

HealthyLiving

Cancer Care Centre Inc.
Quarterly Program and Newsletter

**Cancer Related
Fatigue Program**
See page 6

**Welcome New
Accupuncturist**
See page 12

**Open Gardens
Fundraiser**
See page 14

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'

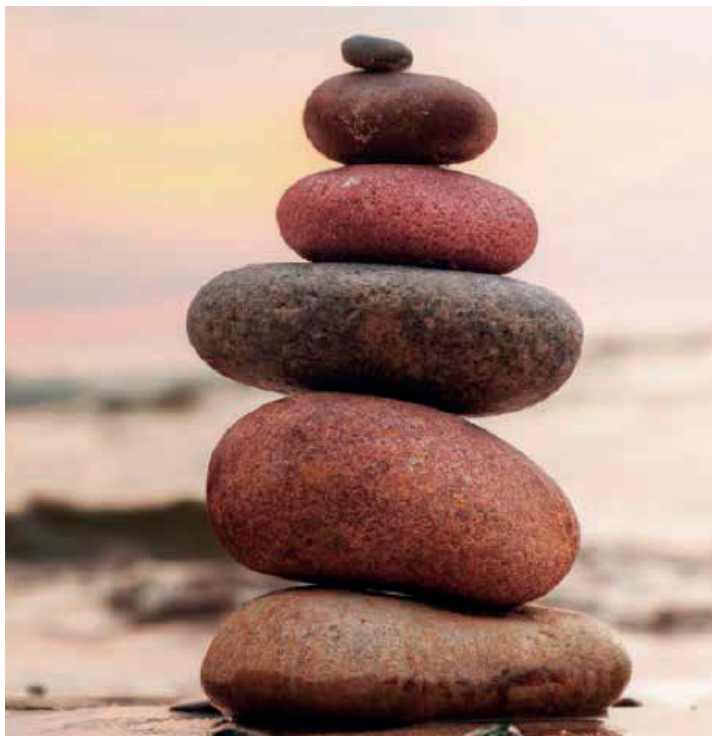
wellbeing and may assist them to better tolerate their medical treatment for optimal outcomes. Cancer Care Centre Inc staff consist of a variety of dedicated health care professionals and trained volunteers – many of whom have been affected by cancer in their own lives. We support individuals and families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



Donations

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

Cameron Shephard
Erica Oppes
Eugenie Law-Smith
Helen Irving
Jeanette & Eric St Martins
John Jungfer
Joy Clinch
Lorraine Colvin
Meredith Swalue
Michelle Jones
Terry Riordan
Unley Rotary



Notice of Closure Times

The Cancer Care Centre will be closed on Monday the 28th January 2020 for the Australia Day public holiday and Monday the 9th of March for Adelaide Cup Day.



Thank you to our
Cancer Care Champions:

Ray & Jocelyn Nicholson
Julie & Malcolm Potticary
Alexandra May

Donations made after 31st December 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.

HELP SUPPORT THE CENTRE BECOME A MEMBER TODAY!

Cancer Care Centre membership is provided for both those who wish to support the centre financially and those affected by cancer. This includes cancer patients, their families and carers or anyone wishing to enhance their wellbeing.

Membership to the Centre enables you to enjoy the full benefits of all the programmes, courses and therapies that are available. To get you started, one free counselling and one free therapy of your choice such as massage is made available for you to experience some of our Complementary Care options.

Membership entitles you to use our extensive library, and discounts on various events, and products. As a not-for-profit organisation our fees are maintained at concessional rates to allow equitable access to services by all.

Membership Form

Title _____

First name _____

Surname _____

Address _____

Email _____

Mobile _____

Organisation _____

Next Of Kin Relationship _____

How did you hear about the Centre? _____

Applicant Category

☐ Cancer Patient Family Member ☐ Support Person ☐ Other

Membership Fee

☐ Standard \$80 ☐ Concession* \$60 ☐ Organisation \$100
* requires Concession Card Number

Total Amount

My Membership Fee	\$
+ Optional Donation	\$
Total Amount	\$

Payment Options

☐ 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 (Mon - Fri 10am - 4pm):

For credit card payment by phone please call Centre Coordinator on (08) 8373 1470



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



This magazine brings the start of the New Year, and I am sure 2020 will bring with it the same longstanding drive and commitment from all those involved

with our Charity who do the wonderful work they do and provide support to those in need.

We finished off the year by celebrating together with our wonderful volunteers and our dedicated Life Members. We all enjoyed a lovely evening at the Centre with loads of yummy food, good wine, fantastic company and lots of Christmas cheer. Ian Budenberg our previous Chair was presented with life membership after volunteering for 10 years with us; a great achievement of dedication and leadership. You can read more about Ian on page 7.

Our office is not the same, as we have now said goodbye to our Flinders University placement student Ola. For the last three months of 2019 the Centre was lucky to have Ola, currently undertaking a post graduate certificate in Social Work, who has been such an asset and delight to work with. Although Ola has finished her first placement with us, I am happy to say she will be staying on to volunteer with us weekly and provide Pathway appointments. You can read more about Ola's time here on page 10 & 11.

Some appreciation and gratitude across the past year also belongs to Cheryl Anne from the Seaford Library "Knit Witts" club, for their very kind and thoughtful donations of 8 knitted and crocheted blankets to distribute to those in need (See Picture). Another big Thank You to AH Trophies (The Trophy Shop) on Goodwood Road at Cumberland Park for donating the new Life Member Plaque, including the engravings. The owner, a survivor of cancer herself, was extremely kind and her support in what our Centre provides is greatly appreciated (See Picture).

This year we welcome back all our volunteers, and again give thanks to them for their support and commitment. We recently welcomed Eva to our administration team. Eva is hopeful of being able to provide Biography sessions to our members in 2020, a fabulous service for those who wish to document and reflect on their life achievements and memories.

We also have Karen joining us to provide acupuncture sessions, and I am happy to say that our Art Therapist Angela will be staying on this year and providing one-day group art therapy sessions throughout the year.

You may be interested in coming to our two information sessions to be held at the Centre in the new year – one with Luke, a physiotherapist from the Memorial Hospital and the other with Professor Simon Barry who will be providing information on Immunotherapy. For further information please see page 7.

Happy New Year to you all and I pray this coming year brings you lots of joy, bundles of laughter and loads of good cheer.

Hope to see you in the Centre.

Calandra Scott
Manager



Cancer Related Fatigue Program Memorial Hospital

Luke Doyle (physiotherapist) from Memorial Hospital would like to let you all know about the Cancer Related Fatigue Program which they have been running for 5 years now.

This 10 week program is designed for people recently diagnosed with cancer, receiving treatment, or experiencing the side effects of cancer and its treatment. Fatigue is reported to be the most commonly experienced symptom by cancer patients, and this program aims to improve your fatigue levels and your ability to manage fatigue.

To participate in this program, you must have private health insurance (hospital cover).

Luke invites you to learn more about the Cancer Related Fatigue Program in a one hour session (including Q&A) on:

Tuesday 21st January 2020 at 1:30pm



New Life Member Congratulations Ian Budenberg

To finish the year the centre gathered our wonderful Volunteers and Life Members together to celebrate another year gone.

On the evening we were proud to induct Ian Budenberg as our newest Life Member after 10 years of Volunteering with us. Ian has previously been the Treasurer and the Chairman of the Centre's Board of Management and has been an outstanding and valuable asset to the centre.

Brian Murphy a previous long time board member spoke a few words about Ian highlighting Ian's contributions and dedication to the centre, and awarded Ian with his Life Membership (see photo)

It was lovely to have some previous Life Members attend our celebration and hear the stories of commitment and love of our Centre which has such a long strong history of wonderful people who have been involved in its success.

Our Life Member plaque was kindly donated by The Trophy Shop on Goodwood Road at Cumberland Park, the owner a Cancer survivor donated the plaque and all the engravings, we are touched by the kind and generous offer.



Front – Founding members Dr Vanda Rousenfell, Louis Masters, Barry Lienert Back – Louise Portway, Yvonne Caddy (Founding Member Don Caddy's Wife), Natalie Toffman, Penelope Gore, Ian Budenberg,



Ian Budenberg, Brian Murphy

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

By Appointment, From Feb 2020

Weekly, Monday afternoon 5pm

Members \$40, Non-Members \$85

Counselling

Counsellor: Natalie

Weekly, Monday afternoons

Members \$40, Non-Members \$85

Pathways

Support Worker: Vicki

Weekly, Monday Mornings

Cost: Free

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.

Counselling/Pathways

Counsellor: Nicole

Weekly, Wednesday mornings

Members \$40, Non-Members \$85

Pancare

Pancreatic Cancer Patient Support Group

Contact: Sonia Mursec

Bi Monthly

11am to 1pm

Please contact Sonia on 0434313593

Wednesday

Group Meditation

Facilitator: Dharmamodini

No booking necessary

Weekly, Wednesday mornings

10.30am – 11.30am

First Meditation Back for the year

will be on 22nd January 2020

Members \$7.50, Non-Members \$10

Counselling/Pathways

Counsellor: Lee

Weekly, Wednesday afternoons

Members \$40, Non-Members \$85

Massage – Lymphoedema, Oncology

Therapist: Sarah

Weekly, Wednesday mornings

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.

Accupuncture

Therapist: Karen Ades

Weekly, Thursday mornings

Members \$40, Non-Members \$85

Massage - Oncology, Relaxation

Therapist: Anne- Marie

Fortnightly, Thursday afternoon

Members \$40, Non-Members \$85

Pathways

Support Worker: Ola

Weekly, Thursday Mornings

Cost: Free

Counselling/Pathways

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

Pathways

Support Worker: Truffy
Weekly, Fridays
Cost: Free

Counselling

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

Massage – Lymphatic

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

Reflexology

Therapist: Lyn
Weekly, 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

Monday

Art Therapy Workshop

Art Therapy Workshop
Facilitator: Angela Kirby
24th February 2020 &
23rd March 2020
1pm to 3.30pm
Cost: \$10 Members, \$30 Non-Members

Tuesday

Cancer Related Fatigue Program Talk

Facilitator: Luke Doyle
Physiotherapist – Memorial Hospital
21st January 2020
1.30pm to 2.30pm
Cost: Free

Wednesday

Yoga – Restoring Balance

It's safe, relaxing and easy to do. 8-week course with no prerequisites.
Facilitator: Tina Spencer
Next course commences:
5th February to 11th March 2020
2.30pm – 3.45pm
Put your name down to register your interest
Cost: Members \$60, Non-Members \$100

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 82722411.

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 Wednesday of the Month
1pm – 2pm
Members \$7.50, Non-Members \$10

Seeds for Health – Gardening Course

Facilitator: Di Bickford
Four Week Course
Lunch included for gold coin donation
Taking Registrations of Interest for May 2020
10 am – 12.30pm
Cost Members \$55, Non-Members \$80
Bookings Essential
See page 12 for more details

Gut Health Cooking Workshops

Facilitator: Chris Wake
Wednesday: 19th Feb 2020
Time: 6.15pm to 7.30pm
Cost: Free for Members and Unley Council Residents
Non Members \$80
Please Register your interest by contacting the centre on 82722411

Meet The Scientist

Talk on Immunotherapy
Guest Speaker: Professor Simon Barry
12th February 2020
Time: 6.30pm to 7pm
Cost: Free
Please Register your interest by contacting the centre on 82722411

Friday

Healing Sound Meditation

Facilitator: Heather Frahn
Friday: 27th March
6.45pm to 8.30pm
Cost \$30
Please Register your interest by contacting the centre on 82722411

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.

Ola Cabala

Social Work Student Report

Ola Cabala completed her first placement at the Centre between August and December last year as part of her Master of Social Work degree at Flinders University.

During her time at the Centre, Ola assisted in the day-to-day running of the Centre, and initial support, information and a listening ear when newcomers walked through the door. Ola worked directly with members through Pathways appointments, the Young Women's Support Group, Thursday Women's Support Group and The Hero's Journey.

Support groups are a safe space for people to connect with, and give and receive emotional support with those sharing similar experiences. They provide a sense of community through shared feelings and experiences, and members often feel empowered through encouragement, increased optimism, hope and inspiration. Ola saw members in each support group discover and develop new ideas, practical tips and skills which increased their well-being.

The Hero's Journey was a rich, powerful and moving art therapy experience where participants, over 8 weeks made a personal book to tell and memorialise their heroic journey through cancer. Ola saw firsthand how cathartic, healing and empowering the process was for participants.

Ola participated in juicing workshops, Art therapy and weekly group

meditation which enabled her to immerse herself in the Cancer Care Centre community. In addition, to assist new and current volunteers, Ola has created a volunteer resource on cancer. The resource is jargon free, detailing what is cancer, how does it develop and spread, causes, psychosocial impact, information on different types of common cancers and treatments. Ola also completed a Grant proposal application to the Board.

Through attending Board meetings, the Annual General meeting and research Ola learned about the operations, structure, strategic plan and governance of the Centre. This includes the current diversity, and systemic issues such as the influence of the medical profession, funding, finances, staffing and services. Ola's research solidified that funding is a challenge that the Centre faces. As the Centre does not receive government funding, it relies on fundraising, grants, memberships and philanthropy. Funding is essential to the growth and sustainability of the Centre and reaching a greater number of consumers. A greater awareness of the plethora of benefits of complementary therapies and a focus on holistic wellbeing is needed to



grow the impact of the work the Centre does and therefore raise revenue. Adopting and embracing emphasis of integrative oncology and holistic wellness to provide patient-centred care by the medical profession would increase engagement and encourage funding through corporate partnerships and government funding.

This could also assist to increase the diversity of members at the Centre, as currently services are utilised predominately by Caucasian women in older age groups. This is consistent with current literature that shows women diagnosed with cancer are more likely to engage in complementary therapies than men diagnosed with cancer,

and are more likely to be older, Caucasian and of a higher socioeconomic status (Firkins et al., 2018; Hedderson et al., 2014; Kocachik, Wyatt, Given & Given, 2006; Liu et al., 2016; Richardson, Sanders, Palmer, Greisinger, & Singletary, 2000; Salmenpera, 2002). However, cancer has no boundaries and embracing a holistic perspective would be beneficial to all those affected by cancer.

At the end of her degree, Ola hopes to commence her career as a social worker in health, particularly in a hospital setting. The knowledge, skills and experience she has gained through her time at the Centre are absolutely invaluable, and she feels very privileged and thankful for the

opportunity to complete her placement at Cancer Care Centre. Ola has learnt and seen first-hand how important a holistic approach to health and well-being is and she will embrace this in her practice as social worker to reach the best possible outcomes with consumers. Ola will continue at the Centre as a volunteer Pathways support worker on Thursday mornings.



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: Wednesday 12th February 2020

Time: 6.30pm - 8.00pm

Cost: FREE

Venue: Cancer Care Centre 76 Edmund Ave Unley

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



Many nutritionists recommend juicing to boost your overall health. Visit www.organicbox.com.au for a range of delicious recipes for meals and juices using our organic ingredients.

*Offer available for Cancer Care Council clients only.



5% DISCOUNT*
Enter code: CCCJUICE at checkout



Fresh, healthy and delicious organic produce, meat, dairy groceries and toiletries delivered from our farm to your door!



New Accupuncturist Welcome Karen

We would like to welcome Karen to our Cancer Care Centre team, Karen has been practicing Acupuncture & Chinese Medicine for 18 years.



Karen obtained her degree from the University of Technology, Sydney and then practiced and lived in Sydney until her return to Adelaide in 2017.

Her clinical experience in the support of people with cancer includes acupuncture treatment for:

- reducing stress & anxiety
- promoting relaxation
- improving sleep quality
- managing pain, including post-surgical pain and scarring
- reducing side effects of treatment, such as nausea and poor appetite, fatigue, hot flushes/night sweats, peripheral neuropathy, headaches

Karen uses ultra fine Japanese needles and has a very gentle technique. I also use Low Density (cold) Laser which is non-invasive and painless and is particularly helpful for treating peripheral neuropathy.

Needleless options available.

Karen is registered with all health funds and rebates may be available.

Karen is available weekly on Thursday mornings at the Centre from January 2020 onwards.



The Peter Beinke Memorial Bequest Retreat Day

It was with great pleasure that the Cancer Care Centre hosted its inaugural "Peter Beinke Memorial Bequest" Retreat Day on Sunday November 10 at Barcoo Function Centre, on the shores of West Beach.

25 of us were blessed with a perfect sunny Spring day, looking out at blue skies and an uninterrupted view of the sparkling ocean. Imagine how this backdrop added to the relaxation we experienced in our first session of gentle yoga lead by Tina.

After a sumptuous morning tea we enjoyed learning about the Ayurvedic System developed in India more than 5000 years ago and is possibly the oldest medical system known. It is a complete lifestyle and holistic science of healthy balanced living, using an integrated system of healing methods such as food and diet, lifestyle routines, herbal medicine's, yoga, massage and rejuvenation techniques.

Meredith, an Ayurvedic practitioner, explained the basic Ayurvedic principles including the six tastes "sweet, sour, salty, pungent, bitter and astringent". Participants joined in the grinding of fresh spices such as garam masala as well as cooking chapatis to add to a beautiful spread of vegetarian dishes for lunch. We were provided with the recipes for delicious dishes including Paripu (red lentil dahl), Carrot and Bean Subji, Pumpkin and Sweet Potato Subji, Paratha, Coconut and Saffron rice.

A lovely lazy hour or more allowed participants to take a stroll along the beach and then returned ready for a clarifying hour of art therapy using pastel crayons with Angela.

The day finished with an immersion into the meditative sound of an extraordinary array of instruments - The "Sound Bath". If you have never experienced a sound bath jump at your next chance. All participants felt the deep relaxation created by the waves of sound.

Thanks to Ahilya for providing us with an amazing experience.

A word about Peter Beinke who bequeathed a generous gift to the Cancer Care Centre upon his death in March 2014. He joined the centre in 2011 and benefitted from the Men's Support Group and massage therapies to relieve his health condition of mesothelioma. Former volunteer and Chairperson, Ray Nicholson, knew Peter and recalled these details recently.

Ray remarked about his own recovery from a blood cancer "one will never know but I attributed much of my survival to the support and programs at the Centre and my oncologist said he didn't know what I was going but whatever it was to keep doing it".

At the end of the day the group expressed gratitude to Peter Beinke.

Both Ahilya (Blissful Bodies) and Tina are from the Springwood Studio in Leawood Gardens. Meredith Russell's practice is "ART of Ayurveda", Angela Kirby (integrated therapist and counsellor) The Cancer Care Centre is able to provide the contact details of these skilled facilitators upon request, and keep your eye out for future workshops.

A big thank you to the Cancer Care Centre "Peter Beinke Memorial Bequest Sub Committee" consisting of Centre volunteer Lynne, and volunteer/ board members Lee and Anne Marie for organising such a successful day and lovingly supplying our morning/afternoon tea!

"The day was perfect and completely in alignment with my current journey sharing space with like-minded people was pure joy."

"A wonderfully positive censoring day in a delightful location workshops focused on by my body mind and soul replenishing energising and affirming each individual's place along the healing and opportunity to connect inform inspire and nurture the self and others thank you!"

"Very inclusive transforming and relaxing."





Open Gardens Fundraiser

We recently were the charity recipients for Jeannette and Eric's Open Garden on the 2nd and 3rd November 2019 at Wistow near Mt Barker. The event raised just over \$5,000 for the centre which is a wonderful effort!

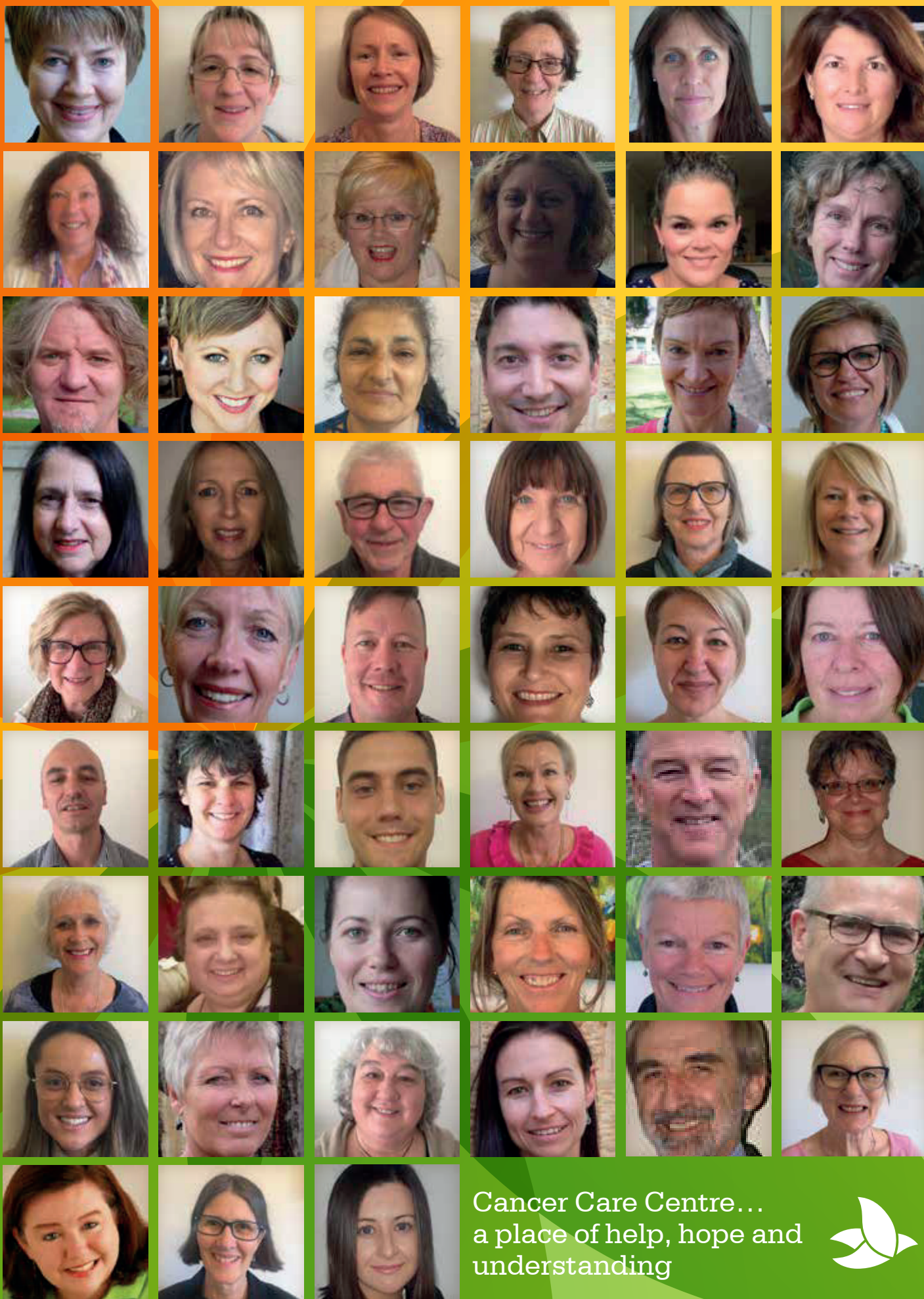
The Cancer Care Centre served drinks and lunch and snacks to the crowd of garden lovers that came to the Open Garden. Big 'Thank You' to the following Cancer Care Centre volunteers for helping with the event, Therese Covington, Mathew O'Grady, Julia Clancy, Davina Torcutti, Elliot Fannon, Kevin Magee, Ria Verma, Sathwik Gowda, thank you all very much to all of your support for putting on such a well run event.



There were many others who helped to contribute to the day being so successful, so another big 'Thank you' to Jeannette and Eric who were amazing hosts and donated many treats for the centre to sell over the weekend. Christine Marschner for her wonderful soup she supplied for both days and Vreni Teal who also made some amazing cakes. Manning Sculptures were there selling their art and very kindly donated 30% of their takings for the weekend. And finally to Heather Hamilton who had a home made card stall and also donated a portion of her taking for the weekend.

Jeannette and Eric's garden is just beautiful and we were truly grateful to everyone involved.

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.

Join Cherie Gauci, of Grassroots Wellness, for private one-on-one sessions tailored to your specific needs and level of health.

Yoga

- 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
Complementary 30
minute session*



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

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Leawood Gardens SA

Been diagnosed with cancer?

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.

Cancer
CareCentre
a place of help, hope and understanding