



Wellness

SWSLHD CANCER

Website: www.swslhd.nsw.gov.au/cancer Email: SWSLHD-LiverpoolWellnessCentre@health.nsw.gov.au Phone: 8738 9853

THE JOHN RICHARD KUHLMANN WELLNESS CENTRE & THE MACARTHUR CANCER THERAPY WELLNESS CENTRE

TERM 3: 23 July - 28 September 2018

Welcome back to Term 3 of our Cancer Wellness Programs!

Our Wellness Programs are available to ALL cancer patients (treated within the South Western Sydney District) and their carers, so feel free to contact us for more information or to make a booking. Our Wellness Programs provide supportive therapies for patients who are on treatment. Programs such as massage, acupuncture, low impact exercise classes, art therapy and meditation can help patients through their treatment regime.

Click on our Wellness Calendar of Events: <https://www.swslhd.health.nsw.gov.au/cancer/calendar.html> for all dates, times and booking information for our Term 3 Wellness Programs.



DRY JULY FUNDRAISING UPDATE

To celebrate the end of Dry July, the Liverpool Cancer Therapy Centre hosted an event on 1st August to raise much needed funds. Nine hospital staff members, including the Director of Cancer Services, Professor Geoff Delaney, and our very own Wellness Centre Manager, Greg (pictured below in the red "Deadpool" costume), were dunked into an icy cold tank of water! The event raised \$6,311.00, with an additional \$28,198.45 raised by the Liverpool Cancer Therapy Team. Donations can still be made up until the end of August. If you wish to donate to this extremely worthy cause, please follow the link:

<http://www.dryjuly.com/beneficiaries/liverpoolcancertherapycentre>



TAI CHI CLASSES TO RESUME AT BOTH SITES

We would like to welcome back our Tai Chi Instructor, Serene, to the Wellness Centres! Serene sustained an injury a few months ago and was unable to continue running the Tai Chi classes last term. She is now back fighting fit and raring to go! Experience the benefits of this relaxing and gentle exercise class. Call or email us to book!

ZUMBA NO LONGER RUNNING

Our Volunteer Zumba Instructor, Monica, unfortunately can no longer run our Zumba classes due to family commitments. You can still attend a class with Monica though, as she runs our Yoga classes on Mondays at Liverpool. Thank you Monica for volunteering your time over the past couple of years!

YOGA IS RETURNING TO MACARTHUR CANCER THERAPY CENTRE

Soon we will be welcoming a new Yoga Instructor! Bron will be taking over Julie's yoga classes at both Campbelltown and Liverpool. We hope to commence these classes in the next few weeks. To register your interest, please contact us and we can let you know when classes will start.

GARDENING - NEXT WORKSHOP 18TH SEPT

Our next Gardening Workshop is coming up on 18th September 2018. Join Phil, from the Sydney Royal Botanical Gardens, on our Wellness Centre Terrace at Liverpool Cancer Therapy for a hands-on and informative workshop. Bookings are essential.



LIVERPOOL HOSPITAL REDEVELOPMENT

The NSW Premier announced \$740million for the Liverpool Hospital redevelopment, which will include the prioritisation of the build of the Liverpool Comprehensive Cancer Centre. Planning has commenced to bring this large project to life, with construction expected to begin in 2019.

CANCER SERVICES ANNUAL GENERAL MEETING

Professor Geoff Delaney, SWSLHD Cancer Services Director, cordially invites you to the SWSLHD Cancer Services 2017-2018 Annual General Meeting.

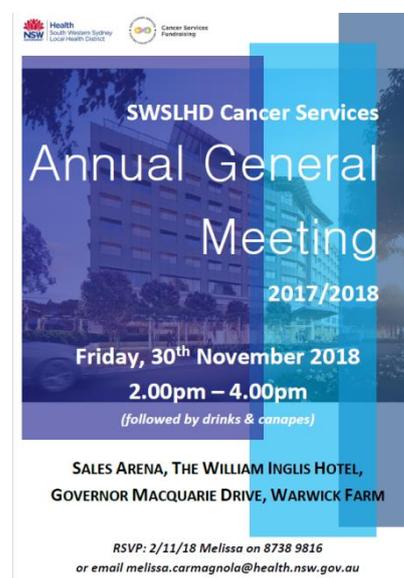
Date: FRIDAY, 30TH NOVEMBER 2018

Time: 2:00pm, followed by canapes & refreshments at 4:00pm

Location: Sales Arena, The William Inglis Hotel, Governor Macquarie Drive, Warwick Farm

RSVP: 2nd November 2018 to Melissa Carmagnola via email Melissa.Carmagnola@health.nsw.gov.au or phone (02) 8738-9816

Dietary Requirements: Please advise any dietary requirements if staying for refreshments at the conclusion (4pm)



The AGM is an opportunity to acknowledge and celebrate the achievements of our staff, thank our wonderful volunteers and generous donors, and to share our vision for the future of Cancer Services. We hope that you will be able to attend.

BRAVERY UNMASKED 2018 - WORKSHOPS & EXHIBITION

Do you like getting creative? Would you like to transform a Radiation Mask into a work of art? There are still a few more workshops before the Exhibition, so if you wish to attend a mask Workshop, or for more information, please contact us on 8738 9853, or contact Casula Powerhouse on 9824 1121. Bookings are essential.



Workshops will be held on these dates:

At Casula Powerhouse Arts Centre on 8th September 2018 @ 10.30am – 12.30pm

At Liverpool Cancer Therapy Centre (JRK Wellness Centre) on 21st August 2018 @ 10.30am – 12.30pm

The Bravery Unmasked Exhibition will commence from **Saturday, 27th October 2018** at the Casula Powerhouse Arts Centre. All money from the sale of masks in the exhibition will be donated back to the Liverpool Cancer Therapy Centre!



WINTER WARMER SOUP RECIPE

Cauliflower and Ginger Soup

When we think of cauliflower, not many of us get super excited. In fact, people feel glum. But I promise you this is a soup which is hearty and comforting, especially when weather is going cooler and rain is stalking in!!

The benefits? This is an alkaline recipe comforting to your tired stomach after the acidic chemo and is kind to the gut. It is nourishing and is a treasure trove of nutrients. And best part? It's super easy to whip up...

Recipe

Ingredients

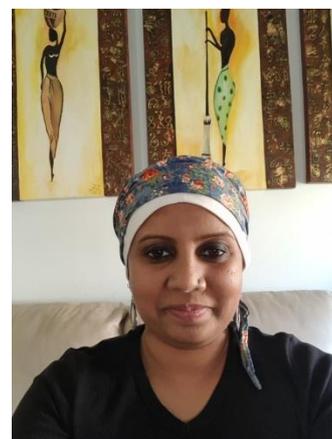
1. One small cauliflower- Washed and roughly chopped into large pieces
2. One potato- Washed, peeled and roughly chopped into large pieces
3. One onion – Washed, peeled and roughly chopped into large pieces
4. Ginger- 1 tbs
5. Fresh thyme and oregano- 1tbsp each (optional)
6. Curry powder- a quarter tsp
7. Butter- 2tbsp
8. Chicken/Vegetable stock- 1 cube or 1 cup good quality stock
9. Hot Water- 2 Cups
10. Full cream milk-2 cup
11. Salt and pepper – to season
12. Buttered rolls- to serve

Method

1. In a large saucepan/pot, melt the butter
2. Sauté the ingredients from 1-5 for 2 minutes
3. Stir in the curry powder
4. Add the chicken stock and hot water
5. Cook till the vegetables turn tender.
6. Turn of the flame and let it cool.
7. Blend the soup to a fine consistency.
8. Pour the blended mixture back into the pot
9. Turn on the heat to a medium flame.
10. Add the milk and let it just heat up for a minute or so
11. Season with salt and pepper
12. Garnish with fresh thyme leaves if you may wish
13. Serve warm with buttered rolls

About the Author

Chandni Ravi is a 36-year-old breast cancer survivor. She is a life student and blogger by choice and a researcher by profession. She developed these recipes whilst she was on chemotherapy. Being on chemotherapy is one of the most challenging situations in life. Now her mission is to make the lives of other patients a tad easier!





Join our **FREE ENRICHing Survivorship** program for cancer survivors. Facilitated by a physiotherapist, dietitian, yoga instructor and volunteers to restore your physical and emotional wellbeing after cancer treatment.

Coming to

Liverpool: 18th September 2018
Campbelltown: 21st September 2018

Registration is essential

1300 360 541
enrich@nswcc.org.au
cancercouncil.com.au/enrich/

An evidence based program for people who have completed their active cancer treatment (surgery, chemotherapy, radiotherapy) and their carer, partner or family member.

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