

## Wig Service – summer hats

As summer approaches, it's time to try out some new cotton cool turbans that have been made and donated by Ann-Marie Daad one of our Registered Nurses'. As you can see, Sonia found it cool and easy to wear. The Wig Service operates on a Tuesday each fortnight. It's run in the morning at Campbelltown and in the afternoon at Liverpool. Book with Melissa on 8738 9816.



## Look Good Feel Better...

For great advice on skin care and to boost your confidence in a fun atmosphere, contact 1800 650 960 to book for a Look Good Feel Better Workshop near you.



look good **feel better**  
FACING CANCER WITH CONFIDENCE

## Gardening workshop

As the warmer months approach the next gardening workshop with Phil will look at bulbs, tubers and rhizomes that you can plant for a great summer display. His next workshop is on:



Wednesday, 7<sup>th</sup> September from 10:30am – 12pm

Book with Melissa on **8738 9816**

Pictured Left: *Participants at August's workshop enjoyed potting up some colourful succulents and cactus.*

## Father's Day 2016

Fathers are an important role model for showing how good men interact with their wives, sons and daughters. So why not join Kerry on the **Friday, 2<sup>nd</sup> September** from 10:30am – 12:30pm in the group room at the Liverpool Wellness Centre and make that special man in your life a great father's day card or scrap book memento he can enjoy on his day 4<sup>th</sup> September – Father's Day.

Book with Melissa on **8738 9816**



## Group Singing

For those who have done it, group singing is exhilarating and transformative. When you sing, musical vibrations move through your body. A sound that begins inside you, when shared with other people comes back as harmony.

Science has discovered singing has both a calming and energising effect on people. It is thought that this is due to the release of endorphins, which is associated with feelings of pleasure and also from the release of oxytocin which enhances feelings of trust and bonding.

It is the one thing in life where feeling better is pretty much guaranteed. Even if you walked into rehearsal exhausted and depressed, by the end of the session you'll walk out feeling so much better. .

Group singing is cheaper than therapy, healthier than drinking, and certainly more fun than working out. So it's not surprising that we would like to offer group singing as one of our programs.

*Talk to Gerald or Dave about coming along for some fun!*



### Wellness Centre Singing Group

If you like singing, come and join the singing group for fun & laughter, and to meet other patients & people.

**Patients and family members are all welcome!  
No experience in singing needed!**

Come and meet **Dave Scott**, our piano man, who will make singing easy and fun for you!

**Date:** Every Thursday (Starting 01/09/16)  
**Time:** 10 AM  
**Venue:** Wellness Centre  
Liverpool Cancer Therapy Centre  
Liverpool Hospital

**Enquiry: Dave Scott – 0429 866 359**  
Gerald Au – Liverpool Cancer Therapy Centre



Come and sing about your joy, your love, your sorrows & your hope...

## Active Survivor at Campbelltown


24 patients have now started the Active Survivor Exercise Therapy Program at the Campbelltown Hospital Gym. Participants are enjoying their personally **tailored exercise therapy** to fight cancer before, during and after treatment. To join this program you just need a referral from your doctor (GP or specialist). *For more information, speak to the Wellness Centre, your specialist and cancer care team, or Health Solutions (02 4283 3522).*





## A look at meditation...

### Meditation class with Dianne



**A regular meditation practice has numerous health and well-being benefits, such as reducing stress and anxiety, lowering blood pressure, decreasing muscle tension and improving memory and concentration**

Learn how to manage stress, anxiety and depression. Relax and switch off a busy mind.  
Cost: \$5.00 gold coin donation. For the most benefit book for the 10 week session. Wear comfortable clothing.

**WHEN & WHERE:**  
Classes are held on Wednesdays in the Wellness Centre,  
Level 1, Cancer Therapy Centre, Liverpool Hospital

**TIME:**  
10.00am – 10.45am

**COURSE DURATION:**  
10 week session

**CONTACT:**  
To book, contact Melissa on 8738 9816

We are very pleased to welcome Dianne Perry who will be teaching a mediation class at the Liverpool Wellness Centre on a Wednesday morning.

Dianne is a trained meditation teacher who can assist people to feel emotionally more comfortable and calm. Why not call Melissa on 98739816 and book for this new class.

Mediation classes are also running at Campbelltown on a Thursday morning at 11am with Maria. Maria also runs a meditation discussion before the practice at 10am. This group is an opportunity to discuss feelings that may arise.

Learning to accept yourself and your feelings whatever they may be helps us to discover self – acceptance and learn to be in the moment. Acceptance doesn't mean automatic approval but rather that we are able to become open to different experiences and events. We can learn to be a witness and observer rather than to just react and so we can learn to integrate those parts of life that we may find painful and want to avoid. We may prefer that some things are different but we learn to accept and experience our feelings as they are - both pleasant and unpleasant. This helps to build self- love and helps our lives become richer, calmer and more fulfilling. Book with Melissa on 98739816.

## Living Well with Cancer

For those of you who are working and need to go to things on the weekends, then the Quest for life workshop on Saturday 3<sup>rd</sup> September may be the answer for you.

Quest is set in a beautiful tranquil peaceful setting in Bundanoon.

They offer delicious vegetarian food, and an educational program that also includes meditation and a range of self-care practices.

They also have a range of helpful books and CDs. So why not call or email them for more information.

Bookings:

Call the program team on **1300 941 488** or email [programs@questforlife.com.au](mailto:programs@questforlife.com.au)



### Living Well with Cancer Saturday 3 September 2016

Living Well with Cancer is a program designed for people living in challenging life circumstances to learn and share about the importance of self-care and the elements that build resilience.

Participants will explore how to create inner peace, manage feelings better and how to easily incorporate relaxation into their everyday life.

**Time:** 9:45am Arrival  
Workshop from 10:00am - 3:00pm  
**Location:** Quest for Life Centre,  
13-33 Ellsmore Rd, Bundanoon NSW  
**Bookings:** Call the programs team on  
1300 941 488 or email  
[programs@questforlife.com.au](mailto:programs@questforlife.com.au)

Lunch and light refreshments provided.



## Jan is leaving...

Those of you who have been coming for some time will have met or have spoken to Jan our Wellness Manager. She is off for an overseas holiday and some new life experiences.

If you are here on **Tuesday 6<sup>th</sup> September** please call in to the Liverpool Wellness Centre to share a farewell cuppa and cake with her at 10:30am.

For catering please RSVP to say you are coming.  
Ph. 8738 9808

bon voyage  
farewell  
safe travels!



## Recipe of the month

In case you missed our last Wednesday lunch and Abbey's delicious food using our home grown balcony veggies I have included her chicken and vegetable soup recipe for you to try out at home.

Everybody who tried it came back for seconds.

### Ingredients

2 chicken breasts cut into strips  
4 carrots, peeled and sliced  
4 spring onions chopped  
12 potatoes, peeled and chopped

1/2 tin sweet corn  
2 large handfuls spinach  
Chicken stock cube

Oil for stir frying  
Sprigs of herbs you prefer e.g. coriander, thyme, mint etc  
Instant soup noodles.

### Method

1. Place the potatoes, carrots, spring onion and thyme into a wok and stir fry lightly.
2. Add about 2 1/2 litres of water or enough to cover and the chicken stock cube.
3. Simmer on a medium heat until veggies are cooked through.
4. Add the tinned corn.
5. Wash and pat dry chicken breasts with kitchen paper. Cut into strips.
6. Add the chicken strips to the veggies broth. Allow to reduce for 15 minutes until there's about 2 litres left.
7. Add the instant noodles
8. Serve in warm bowls sprinkled with herbs with some crusty bread.



**Not on our list or want to refer a friend? Subscribe at:**  
<https://www.swsld.nsw.gov.au/cancer/newsletters.html>