



## ART BEHIND THE MASK

Thanks to those of you who have responded to our survey about transforming masks into works of art. We are still collecting forms so please email me if you would like to complete one. This artistic endeavour has been done overseas and led to a fabulous art exhibition. We would like to help patients who are interested to put together a similar exhibition here. The exhibition can be used to raise funds for the new centres.

Lucja (pictured left) has been teaching art to various groups in different parts of Australia over the past 20 years. She is currently based in the southern highlands and sees how transformational art can be when it is allowed to flourish and be recognised as a valuable and necessary part of human existence.

She supports individuals to find and express their own innate talent and then be able to share this with their community. She is excited about working with cancer patients to revamp their treatment masks into art pieces. Lucja believes deeply that the creative process is a key ingredient to healing and wellbeing of a person on all levels of mind, body and spirit.



So please register for our

### **ART MASK WORKSHOPS with Lucja** at:

- **Liverpool Hospital** on the 18<sup>th</sup> of March from 10am – 12pm in the Wellness Centre
- **Campbelltown Hospital** on the 28<sup>th</sup> of April from 10am -12pm in Meeting Room 1, Ground Floor, Building D

Book with Melissa on 8738 9816, or call Jan on 0476 821 659.

## March is time for Monica's ZUMBA GOLD!



Zumba is really just exercise in disguise! Love to tap your toe when you hear Salsa or other Latin music? Come along and try our trial program in March.

Monica our teacher knows how the beat makes it easy for everyone to move and have fun. So why not join her to try out this new exercise program.

Call Melissa on 8738 9816, or call Jan on 0476 821 659 to book.

Classes are held at the Liverpool Wellness Centre on  
**Wednesdays from 1:15 – 2:00pm  
in the Group Room**

### SCRAPBOOKING IS OFF TO A GREAT START....

It was quiet except for the sound of scissors clicking and people focusing on the task to hand of finding a creative way of using photos, and writing mementoes to reflect on their journeys in life.

If you'd like to join Wendy to learn this great skill the next lesson is on  
**Friday, 11<sup>th</sup> of March from 10:30am – 12:30pm.**  
**Book with Melissa on 8738 9816, or call Jan on 0476 821 659.**



### International Women's Day Morning Tea on 8 March



Worldwide, women continue to contribute to social, economic, cultural and political achievement. Our next drop in morning tea falls on International Women's Day the 8th March.

**International  
Women's Day**

We have much to celebrate in Australia but progress in many places continues to be slow. The World Economic Forum predicted in 2014 that it would take until 2095 to achieve global gender parity. To find out how you can support gender parity see: <http://www.internationalwomensday.com/Pledge>



Please join us on this day for morning tea and cupcakes at 10 am to celebrate the many women living with cancer and their sisters, mother and daughters and partners who are supporting them on their journey.

# CARERS UPDATE

## PALLIATIVE CARE SUPPORT INCREASES

For people who are trying to support their relatives who are in the end stage of their illness to remain in their homes and receive care at home, a new service is now available that can assist them.

The **Palliative Care After-Hours Helpline** starts on the 1<sup>st</sup> March 2016.

This service complements current services by providing a phone Helpline operated by specialist palliative care nurses that provide information, support and advice from 5pm – 9am on weekdays and weekends.

The Helpline phone number is **1800 548 225**.

## RECONNECTING CARERS

When you have been caring for someone for a long time and they die, it can be hard to start out life again as a single person. There are bereavement support services to help you to deal with the emotional sadness and grief that you feel but you may also need some help get back into social activities. This can seem hard at first and a helping hand with this can make things easier. Your old friendships may have lapsed because your caring role took all of your time and friends have moved on or you've been so used to doing everything as a couple that it feels strange on your own. The things you used to enjoy may not now be possible because of changed mobility or you feel you need to find new things to enjoy.

The Wellness Centre offers opportunities to meet with others in a friendly atmosphere through our morning teas or to learn something new. This month you can join in with **Scrapbooking on the 11<sup>th</sup> March**, **Watercolour Painting on the 9<sup>th</sup> March** or come along to **Healthy cooking fortnightly on a Wednesday** or **Morning Tea fortnightly on a Tuesday**.

If you'd like to have a little more companionship and support closer to home then the **Sisters of Charity Outreach service** may also be a service that can help. They have a home visit program where trained volunteers can provide companionship and support to help people reconnect with things they might enjoy. It may be as simple as coming to visit someone for a coffee and a chat or meeting somewhere to enjoy a game of ten pin bowling or going shopping. To find out more you can talk to Jan on 8738 9808.

## WELLBEING & MINDFULNESS: TALK-LINK GROUP

This six-week therapeutic group program is for adult male carers in NSW. Facilitated over the telephone by a professional counsellor, the group helps by:

- ✓ Strengthening carer resilience by discussing individual coping strategies
- ✓ Helping carers to gain a deeper awareness of personal stressors
- ✓ Teaching practical strategies to reduce stress that can be practiced at home
- ✓ Explaining the benefits of mindfulness activities

**When:** Commencing **TUESDAY, 17<sup>th</sup> MAY 2016**

**Time:** 10.00am – 11.00am

**Who:** Male carers in NSW looking after someone with a disability, mental illness, chronic condition, drug or alcohol dependency, terminal illness or who is frail

**Venue:** Connect via any landline (free) or mobile telephone (mobile rates)

**Register:** ASAP (places limited so book early).



**For more information or to register CALL THE CARER LINE ON 1800 242 636**

## Healthdirect Smartphone App



This federal government initiative can help you to check symptoms, find health services and trusted advice. You can download it for Free in your app store to your smart phone.

Healthdirect Australia have also recently updated the Medicines section of their website to provide information on medicines including products and active ingredients. This extension of the site will help consumers obtain health information from trusted and reputable sources, relevant to Australians, such as the Therapeutic Goods Administration and Australian Medicines Handbook, and includes links through to key consumer resources.

## ACUPUNCTURE

We welcome Lisa Holden to the Wellness Centre. Lisa is a Registered Acupuncturist and Registered Nurse. She now provides a professional acupuncture service on Tuesday afternoons by appointment.

45 minute treatment sessions can be booked between 1pm and 5pm at Liverpool in the Wellness Centre for a donation of \$10.00.

Acupuncture has been used for many years to treat a range of conditions. Today it is recognised as an important therapy that can assist cancer patients by improving sleep, helping to decrease pain and helping to provide a greater sense of wellbeing.



**Book with Melissa on 8738 9816, or call Jan on 0476 821 659.**

For Campbelltown patients ask at reception for your free voucher. You can then make an appointment time to suit you.



### **NEWSLETTER DISTRIBUTION LIST**

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@sswaha.nsw.gov.au](mailto:Melissa.Carmagnola@sswaha.nsw.gov.au)



## Yoga Pilates

We're keen to give you options to gain more energy and strength. We now have a combined class of Yoga and Pilates that you can try.

Yoga focuses on bringing the body and mind together to create calm and improve relaxation and suppleness and body awareness.

Pilates is both an aerobic and non-aerobic form of exercise that lengthens and stretches the major muscle groups in the body in a balanced way. It improves flexibility, strength, balance. It requires focus and concentration in finding a centre point to control your body through movement rhythm and a correct breathing pattern.

We welcome Julie, our new Yoga Pilates teacher, who will help you become more supple and build up your core muscle strength. Julie's classes will run at Campbelltown and at Liverpool on a Thursday.

**LIVERPOOL: 12 – 1pm in the Alex Grimson Ground East Conference Room (near clinics)**

**CAMPBELLTOWN: 2 – 3pm in the Allied Health Outpatients Physio Gym, Ground Floor (near Reception A)**

## Healthy Cooking starts again

Abbey is keen to share some healthy multicultural recipes with you over the coming months. So why not come along and find out how to cook Thai food with less heat, Mexican delights, easy ideas for meals and snacks for when your short on time or are low in energy.

As Jan's garden is overrun with tomatoes we will also be included some favourite tomato recipes.



## Gardening news...

We are fortunate to be able to share gardening wisdom with Phil Pettitt from the Sydney Botanical Gardens. At his recent workshop he helped us plant vegetables for the winter and gave us some great tips on maintaining the health of our fledgling garden.

His next workshop on Wednesday, 6<sup>th</sup> April 2016 from 10:30am-12:30pm will be of help to all gardeners as he will be focusing on eco-friendly ways to get rid of unwanted pest that can take up residence where we don't want them. So why not save the date in your diary and come along.

Contact Melissa to book on 8738 9816.

## Sharing your story

We are still keen to hear your stories so that we can learn from your experiences and tips. Perhaps going to a group or writing on your own is not your thing. Instead, why not give Jan a ring on 8738 9808 to make a time to share your experiences over a cup of tea. We are keen to also have the perspective of carers so that we can also provide them with better supports as well.



## WE NEED YOUR HELP WITH FUNDRAISING!

As you may be aware we are always trying to make our programs available at a reasonably low cost, which is why we ask you if you are able to make a gold coin donation for most programs. The funds that we collect from you are then reimbursed back into our patient care trust fund. Unfortunately we do not break even and so this means that we have to raise money to go back into our trust fund that we draw upon. If you have family and friends that love Trivia why not tell them about our great Trivia night coming up in April? Tickets are just \$25.00 and can be purchased online. It will be a night with great food, a chance to have fun, and also help out a good cause (i.e. to generate funds to pay for massage, yoga, tai chi etc.)

**Purchase your tickets here:** <http://www.swslhd.nsw.gov.au/liverpool/events/trivia/tickets.html>



**SWSLHD Cancer Therapy Centre**

### Trivia Night

with Quizmaster David Bart

**Friday 16 April**  
Narellan Community Hall, Cnr Queen St & Elyard St, Narellan  
Starts 7:00pm Sharp  
includes a 2 course meal

All proceeds will go to the **Cancer Therapy Wellness Centre** programs at Campbelltown / Camden and Liverpool Hospital

To purchase your ticket, or for more information, contact Jan on 0476 821 659

- \* Trivia Prizes
- \* Raffles
- \* Plus lucky door prizes to be won!

**Tickets \$25 each**  
Includes a 2 course meal  
Teams of 6 per table

## Calming the mind...

Our Mediation class at Camden has now moved to an earlier time from 12:30 – 1:30pm and is now held in a quieter space in UMCCC Tutorial Room, Ground Floor, Camden Hospital. If you aren't able to get to a class but would like some resources to use at home, talk to Jan as we have a number of CD's and handouts that can help you explore how you might calm your mind.

For those of you having chemotherapy, adult colouring, Sudoku and other brainteasers are available. Just ask the nursing staff. Here's an example below to try...

