



# 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: 8738 9853

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

## **TERM 4: 15 October - 21 December 2018**

Term 4 of our Wellness Programs is underway, and the countdown to the Christmas break is on!

We are happy to announce that from next year, Liverpool's Wellness Programs will run right throughout the year from 14<sup>th</sup> January – 20 December 2019! A generous donation from the Cabra-Vale Diggers Club has allowed this increase in our services. At this stage Macarthur's programs will still run by school term, just until we can source additional funds - hopefully we can achieve this soon!

Our Wellness Programs are available to cancer patients (treated within the South West 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 4 Wellness Programs.

### **FUNDRAISING UPDATE**

The recent Cabra-Vale Diggers Charity Bowls Day raised \$10,000 for Liverpool Hospital's Cancer Wellness Centre. As mentioned above, this wonderful donation will now allow our programs to run at Liverpool for an extra eight weeks next year! Thank you very much Cabra-Vale Diggers!



The Liverpool Inner Wheel Club has donated \$12,000 to the Liverpool Cancer Therapy Centre. This generous contribution will help purchase a portable nasoendoscope for the benefit of the Centre's cancer patients. We are so lucky to have such wonderful support from the local community!

We would also like to acknowledge Dry July and 24hr Fight Against Cancer Macarthur for their continued support of our Wellness Programs. Without their ongoing support, we would not be able to provide these services to our patients and their carers.



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## YOGA CLASSES

Our new Yoga Instructor, Bronwyn, has commenced at Liverpool and Macarthur Cancer Centres! Bron's yoga classes are on **Wednesdays at 11am at Liverpool, and Thursdays at 2pm at Macarthur**. We also offer Yoga classes with Monica on **Monday's at Liverpool at 12noon**. Bookings are essential.

## GARDENING – NEXT WORKSHOP 20<sup>th</sup> November

Our next Gardening Workshop is coming up on **20<sup>th</sup> November 2018**. Join Phil, from the Sydney Royal Botanical Gardens, on our Wellness Centre Terrace at the Liverpool Cancer Therapy for a hands-on and informative workshop. The topic for this month's workshop will be **Australian Botanical Christmas Craft**. Bookings are essential.

## ART CLASSES

Laurel's art classes are held every second Wednesday from 12.30pm in the Wellness Centre. Learn to paint in a relaxed and friendly group environment. Bookings are essential.

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## NUTRITION EDUCATION EVENING

In partnership with Health Solutions, we will be hosting free "Nutrition & Cancer" Active Survivor Master Classes which will be held as follows:

- Tuesday, 20<sup>th</sup> November 2018 from 6-7pm in the Thomas & Rachel Moore Education Centre – Liverpool Hospital
- Wednesday, 21<sup>st</sup> November 2018 from 6-7pm at the Campbelltown Arts Centre – 1 Art Gallery Rd, Campbelltown

Register your attendance at <http://healthsolutionsgroup.com.au/MasterClass>

Additional workshops will be run in 2019. Contact Health Solutions to register your interest [info@healthsolutionsgroup.com.au](mailto:info@healthsolutionsgroup.com.au), or call Greg on 0476 821 659.

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## MCGRATH FOUNDATION VISIT

The CEO of the McGrath Foundation, Holly Master, visited the Liverpool Cancer Centre last week to see first-hand the work we are doing at Liverpool, and to see how they can further provide help with services in the future.



*together we can make a difference\**

The McGrath Foundation is a breast cancer support and education charity, which raises money to place McGrath Breast Care Nurses in communities across Australia and increase breast health awareness.

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## BRAVERY UNMASKED 2018 EXHIBITION

The Bravery Unmasked Exhibition has now commenced and will be on display until **18<sup>th</sup> November 2018** at the Casula Powerhouse Arts Centre.

In this exhibition radiation masks, used to immobilise the head in cancer treatment, are turned into artworks by patients, their family and supporters.

The radiation masks, each moulded to individual patients, serve as a symbol for the experience of cancer. *Bravery Unmasked* engages creativity to explore the impact of cancer from the perspective of those diagnosed as well as carers, family and friends. Healing is multi-faceted; whilst the medical system provides the necessary equipment and support to heal physically, responding to the mask allows the participants to create a new story around cancer.

All money from the sale of masks in the exhibition will be donated back to the SWSLHD Cancer Wellness!

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