



Christmas (in July) Festivities



Everybody enjoyed the trivia and got into the great healthy food and hat wearing spirit.



Dave gave us a carol or two on the keyboard

Garden update



As well as ringing the bell to signify the end of radiotherapy treatment patients now also can receive a free plant to care for.

Ruth Pickering pictured here was the first person to pick up some chives. The plants are put together with care instructions on the wellness centre terrace by a dedicated band of volunteers.

Why not book for Phil's next garden workshop on **August 10th**. See more details on page 4.

If you are a keen gardener and would like to help out with potting up these plants please call Sebia or Melissa on: 8738 5276 or 87389816



Zumba was a hit with lots of toe tapping going on. Don't forget to come and try out the class on a Wednesday at 12 with Monica.



Our two birthday girls were 21 again and enjoyed their celebratory cake.



Thank you

We would like to thank those of you who donated funds to our team for **DRY JULY**. This will help us to continue to offer our range of services. See www.dryjuly.com/teams/liverpool-wellness-centre-cancer-therapy-services-liverpool-hospital

This month if you've noticed some relaxing smells of lavender and thyme this is thanks to a kind donation from **Nicole Murray** of two ultrasonic diffusers and some essential oils.



Exercise Physiology Begins With 'Active Survivor' at Campbelltown



ACTIVE SURVIVOR
Exercise therapy for Cancer patients

Safe, fun and inexpensive.

Experience the extraordinary benefits of supervised exercise therapy to fight cancer before, during and after treatment.

Medicare and Private Health Fund rebates apply.

Speak to your cancer specialist or contact (02) 4283 3522 to book your appointment today.

Campbelltown Hospital
Therry Road, Campbelltown NSW 2560

Liverpool Hospital
Crn Elizabeth Street & Goulbourn Street
Liverpool NSW 2170

HEALTH SOLUTIONS.

What if there was a medicine that may double your chance of cancer survival, cause your own body to attack the cancer and had no side effects?

That medicine is **exercise**. For some time now, the cancer community has been very excited about the emerging research and are on the cusp of a turning point regarding cancer treatment and exercise.

The latest research by Pedersen et al. (2016) showed exercise produced a 60% reduction in tumour incidence and growth across five cancer models. The evidence is so strong now that cancer patients deserve this medicine, and a shift away from vague recommendation to exercise to a more sophisticated, targeted exercise prescription for cancer patients.

Through partnering with Kurt Fittler and the Health Solutions team, the Wellness Centre is able to offer **tailored exercise therapy** to fight cancer before, during and after treatment.

Following referral from your doctor (GP or specialist) the Health Solutions team will help you through a thorough assessment and tailor specific exercises to suit your particular needs, including cancer and treatment type, fitness levels and other medical concerns.

Patients who commit to the Active Survivor Program, can access supervised exercise therapy at the Outpatient Physiotherapy Gym at Campbelltown Hospital for 6-8 weeks, before progressing into a range of suitable options in the local community.

The exercise therapy itself includes aerobic, strength and impact exercise with an exercise physiologist in a supervised and controlled setting. The exercise therapy is meaningful, safe and will involve having a lot of fun along the way.

The Active Survivor program starts on Wednesday, 27 July 2016 and patients can join the movement at any time following doctor referral. Eligible patients may be able to access a referral from their GP under chronic disease management to assist with funding.

The program is also rebated through private health insurance.

Benefits reported include:

• increased muscle strength and endurance	• improved energy and decreased cancer-related fatigue
• improved bone density & range of motion of the joints	• increased heart and lung function
• less nausea and vomiting for some people on chemotherapy	• improved appetite
• deeper and more refreshing sleep	• increased feelings of control over your life,
• improved digestion and reduced constipation	• decreased levels of stress and anxiety

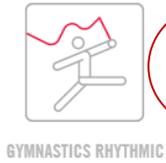
We look forward to seeing you in Active Survivor as we embrace movement medicine to fight cancer, together. For more information, speak to the Wellness Centre, your specialist and cancer care team, or Health Solutions (02 4283 3522).

Up and coming events ...

Get connected - Olympics Morning Tea Events

Why not wear your green and gold and come and participate in our social morning tea Olympics. Check out how our Aussie sports stars have been going in Rio. Please join us to meet some other people, make friends and enjoy a cuppa and some great snacks and slices.

We will be running the following fun based Events on **August 9th and 23rd from 10 – 11; 30 am.**



Book with Melissa on 8738 9816

Interested in having your say at a focus group?

There is a national interest in the development of integrated oncology services. Professor Caroline Smith's team from the University of Western Sydney is keen to know about patient's preferences and experiences with any provided complementary medicine in an integrated setting.

A series of focus groups will be held with patients who are currently receiving treatment or follow up care in SWSLHD oncology services. The focus group takes an hour. You will receive a voucher for participating. People who have used complementary medicine services and also people who have not used these services are encouraged to get involved.

To receive further information please request a flyer at the Wellness Centre .You can also phone **0444518666** or email Kate Templeman, at K.Templeman@westernsydney.edu.au.



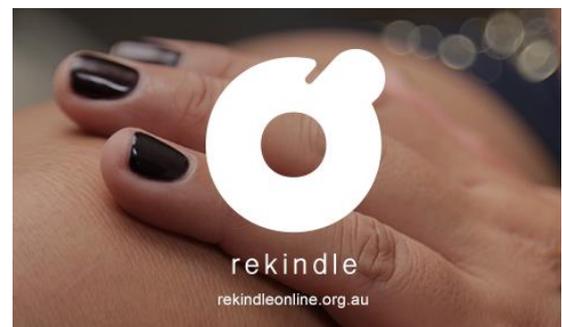
Sexuality and relationship support

Intimacy in relationships can be affected by cancer. Self-image can change and adjustments to love making techniques may be needed. In general we don't often feel comfortable discussing these issues with our partners or health professionals. **Rekindle** is a private, personalised online resource that addresses sexual concerns for all adults affected by cancer.

Cancer survivors, whether in a relationship or single, heterosexuals and homosexuals and their partners may find the information at Rekindle helpful. Rekindle is free to use and can be personally tailored to meet your specific needs:

- Tailored to suit your journey
- Bedroom activities to regain your spark
- Work you can do with or without a partner

Rekindle can be used on laptops, tablets and smart phones. It is available 24 hours a day, seven days a week. You can have a fulfilling sex life after cancer. Find out more at <http://rekindleonline.org.au/>



Spotlight on our volunteers

We are very fortunate to have some very skilled people who give us their skills to support cancer patients and their families. They all give up their precious time to come and run workshops for us for you to enjoy. If you see them please say hi to them, they do a fantastic job.

Rita, Amanda and Marta were a little camera shy but we will catch them eventually. They love to meet and greet people when they come to the centre. They also help us out by getting the plants prepared to give away to the radiotherapy patients and help us catch up with photocopying and filing.



Monica

just loves to encourage people to move and have fun. Her weekly Zumba Gold class is becoming popular.



Abbey

provides healthy food choices for most of our fundraising events. You've probably seen her at the Trivia night or on the Dry July BBQ. She enjoys running healthy cooking workshops

If you're interested in healthy, easy to make recipe ideas, why not join Abbey in her fortnightly course on Wednesday from 11:30am – 1:00pm. This month we are looking at winter warming soups. Call Melissa on 8738 9816 to book



Laurel

teaches watercolour painting fortnightly on Wednesdays from 12:30 to 2:30. She has a regular group of participants who have now gained enough confidence to be working on putting on a display of their art work in September. No prior experience is needed and new members are always welcome to join this relaxed art group.

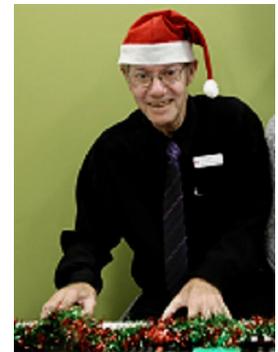


Phil

Community Greening Coordinator
Botanic Gardens & Centennial Parklands

Phil's next workshop is on August 10th from 10 30 – 12 noon. If you don't have much of a green thumb then this is for you.

Phil will be talking on
"Growing succulents and cactus"



David

can be found tinkling away on the keyboard on Tuesdays at Liverpool. He has a great repertoire, so why not give him a challenge and ask him to play your favourite tune for you. He is also happy to give lessons if people are interested in learning to play themselves.

Book with Melissa on 8738 9816 if you are interested in any of these volunteer led activities.

Recipe of the month

In case you missed the great lunch and Abbey's delicious food I have included the seafood recipe for you.

Grilled prawn, calamari & roasted chickpea salad with Romesco dressing

Serves **8**; Cost per serve **\$6.15**;

Time to make; **35mins + 1hr** marinating time.

✓ Gluten Free ✓ Dairy Free ✓ Diabetes friendly

Ingredients

2 Tablespoons lemon juice & wedges to serve
1 garlic clove, crushed
1 tablespoon olive oil
400g cleaned baby calamari (or squid)
400g peeled green prawns, deveined, tails on
2 x 400g cans no-added-salt chickpeas, rinse & drain
1 teaspoon cumin
250g baby rocket
1 small red onion, thinly sliced.
2 cups fresh herbs (eg mint, coriander & parsley)
roughly chopped.



Romesco dressing

150g oil-free roasted red capsicum, chopped
1 vine-ripened tomato, seeded, chopped
½ cup (40g) blanched almonds, lightly toasted
1 tablespoon red wine vinegar
1 tablespoon olive oil
1 teaspoon paprika
Pinch of chilli flakes (Optional)

Method

1. Combine lemon juice, garlic & oil in a large glass or ceramic dish. Score inside of calamari with a sharp knife and cut in half or 4cm pieces. Add prawns & calamari to lemon & garlic marinade for at least 1hr.
2. Preheat oven to 180°C. Line a baking tray with baking paper. Drain chickpeas on a plate with paper towels for 10 minutes. Spread chickpeas on prepared tray. Spray chickpeas with olive oil and sprinkle with cumin. Roast for 15 minutes or until golden. Remove from oven & set aside.
3. Make the Romesco dressing. Put all the ingredients in a blender & blitz until smooth. Season with cracked black pepper & put aside.
4. Heat a grill pan or barbeque hotplate to high heat. Drain the calamari & prawns of excess lemon & garlic marinade. Grill seafood for 1-2 minutes per side or until lightly charred & just cooked through. Set aside.
5. Combine baby rocket, onion, fresh herbs, roast chickpeas & seafood in a large salad bowl. Gently toss to combine.
6. Pile salad onto a serving platter, drizzle with Romesco dressing & serve with lemon wedges

Sebia is leaving us.....

Those of you who visit us at Liverpool will know Sebia's friendly face at the reception desk. Unfortunately she is leaving us to work closer to home. We will miss her. If you are here on Tuesday 2nd August, please call in to share a farewell cuppa and cake with her at 10:30am. For catering please RSVP and let **Melissa know** on 87389816



Not on our list or refer a friend? **Subscribe at:**
<https://www.swslhd.nsw.gov.au/cancer/newsletters.html>