

Healthy Cooking gets new help



This month we welcome our newest volunteer "Abbey", who comes to us with a background in catering and preparing healthy delicious food. Putting her TAFE qualifications to good use, Abbey is helping us to organise our healthy cooking program. Each fortnight she picks a delicious recipe for us to try. Participants who come along to the the fortnightly **Healthy Cooking Program** get a chance to cook and taste the recipe and sometimes go home with great leftovers.

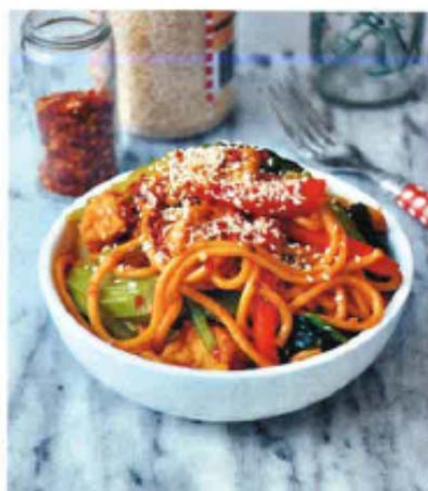
Sylvia, a participant from last week who was not a fan of Tofu told me: "Abbey's way of cooking the Tofu gave it great flavour and taste, I'm definitely going to try and cook this more now".

If you'd like to try it at home, here's the recipe!

Tofu Stir Fry with Hokeein Noodles

Ingredients

- 450 grams hokkien noodles
- 2 tablespoons olive oil
- 350g Organic Firm Tofu
- 3 carrots, peeled, cut into thick matchsticks
- 1 handful of snow peas.
- 1 handful of butter mushroom
- 2 sticks of celery.
- 1 red capsicum, deseeded, thinly sliced
- 3 tablespoons of water
- 1/2 tablespoon sweet chilli sauce
- 2 teaspoons of Oyster sauce
- 2 teaspoons of Hoisin sauce
- 5 green shallots, ends trimmed, thinly sliced



Method

Cook the noodles in a large saucepan of boiling water for 1-2 minutes or until separated and tender. Drain well. Marinate the tofu in hoisin and oyster sauce for 10 minutes.

Heat 1 tablespoon of the oil in a wok over high heat until just smoking. Add the tofu and stir-fry for 2-3 minutes or until light golden and heated through. Transfer to a heatproof bowl.

Heat the remaining oil in the wok over high heat. Add the carrot, capsicum, mushrooms and snow peas. Stir-fry for 1 minute. Add the water and cook, tossing, for 2-3 minutes or until vegetables are just tender.

Return the tofu to the wok along with the noodles, sweet chilli sauce and green shallot, and stir-fry for 1 minute or until well combined and heated through. Divide among serving bowls and serve immediately.

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.

Meditation Gets Going...



Meditation classes have started at Camden Hospital on a Thursday afternoon. We warmly welcome Maggdahira as our meditation teacher. Maggdahira comes to us as a practising Buddhist nun who is a skilled meditation trainer. Her calm relaxing manner, gentle voice and skilled instructions will assist you to learn this ancient practice that can help you to calm your mind.

If you haven't tried meditation before why not come along to the class and give it a try.

Call Melissa on 8738 9816 to book.

* Manicure & Hand Care *

Remember you can book a free manicure and hand massage on a Tuesday morning.

A classic manicure that pays attention to softening your cuticles, shaping and buffing your nails and selecting a great colour can brighten and lift your mood.



As the weather heats up, our Liverpool garden oasis moves forward...

The next few months will be a busy time in our fledgling garden. Join us to help green our space.

9 September 2015 10:00 – 11:30am

Growing plants from seed

- Seed saving ideas and planting

23 September 2015

Making your own natural pest control sprays and general working bee

In October we welcome Phil Pettitt from the Sydney Royal Botanical Gardens who will share his valuable horticultural expertise with us. Don't miss out on these two great workshops.

7 October 2015 10:30am – 12:30pm

Learn all about herbs; growing, drying and making your own herbal tea.

14 October 2015 10:30am – 12:30pm

How to take cuttings and propagation techniques

Please RSVP so we can cater adequately.

Phone Melissa on 8738 9816

Thanks to our kind donors



Last month the Liverpool Wellness Centre was the recipient of a number of gifts.

Judy that have added a very welcome splash of colour, some fabulous crocheted hats & scarves and a colourful blanket from the knitting



and crochet group at Hope Church have also been most appreciated by ladies about to lose their hair or by those who need to have a short siesta.



Help is now on hand for those who visit our centre should they feel unwell. Getting back downstairs easily and safely without having a long wait for

assistance has now been made easier.

Barry has kindly donated a wheelchair to help us assist people to go downstairs should such circumstances arise.

We thank everyone for their support.

The **LIVERPOOL MASSAGE CLINIC** is busy with bookings.

We suggest that you book one week ahead as spots fill quickly. To book your 30 minute appointment at \$10.00 a session call Jan on 0476 821 659 or Melissa on 8738 9816.

At Campbelltown the massage voucher system continues to operate. Just ask reception at the Macarthur Cancer Therapy for your **free voucher**.



Carers need pampering too

In recognition of the important support work they do, in Carers Week we will be holding a **“Picnic and Fun Event on the Terrace”** for Carers.

It’s a chance for them to enjoy some relaxation, have some great finger food, do some art, be pampered and win some lucky door prizes.



Call Melissa on 8738 9816 or Jan on 0476 821 659 to book for this free event on **Wednesday, 14th October.**



Interested in Qigong or Tai Chi?

Classes will be run as follows in October:



Camden
11:30am – 12:30pm
Tues morning

Campbelltown
2:00pm – 3:00pm
Tues afternoon

Liverpool
2:00pm – 4:00 pm
Thurs afternoon

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

Now that spring is coming, why not join our **WELLNESS WALKERS** group on a Friday mornings at Liverpool.



If you need to focus more on your core muscles improve your posture and improve your general coordination why not consider **YOGA**.

It's available on Tuesday afternoon at

Campbelltown and Monday afternoon at Liverpool. Call Melissa on 8738 9816 to book.

Want to find the artist in you?

Spaces are still available for Cancer patients and their families to explore their creative side with Laurel, a local art teacher.

She will teach you how to mix colours, techniques for putting a landscape together and have fun as you gain the skills needed to find your creative talent. Dates had to be adjusted and are now the 16th & 30th September and 28th October at Liverpool from 12 – 2pm. To enrol, contact Melissa on 8738 9816 or Jan on 0476 821 659.



Need more help after treatment?

Bookings are now being taken for **BOUNCE FORWARD** which starts on **26th October**.

Based on the latest science, Dr Louella Crawford, a local Southern Highlands GP, helps you to deal with daily challenges, adjustments and the need to recuperate and live with some uncertainty.

This 6 week program is practical, informative and will help you find inner strengths to increase your well-being and live well every day.

To find out more or to book
Phone Melissa on 8738 9816 or Jan on 0476 821 659

Help for financial or legal issues...

In partnership with the NSW Cancer Council a financial counsellor is available. They can help you with Budgeting, CentreLink matters, restructuring your finances and financial planning for the future.

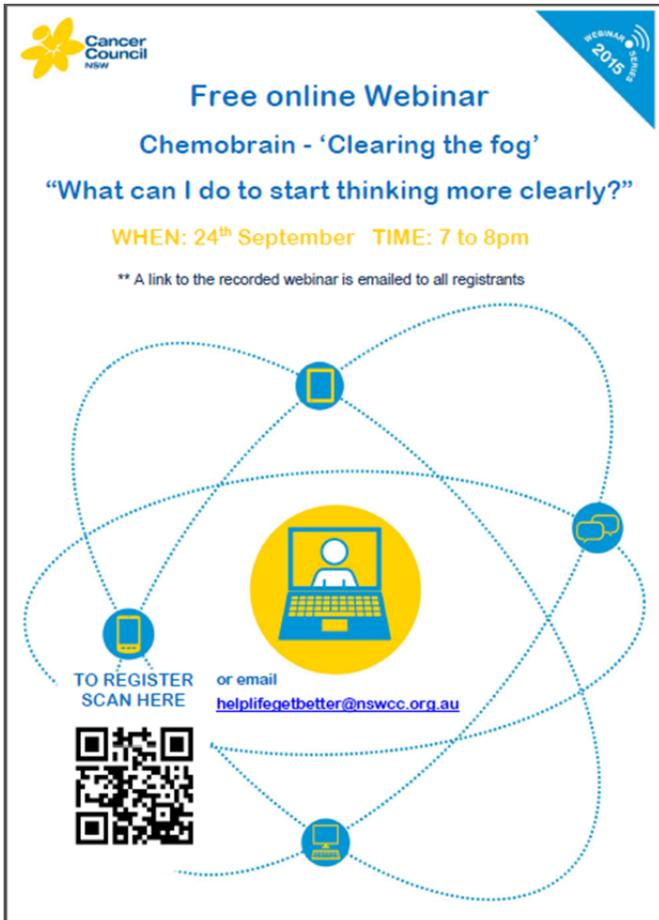
To book an appointment contact Alka on 9334 1464



The **YWCA Encore** program uses pool and gym exercises, and is safe, fun and therapeutic. Encore can help you strengthen and tone your arms, shoulders and chest, regain mobility, and improve your general fitness. As places fill up quickly, please call **1800 305 150** to book

Cancer Council NSW is running a free online Webinar which may be of interest to chemotherapy patients. The topic is: Chemobrain – ‘Clearing the fog’ “What can I do to start thinking more clearly?”

To register, simply email: helplifegetbetter@nswcc.org.au



The poster features the Cancer Council NSW logo, the title 'Free online Webinar Chemobrain - 'Clearing the fog'', and the question 'What can I do to start thinking more clearly?'. It specifies the date and time: 'WHEN: 24th September TIME: 7 to 8pm'. A note states: '** A link to the recorded webinar is emailed to all registrants'. A central graphic shows a person at a laptop connected to various devices (phone, tablet, glasses, monitor) via dotted lines. Registration instructions include 'TO REGISTER SCAN HERE' with a QR code and 'or email helplifegetbetter@nswcc.org.au'. A 'REGISTER 2015' badge is in the top right corner.

Thinking about donating your hair?

We have been asked a lot about hair donations so here is some practical information. Hair is a valuable thing and even more so when you are a person who doesn't have any. The Pantene program which took ponytails has ceased but the Variety- the Children's Charity still takes donations of hair to be made into specialised wigs for individuals who have lost their hair. Donated hair is purchased by wig manufacturers who make wigs for medical hair loss, the funds are then used to purchase wigs for those unable to afford

them. So, more than one person will benefit from your donation.

Preparation required for donation:

- ✓ Hair needs to be a **minimum of 30cm long, but ideally 35cm.**
- ✓ It should not be permanently coloured permed or have any grey hair (hair with a rinse is okay). Straight and curly hair donations are okay.
- ✓ You should **wash and thoroughly dry** your hair, and then place it **securely** in multiple pony tails with an elastic band before having it cut by a hairdresser or cutting it yourself.
- ✓ Cut the ponytails off above the elastic band and then place more elastic bands along the length of the hair at intervals, four should be enough, (this is to make sure that all the hair is kept flowing in the same direction from root to tip, and is very important). Hair that has been cut and placed in a ponytail then plaited is also okay.
- ✓ Your hair can then be placed in a plastic bag (it's best to cut the corners off the plastic bag so, if the hair is a bit damp, then it won't go mouldy!). Funds raised from the sale of the hair are used to grant wigs to children with Alopecia. The wigs are specially manufactured for each child to ensure that the colour and size fits and will look as realistic as possible, allowing the children to play sport, swim and do many activities without fear of their wig falling off.

Send your hair to:

Variety - the Children's Charity, Locked Bag 2468, St Leonards, NSW 1590

