of any trial that might suit you. You can also check the Australian Cancer Trials website by going to <http://www.australiancancertrials.gov.au/>

Do you need to relax?

Has your confidence dropped?

Are you not sure what lifestyle adjustments you will need to make after treatment?

Want to meet others with a similar condition to yourself?

We have small groups where you can come and meet with other people and explore these questions in a supportive atmosphere. It's a chance to get social ,emotional and practical support
Ask Jan or Melissa about our "Learning to Unwind", "Confidence building" and Bounce Forward Programs or ask about local support groups you can join.