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Liverpool Wellness Centre launches winter activities

Liverpool Hospital's Cancer Wellness Centre has launched a new timetable of activities to help patients, survivors and carers during different stages of their cancer journeys.

The Wellness Centre, on Level One above the Cancer Therapy Centre, is a friendly, supportive environment that provides non-clinical support to help provide a holistic approach to cancer care.

Head of Cancer Services for Liverpool, Dr Eugene Moylan, said the number of patients surviving their cancer diagnoses is growing and they need to be supported.

"About 65 per cent of patients will live longer than five years after their cancer diagnosis and the vast proportion of these patients are cured from their cancer," Dr Moylan said.

"That's why their recovery journey is not just about medical or clinical support, it is also about emotional, social, environmental, spiritual and intellectual wellness."

The winter timetable includes yoga, tai chi and qui gong classes to help with physical and spiritual support; a relaxation group, manicure and hand care class, and Wig Library access for emotional support; knitting and sewing groups, and treatment specific support groups.

Yoga teacher Prem Kumar said gentle exercise like yoga can help people feel more comfortable while they're on their cancer journeys.

"Yoga can help increase flexibility, improve blood flow and oxygen levels, work internally to massage the internal organs and help detox the mind and body," she said.

"Calming the mind down and focusing on something other than what one has been involved in can give people the opportunity to maintain a sense of wellbeing, balance and confidence.

"Classes like yoga help people connect, and allows us as teachers to provide health and wellbeing options in consultation with medical staff to ultimately create a better outcome."

While the existing Wellness Centre is fully operational, fundraising is currently underway for a new, stand-alone Wellness Centre for Liverpool.

Dr Moylan said facilities like the Wellness Centre are vital in ensuring the recovery journey of patients is as smooth as possible.

"Cancer survivors, and those who have completed treatment, have specific ongoing needs that are best addressed in a comprehensive cancer wellness centre.

"A purpose-built wellness centre will provide a greater focus on additional support services in a more comfortable setting, away from the hospital environment where patients underwent their acute treatment.

“As well as supporting people living with cancer, we hope the facility will be responsible for undertaking research to improve understanding of cancer survivorship problems and help to find solutions,” Dr Moylan said.

In the new Centre it is envisaged that, under one roof, patients and carers will be able to access help with information, benefits advice, psychological support (both individually and in groups), attend courses and stress-reducing strategies.

The Wellness Centre will also provide accommodation for consultative medical, nursing, allied health and complementary therapists and volunteer services delivered on a programmed and scheduled basis.

To find out more about the proposed Wellness Centre and to make a donation, visit:

www.swslhd.nsw.gov.au/cancer/support