

MAKING A RESOLUTION

As the new year comes in it's usually a time after celebrating that we start to think of the resolutions that we want to make and to develop plans for how to put our goals into action. To make things easier for you, we've put together some of the common ones that people make and some suggestions on how some of our programs at the wellness centre might help you achieve some of these goals.



GOAL: I want to explore my artistic side and be more creative

Try Scrapbooking...



Why not join our monthly scrapbooking course on a **Friday morning at Liverpool**. Starting a scrapbook is a creative way to protect and store keepsakes and the many special moments we've captured in photos. It's a way to reflect on important journeys we take in life and remember happy and challenging experiences. A **scrap-book** is simply a decorated photo album that also preserves the stories behind the photos (called journaling and can hold our special memorabilia e.g. poems, letters, etc.) The course is every Friday morning and **starts on the 29th January from 10:30am – 12:30pm.**

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

Try Watercolour painting...

People really appreciate home made art because of the time, effort and attention to detail that has gone into them. So why not put your name down for our watercolour workshops with Laurel on a **Wednesday lunchtime from 12:30 – 2:30pm.**

Workshop dates are 27th January, 10th February, 24th February, 9th March & 23rd March 2016

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

Participate in "Courage unmasked"...



"Courage unmasked" is a creative way for people having radiation treatment to redecorate their mask and transform it into a beautiful piece of art and reveal the bravery and courage they need when you wear such a mask on a regular basis. It's a chance to stand face-to-face with cancer and refuse to back down.

This artistic endeavor is something that has been done overseas and staff here would like to help patients who

are interested to put together a similar exhibition here. The exhibition will be used to raise funds for the new centres. We are planning to run two art mask workshops in February and March, one at Liverpool and one at Campbelltown. Register your interest now by calling Melissa, on 8738 9816 or Jan on 0476 821 659.

GOAL: I want to give something back

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” says the Dalai Lama .

By being kind to someone for no reason, by giving, by helping and doing good, you can feel true happiness, satisfaction, harmony. When you see a person smile, or see how someone finds hope because of what you did, you know it was worth it and you feel positive too. Kindness doesn't have to be a big thing - it can start with a smile.

Kindness is good for our health. It boosts the immune system; It helps our brain in multiple ways, leading to positive feelings and closeness to others; it helps our heart and circulation system by protecting us from stress; and it even relaxes the nervous system. These positive 'side-effects' exist because kindness is wired in us.

Try being a Volunteer with us...

We always need people to help us with our activities and promotions. Why not come along to a volunteer session on **20th January at Liverpool from 10:30 to 11:30am** to find out what volunteer options are available and what's involved in being a volunteer. Morning tea will be served so please book with Melissa on 8738 9816.

HELP WANTED: Gardeners

At Liverpool one volunteer activity we definitely need help with is a Wellness Garden Group. This group will on a roster basis to assist with watering the plants, potting up new plants for a monthly herb and veggie plant stall to raise funds for the centre and preparing plants for patients as gifts. So if you have a green thumb, enjoy giving back and have an hour or two you can spare each week why not consider joining this friendly group.

HELP WANTED: Choir Leader

Singing in a group or choir is an opportunity for connecting with others, having fun and lifting your mood.

Singing can have some of the same effects as exercise. The act of singing releases endorphins, the brain's "feel good" chemicals which give the singer an overall "lifted" feeling and is associated with stress reduction. It also has some other physical benefits like necessitating deep breathing which gets more oxygen into the blood for better circulation.

We feel music is an important tool that can help people's well-being, so we are looking for a choir leader to help us start a wellness choir at Campbelltown or Liverpool.

If music is your passion and you'd like to help please contact Jan on 0476 821 659.



Friday 11 March 2016, 7-10pm

Lock in this date for a **Dinner/Trivia Fundraising Night** where funds raised will go to the Wellness Centre. If you would like to be part of this event, please consider giving us a helping hand. We have a great MC for the night but we are looking for help with:

1. Finding a free or low cost venue that is accessible in the Campbelltown area
2. Obtaining donations for auctioning off as prizes
3. People willing to buy/sell tickets to encourage people to attend
4. Assistance with publicity and promotion

A meeting will be held in January to plan the event details please call Melissa to register your interest on 8738 9816.

CHRISTMAS LUNCH AT LIVERPOOL

A cracker of a time was had by all who attended the Xmas lunch at Liverpool and the menu prepared by Abbey was enjoyed by all.

The recipe that follows was definitely one of everyone's favourites!



BBQ prawns with Bok Choy

Ingredients

- 1 kg defrosted frozen prawns
- ½ cup teriyaki marinade
- 1 tbsp. sweet chilli sauce
- 2 tsps cornflour
- ½ cup chicken stock
- 1tbsp olive oil
- 1 bunch bok choy trimmed and chopped
- 2 shallots cut into 3 cm strips
- Steamed cooked rice to serve



Method

1. Put prawns in a bowl and add teriyaki marinade and sweet chilli sauce. Cover and put in fridge for 10 mins then drain, reserving 1 1/2 tbsp of marinade.
2. Combine reserved marinade with cornflour and chicken stock
3. Heat wok, add 1/2 oil and half of the prawn mixture. Stir fry until prawns start to colour. Remove to a plate, repeat with other half.
4. Add bok choy and shallots to wok and stir fry for 1 minute. Add prawns and stock mixture. Stir fry so that sauce thickens. Cook for 1-2 minutes. Serve with the steamed rice.

GOAL: I want to have more energy and get fitter

Try Yoga...



Our classes start again **on Mondays from 18TH January.**

Classes are held at **Liverpool** from **1-2pm** on the ground floor in the Alex Grimson Ground East conference room (near clinics) and at **Campbelltown** in the Physio Gym from **12:30 – 1:30pm.**

Grace, a recent yoga class participant at Campbelltown told us:

“I am now attending yoga & tai-chi every Tuesdays at the other building and found that their positive effects on my body & mind have been tremendous. What I found in class though is that not many patients are aware of it. I realise that it's a relatively new activity that the centre has taken on board. If I'd I know that if it was available during my treatment, I would have done them sooner because they teach/help me to cope/ease with my pain, as well as gives me more strength & energy”.

Classes are advertised through fliers, in this newsletter and on the TV screens at Campbelltown, so why not follow Grace's example and book in for a term.

Try Qigong or Tai chi...

Classes run at **Camden on Tuesdays from 11:30am – 12:30pm**, **Campbelltown from 2 – 3pm** and at **Liverpool on a Thursday from 2 – 3pm and 3 – 4 pm.**

Try a circuit in the gym at Campbelltown...

Dr Sara Wahlroos is running a circuit class where you rotate through a few different stations over about 30minutes. Your technique is corrected and modified to suit your ability. The class finishes with stretching and relaxation. You will need to wear sneakers and comfortable clothes and bring a towel and bottle of water. See reception staff at Campbelltown for more information.



Interested in ZUMBA...?

Perhaps something with a lively beat is more your style.

We are investigating an option of low impact Zumba classes where some of the dance moves can be done sitting down.

If this sounds like you then why not register your interest with Melissa and watch for further details.

GOAL: I want to meet other people and share experiences

When we meet others that are on a similar journey to ourselves we don't feel so isolated and alone. We share ideas and learn tips that can help us cope when things might seem a bit overwhelming. Both Liverpool and Campbelltown run various support groups that you can join and display posters and leaflets about them. Staff can usually give you information.

Most support groups meet on a monthly basis and combine a mix of educational guest speakers and a chance to socialise and enjoy some new activities or experiences. A link to the groups that cover Liverpool has been put together by hospital library staff. For more information go to the link: <http://www.swslhd.nsw.gov.au/liverpool/SupportGroups/lung.html>

SHARED STORIES is another program where experiences can be shared using art and creative writing. Why not join the next group starting on the **11th February at Camden Hospital** call Melissa to book on 8738 9816.



Just want to meet informally?

No need to book for an activity. At Liverpool you can just drop in for Morning Tea on the second and fourth Tuesday and have a chat and relax

GOAL: I need to make time to relax more

Have you checked out the **MASSAGE** options that are available to you at each centre? You can either pick up a voucher at reception at **Campbelltown** and book a time to suit you, or make a 30 minute appointment at **Liverpool**.

You can also come to a relaxation group to learn some different techniques. Book with Melissa on 8738 9816 or Jan on 0476 821 659.