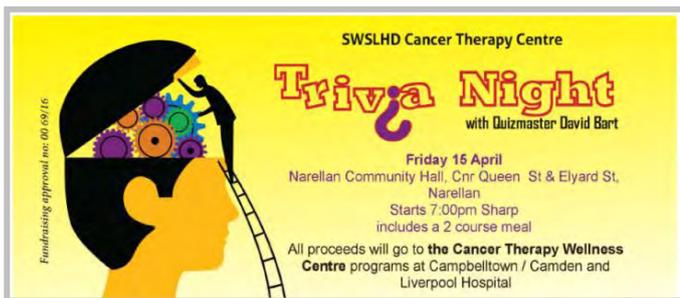


Trivia Night feedback

Thank you to all the great supporters who came along to our fundraising event. You were a great crowd and you helped us tremendously by raising just over \$5000.00 to support our current wellness programs. A special thanks to Abbey, who volunteered and did the catering, and to Grace and Dave who put together a night of brain-challenging fun. I'd also like to acknowledge the many generous donors who provided us with prizes for our raffles.



Donations

It has been a fortunate month for us. Thanks to a 2015 Dry July Grant, we have now almost set up our balcony garden. We have shelving, storage for tools, outdoor seating and a variety of pots and plants to grow. Our greenhouse will be assembled shortly; we are just waiting on a missing part. If you are a gardening lover with some spare time, why not help us make this area a welcoming, green, tranquil space for all to enjoy! Phil Pettitt continues to give us his ongoing horticultural wisdom which has kept our plants alive so far. His next workshop will be on the 4th May on the topic of "Growing Natives". So why not book to get some more green know-how.



We also gratefully acknowledge the kindness of the Kuhlmann Foundation who have provided us with a second electric massage table and a generous donation of \$15,000 to purchase new wigs for the Wig service.



**THANK YOU
FOR YOUR SUPPORT**

Art news

Further Wednesday Art workshops with Laurel are scheduled for May and June. Why not come along and build up your watercolour, sketching or painting skills. Book with Melissa on 8738 9816 or Jan on 0476 821 659. Workshop dates are the 4th & 18th of May 1st, 15th & 29th of June from 12.30pm to 2.30pm in the Wellness Centre.

For whom does the bell toll?

Radiotherapy patients now have a great way to celebrate the finish of their treatment and say goodbye to the staff. A special bell has now been installed to mark the occasion which they can now ring. So if you hear bell sounds don't be alarmed. It's just a chance to join in the opportunity to wish someone well as their treatment time comes to an end and they start to look forward again. Allan Sutton was one of the first patients, at Liverpool Hospital, with a big smile to mark the occasion and ring the new bell.



Exercise Physiology help coming soon...

By partnering with Health Solutions, the Wellness Centre will soon be able to offer a tailored exercise program for patients to assist them to manage their weight, reduce fatigue, increase their upper body strength, improve their muscle function and fitness level. The service will be provided by an Exercise Physiology Professional in allocated times in the hospital gyms.

Accredited Exercise Physiologists (AEP's) hold a four-year university degree and are Allied Health professionals who specialise in the delivery of exercise for the prevention and management of chronic diseases and injuries. AEP's provide support for clients with conditions such as cardiovascular disease, diabetes, osteoporosis, mental health problems, cancer, arthritis, pulmonary disease and more.

The benefits of tailored exercise suggests exercise plays a role in assisting the body's normal defence mechanisms to improve how they work which may help to turn on genes that may switch off cancer cells and improve mental and physical wellbeing. More information will follow soon...

Mother's Day - Morning Tea Event

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele. Mother's Day is also an early Christian festival known as "Mothering Sunday. It occurs on the 2nd Sunday in May.



We will be celebrating Mother's Day early on **Tuesday the 3rd of May** with morning tea and a hat and plant stall and raffle. As the cooler months are coming why not check out our home knitted creations for your mum or grandmother. If you'd like to help to set up the stall on the day let us know. Please come and join us to meet up with friends and enjoy a fun morning.



At this celebratory time it is also important to spare a thought for people who may have lost their mother. If you know someone in this situation the Trees for Mum free national event may be a great way for people to remember and celebrate their mum and the beauty of life, by planting a tree in her honour.

This program, was started by Lauren Adlam and Deena Raphael in 2002. They both had lost mothers and wanted to find a way for those whose mothers have died to have a chance to remember. For those blessed to have a living mum, planting a tree is a lovely activity and a wonderful experience to share with family and friends. More than 20,000 people have participated in the Trees for Mum Mother's Day program at over 100 planting sites across Australia. So if you know someone suffering a loss why not encourage them to plant a tree and remember their mum

Zumba is back

Our great choreographer Monica is back to help us learn some new dance moves and get us swaying and pumping again to those Latin beats. Why not join her on Wednesdays and learn some new steps. Book with Melissa on 8738 9816.



This 6 week program “Bounce Forward” helps you to explore your treatment experience and the latest science of neuroplasticity, epigenetics and ancient wisdom in the practices of yoga, and meditation . These can assist you to boost your immune system and make helpful choices for the future.
Book with Sebia on 8738 5276.

Healthy Cooking

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.

Call Melissa on 8738 9816 to book



Up and coming talks of interest...

Breast Cancer May Seminar with Guest speaker- Denise Cook Saturday 7th May 2016

Topics: Dealing with anxiety
Reclaiming self-love
Involving your partner in the journey
How to talk about fear confusion and vulnerability

Time: 1:30 for a 2pm start

Venue: Salvation Army Room, Narellan Supa Centre, Exchange Parade Narellan

RSVP: Judy on Mob: 0404802 533

Mesothelioma Support & Information Day Wednesday 25th May 2016

Topics: Report back from the International Mesothelioma Interest Group Conference
- *Jocelyn Mclean - Mesothelioma Support Coordinator Asbestos Diseases Research Institute,*
Living with Mesothelioma, conserving energy to maintain wellness
- *Joanne Oates: Expert Occupational Therapist.*
Refreshments and group communication

Venue: Liverpool Wellness Centre, Group Room, Level 1, Liverpool Cancer Therapy Centre,
Enter the hospital via Entrance N (Campbell Street)

RSVP: Jocelyn Mclean, Mesothelioma Support Coordinator Ph: (02) 9767 9854
E: Jocelyn.mclean@sydney.edu.au

On the Road to Recovery

Available in Arabic, Vietnamese and Italian



Australian Cancer Council
Cancer Australia



Peter Mac
Cancer Centre



Australian Cancer Council
Cancer Australia

The Australian Cancer Survivorship Centre (ACSC), A Richard Pratt Legacy is pleased to announce the production of a free, new cancer survivorship resource **in six languages** called "*On the Road to Recovery*"

The resource provides important information to help cancer survivors and their carers. Languages available are Greek, Cantonese, Mandarin, Arabic, Italian and Vietnamese.

Go to the link for a copy in your language <http://www.petermac.org/cancer-information/life-after-treatment>



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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