



SWSLHD Wellness Centre Newsletter 2015 Edition No 1 Welcome to our 1st Quarterly Newsletter

Wellness Manager

Jan Heslep has been appointed as our new Cancer Survivorship Program Manager. She has a diverse health background having worked as a radiation therapist, health promotion manager, and project manager for a wide variety of health and state government programs. , Our Wellness and Survivorship Program is a priority area. Jan joins us to develop and implement a strategic plan for survivorship care and to establish, implement and evaluate outcome and evidence-based activities. She will manage the day-to-day local program of services and activities at Liverpool on Tuesday, Wednesday and Friday and at Macarthur Mondays and Thursdays
You can contact her on 8738 9808 or e mail Jan.heslep@swwahs.nsw.gov.au

Wellness Hub Brochures

We have updated our brochures at both cancer therapy facilities. We hope this will help our clients and their families become more aware of the wellbeing lifestyle supports that are available to them.

Cancer Services website calendar

The screenshot shows the 'PATIENT EVENT CALENDAR' for February 2015. The calendar is a grid with columns for days of the week (Mon to Sun) and rows for dates. Two events are highlighted in blue boxes:

- February 10 (Wednesday):** A free exercise program for women after breast cancer in the Campbelltown area (For General Public).
- February 17 (Wednesday):** A Day Retreat at the Le Petit Palais Thirrnere (For General Public). Below this, another free exercise program for women after breast cancer in the Campbelltown area is listed.

Navigation links include '<< Back', 'Feb 2015', and 'Fwd >>'. A search bar and a 'Submit a Request for new Event/Booking' button are also visible.

We have added a calendar for community groups to let us know about their support meetings or other events/activities they may be offering to people living with cancer and their families . You can go the website and upload a flier and let people across South Western Sydney know about your program or events.
The link is: <http://www.swslhd.nsw.gov.au/cancer/calendar.html>



A place to drop in and relax ,meet others and find out about our supportive wellness programs



Opening Hours
Monday to Friday 9:00 — 4:00
Phone: 8738 5180 or 8738

How to Find Us?
Macarthur Cancer Therapy Centre
Campbelltown Hospital Entrance E
Our volunteers can help you with what's on offer .

What do we mean by wellness?
Wellness is about practical things like healthy eating, limiting alcohol, being active, maintaining a healthy weight, being calm and managing our stress . Its also about having meaning and purpose in our lives and positive supports and relationships.

Without a cancer diagnosis some of these things can be hard to achieve With a diagnosis we can often feel overwhelmed.

We're here to offer guidance and help you find lifestyle support options , information, education and access to counselling and clinics where staff can answer your questions. Screens in the waiting room provide you with regular updates of local information and future events .

Delta Therapy

Sometimes you just don't want to talk . So having a floppy ear to listen and a paw to shake and something soft to stroke may be your thing .The benefits of pet therapy are available through our Delta Therapy four legged visitors .
Watch out for them and say hello.

If you're not very tech savvy then please send us your fliers by email or by post and we will add your information for you. Jan.heslep@sswahs.nsw.gov.au .

Postal address is: **Jan Heslep, Wellness Program Manager Liverpool Hospital, Locked Bag 7103, Liverpool BC**

Survivorship Conference

The recently held conference in Adelaide was a good opportunity for staff from our Cancer Services to get an overview of how Survivor Support Services are developing across Australia. A most helpful part of the program was the sharing by survivors of the experience of their cancer journey with health professionals. Hearing first-hand about the parts of the health system that worked well and the parts that still need some more effort was very helpful. We appreciate the need to improve our partnerships and so have decided to initiate a Shared stories and wellness ambassador's initiative. More information about this follows.

Shared stories and Wellness Ambassadors Initiative



From our contacts with cancer patients we know that one of the things they find most supportive and valuable is the opportunity to meet with peers and share their coping tips and ideas and to swap stories. This works particularly well for people who may still be juggling treatment and working and find it hard to participate in a daytime support group.

To help bridge this gap we'd like to develop a shared stories project. This would involve former patients who are willing to share their story and tips, ideas and skills that may have helped them with their journey through our service setting.

People's stories can be collected in 2 ways, either in person by talking to a journalist from our media department or our Wellness Manager or by using a story guide for you to self-complete. Stories could be produced in a written or an audio form.

If you would like to preserve your privacy, story teller's names can be given a pseudonym. Collected Stories might then be shared and used for the following purposes:

1. Staff training to help staff be more aware of the patients and families perspective and priorities
2. Via the SWSLHD of the Cancer Services Wellness Pages section on the website for patients and Carers/Family members to use.
3. For inclusion in media articles to increase general public awareness and understanding about cancer journeys and what is involved at different stages.

If this idea interests you please feel free to give **Jan** a call on **Ph.: 8738 9808** (Tues, Weds or Fridays)

Liverpool wellness initiatives starting soon

March will see the start of some new initiatives

Can Move it

A 20 minute walking program held on Wednesday and Friday that leaves from the wellness centre and does a circuit of the park. It's a chance for everyone to get some fresh air and get 1500 steps towards the 10,000 steps a day that many people are trying to do. No special equipment needed.

Meeting spot

Entrance to Wellness Centre, Level 1
Liverpool Cancer Therapy Centre

Wednesday: 12 o'clock

Friday: 1 o'clock

Can do - Art

Come along and find the artist in you with local artist- Laurel Peel

This is a great chance to relax experiment with colour and give your mind a chance to enjoy some creative time. This free 3 week program will:

- demonstrate watercolour and acrylic techniques
- show you colour blending and
- help you to work on your own project.

Dates: 25th March, 22nd April and 29th July

Time: 10 – 1pm

Book: Call 8738 9808 to reserve your space
10 Spaces maximum
RSVP by 24th March



**Every artist was
first an amateur**

Ralph Waldo Emerson



Campbelltown wellness initiatives starting soon

March will see the start of some new initiatives

Can Relax



Learn to calm your mind and release stress from your body in a friendly group run by experienced social workers. No sitting on the floor or tying yourself in knots. Just a range of practical techniques you can learn to do anywhere. Feel free to bring a family member/friend

Meeting spot

Wellness Room, Macarthur Cancer Therapy Centre

Friday: 10.30 – 11.30 am

Book: Call 46344364 or 46344365

Any time Massage



We have two massage chairs that you can use to have a massage. Instructions on how to operate the chairs and some simple hygiene ideas are given on each chair. So why not check them out next time you visit the centre.

Can Move it



The park outside the cancer therapy centre is a great opportunity for a 20 minute walk to check out the local environment and bird life. You can try out the park outdoor gym equipment too.

It's a great chance for everyone to get some fresh air and get 1500 steps towards the 10,000 steps a day that many people are trying to do. No special equipment needed.

So if you need to wait or you're early for an appointment take a quick break and try it .

Can Share ideas

We'd like to find out your ideas on what makes a wellness program and would appreciate you answering this short questionnaire.

1. Have staff or volunteers told you we have a wellness hub on level 1 at Liverpool Cancer Therapy Centre or next to clinic room 8 at Macarthur Cancer therapy Centre
 YES NO
2. Have you visited the wellness facility? YES NO
3. If yes to Q2 please tick which of the activities you may have participated in?
 Used the lounge area to relax and have a cup of tea Used the wig library
 Read a magazine /book in library area Seen a social worker
 Had a massage/used the massage chair
 Attended an education support group (please tell us which one) _____
 Seen a Psychologist other (please tell us) _____
4. We think group activities that help the mind body and spirit work together are an important focus for assisting wellness. Being able to have fun, learn and get support to maintain healthier lifestyle change is as important as managing any side effects. Please tell us which activities might interest you?
 Relaxation group Meditation group Exercise activities like walking, yoga, Tai Chi, Dance
 Art activities Getting your confidence back Healthy cooking – recipe swap ideas
 Social Morning Teas to meet and share ideas with others living with cancer with a fun theme
e.g. Easter hat morning , St Patrick's day , Mother's day ,etc
 Click clack and chat (knitting/sewing activities) community gardening
5. We are considering offering some complimentary therapies. Please tell us which ones you might be interested in?
 Massage therapy Acupuncture Chinese Medicine Other (please tell us)

6. We are also interested in meeting your educational needs. Are there particular topics you would like to know more about? (E.g. Managing fatigue or other side effects, Advance care planning, How can I best help my partner who has cancer?) Please tell us?

7. Which aspects of wellness would you like the centres to focus on .Please share your ideas with us?

Thank you very much for your feedback

Fundraising

As we meet and talk to people about planning for the building our two future wellness centre many people have told us they want to help us raise the money we need. We have developed a few ideas for people keen to partner with us to fundraise.

Guidelines on organising a fundraising event for the Wellness centre

Our centres are keen to promote health and wellness so we would like to encourage people who want to help us to fundraise to promote activities that also promote a wellness message. For example we all know that physical activity is good for us, but it's sometimes hard to make it part of our day. Here's an example of what you could do in a school or workplace

Physical Activity: Why not hold "a 10,000 steps a day challenge for a week"

You could set up a 10,000 steps a day challenge at your workplace. You will need to nominate a coordinator to enrol people, check off who met their target on each day and hand out certificates at the end of the week to participants. Give people a week to collect their sponsorship money and then collate funds you have raised and then send us a cheque or deposit into a nominated bank account. There are many free smart phone apps that can collate the steps or people can use a pedometer a simple device that can be bought at most shopping centres. Simple changes like taking stairs instead of lifts or escalators or taking a 5-minute walk at lunchtime or a longer 10-15 minute walk with a friend or workmate can help you get there. Everyone will feel better especially if they do a lot of their work sitting on a computer and they'll be helping a good local cause.

Healthy diets Why not hold a "Healthy Recipes Lunch" and invite people to cook something new and swap ideas over lunch?

We know that eating a healthy diet is a must, but sometimes we are time poor or the ingredients may be unfamiliar and were not sure about them so we stick to what we know. You could be a cooking organiser and ask your friends to donate food and we can supply you with some sample recipes. You then can invite guests to come and pay to sample the healthy food. For example you could ask 10 people to come and pay \$15.00 per person for lunch. This is something that people can do in their homes with friends. Each participant can get a copy of the recipe and find out from the cook about how easy the recipe was to make. You could also put the recipe ingredients with the recipe into a basket for a raffle. Everyone will get to sample some new healthy food ideas and go away knowing the recipe to make that they liked.

Looking after our mental wellbeing, confidence and spirit: Why not hold a Mind skills Event?

As part of our wellness programs we help people to build up their resilience by learning some skills such as how to relax, how to focus and calm their mind and reduce troubling thoughts using techniques like meditation, breathing techniques and self – talk to reduce fears and anxiety. You might like to organise an educational session where you use guest speakers to explain some of these techniques and participants attending your event get some new knowledge and a chance to practise. We may be able to assist you to find locally relevant speakers. Ask people to donate a gold coin or set an attendance fee. You could also raffle some relaxation tapes or books.

General activities

General activities may be more your style so traditional options such as "Loose Change" for wellness where you set up some collection buckets and ask people to donate their loose change into a bucket for a day for the Wellness centre.

Auction nights or Trivia events where you ask for donations and use these to encourage people to come along to your event.

We hope you've found these suggestions practical and useful. For more information go to:

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



Volunteering at the Liverpool Wellness Hub

Some people have told us they want to help in a voluntary capacity so we have developed a **Meet and greet volunteer job description** for people who may want to offer their time at Liverpool

Duties

After completion of volunteer orientation and training, provide a range of engagement activities to clients using the centre. This may include any or all of the following

- Distribution of brochures about the centre
- Taking clients to the centre
- Meeting and greeting visitors
- Ensuring centre users sign the visitors book
- Serving of refreshments e.g. tea, coffee, snacks
- Provide companionship as appropriate
- Ensure the wellness area is kept looking welcoming and tidy
- Provide hand massage/manicures
- Encourage and support people to access information and library materials,
- Promote use of music playing equipment for clients to use when having treatment
- Promote support and educational activities on the termly calendar
- Assist staff to maintain up to date information upon request e.g. check phone nos and contact details are up to-date to give to clients
- Demonstrate how to find information on the wellness centre laptop
- Conduct a range of art/craft activities for distraction/therapeutic benefit e.g. knitting, colouring in mandalas, crochet, badge making, paper folding and other art craft activities
- Conducting basic encouragement to exercise as appropriate e.g. taking a walk around the park at the front of the hospital, basic stretches.
- Referring clients needing additional support to cancer care coordinators
- Collating attendance statistics for the shift

SKILLS

The following skills are required for the position:

Requirements People with a friendly and helpful attitude who are reliable, punctual and able to commit time to volunteer on a regular basis e.g. one day a week for 6 months are encouraged to apply. Volunteers with bilingual skills and personal experience in recovering from cancer are particularly encouraged to apply	Good communication skills Genuine interest in and liking of talking to people Ability to listen, speak tactfully and be aware of nonverbal/body language Able to relate and be patient when explaining information to people from diverse cultural backgrounds	Art /Craft skills Experience in making hobby art craft items Able to demonstrate and teach art craft techniques
Code of conduct/ethical requirements Able to be discrete and follow SWSLHD confidentiality requirements A non-judgmental attitude	Team work skills Able to work as part of the team Able to attend Volunteer orientation, workshops and meetings	Administrative skills Able to record basic statistics on daily sheet and collate daily data

Need more information

Enquiries about volunteering at the Wellness Centre are warmly welcomed. For More information Contact:

Wellness Centre Manager

Ph.: 8738 9808

Email Jan.Heslep@sswahs.nsw.gov.au