

HealthyLiving

Cancer Care Centre Inc.
Quarterly Program and Newsletter

Annual General Meeting Invitation

See page 2

Want to see a therapist but don't know where to start? Here's how to get a mental health plan.

See page 10 & 11

New Reiki and Acupuncturist

See page 12



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 Care Centre Inc
195 Glen Osmond Road
Frewville SA 5063
Call (08) 8272 2411
cancercarecentre.org.au

We have moved

The Cancer Care Centre is now located at 195 Glen Osmond Road Frewville. All other contact details remain the same.

New Annual General Meeting date

You are cordially invited to attend the Annual General Meeting and Open Day of the Cancer Care Centre Inc at which we will present the Annual Report and Highlights that have occurred throughout the year.

Annual General Meeting

Date: Wednesday, 10 February 2021

Time: 7pm

Location: 195 Glen Osmond Road, Parkside

People's Choice Lottery

Over 60 Prizes to be won!

While you'll be helping to fundraise for the Cancer Care Centre through the People's Choice Community Lottery, you'll also go into the draw with 69 prizes worth more than \$300,000.

1st Prize Toyota Rav4 GX Hybrid

2nd Prize Toyota Corolla Ascent Sport Hybrid Hatch

3rd Prize Harvey Norman Package and loads more!

Go online and search for "Cancer Care Centre" in the search icon.

Or follow this link: <https://communitylottery.peopleschoice.com.au/search?type=product%2Carticle%2Cpage&q=cancer+care+centre>

Thank you to all those who have bought tickets already.

2020 People's Choice Community Lottery now open!

Get your **\$2 tickets** and support the community.

Full T&Cs communitylottery.com.au. SA Lottery Licence No. M13910. Vic Raffle Permit No. 10306/20. Declared Organisation No. 58545. ACT Permit No. ACT R 20/00148.1. NSW Art Union Authority no. GOCAU/2338.



Buy your tickets today!

people's choice
COMMUNITY LOTTERY

Donations

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

A Whittenbury	Jane Lowe
Alan & Nina Dawson	Joy Clinch
Alicen McNaughto	Julie Wells
Barry Lienert	Katrina Ruth
Bradley Poole	Linda Halse
Cameron Shephard	Lorraine Colvin
Debra Meredith	Malcolm Woods
Dorothy Williams	Margaret Green
Eugenie Law-Smith	Margaret Porter
Farquhar Cave	Maryanne Cave
Fernanda	Pam Moore
Frances Birrell	Pamela McDonald
Francis Donovic	Penny Michael
Hilda Living in Australia	Russell Talbot

Susan Hill
Susan Ross
Terry Riordan
Vilma D'Angelo
Yvonne Caddy

**Thank you to our
Cancer Care
Champions:**

Ray & Jocelyn Nicholson
Alex May
Julie Grey
*in memory of Malcolm
Potticary*



*Donations made after 4th December
2020 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 session 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 concession 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 (requires Concession Card Number) \$60 ☐ Organisation \$100

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:

Posted to: Centre Coordinator, Cancer Care Centre
Reply Paid 83842, 195 Glen Osmond Road, Frewville SA 5063

☐ **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



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 BOARD



It is imperative that I start with a Mighty Congratulations to our Cancer Care Centre Manager – Calandra, our amazing dedicated band of volunteers and therapists, and our volunteer Board Members for successfully navigating the Centre through this unprecedented challenging year of 2020, substantially caused by the macro world events of the COVID-19 pandemic.

However, in addition, on a micro level, we have been faced with the challenging task of finding a suitable new home that would match the wonderful location and quality of our beloved Unley cottage that has been our home for so long thanks to our landlords, Unley Council. We thank the Unley Council for the extensions granted to us to assist us to finally find a suitable property at 195 Glen Osmond Rd, Frewville.

I have the pleasure of writing on behalf of the Cancer Care Centre Board whilst Susan Ross, our Chairperson, is recovering from recent knee surgery.

The exceptional effort and perseverance from members of the Board, in particular Susan Ross (Chairperson), Arthur Galantomas (Secretary) and Justin Piteo (Treasurer) deserve to be acknowledged. The CCC has always been a not-for-profit charity without the ability to compete with businesses who pay commercial rental rates, therefore the task was almost unachievable. We would like to thank Paul Ng from MinterEllison for their generosity and legal help during this process.

The Board is proud to announce the completion of a 3 year Strategic Plan, aptly timed at this transition point for the Centre. Many many hours and careful consideration have been invested by the board with the Manager over the last 6 months, with the help of Impacto Consulting, to develop this road map forward.

I also take the opportunity to welcome new board members Kevin Magee and Maryanne Cave who have been serving the Centre for several years, on the marketing and events committee and as a valuable volunteer respectively.

They join current Board members: Chairperson – Sue Ross; Arthur Galantomas (Secretary), Justin Piteo (Treasurer), Anne Marie Halligan, Lee Hutton, Ian Dobbie, Therese Covington; and Ivy Diegmann.

I'd like to thank members for your patience as the Centre responded to various COVID-19 driven regulatory changes throughout the year and we very much look forward to sharing 2021 with you, bringing exciting expanded offerings, allied health partnerships and membership base.

Wishing you all a Christmas season that is grand in health and heart! If nothing else, 2020 has reminded us not so much about things we still wish for but that "I wanted everything that I had". (Thanks to the new young member who saw this written on the pavement last week).

Take care and stay safe,
Lee Hutton
Board member

MESSAGE FROM THE MANAGER



We begin the new year in our new premises – a fitting time to start a new chapter in the Centre's history.

I am thrilled to announce that the Centre will reopen at our new premises 195 Glen Osmond Road on Monday January 4th 2020. The move went well and I would like to thank the following members and volunteers who put their hand up to help with the move: Gwen Adam, Annette Butler, Truffy Maginnis, Rose de Almeida, Carol Mohan, Malcolm & Barbara Woods, Julia Clancy, Maryanne Cave, Sarah Trangmar, Leanne Kelley, Helene Hipp, Lorraine Pulsford, Jayne Casey, Lynne Murphy, Hyper Transport Furniture Removals.

Thank you all so much to such a bunch of enthusiastic and motivated workers. Another thank you goes to Hyper Transport Furniture Removals, a connection through our board member Ivy Diegmann. We highly recommended their prompt and professional service.

We found some time during the year during COVID-19 restrictions to hold a Volunteer and Life Member gathering, which was a time to celebrate our volunteers and all they do for us. At the gathering we farewelled a long standing volunteer, Nicole Crawford, who had volunteered at the Centre for 9 years in both administration and counselling support. Nicole is a wonderful and generous person who together with her husband David supported the Centre financially over many years.

We inducted Natalie Williams, who has been volunteering at the Centre as a counsellor for over 10 years, as a new Life Member of the Centre. Thank you Natalie for your continued support and service.

As always we were proud to invite back all our Life Members, they add such a recognition to the history and dedication the Centre has seen in the past. Thanks to Ian Budenberg who donated the funds to purchase new Life Member Badges. These badges were presented to our life members on the night and we look forward to seeing them more at future functions of the Centre. You will see pictured a photo of our regular mediation group on the last day of our old Centre being open. With mixed emotions we all farewelled the old Centre and look forward to welcoming the new Centre next year.

A reminder our AGM is scheduled for 10th February 2021. Please see page 2 for more details.

The Centre is also planning an Open day to invite new members and allied health partners to our new centre, details to be advised.

Look forward to seeing you in our new Centre soon!

Warmest Regards,
Calandra Scott
Manager





Last month the Centre hosted our annual Peter Beinke Memorial Retreat Day at the tranquil Warrawong Wildlife Sanctuary in Mylor It was a wonderful program focusing on the theme of 'Healing in Nature'.

Twenty-three members joined together to enjoy the day beginning with Welcome to Country and First Nation Smoking Ceremony. The ceremony was conducted by Aboriginal consultant Ivan Tiwu Copley who explained the importance of connection to the land and the spiritual purpose and significance the smoking ceremony. During the ceremony Ivan had a little help from an overly friendly baby emu and a kangaroo that wanted to know what was going on!

The ceremony was followed by Qi Gong on the deck in front of the open aviary. Sarah Divine guided us through a relaxing and releasing series of slow movements from the discipline, with explanation of why and how each movement and breath was of holistic benefit.

After a morning tea feast, Gus Clutterbuck, an internationally acclaimed and local porcelain artist, introduced us to working with clay. He invited us to reflect the importance of our hand and the many functions they perform to nurture us such as feeding us and caring for others. We all then set about making our own hands with clay, using our own hands as models. Some also used terracotta tiles to paint a design of their own choice.

After working up an appetite, a delicious, healthy and nutritious vegan spread was thoroughly enjoyed by all. Lunch was provided by Samantha Butcher from Nourish Food and Wellness.

For our afternoon program, we were pleased to have Bronwyn Paynter from Flourish Nature Based OT to walk the group through a Forest bathing experience. Forest bathing is a nature-based therapy for holistic wellbeing. This practice involves accessing a space to slow mind, body and soul right down whilst awakening the senses. It is a guided invitation to become fully present and make contact with nature. Resulting in a very healing grounding and rejuvenating experience.

From 4 pm to 6pm the Centre invited all members free entry to visit and enjoy the surrounds of Warrawong. Many attendees from our retreat day stayed on and were then joined by family and friends. This was a time to explore the sanctuary in full, including the boardwalk through the rainforest and watching for resident platypus.

Much gratitude to the Beinke Memorial Fund, and thanks to the Committee members who volunteer their time to help keep Mr Peter Beinke's dream alive to provide respite and retreat to Cancer Care Centre members. Lots of planning and organising went into creating this event. Big thank you to Lee Hutton, Lynne Murphy and Anne Marie Halligan. These lovely ladies also provided our morning and afternoon teas themselves, with a lovely spread of raw bliss balls, fruit and frittata. For those who asked for the recipe for Lynne's frittata, it can be found on page 13. Watch out for Lee's bliss ball recipe in our next publication.

Here are some of the thoughts the members on the day shared with us:

What a wonderful day. CCC has given much thought to every aspect of the retreat. It was a wonderful way to celebrate my cancer anniversary. All presenters were carefully selected for their skills and contribution right down to the person who provided a fantastic lunch. I had such a lovely day in every aspect. Thank you so much for putting on this wonderful retreat. Angela

This was a blissful oasis of peace and connection with nature with an opportunity for creativity with the day, inspirational ayurvedic cooking, calming and focussing Qigong and inspirational serenity of Forest Bathing. Thank you for this wonderful opportunity. Much needed and much appreciated. Lorraine

I was really grateful for this opportunity for rest, taking stock and regrowth.

All presenters were good – Sarah, Gus and the Forest Bathing Woman. Organisation was great. Food was great. Place was great. A really good choice of activity (Qigong, Art, Forest Bathing). Obviously, lots of work and thought. Sincerely thank you. I felt really privileged to have this opportunity to take time out of my worries/fears etc and to reconnect with nature and inner self and to breathe for a while. Thank you so much. Marika

Amazing and wonderful day. I enjoyed it enormously, the smoking ceremony and the Qigong unforgettable and fascinating. Infinite love and gratitude to all the organisers and presenters. The clay work with Gus Clutterbuck, not only inspirational but life transformative. Treasure also the Forest Walk with the family after 4pm. Bohdan

Great day. The presenters provided skills to help my self-improvement and becoming more aware of my inner self. PS The food was gorgeous and the park, animals also helped the day. John



What's on at the Centre...and online 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

Members by donation, Non-Members \$10
Please register your interest by telephoning the Centre on 8272 2411.

Melanoma Support Group

In Centre & Via Zoom

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

Acupuncture

Therapist: Karen Ades

Weekly, Monday mornings
Members \$40, Non-Members \$85

Counselling

In Centre & via Online

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 & afternoons
Members \$40, Non-Members \$85

Reiki

Facilitator: Leanne

Weekly, Tuesday mornings
Members \$40, Non-Members \$85

Laughter Yoga

Facilitators – Laughter Yoga SA

Weekly, Tuesday mornings
9.30am to 10.15am

Cost: Free

Meet on the Unley Village Green

Pancare Foundation

Pancreatic Cancer Patient Support Group

Contact: Sonia Mursec

Bi monthly

11am to 1pm

Please contact Sonia on 0434 313 593

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

Members by Donation, Non-Members \$10

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

Pathways

Wednesday

Group Meditation

In Centre & via Zoom

Facilitator: Dharmamodini

Bookings Required in Centre
Weekly, Wednesday mornings

10.30am – 11.30am

Members \$7.50, Non-Members \$10

Counselling & Pathways

In Centre & via Zoom

Counsellor: Lee

Weekly, Wednesday afternoons

Members \$40, Non-Members \$85

Massage – Lymphoedema, Oncology

Therapist: Sarah

Fortnightly, Wednesday mornings

Members \$40, Non-Members \$85

Thursday

Massage – Oncology, Relaxation

Therapist: Anne-Marie

Fortnightly, Thursday afternoons

Members \$40, Non-Members \$85

Counselling & Pathways

In Centre & via Zoom

Counsellor: Lynne

Weekly, Thursday afternoons

Members \$40, Non-Members \$85

One-on-One Meditation

Facilitator: Lynne

Weekly, Thursday afternoons

Members \$20, Non-Members \$30

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.

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

Friday Women's Support Group

In Centre & via Zoom

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

1st & 3rd Friday of the month

10am – 12 noon

Members by Donation, Non-Members \$10

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

Counselling

Counsellor: Helene

Weekly, Friday afternoons

Members \$40, Non-Members \$85

Acupuncture

Therapist: Vicki Li

Weekly, Friday mornings

Members \$40, Non-Members \$85

Massage – Lymphatic

Therapist: Lyn

Weekly, Friday afternoons

Members \$40, Non-Members \$85

Reflexology

Therapist: Lyn

Weekly, Friday afternoons

Members \$40, Non-Members \$85

Online Courses

We are now offering online counselling and support groups, as well as online courses to assist you whilst maintaining social distancing measures.

Unsure about using online platforms?

We are here to help, if you have issues with navigating online systems and hand require assistance with setting up before your meeting so you know what to expect, please call Calandra on 8272 2411. We will continue to develop courses and workshops and when these are available we will let you know.

If you have any ideas or have seen anything that the centre could adopt, we would like to hear from you. For all bookings and any questions or comments please contact the Centre on 8272 2411.

- Resources Required: Participants able to access technology such as Zoom.
- Workshop resources supplied by presenter via Zoom and email.

Counselling Online

Our online counselling can be easily accessed via any device which has a camera and microphone (mobile phone, iPad, laptop, PC). We are currently using are CoviU for Counselling. This platform is free for members to utilise and very simple to activate. These services are provided at the same fee as face to face delivery and on completion of your appointment you will receive a call from the Centre to organise payment over the phone for your service.

Cost: \$20 for Members

Support Groups Online

Stay Connected! We now have our support groups up and running online via Zoom! During these times of uncertainty, please know you can still reach out for support. Cancer support groups are designed to help people cope with all aspects of a cancer diagnosis by providing a safe environment to share experiences and learn from others who are facing similar obstacles. A support group can help you cope better and feel less isolated as you make connections with others facing similar challenges. A support group shouldn't replace your standard medical care, but it can be a valuable resource to help you cope. Completely confidential the group is at ease with one another to discuss how the cancer journey is affecting them or their loved ones. Please contact the Centre to find out more on 8272 2411. Friendships can form enriching the lives of the participants.

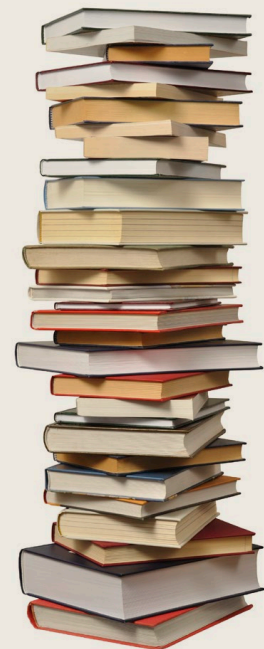
Monday – Friday

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



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

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

Want to see a therapist but don't know where to start? Here's how to get a mental health plan.

Misha Ketchell
Editor, The Conversation

THE CONVERSATION

In such a stressful time, many people are experiencing poorer mental health, and some need additional support. However, our mental health system is complex and fragmented, so it can be challenging to find the care you need.

Here's how to start seeing a therapist if you never have before.

What is a mental health treatment plan?

Under Medicare, you can already access ten subsidised sessions per calendar year with a registered psychologist, social worker or occupational therapist. Twenty sessions are now subsidised "for anybody who has used their initial ten services in a lockdown area under a public health order," said Federal Health Minister Greg Hunt. Currently this includes all of Victoria.

But to get access to these sessions, first you need to get a mental health treatment plan from your GP. This involves an assessment of your physical and mental health, and a discussion of your particular needs. The GP then helps you decide what services you need.

All GPs who write mental health treatment plans have undergone additional training in mental health. There are also plenty of GPs with further interest and expertise in this area.

It can be helpful to ask for recommendations from friends and family if you are unsure who to see.

Physical and mental health issues frequently overlap, so a visit to a GP is an opportunity to assess any physical issues that may impact mental health as well. The GP should explore a person's strengths and vulnerabilities, before agreeing on a plan for care.

Generally, this process takes 30-40 minutes, so it's important to book a longer consultation with your doctor. At the end of this consultation you can have a copy of the plan, and it's also sent to the therapist of your choice. Once the mental health plan is billed to Medicare, you can get subsidised sessions with your preferred therapist. You will need to make the appointment with the therapist, but GPs or practice nurses will often help make this appointment for patients who are feeling too unwell to manage this phone call.

Using telehealth

Telehealth enables you to get care from your GP by phone or video. The Medicare requirements of telehealth are changing rapidly, so check when you make your appointment to see if telehealth is available and to make sure you will be eligible for a Medicare rebate for this consultation.

At the moment, to get a Medicare rebate for telehealth you must have seen the GP in their practice face-to-face at some point in the past 12 months.

But this requirement doesn't apply to:

- children under 12 months
- people who are homeless
- patients living in a COVID-19 impacted area
- patients receiving an urgent after-hours service
- patients of medical practitioners at an Aboriginal Medical Service or an Aboriginal Community Controlled Health Service.

So if you live under the Victorian lockdowns, you can get a mental health care plan via telehealth, even if you have not seen the GP before.



Once you've got your care plan, you can do the therapy sessions via telehealth too and you can now claim them under Medicare (though this wasn't the case before COVID-19).

Many GP clinics and psychologists are now conducting sessions via phone or video call.

Choosing a therapist

Your GP can help you choose a therapist, but it's important to think about what you need from a psychologist. Psychological care can range from coaching when life is particularly challenging, to deep and complex work helping people manage mental health disorders or trauma.

Also consider the sort of person you prefer to see. Some people prefer practitioners from a particular cultural group, gender or location. You may have a preference for a very structured, problem-solving style, or you may want someone with a more conversational style. You may also have a preference for the type of therapy you need. If your GP can't recommend someone appropriate, or if you are having trouble finding someone who is

available to meet your needs, the Australian Psychological Society has a searchable database of therapists.

Psychologists, occupational therapists and social workers must be registered under Medicare to provide these services, so it's important to check this with the receptionist when you make your appointment. The Medicare rebate varies according to the qualifications of the practitioner, and a psychologist's fees may be well above the rebate, so clarify your expected out-of-pocket expenses when you make an initial appointment.

A clinical psychologist has additional training, and will give you a rebate of around \$128, whereas a general psychologist has a rebate of around \$86. Remember that a psychologist may charge well above the rebate, so you may be out of pocket anywhere from nothing to over \$200.

If you decide seeing a therapist under a mental health plan is not the right option for you, there are some alternatives. Some non-government organisations, like Headspace, provide counselling services through Medicare for no additional cost, as do some schools. Some workplaces also have psychological options like the Employee Assistance Program.

Some people benefit from online programs that teach psychological techniques. Head to Health also provides a searchable database of evidence-based sites to explore. Most are free or very low cost.

If you are very unwell, local mental health services attached to public hospitals can provide crisis support and referral.

These are difficult times.

It's important to at least discuss your situation with someone you trust if you're having difficulty sleeping, your mood is affecting you or your family, or you're having frightening or worrying thoughts. Your GP is a good, confidential first port of call.

If you or someone you know needs assistance, contact Kids Helpline on 1800 55 1800, Lifeline on 13 11 14, or Beyond Blue on 1300 22 4636.

This article is courtesy of The Conversation, <https://theconversation.com/want-to-see-a-therapist-but-dont-know-where-to-start-heres-how-to-get-a-mental-health-plan-143990>

Welcome to our new therapists



Leanne Kelley – Reiki

Leanne has been a Reiki channel for over 25 years. Her professional background is in social work, although she initially trained as a Registered Nurse.

Having worked in human service work all her life, Leanne brings a great deal of life experience to the table. She values empathy, warmth and acceptance and seeks to practise these qualities in her Reiki practise.

Leanne has explored many natural healing modalities over the years but believes the most powerful in her own life have been meditation and Reiki.

Reiki literally means Universal Healing Energy. Reiki possibly existed in several cultures, but was largely lost, until it was rediscovered by Dr Usui during the 1890's, He began teaching the method to others and it came to the West in the late 1930's.

Reiki is very gentle and relaxing, especially for people with a cancer diagnosis, and will meet you wherever you are at. It is beautiful how it comforts, soothes and relaxes.

Reiki is given by the laying on of the hands to several areas of the body, including the head. No oil is used and the recipient stays fully clothed. It is a non-religious practice and respects all faiths.

If you're curious, please feel free to ask any other questions, and come and try a treatment.

Reiki is available at the Centre with Leanne

Facilitator: Leanne Kelley

Weekly, Tuesday mornings 10 am & 11.15am

Members \$40, Non-Members \$85



Vicki Li – Acupuncture

Vicky is a licensed Acupuncturist and Chinese Medicine Herbalist.

Her grandfather was a Chinese Medicine herbalist in Southern China where her family originated from. She has a rich history in Chinese Medicine and has been practising since 2012.

Vicky completed her double degree at Royal Melbourne Institute of Technology obtaining training in both Western Medicine and Chinese Medicine.

She has completed two intensive clinical internship trainings at prestigious hospitals in China and Taiwan where she treated thousands of patients for hundreds of different conditions.

Her style of acupuncture is minimal and focuses on using less to do more. This is particularly her focus when supporting cancer patients through their treatments.

Her main treatment focus with cancer support are:

- Utilising the body's natural healing mechanisms to supplement what the body has lost
- Managing cancer related pain (e.g. neuropathy, surgical pain and cancer lesions)
- Reducing the side effects of cancer treatments

In the past Vicky has volunteered in Melbourne at community clinics and refugee centres providing access to the disadvantaged individuals of her community.

Her vast experience internationally and domestically has grown her practice to include a huge range of conditions including gastrointestinal, neurological, pain conditions, gynaecology, paediatric, respiratory, dermatology and many more.

Acupuncture is available at the Centre with Vicki

Weekly, Friday mornings 10am & 10.30am

Members \$40, Non-Members \$85

Lentil and vegetable soup with spiced yoghurt

This soup was a winner with everyone at our latest Life Member and Volunteer Gathering. We hope you like it too.

Preparation time: 30 minutes | Total cooking time: 40 mins

2 tablespoons olive oil
1 small leek (white part only) chopped
2 cloves garlic, crushed
2 teaspoons curry powder
1 teaspoon ground cumin
1 teaspoon garam masala
1 litre vegetable stock
1 fresh bay leaf
1 cup (185g) brown lentils
450g butternut pumpkin, peeled and cut into 1 cm cubes
400g can chopped tomatoes
2 zucchinis, cut in half lengthways and sliced
200g broccoli, cut into small florets
1 small carrot, diced
½ cup (80g) peas
1 tablespoon chopped fresh mint

Spiced Yoghurt

1 cup (250g) thick plain yoghurt
1 tablespoon chopped fresh coriander leaves
1 clove of garlic crushed
3 dashes of Tabasco sauce

Heat the oil in a saucepan over medium heat. Add the leek and garlic and cook 4 – 5 minutes, or until soft and lightly golden. Add the curry powder, cumin and garam masala and cook for 1 minute, or until fragrant.

Add the stock, bay leaf, lentils and pumpkin. Bring to the boil, then reduce the heat to low and simmer for 10 – 15 minutes, or until the lentils are tender. Season well.

Add the tomatoes, zucchini, broccoli, carrot and 2 cups (500ml) water and simmer for 10 minutes, or until the vegetables are tender. Add the peas and simmer for 2 – 3 minutes.

To make the spiced yoghurt, place the yoghurt, coriander, garlic and Tabasco in a small bowl and stir until combined. Dollop a spoonful of the yoghurt on each serving of soup and garnish with the chopped mint.

Pumpkin Frittata

This recipe was enjoyed at our Healing in Nature Retreat day.

Preparation time: 40mins | Total Cooking time: 35mins

Roasted pumpkin (and other vegetables eg: carrot, beetroot, red onion, garlic, parsnip) chopped

½ teaspoon salt

½ teaspoon cumin

Olive oil

12 eggs

½ cup almond milk

Grated cheese (optional)

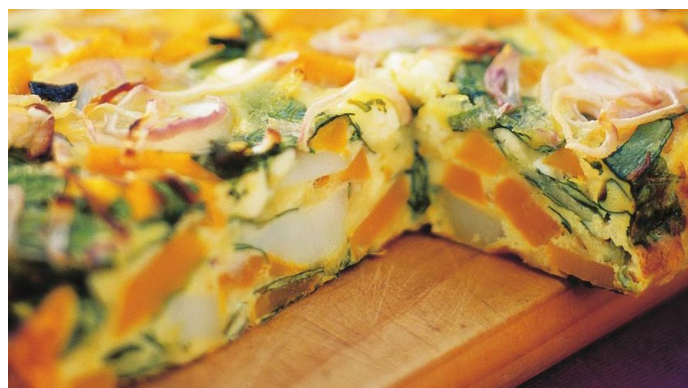
Sprinkle vegetables with salt and cumin, drizzle over olive oil and roast at 180 degrees for approx. 40 mins, until cooked.

Beat eggs until blended and add almond milk

Layer vegetables in a pan and pour egg mixture over vegetable mixture, add grated cheese (optional) to the top

Cook in oven for approx. 35 mins on 180 degrees.

Enjoy hot or cold.



New books in the library

DSIC of the Breast

By Professor John Boyages, MD

This is the second book by Professor John Boyages for patients who have been diagnosed with cancer.

The first book was designed for breast cancer patients and this second project is for patients with DCIS (ductal carcinoma in situ) of the breast. The book is written in an approachable style, with lots of photographs and patient stories which serves both to illustrate medical points and break up the text, making it more readable.

The book is divided into three parts and has 20 control points where patients are guided through the process of making very important decisions regarding their diagnosis and treatment. John uses many botanical references and metaphors to explain difficult concepts and present information in a less threatening way.



Sun, Skin and Health

By Terry Slevin

Skin cancer is on the rise. Two in three Australians will develop skin cancer before the age of 70. The good news is that skin cancer is one of the most preventable forms of cancer.

This book brings together leading experts in various aspects important to the sun, health and skin cancer – prevention, diagnosis or treatment and what happens after. Beginning with an explanation of what skin cancer is and how it forms. Sun, Skin and Health then discusses ultraviolet radiation and how to protect yourself, the effects of tanning, myths and truths about sunscreen, getting enough Vitamin D, early detection and treatment.

It is a must-read for anyone who has had an experience with skin cancer, or who is at higher risk of the disease.

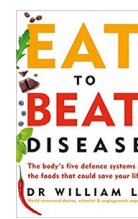


Eat to Beat Disease

By Dr William Li

We are at a turning point in our understanding of how to prevent and fight disease. Rates of cancer, heart disease, strokes, diabetes, obesity and other common health problems are skyrocketing. However, the latest scientific research and clinical evidence is revealing that the power to protect ourselves against these threats and resist them lies in a simple solution the foods we eat every day.

In Eat to Beat Disease, Dr William Li explains that your body was designed to fight threats like these and we have radically underestimated how food can be used to amplify this hidden power. Your body has five natural defence systems that, if functioning well, can protect you angiogenesis (growing new blood vessels), cell regeneration, the microbiome, DNA protection and immunity. The healthy working of each has been found to be intimately connected to the foods we eat and the findings are sometimes surprising.



My Qigong Journey – Sarah Divine



Qigong (literally 'energy cultivation') is an ancient system of knowledge with thousands of styles, officially known in China as the science of human potential and development. White Tiger Qigong is Taoist Medical Qigong, which comprises exercises that harmonise the body, breath and mind, with a strong focus on the interrelationship between human health and the natural world. Medical Qigong has been used for centuries in China to treat a wide variety of conditions, playing a role in prevention, recovery and rehabilitation. It focuses on restoring energy pathways in the body, invigorating the internal organs and bones, and enhancing the relaxation response. White Tiger Qigong also aims to transform emotions into new behavioural patterns through conscious movement, breathing and meditation techniques.

I am a White Tiger Qigong senior instructor with a master's degree in sport & exercise science. My quest for personal and spiritual development, and holistic wellness practices was born out of a deeply eclectic appreciation of what the world has to offer, together with a desire to learn and share tools for transformation.

This eventually led me to Taoist Medical Qigong in 2010, becoming a Qigong instructor in the Universal Healing Tao System. Then finally to White Tiger Qigong. Since 2016, I have been a dedicated practitioner, instructor, and assistant to Master Tevia Feng. This Taoist Medical Qigong system is hands-down the most holistic and effective combination of practices for well-being I have come across. I am particularly drawn to how Tevia investigates Qigong at an anatomical, physiological and biomechanical level through the modern lens of sport science. This even inspired me to pursue my MSc Sport and Exercise at USQ, where I researched Qigong and the development of interoceptive awareness (internal body awareness). I am committed to deepening my personal practice, continuing research into Qigong and sharing its transformational benefits. I will be offering classes and workshops at the Cancer Care Centre in the new year.

Visit Sarah's website at:
<https://www.sarahdivineqigong.com>

Visit White Tiger Qigong at:
<https://www.whitetigerqigong.com>

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Contact:

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P: 0402 32 1175



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Been diagnosed with cancer?

Start your journey with a free Pathways appointment.



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 the 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.

The Cancer Care Centre...empowering individuals and families as they travel the cancer journey.