

Creative Art

Another fun-filled workshop with Laurel is scheduled for November. Why not come along and build up your watercolour, sketching or painting skills! Put your name down for the **18TH NOVEMBER ART WORKSHOP at LIVERPOOL** from 12 - 2pm. Book with Melissa on 8738 9816.

As Christmas is creeping up fast it's always fun to make your own Christmas cards and other festive art. Why not join Elizabeth to check out your creative skills at a fun workshop at **Camden Hospital on 26th NOVEMBER 2015** from 10am – 1pm. Book with Melissa on 8738 9816 or Jan on 0476 821 659.

Great Taste and Fun, the culinary journey continues!

Last month we celebrated Abbey's birthday with some fun cupcakes and enjoyed Turkish Gozleme and homemade pizza. Here's the recipe for you to try.



Above: Abbey, our fabulous cooking volunteer

Spinach and Feta Gozleme

Ingredients

Dough

- 2 cups (300 g) unbleached plain flour, plus extra to dust
- 2 cups (320 g) wholemeal flour
- 1 tsp salt
- lukewarm water
- ½ cup vegetable oil e.g.canola

Filling

- 2 cups (200 g) grated feta (or a mixture of feta and mozzarella, cheddar or ricotta)
- 2 cups silverbeet or spinach leaves, finely chopped and stems removed
- ½ cup fresh mint leaves, chopped
- ½ cup flat leaf parsley, chopped
- ½ cup spring onion, chopped
- ½ cup brown onion, diced
- 1 tsp white pepper
- 1 tsp allspice
- 1 tsp mixed dried herbs, such as oregano and sage

Method

1. Sift the flours and salt. Mix with 1½ cups water in an electric stand mixer with a dough hook attachment, or knead by hand for at least 10 minutes.
2. Add water, a little at a time, until you get a very pliable, elastic dough that is easy to knead, but not so watery that it is too sticky to handle. Rubber gloves dusted in flour make it easier to handle.
3. Dust frequently with the extra flour. Allow the dough to prove, covered. You can do this the night before if you want to.
4. Divide the dough into six round portions and dust with flour. Dust the work surface with flour and roll one of the rounds flat with a rolling pin, into a rectangle shape as thinly as possible.
5. Sprinkle on about 1 tsp of oil, then fold over into a square. Fold over twice more into a square. Repeat the dusting, rolling out to a large rectangle, folding, oiling, and dusting process three more times. Repeat the entire process for each of the six rounds. You should end up with six neatly folded squares!
6. Fill and cook the gozleme, by taking one of the folded dough squares and roll it out very thinly for the final time, into a large square.
7. Add the filling on half of the square only, as you would for a pizza topping. Start with a layer of cheese. Mix the silverbeet, mint, parsley and spring onion together in a bowl, and add some of this as the next layer. Top with some of the herb-spice-onion mixture
8. Fold over the uncovered half of the square to cover the filling. Press down lightly all over.
9. Cook on pre-heated oiled barbecue hot plate or large frying pan, but not too hot, because it should take about 10 minutes to cook through, without burning. Turn often.
10. Cut into smaller squares and serve with lemon wedges.

If you're interested in healthy, easy to make recipe ideas, why not call Melissa to book for the fortnightly course on Wednesday from 11:30am – 1:00pm. **Call Melissa on 8738 9816 to book.**

Meditation group



Meditation participants on a Thursday afternoon at **Camden** are continuing to meet after their 10 week course. If

you'd like the chance to calm your mind why not come along to give it a try! **Call Melissa on 8738 9816 to book.** If you are interested in attending a meditation class at **Liverpool**, Please register your interest with Jan on 0476 821 659.

MASSAGE – Liverpool

To book your 30 minute appointment at Liverpool for \$10.00 a session, call Jan on 0476 821 659 or Melissa on 8738 9816.



TAI CHI now in 3 locations

Always wanted to be graceful when you move? Why not think about trying Tai Chi? This ancient gentle practice can improve your coordination, strength and reduce your fatigue.

Why not enrol in a class near you?

Camden 11:30am – 12:30pm Tues morning

Campbelltown 2-3pm Tues afternoon

Liverpool 2- 3pm and 3-4 pm on Thurs afternoon



Phone Melissa on 8738 9816 or Jan on 0476 821 659 to book now.



A very big thank you to all those who responded to our gardening help request. We have received pots, potting mix, cuttings and offers of volunteer time!!

CARERS NEWS & TIPS



As you can see, Art was one of the popular activities for our Carers event in Carers week.

As a Carer, when you suspect a friend, partner or work colleague is not going very well, it is often hard to know how to check out with them how they are doing. Often they try to conceal the stress and difficulties they are under for fear of putting even more pressure on you their loved one.

So this month we look at some practical ideas for how to go about bringing up a sensitive subject.

Starting a conversation about life's ups and downs

The "RU OK? campaign" gives very practical strategies that can be followed when you want to check in that someone is doing OK that has cancer .



ON THE TERRACE WITH PHIL

If you haven't booked yet, please join Phil Pettitt from the Sydney Royal Botanical Gardens who will share his valuable horticultural knowledge with us.

Date: 12th November 2015

"Natural pest controls you can make from every day ingredients "

10:30am – 12:30pm

Call Melissa on 8738 9816 or Jan on 0476 821 659 to RSVP



1. Make sure YOU feel OK, calm and centred.

You need to be in the right frame of mind yourself. It needs to be the right time for you to be there for someone else. Don't do it if you're really stressed out. Save the conversation for a later date.

2. Pick a place that is appropriate for talking about intimate and personal issues

Where you choose to have the conversation is important. You both must feel safe and secure with what is being said. A park or a cafe, where you can relax may be good but you'll need to check people nearby can't overhear you.

3. Be genuine. Listen and don't judge

All you need to do in the first instance is ask, listen and not judge. Act normally and politely. Ask them how they are going right now. Don't let the person evade the question. If you think someone is trying to dismiss or avoid the question try and use compassion and empathy to try and understand what is going on in their life

Should they become angry, don't take it personally. They might have issues that you don't know about. Showing concern, even if they aren't willing to talk, is helpful.

4. Avoid trying to fix the problem, or giving a response like 'look on the bright side'

A person needs to be convinced that you're genuinely interested in their situation, so they can respond and open up.

Show that you're really interested in their situation and what they are sharing with you, whatever it may be.

5. Follow up

The first chat is the toughest, but once it's done following up is incredibly important. Continued interest is really important.

Let them know you're always open, and available to talk at any time. If you feel they need professional help encourage them to make an appointment with a psychologist or social worker.

Keeping you informed...

We all use "Dr Google" to find out information but is the information we find this way, based on research and evidence?

What can we do to make sure what we are reading is correct? Each month we will highlight one or two helpful evidenced base websites that can assist you to get the facts that you need.

EviQ is an online service of the Cancer Institute NSW, providing evidence based resources for patients and clinicians. Translated patient information sheets are available in 9 different languages on key topics. E.g. chemotherapy safety at home, common questions about chemo, diarrhoea and infection related to treatments, also mouth, skin and nausea problems during radiotherapy.

For more information please visit

<https://www.eviq.org.au/PatientInformationSheetsTranslated.aspx>



"Coping Together" has been a research project of The Translational Cancer Research Unit at the Ingham Institute. They have produced six handouts called "Top Tips" on ways to manage and cope together. Topics covered are varied Eg. using a symptom diary, seeking a second opinion, maximising appointments, breathing techniques, how to cope with your worries, problem solving, managing fatigue, mental tasks, sleeping well, appetite changes and how and where to explore complementary therapies.

Issues are now available in the Wellness Centre, you can pick one up at any time during your visit. Or for more information please visit the website:

<http://www.copingtogether.org.au/>

Have you thought about joining a clinical trial ?

A clinical trial is a research study that tests new treatment options and approaches.

The benefits

- You can help in the future treatment of people with cancer.
- If you are taking the new treatment, it might turn out that it is better than the standard treatment, and you might benefit.

However, there are issues and risks involved in participating in a clinical trial. For more information please talk to your doctor or the clinical trials nurses at your treatment centre. For more information visit:

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

BMT SUPPORT



People who have had a bone marrow transplant (BMT) frequently have many questions before, during and after their transplant procedure.

An inaugural meeting to set up a support group is on 3rd November from 10:00am - 12:00pm. Why not come along to find out more? Contact Gai or Alana for more information

Gai Fairham

(Bone Marrow Transplant Coordinator)
Tel 02 8738 5202 or Mob 0457 524404
gai.fairham@swsahs.nsw.gov.au

Or Alana Paterson

Mob 0477709653 or 8738 5226

NOVEMBER

GARDENING MAKEOVER



We would like to thank “**Masters - Hoxton Park**” a home and garden warehouse company who are going to provide us with resources to renovate and revitalise our garden areas at Liverpool hospital.

The makeover will begin on the 18th of November.

A garden opening morning tea will be held on the **WEDNESDAY, 25th NOVEMBER 2015** and we would like to invite all to this event. Please RSVP to Melissa for catering on **8738 9816** or Jan on **0476 821 659**.

Campbelltown Complementary Therapies Voucher System News

Patients have received a quality audit call on the voucher system over the week. Thank you for taking your time to provide feedback.

There have been positive reviews on the services so far.

Natalie told us “I’ve attended 2 sessions of massage therapy. The service was excellent as I had to reschedule one appointment which was done easily. I felt the therapist had a good understanding of cancer treatment and could answer my questions. Both sessions I felt welcomed and came out feeling relaxed and less tense.”

Although there is no time limit on the vouchers we would like to remind you to actively use them to benefit your health.

If you feel you would benefit from trying

HYPNOTHERAPY,
ACUPUNCTURE or
a **MASSAGE,**

remember to ask

at reception for your **FREE VOUCHER!**



SHARED STORIES WORKSHOP

Share your cancer journey with peers...

Storytelling is a universal way of sharing meaning with others. Please share your story with us.

Stories can be produced in a written, scrapbook or an audio form using creative expression mediums such as art and poetry. It allows people a way of rethinking their story and redefining themselves.

Workshops are being held at **Camden** every Monday, starting from **16th November 2015** for 3 weeks.

To register, or for more information, contact Melissa on 8738 9816 or Jan on 0476 821 659.



Have financial or legal issues?

Don't forget through our partnership with the NSW Cancer Council, a financial counsellor is available. Book an appointment with **Alka on 9334 1464** to help you sort out Budgeting, Centre Link matters, restructuring your finances and financial planning for the future.



In 2016 we will be introducing a new workshop inviting guest speakers to come in and share their knowledge and experiences.

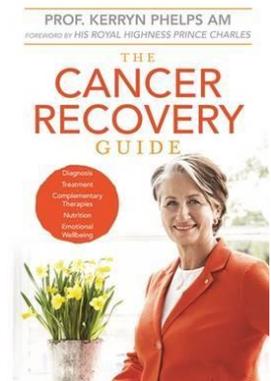
Some topics we might cover are:

- Managing fatigue
- Hormones, hot flushes and all that jazz
- How to support your partner
- How to deal with a foggy chemo brain
- Motivational talks

We're keen to hear from you which topics we should prioritise. Please contact Jan if any of these are of interest to you or you'd like to suggest another topic. **Phone Melissa on 8738 9816 or Jan on 0476 821 659.**

A brief review of *The Cancer Recovery Guide* by Professor Kerryn Phelps Am.

This easy to read handbook provides a lot of very practical expected advice. Managing ongoing symptoms, lifestyle changes to consider as well as tackling some of the harder important matters that need discussion are included



Suggestions are given on how to reflect on your connectedness with key people in your life. As well some ideas are given on how you might develop your spiritual self as the spiritual dimension of recovery can be of great benefit.

The emotional and physical aspects of sexual activity and intimacy a subject that is often not spoken about is also addressed. A copy is available in the centre for people to view.