



# Wellness

SWSLHD CANCER

Website: [www.swslhd.nsw.gov.au/cancer](http://www.swslhd.nsw.gov.au/cancer) Email: [SWSLHD-LiverpoolWellnessCentre@health.nsw.gov.au](mailto:SWSLHD-LiverpoolWellnessCentre@health.nsw.gov.au) Phone: 02 8738 9853

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

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

Go to our online Wellness Calendar of Events:

<https://www.swslhd.health.nsw.gov.au/cancer/calendar.html> for all dates, times and booking information for our Wellness Programs.

## Fundraising Update

On Sunday, 31 March 2019, staff members and volunteers attended the West Tigers vs Bulldogs Charity Match at Campbelltown Stadium to raise money for the Wellness Programs. A total of \$4,241.05 was raised. A huge thank you to those who volunteered (and donated!) on the day to help us raise these much-needed funds!

We have recently received some very generous donations from donors wishing to help support our Wellness program. Donations raised in-memory of a loved one have allowed us to further increase hours for massage and acupuncture services at Liverpool.



## Are you suffering from treatment side effects?

Oncology Massage has been shown to help alleviate some of the side effects of chemotherapy and radiation treatment. Starting in June, Sandra's Oncology Massage Clinic at Liverpool will increase to 6 hours on a Tuesday. This increase will allow an additional 152 patients to access her services over the year!



## Acupuncture Clinic

From June this year, Lisa's Acupuncture Clinic at Liverpool will increase from 4 hours to 6 hours on a Thursday. Appointments fill up quickly, so be sure to make yours today!

## Learn to Relax!

In addition to our Liverpool classes, Meditation classes have now begun at Campbelltown. Join Leanne, and learn how to manage stress, anxiety and depression. Relax and switch off a busy mind! Bookings are essential.

## ENRICHing Survivorship Programs

ENRICHing Survivorship is facilitated by an exercise physiologist/physiotherapist, dietitian, yoga instructor and volunteers to restore your physical and emotional wellbeing after cancer treatment. The program runs one day per week for 8 weeks and each session is 2 hours.



The program is made up of the following components:

- Six sessions focus on exercise and nutrition to improve cancer health (ENRICH).
- A yoga and mindfulness session introduces relaxation breathing techniques to help reduce stress and anxiety.
- A peer support session provides practical information, discussion and ideas about how to adjust to the changes following cancer treatment

The program is available to people over 18 who have completed active cancer treatment. For people diagnosed with certain cancer types requiring long term treatment the program is available provided the participant is feeling well and able to physically participate. A carer, partner or family member is welcome to attend with the cancer survivor.

Read more at <https://www.cancer council.com.au/enrich/#cxSugKAAACIB5hCh.99>

Program dates and locations are as follows:

**LIVERPOOL:** 20 August to 8 October 2019

**CAMPBELLTOWN:** 3 May to 21 June 2019 – NOW FULL  
26 July to 13 September 2019

**BANKSTOWN:** 15 May to 3 July 2019 – CANCELLED DUE TO LOW NUMBERS

To register, please email [enrich@nswcc.org.au](mailto:enrich@nswcc.org.au) or call 1300 360 541



### Winter is coming... and so is Dry July!

Dry July is a not-for-profit organisation that challenges people to abstain from alcohol for the entire month of July to support adults living with cancer.

Please join our team, or support us by making a donation via the following link:

<https://www.dryjuly.com/teams/liverpool-cancer-services>

## Boost for Cancer Wellness Centre

The new cancer Wellness Centre to be built as part of Liverpool Hospital's \$740 million redevelopment, has received a boost with Liverpool Hospital Cancer Services awarded a \$2 million Australian Cancer Research Foundation grant.

The new Cancer Wellness Centre would be a first for south west Sydney and a great asset to the community.

