

# HealthyLiving

Cancer Care Centre Inc.  
Quarterly Program and Newsletter

## Report from The Chair

See page 2

## Free Gut Health Workshops

for members and Unley  
Residents. See page 7

## Can we make a new cancer therapy?

with Prof Simon Barry  
See pages 10 & 11



### The leading provider of supportive cancer care in South Australia, since 1985

Cancer Care Centre Inc is a community based, not-for-profit organisation offering a wide range of complementary care to support cancer patients and their families. Complementary care refers to a variety of holistic health services which enhance wellbeing on physical, emotional, mental and

spiritual levels. Areas specific to cancer care include interpersonal support such as counselling and support groups; stress management approaches such as meditation and massage and nutritional approaches such as diet and nutrients. Research has demonstrated that complementary care improves cancer patients'

wellbeing and may assist them to better tolerate their medical treatment for optimal outcomes. Cancer Care Centre Inc staff consist of a variety of dedicated health care professionals and trained volunteers – many of whom have been affected by cancer in their own lives. We support individuals and families to empower

themselves as they travel the cancer journey. We provide an environment which complements medical treatment as clients work towards wellbeing.

To keep up to date with what's happening at the Centre, visit our website [www.cancercarecentre.org.au](http://www.cancercarecentre.org.au) or follow us on Facebook.

  
**Cancer  
CareCentre**  
*a place of help, hope and understanding*

**Cancer Care Centre Inc**  
76 Edmund Ave,  
Unley SA 5061  
Call (08) 8272 2411  
[cancercarecentre.org.au](http://cancercarecentre.org.au)

## Christmas is right around the corner...

Why not treat someone you know with a gift voucher for one of our therapies?

For the member price of just \$40 or (non-member \$85) your special person will be cared for with a tailored professional massage by one of our qualified therapists.

We also have copies of Di Cornelis's Healthy Plant Based Cooking available for \$25.

To purchase please visit [cancercarecentre.com.au](http://cancercarecentre.com.au) or pop into Reception during office hours to arrange.



## Donations

The Centre would like to thank the following people for their generosity:

Nicole Crawford	Wendy Andrews	Lee Hutton
Ian Budenberg	Commonwealth Bank Of Australia	Michael Rabbitt
Gwenda Stokes	John Lucas	Johanna Treadwell
Dianne & Graeme Johnson	David Toohey	Micheal Evans
Jane Jungfer	Katharina Brandwyk	Barbara May
Terry Riordan	Jenny Leak	Alec King
Brian Murphy	Sharon Stevens	Heather Doig
Gregory Stanford	Meike Vandijk	Carolyn Watkins
Sloan Marie	Lynda Dresosli	Jacky Kensington
Russell Talbot	Margaret Southcott	Sheryl Klatter
Jane Fletcher	Mal Warrick	Tamara Jane Emswiler
John Lucas	Kevin Welsh	Malgorzata Langman



## Notice of Christmas Closure Times

The Cancer Care Centre will be closed from Friday the 20th December and reopen on Monday 6th January 2020.

We would like to take this opportunity to wish all of our readers a peaceful and safe holiday season.



### Thank you to our Cancer Care Champions:

Ray & Jocelyn Nciholson  
Julie & Malcom Potticary  
Alexandra May

*Donations made after 31st May 2019 will appear in the next edition of Healthy Living.*

## Like us on Facebook and follow us on Twitter



Remember to like Cancer Care Centre on Facebook and spread the word to friends.



@CANCER\_CARE

Note: The Cancer Care Centre is a support and resource organisation and provides information of a general nature. It does not recommend any specific treatments.



As this magazine goes out we are preparing for our Annual General Meeting and this magazine provides an opportunity to reflect on the work of Cancer Care Centre and in particular its Board of Management and staff over the year.

The Board of Management completed its first Strategic Plan which now provides clarity in our strategic direction. At the same time changes to our financial accounting system, new online booking and phone system all have added to greater efficiencies in the work of staff and volunteers. Both Brian Murphy and Sue Ross have worked on rewriting and improvements to our procedures and policies.

The Board this year have engaged in dialogue with the City of Unley regarding our premises and we continue to work our local Ward Councillors and Council staff, keeping abreast of the consultation and planning processes on redevelopment of the Edmond Avenue cottages and surrounding park area. At the same time we are now in the process of securing a longer term lease with the council as our current lease expires in January 2020.

This year we have seen a number of Board members retire due to various personal reasons.

At the end of this Board's term Ian Budenberg and Brian Murphy will be completing their terms of office. Both Ian and Brian will not be re-standing for the Board. For over 10 years Mr Ian Budenberg has been a member of the Cancer Care board and has played a significant role as Chair. Brian Murphy has held positions of Treasurer, policy writer and managed our IT challenges. Both Ian and Brian have been passionate and great advocates about the work of the Centre and I personally thank them for their contributions over the years and the support and assistance they have provided me this year.

Both Ian and Brian will not be with us for our Annual General meeting, but we will formally recognise their contributions at our Christmas breakup in December.

My thanks go to Alice Scott (Treasurer) and Tamara Hooper (Marketing and Events subcommittee) for their contributions. We welcome Justin Piteo who has kindly taken on the role of Treasurer in recent months.

Throughout the year the Board has worked closely with our Centre Manager Calandra Scott and a large number of volunteers. Without the volunteers the Centre could not remain open and we would not be able to help our members the way we do. The Board acknowledges the time they generously donate to the Centre.

This year has seen a concerted effort by board members and volunteers to raise funds through events and grants. We were successful in receiving \$6,500 in grants through Grants SA and City of Mitcham.

Our Marketing and Events committee comprising Calandra, Tamara, James, Tiffany and Julia have run some great events which have contributed over \$20,000 in fundraising for the Centre. Highly successful events have included: The Jazz & Blues Day \$4,500; The Mother's Day Movie Night which made \$11,500.00 through support from SA Power Networks Employee Foundation.

Additionally, we have been supported by some individuals and groups who have generously raised money and donated to CCC. These include: Judy Gent and Recreations SA's Royal Gala Night; Masonic Lodge Glenelg; Bendigo Bank; Tara Artini with Stephanie from Beauty is in the Hair. There are many others who have contributed throughout the year in various ways and I wish to acknowledge Lee Green - auditors, Gerard McCabe Jewellers, Mayfair Florist, CMV Foundation and Organic Box. I thank you so much for your generosity. This takes our total funds raised to over \$26,000.00, we thank them all for their donations and hard work to achieve this fantastic amount of money.

I look forward to our Annual General Meeting and new members who will join the Board this upcoming year.

Thank you again to all our volunteers, sponsors, members and supporters.

**Meredith Ridgway**  
Chair



## Please give generously

### What your donation will do for Cancer Care Centre and its clients:

#### With a fully tax deductible donation of:

- \$100** help purchase books for the library collection
- \$200** help purchase organic ingredients for our vegetarian cooking course
- \$300** help subsidize the cost of 'Journey to Wellness' course
- \$600** help mail out an edition of Healthy Living

These are just a few of the costs that can be covered by a fully tax deductible donation.

### You can make your contribution by:

- becoming a Cancer Care Champion
- donation – by completing the 'cut out' slip on the next page and post-marking the envelope 'reply paid' (donations are 100% tax deductible)
- bequest – by contacting the Centre Coordinator for details
- in memoriam donation – by naming the Cancer Care Centre.

Your gift to the Cancer Care Centre will assist the support and care of cancer sufferers and their carers.

Thank you for supporting the Cancer Care Centre.



## Tax Deductible Gift

Title \_\_\_\_\_

First name \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_

Postcode \_\_\_\_\_

Email \_\_\_\_\_

### I wish my gift to be:

- ☐ anonymous
- ☐ publicly acknowledged  
(name only is published)

I would like to donate \$ \_\_\_\_\_ by \_\_\_\_\_

- ☐ Credit Card
- ☐ Visa ☐ Mastercard

Card number \_\_\_\_\_

Expiry date \_\_\_\_\_

Name on card \_\_\_\_\_

Signature \_\_\_\_\_

### ☐ Cheque / Money order payable to:

Cancer Care Centre and posted to:  
Centre Coordinator  
Cancer Care Centre  
Reply Paid 83842  
76 Edmund Ave Unley SA 5061

### ☐ Direct credit to:

BSB: 105 011  
Account number: 075 271 440  
Account name: Cancer Care Centre Inc  
Reference: Your name

### ☐ Telephone:

For credit card payment by telephone  
please ring the Centre Coordinator on  
(08) 8373 1470  
Monday – Friday, 10.00am – 4.00pm

Thank you for your generosity.  
Your support is greatly appreciated.

ABN 73 640 293 985

## MESSAGE FROM THE MANAGER



My second year as the manager of the Centre has now ended and I feel well settled into the role and am confident of the

Centre's work to strive forward and evolve with the focus of complementary support to all our members.

The strong foundation of volunteers is the key to our ethos and ability to provide our service of 'Help Hope & Understanding'. I would like to thank everyone from the board; to our facilitators of courses and workshops; to our therapists and counsellors and to our administration support staff. It is lovely to work and be involved with a great group of individuals with open and caring hearts, so to everyone I say Thank You.

As is natural, we have movement of volunteers coming and going from the Centre. I would like to acknowledge all those who have helped with their time, expertise and support over the last year.

Recently we had 11 of our volunteers complete a Mental Health First Aid Certificate conducted at the Centre. This was a great course facilitated by Carmen Frank from Silver Lining Consulting; the volunteers all felt they gained a lot from it. This was a great opportunity to utilise our new Smart TV (which was acquired through Grants SA for training volunteers). The new larger screen and computing system, now with Wi-Fi, is a great asset to the centre and has been put to good use already. (See photo "Volunteer Training")

We have recently welcomed Angela Kirby who has volunteered her time to do Group Art Therapy Workshops. Our first workshop was well received and we have two further dates booked this year. Please see page 12 for more details. (See photo "Art Therapy")

Following on with the Art theme at the Centre we also took part in Mandala Art with Cathy Wake who was an excellent facilitator and everyone was impressed with how our mandalas turned out! (See photo "Mandala Art")

A Big Thank You to our wonderful volunteer "Truffy". Truffy volunteers on Fridays in our office and raised funds for the centre recently by taking up the the Adelaide Oval's "Stomp" stair challenge. She went up and down 6,000 steps and raised \$1,500. (See photo "Truffy Stomp Fundraiser")

Another Big Thank you to the Commonwealth Bank at Campbelltown who chose the centre for a donation of \$500. (See photo "Campbelltown Bank Donation")

We now say goodbye to another year and welcome a new one. I hope this Christmas brings you nothing but fond memories, happiness and laughter and that the New Year brings a positive, new chapter in your life.

**Calandra Scott**  
**Manager**



# Father's Day Movie Night Fundraiser

Thank you to our Marketing and Events Committee who put together a movie night featuring, "Once upon a time in Hollywood". The lovely Capri theatre was a great host for the evening.

We held some pre-movie games which were well received.

Our volunteer, Indy, was in charge of "Find the Joker" game and University placement student, Ola, ran the quoit toss game.

We also had a "Guess the number of lollies in the lolly jar" and, of course, our Father's Day Raffle.

Congratulations to all our winners!

The evening was a great success raising \$4,800 for the centre.

Thank you to everyone involved and who came along and supported the evening.



# GUT HEALTH WORKSHOPS

Free for Cancer Care Members & Unley  
Residents - Spaces Limited

Gut Health Theory Workshop

Facilitator: Paul Kern

6th Oct 2019

1pm - 4pm

Gut Health Cooking Workshop

Facilitator: Chris Wake

6th Nov 2019

6.15pm - 7.30pm

**SPACES LIMITED - BOOKINGS ESSENTIAL  
PLEASE CALL THE CANCER CARE CENTRE ON  
08 8272 2411**

All Workshops Held at the Cancer Care Centre  
76 Edmund Ave, Unley, SA 5061

Special Thanks to Unley City Council For Grant Received

# What's on at the Centre...

## Weekly Programme

### What is Pathways?

Pathways is an opportunity to spend time with one of our trained Support Workers in a private, quiet environment to explore and prioritise goals, needs and skills regarding your cancer journey, or if you are a carer, to explore how you can be of support, while at the same time taking care of yourself. Pathways appointments are available most days. Please ring the Centre to book your free Pathways appointment.

## Monday

### Young Women's Support Group

A friendly support group for women under 45 to discuss issues affecting them on their cancer journey.

1st & 3rd Monday of the month  
6.30pm – 8pm

By donation, Non-Members \$10

Please register your interest by telephoning the Centre on 8272 2411.

### Melanoma Support Group

Facilitator: Karen

Last Monday of the Month

10.30am – 11.30am

### Massage – Remedial, Relaxation, Myofascial; Craniosacral, Trigger Point

Therapist: Ryan

Fortnightly, Monday mornings

Members \$40, Non-Members \$85

### Nutritionist

Facilitator: James Hart

Weekly, Monday afternoon 5pm

Members \$40, Non-Members \$85

### Counselling

Counsellor: Natalie

Weekly, Monday afternoons

Members \$40, Non-Members \$85

## Tuesday

### Massage – Lymphoedema, Oncology, Energy body processes

Therapist: Judy

Fortnightly, Tuesday mornings

Members \$40, Non-Members \$85

### Massage – Oncology, Relaxation

Therapist: Therese

Fortnightly, Tuesday mornings

Members \$40, Non-Members \$85

### Massage – Oncology, Relaxation

Therapist: Anne-Marie

Fortnightly, Tuesday afternoon

Members \$40, Non-Members \$85

### Reiki

Facilitator: Colomba

Weekly, Tuesday morning

Members \$40, Non-Members \$85

### Laughter Yoga

Facilitator: Laughter Yoga SA

Weekly, Tuesday morning

9.30am – 10.15am

FREE - Meet on the Unley Village Green

### Men's Support Group

This group provides an opportunity for men to discuss issues affecting them on their journey, whether they are a patient, carer or partner of a patient.

Facilitator: Mel

1st & 3rd Tuesdays of the month

7pm – 9pm

By Donation, Non-Members \$10

Please register your interest by telephoning the Centre on 8272 2411.

## Wednesday

### Group Meditation

Facilitator: Dharmamodini

No booking necessary

Weekly, Wednesday mornings

10.30am – 11.30am

Members \$7.50, Non-Members \$10

### Counselling

Counsellor: Nicole

Weekly, Wednesday mornings

Members \$40, Non-Members \$85

### Counselling

Counsellor: Lee

Weekly, Wednesday afternoons

Members \$40, Non-Members \$85

### Massage – Lymphoedema, Oncology

Therapist: Sarah

Weekly, Wednesday mornings

Members \$40, Non-Members \$85

### Massage – Oncology, Remedial, Craniosacral

Therapist: Lyndon

Weekly, Wednesday afternoons

Members \$40 Non-Members \$85

### Massage - Reflexology

Therapist: Lyndon

Weekly, Wednesday afternoons

Members \$40 Non-Members \$85

### One on One Yoga

Facilitator: Donna Myer

Wednesdays Weekly

5pm or 6.30pm spots available

Cost Members: \$10 per session or \$25 for 3

Please register your interest by contacting the centre on 8272 2411.

## Thursday

### Thursday Women's Support Group

A friendly support group for women over 45 yrs of age to discuss issues affecting them on their cancer journey.

1st & 3rd Thursday of the month

10am – 12 noon

By Donation, Non-Members \$10

Please register your interest by telephoning the Centre on 8272 2411.

### Counselling

Counsellor: Lynne

Weekly, Thursday afternoons

Members \$40, Non-Members \$85

### One-on-One Meditation

Facilitator: Lynne

Weekly, Thursday afternoon

Members \$20, Non-Members \$30

# Courses and Workshops

Please ring the Centre on 8272 2411 to book into a workshop or course as bookings are essential. If you have any other workshop ideas please contact the Centre to discuss.

## Friday

### Nutritionist

Facilitator: James Hart  
Weekly, Friday evening 5pm  
By appointment  
Members \$20, Non-Members \$40

### Counselling

Counsellor: Helene  
Weekly, Friday afternoons  
Members \$40, Non-Members \$85

### Massage – Lymphatic

Therapist: Lyn  
Monthly, Friday afternoons  
Members \$40, Non-Members \$85

### Massage – Oncology

Therapist: Vicki  
Monthly, Friday afternoons  
Members \$40, Non-Members \$85

## Monday – Friday

### Resource Centre

The library is an easy and convenient way to find information and inspiration. Come in and have a browse and ask our friendly staff how this great resource can help. Internet research can be arranged for you by one of our volunteers.

The library is open during office hours  
9.30am – 4.00pm, Mon – Fri.

No Charge – Members' facility only

## Sunday

### Gut Health Workshop – Theory

Facilitator: Paul Kern  
Sun 6th October 2019  
Free for Members and Unley Council Residents  
Non Members \$80  
Please register your interest by contacting the Centre on 8272 2411

### Dream Power Workshop

Facilitator: Diane Bellchambers  
Sun 27th October 2019  
2pm - 4pm  
\$15 Members - \$30 Non-Members  
See Page 12 for more details

## Monday

### Art Therapy Workshop

Facilitator: Angela Kirby  
Mon 28th October 2019  
Mon 25th November 2019  
1pm - 3.30pm  
\$10 Members - \$30 Non-Members  
See Page 12 for more details

## Wednesday

### Yoga – Restoring Balance

It's safe, relaxing and easy to do. 8-week course with no prerequisites.

Facilitator: Tina Spencer  
Wed 30th October to 4th December 2019  
Put your name down to register your interest.  
Cost: Members \$85, Non-Members \$125

### One on One Yoga

Facilitator: Donna Myer  
Wed Weekly 5pm or 6.30pm spots available  
Cost Members: \$10 per session or \$25 for 3  
Please register your interest by contacting the Centre on 8272 2411.

### Juicing Workshop

This monthly workshop shows you how easy it is to make your own fresh juice and harness all the goodness of vegetables and fruit.

Facilitator: Cherie Gauci  
1st Wed of the Month 1pm – 2pm  
Members \$7.50, Non-Members \$10

### Seeds for Health – Gardening Course

Facilitator: Di Bickford  
4-week Course  
Lunch included for gold coin donation  
30th October until 20th November 2019  
10am - 12.30pm  
Members \$55 - Non-Members \$80  
Bookings Essential  
See Page 12 for more details

### Gut Health Cooking Workshops

Facilitator: Chris Wake  
6th November 2019  
6.15pm to 7.30pm  
Free for Members and Unley Council Residents  
Non-Members \$80  
Please register your interest by contacting the Centre on 8272 2411.

## Friday

### Sound Healing Meditation

Facilitator: Heather Frahn  
Friday 29th March 2020  
6.45pm - 8.30pm  
\$30 Cost  
Please register your interest by contacting the Centre on 8272 2411.

If you have any other workshop ideas please contact the Centre to discuss.

*With the exception of Wednesday morning meditation, you are advised to contact the Centre on (08) 8272 2411 to confirm course commencement dates and times, and to make bookings for all courses listed.*

# Can we make a new cancer therapy with on-target efficacy and minimal side effects?

Professor Simon Barry talking with Lee Hutton on cancer immunotherapy.

In our last Healthy Living magazine, we discovered how the new treatment “immunotherapy” is “an umbrella term that captures a way which the body harnesses the immune system and makes it better at recognising cancer cells in the body”.

In brief, it was explained that clinics have been recently able to treat patients with certain cancers with “antibody immunotherapy” with success. In the last 12-14 months the new CAR T immunotherapy for some blood cancers has been approved for use.

It is enlightening to understand how cancer cells “communicate” with the immune system cells and even see the electron microscopy pictures of the immune system cell

cancer.

The new wave of immunotherapy called CAR T cell therapy has the promise of arming the immune system so as to be resistant to the “hypnotising effect” of cancer cells upon the immune system cells. CAR T are armed with a “key” that recognises the cancer cell “lock”, and when they meet, this enables the CAR T to kill the cancer cell. If we can find the right “key”, CAR T therapy also has the potential to be effective against a larger range of solid cancer tumour types. Prof Simon Barry’s laboratory and his cooperative research team are continuing to develop this scientific breakthrough.

Whereas antibody therapies target “check point inhibitors” to block



therapy and how it works, Prof Barry used the analogy of the “lock and key”.

CAR T therapy depends on arming the immune system T cells with a “key” with which to recognise the right “door” – that is the cancer cell. The discovery of the “key” for leukemia cancer cells of a protein CD 19 is an example. So far this key is effective only against this particular subset of cancers.

**Qu: What is the UPDATE from the lab since our last publication?**

Ans: We are still very excited about a “key” that has proven to be effective in lab conditions against nine types of cancers that includes: triple negative breast; prostate; pancreas; ovary; glioma; and neuroblastoma (two very difficult to treat brain cancers). We have some promising data using mouse models for two of these, but we need to repeat those experiments carefully to make sure the results are reproducible. However, since then we have now ADDED to this list: lung cancer;

lymphoma; colorectal cancer; myeloma; head and neck squamous cell carcinoma. It is also very cool that the lab’s CAR T cell “key” has been used successfully to kill ovarian cancer cells using a patient biopsy sample rather than a cell line in the lab or mouse model, so that represents further promise.

That makes it a total of 13 different cancer family types.

**Qu: What is the lab focussing on now?**

Ans: As well as testing which cancer type we can target, we are working on how to make the CAR T up to the number and quality for clinical use. There are quite a few things we want to get right:

1. “Best Formulation” - that is figuring out and growing the right mixture of cells to be put into a person to mimic the immune system cell armoury and what “cocktails” to grow the cells in such as different mixtures of hormones.

This is very clinically important to its effectiveness and we

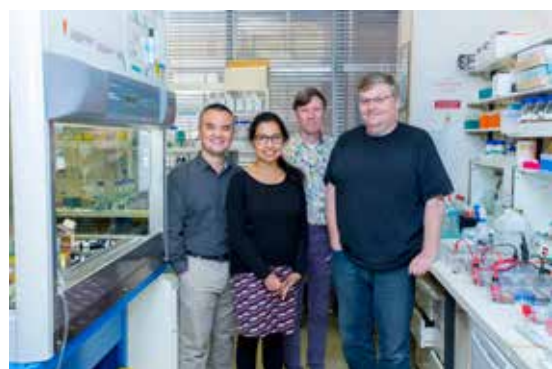
understand that the immune system operates in waves so it needs to be armed with CAR T cells that are in varying stages of readiness to kill cancer cells. So a patient will be delivered some cells “ready to go and find and kill” and some cells capable of doing the same but waiting to be activated, and some cells that are capable but having a rest until “called back into service” ....

2. To make the CAR T cells most effective once in a person, they need to be able to find the cancer cell (“door”) in the complex environment of the human body. To use the key and door analogy, the body may be analogous to a big city of dark streets lined with thousands of doors, and the CAR T immune cell must be able to find the right door (cancer cell). We are working on programming the CAR T cell with the sensitivity to discover the signals that cancer cells use to draw other cells to it.

This is called “homing” to a tumour.

And 3. Getting “GMP (Good Manufacturing Process) ready”, that is making sure the manufacture of the cells is very safe and clean to put into a person ... then we can proceed to set up our trial plans.

**Qu: BUT what does it take to get this science from the lab to curing people in clinical trials?**



sending out “fingers” to “taste and sniff”. This is the way to check out the cancer cell. We learnt how the cancer cells send back “leave me alone” messages and this can leave the body vulnerable to non-detection of the

the hypnotising messages being sent from the cancer cells, CAR T therapy aims to give the immune system cell a “licence to kill” upon instant recognition of a cancer cell.

In discussing CAR T

Ans: Great Question!  
There are 2 pathways and we are doing both:

1. Through research funding (clinical trial grants) for which there is fierce competition amongst researchers from all fields
2. Create a company with other organisations enabling access to federal programs and also partnering with investors as a joint venture - I am part of a team that is a big collaboration of Women's

and Children's Hospital; University of SA; and Adelaide University.

Together we have formed a Biotech company called "Carina Biotech".

You can read more about the research team/ partnerships and progress of "Carina Biotech" at our website: <http://carinabiotech.com/>.

(Apart from the play on words related to "Car In a Biotech", an extra bit of trivia is that the name was

chosen because of its link to a constellation called Carina, which represents the ship featuring in the greek mythology "Jason and the Argonauts" and their search for the golden fleece!)

**Qu: How is your timeline estimation of having trials by the end of 2020 going?**

Ans: Given the process of gaining approvals from an ethics and safety point of view is usually a 12-24 month runway, we are

being extremely ambitious!

However, we are also working on another aspect of the nuts and bolts of reaching clinical trial readiness, which concerns the costs of the method used to deliver CAR T cells to the immune system of a person. The method uses a "trojan horse virus" which is then removed before the cells are delivered and that currently costs hundreds of thousands of dollars. So as a bigger picture thing we are also looking at ways we can partner with other organisations to set up infrastructure in SA (a manufacturing facility) so we can deliver the therapy here: "Home grown in SA".

Thankyou Prof Barry again for this update and we look forward to your presentation in February next year so our Cancer Care Centre members and nearby residents of Unley can meet you and understand more fully these important

immunotherapy breakthroughs in cancer treatments.

You can read Lee Hutton's interview with Prof Simon Barry about cancer immunotherapy Part 1 on the Cancer Care Centre website.



Professor Simon C Barry, Ph.D.

Head, Molecular Immunology Group  
Robinson Research Institute

Member, RRI Executive  
Theme Leader, Healthy Adolescents and Children



## Meet The Scientist

In this free community event, hosted by the Cancer Care Centre come and meet Professor Simon C. Barry PhD.

Please join us for a presentation by Prof Barry IMMUNOTHERAPY Explained and recent developments in - CAR T CELL therapy;

- including an update on its progression toward clinical trials;
- A chance to ask questions

**Date:** February 2020 (time and actual date to be confirmed)

**Cost:** FREE

**Venue:** Cancer Care Centre 76 Edmund Ave Unley

Please register your interest to confirm your spot. Contact the Centre on 8272 2411.



# Let Your Dreams Solve Your Problems!

During sleep we connect with a deeper part of ourselves that offers practical insights, new ideas and healing.

If its on your mind the dreaming mind will be solving it...helping you work with life rather than against it. And bringing to light what lies just below our radar.

This seminar will showcase:

- The best way to remember your dreams
- How to understand what they want you to know
- How dreams make perfect sense.

Guaranteed to be an eye-opener!



**Facilitator:**  
Diane Bellchambers

**Date:**  
Sunday 27th October 2019

**Time:**  
2pm – 4pm

**Cost:**  
\$15 members  
\$30 non-members

## About Diane

Diane Bellchambers (Hons Psych) is author of two books on dreams and has over 25 years experience teaching dreaming dream analysis.

Diane offers practical dream training helping groups, work teams and counsellors harness the dreaming mind to solve problems and increase creativity.

# Art Therapy Workshop

This Monthly Art Therapy Workshop does not require any previous art experience.

Your facilitator Angela will take you on a journey through the creative that lives naturally within us all. Travelling gently with your inner vision using meditation and expression you begin to trust your own navigation system.

Creating a safe place is important, being truly you is important, being at peace no matter what appears in your life is important. And utilising Art Therapy is one that invites you to let go and trust in you and the life that's been gifted. I look forward to meeting you.



**Facilitator:**  
Angela Kirby

**Date:**  
Monday 28th October 2019  
Monday 25th November 2019

**Time:**  
1pm to 3.30pm

**Cost:**  
Members \$10  
Non Members \$30

CANCER CARE CENTRE PRESENTS

Seeds For Health Workshop

BEGIN YOUR OWN ORGANIC VEGGIE GARDEN AT HOME

FACILITATOR: ORGANIC SEEDLING FARMER - DIANA BICKFORD

30 OCT - 20 NOV, 2020  
10 A.M. - 12.30 P.M.

COST: \$55 MEMBERS  
\$80 NON MEMBERS

18-20 FERN AVE FULLARTON, FERN AVE COMMUNITY GARDEN



THE BEINKE MEMORIAL FUND PRESENTS  
OUR FIRST MEMBERS ONLY

## *"Beach Retreat Day"*

### PROGRAM INCLUDES

Gentle Yoga  
Ayurvedic Cooking/Lunch  
Art Therapy  
Soundbath

**Date:** 10th November 2019

**Time:** 9am to 5pm

**Cost:** \$30

**Location:** Functions @ Sea  
Rescue. Anchorage Room,  
Barcoo Road, West Beach

Includes all meals for the day and all art  
materials. Please inform us of any  
dietary requirements

ONLY A FEW SPOTS LEFT - BOOKINGS ESSENTIAL -  
PLEASE CONTACT THE CANCER CARE CENTRE ON  
8272 2411

# New Books in the library



## Open Gardens Fundraiser

The Cancer Care Centre is proud to have been chosen as the donation recipient at an upcoming Open Gardens South Australia, Open Day in Wistow featuring Manning Sculptures.

Come and support the centre and enjoy the panoramic views in a beautifully planted country garden. Cancer Care Centre Volunteers will be servicing tea and coffee in lovely tea cups and offering baked goods on the day.

### Where?

17 Frampton Road, Wistow

### When?

Saturday 02 November 2019 to Sunday 03 November 2019

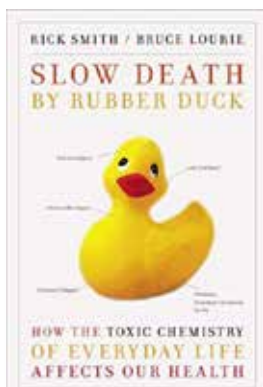
### What Time?

10:00 AM to 4:30 PM

### Cost?

General Entry Cost \$8/ Concession Entry \$6

Part proceeds from ticket sales and sculpture sales go to the Cancer Care Centre.

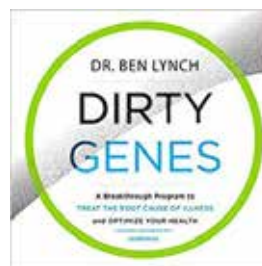


## Slow Death By Rubber Duck: How The Toxic Chemistry Of Everyday Life Affects Our Health

by Rick Smith

Rick Smith and Bruce Lourie decided to tell the story of pollution in our modern world by using their own bodies as laboratories, they could not have known what they were about to discover.

They ingested and inhaled a host of things that surround us all the time, from mercury-laden tuna to flame-retardant chemicals in clothes and furniture, to toxins in plastics, toys, shampoos and deodorants. The results of these experiments are both alarming and unexpected. *Slow Death by Rubber Duck* exposes the extent to which we are being poisoned every day of our lives, both in our homes and our workplaces. It tells the shocking story of corporate giants who manufacture these toxins, the government officials who let it happen and the effects on people across the globe. Funny, thought-provoking and disturbing, *Slow Death by Rubber Duck* offers solutions for how we might be healthier, safer and more aware.



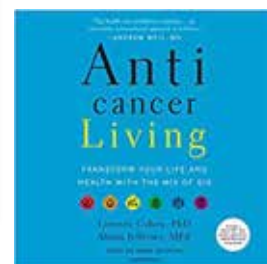
## Dirty Genes: A Breakthrough Program to Treat the Root Cause of Illness and Optimize Your Health

by Ben Lynch

After suffering for years with unexplainable health issues, Dr. Ben Lynch discovered the root cause—"dirty" genes. Genes can be "born dirty" or merely "act dirty" in response to your environment, diet, or lifestyle-causing lifelong, life-threatening, and chronic health problems, including cardiovascular disease, autoimmune disorders, anxiety, depression, digestive issues, obesity, cancer, and diabetes.

Based on his own experience and successfully helping thousands of clients, Dr. Lynch shows you how to identify and optimize both types of dirty genes by cleaning them up with targeted and personalized plans, including healthy eating, good sleep, stress relief, environmental detox, and other holistic and natural means.

Many of us believe our genes doom us to the disorders that run in our families. But Dr. Lynch reveals that with the right plan in place, you can eliminate symptoms and optimize your physical and mental health-and ultimately rewrite your genetic destiny.



## Anticancer Living: Transform Your Life and Health With the Mix of Six

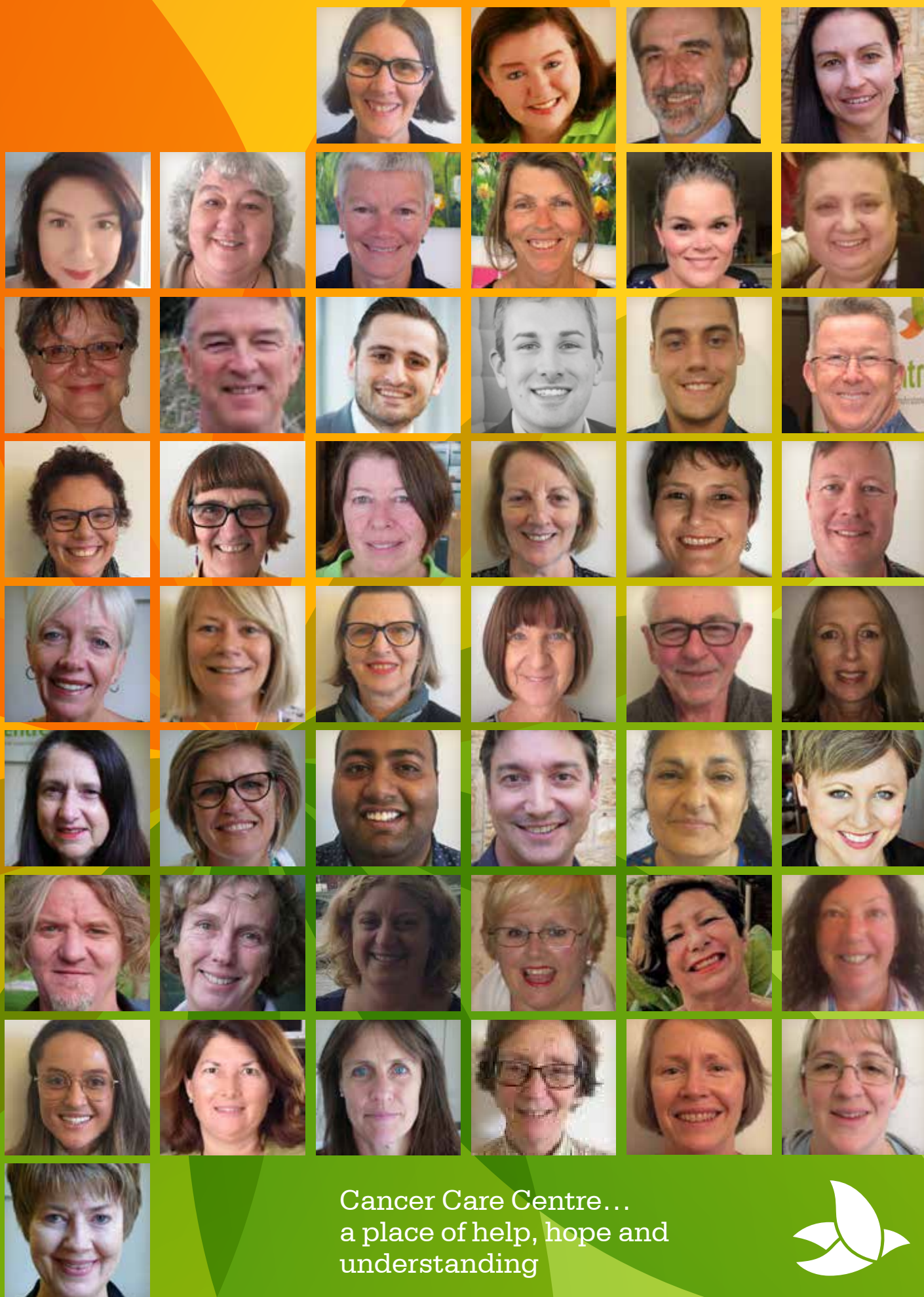
by Lorenzo Cohen

The evidence is now clear: at least 50 percent of cancer deaths can be prevented by making healthy lifestyle changes. But many—patients and doctors included—still don't realize the simple changes we can make to increase chances of survival, or aid in the healing process for those with a diagnosis.

Introducing the concept of the "Mix Of Six" Lorenzo Cohen and Alison Jefferies make an informed case that by focusing on six key areas of health and wellness, you can support treatment or reduce your risk for developing cancer altogether.

An accessible, prescriptive guide to wellness based on the latest scientific findings, *Anticancer Living* outlines a path to radically transform health, delay or prevent many cancers, support conventional treatments, and significantly improve quality of life.

# A big thank you to our wonderful volunteers



Cancer Care Centre...  
a place of help, hope and  
understanding



# MIND . BODY . SOUL

Through various forms of gentle yoga, restorative yoga, yoga nidra, meditation and pranayama (breathing) we seek to achieve physical, mental and emotional relaxation in times of stress and healing.

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- Hatha Yoga
- Restorative Yoga

## Meditation

- Japa & chant meditation
- Deep peace relaxation
- Yoga Nidra

## Pranayama

- Breathing for anxiety & stress

\* Cancer Care Centre members only

## Contact:

Cherie Gauci  
Grassroots Wellness  
P: 0402 32 1175

FREE  
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minute session\*



W: grassrootswellness.com.au E: cherie@grassrootswellness.com.au

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\*Offer available for Cancer Care Council clients only.



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## Been diagnosed with cancer?

Cancer  
CareCentre  
a place of help, hope and understanding

Pathways is a free service offered by the Cancer Care Centre  
to people with cancer.



In a caring and supportive environment, one of our  
Support Workers will meet with you and listen to your  
story.

Telling your story is an opportunity to spend time with  
someone who cares, in a private, quiet environment to  
explore and prioritize goals, needs, and devise a  
healing plan appropriate to you and your personal  
cancer journey.

A Pathways appointment is also available to carers of

someone with cancer. The Support Worker will explore  
how you can be of support to that person, while at the  
same time taking care of yourself.

The Support Worker will link you to services that will  
help assist you – either within Cancer Care Centre or  
with other community organisations.

A Pathways appointment is of one-hour duration and  
is your first step in complementary care for your  
cancer journey.