

HealthyLiving

Cancer Care Centre Inc.
Quarterly Program and Newsletter

People's Choice Lottery

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Biography Service

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Oncologists welcome integrative therapies for breast cancer

See page 9



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

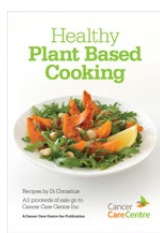
Cancer Care Centre Inc
195 Glen Osmond Road
Frewville SA 5063
Call (08) 8272 2411
cancercarecentre.org.au

It's almost that time of year again...

If you're looking for something special to give someone, we have Gift Vouchers available for any one of our therapies.

Vouchers can be purchased at any value you choose, who wouldn't enjoy a soothing massage from one of our professionally qualified therapists!

We also have copies of Healthy Plant Based Cooking by Di Cornelius available for \$25. To purchase, please contact the Centre during office hours by calling 8272 2411.



Christmas Break

The Cancer Care Centre will be closed from Thursday 23rd December, and Reopen on Monday 10th January, 2022.



People's Choice Lottery



The People's Choice Community Lottery is back on! And Cancer Care are participating once again. Be in the running for some amazing prizes and support the Cancer Care Centre at the same time.

Tickets are only \$2 and 100% of ticket sales comes to the Centre. Scan the QR Code or go to <https://communitylottery.peopleschoice.com.au/products/cancer-care-centre-inc>.



Donations

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

Alistair Robertson	Lorraine Pulsford
Annette Masters	Mirella Bicci
Barbara Pitt	Nada Mladenovic
Betty and Keith Bull	Peter Nicoll
Carmel Barrera	Sandra Knights
Dorothy Williams	Suzanne Linford
Jill Milton	Terry Riordan
<i>in memory of</i> <i>Pamela Thornton</i>	Tom Morgenstern
Josephine Carpinelli	Truffy Maginnis

We would like to thank our partners for their generous support and continued assistance to the Centre:

- CMV Foundation
- Jeanette Silvestri of Northside Curtains & Blinds
- Paul Ng, MinterEllison
- Lee Green Accountants
- Adelaide Printing Solution
- Mayfair Florists

Donations made after Oct 29th 2021, will appear in the next edition of Healthy Living.



Thank you to our Cancer Care Champions:

Ray and Jocelyn Nicholson
Alexandra May
Julie Grey *in memory of Malcolm Potticary*



Remember to like us on Facebook and follow us on Instagram, and spread the word to friends.

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 programmes, courses and therapies on offer.

Membership also entitles you to: Access to our Resource Centre, Discounted Services, Healthy Living Magazine. As a not-for-profit organisation, our fees are maintained at concession rates to allow equitable access to services for 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 \$110 ☐ Concession (requires Concession Card Number) \$90 ☐ Family \$150

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 85724, 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
on (08) 8272 2411 Monday–Friday, 9.30am–4.00pm



Please give generously

What your donation will do for the 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 subsidise the cost of the 'Mindfulness for Cancer Stress' course for a client.
- \$600 help subsidise Day Retreats

These are just a few of the costs covered by a fully tax-deductible donation.

You can make your contribution by:

- becoming a Cancer Care Champion
- donating – complete the 'cut out slip' and post-mark the envelope 'Reply Paid 85724' or email us at admin@cancercarecentre.org.au (donations are 100% tax-deductible)
- creating a bequest – contact the Manager for details
- in memoriam donation – by naming the Cancer Care Centre ABN 73 640 293 985

Your gift to the Cancer Care Centre will assist the support and care of people living with Cancer 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 85724
 195 Glen Osmond Road, Frewville SA 5063

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 Account name: Cancer Care Centre Inc
 Reference: Your name

- ☐ **Telephone:**
 For credit card payment by telephone
 please ring the Centre on (08) 8272 2411
 Monday – Friday, 10.00am – 4.00pm

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

ABN 73 640 293 985

MESSAGE FROM THE DIRECTOR



The four months since Leah and I joined the Cancer Care Centre has been a whirlwind of learning.

Getting to know members and all the volunteers has been immensely rewarding. We've been grateful that only one short Covid shutdown was implemented during this time, shortly after our commencement at the Centre, (talk about learning fast!) and we've been in full swing ever since.

The Centre is fast becoming a part of our new Frewville home, with Mayor Anne Monceaux, attending our Annual General Meeting that was held on 30th September, who mentioned how important it was to be connected to community and provide services in a personal setting. We also inducted two of our valued volunteers, Helene Hipp and Nicole Crawford into our Life Membership Club, for dedicating over 10 years of service to the Cancer Care Centre.

Our move to new premises has come at some cost, together with general increased costs over the last few years, we must now pass on a small price increase. The new year will see a change to both membership and services, the first price increase for over 10 years. We believe that we still offer excellent value for services.

New Prices from January 2022 will be:

Membership Fees: \$110 or Concession Card Holders \$90 per annum per person.

As a Special Offer to existing Members, for 2022, fees will be \$100 or \$80 concession.

We are introducing a Family Membership for a fee of \$150 per annum, for two members of the same family.

All services will be increasing by \$5 per session.

We sincerely hope you understand that in today's climate, we need to take this moderate action.

There has been a great response to our gardening workshop. Both Herb workshops: *Herbs for Nerves* and *Healing with Garden Herbs*, and *Gardening for Gut Health* were all well attended. The demonstrations and recipes are easy to follow, how did your batch go? Information about more workshops and garden news will come soon.

More activity in the Centre with *Life with Full Attention* and *Larapinta Trail* talk, both delivered by Dharmamodini are thought provoking in their own way. A reminder that *Qigong in the Park* and *Yoga* are underway, and you can still come along and join in the fun, you'll feel so good at the end!

Our programs are always being renewed, if you have any ideas of what you would like to see, please drop us a note. The centre will take a short break over the Christmas period, from 23rd December and be back open on 10th January.

We would like to take this opportunity to thank you again, for your support of the Cancer Care Centre and send our Best Wishes to you all for this holiday season.

Lidia Pargaliti,
 Director



We are pleased to advise that the CCC's new Biography Service is well and truly in operation.

We have completed and presented two biographies to our participating members and a third is all but bound. We are currently in the process of documenting another two and will hopefully have them completed well before Christmas.

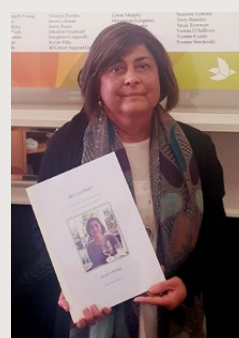
Our biographers, Ross and Eva work closely with members who take advantage of this service to ensure that the end result is a record of a journey that will be cherished not only by the author of the memoir, but also their family and friends.

The Centre introduced this service as a means of further supporting our members who are, or have been, affected by cancer. We understand that our members battle their disease without knowing how or when it will end and that they, inevitably, are bound to find themselves in an emotionally vulnerable place.

It is widely believed that physical health is associated with mental and spiritual health, and that the process of the recounting of a life journey may assist with the following:

- allow the release of pent-up emotions, stress, anger and other negative energy being caused by the ordeal
- enable the individual to let go of any emotional baggage
- allow the acknowledgment of the situation more easily, and therefore aid in the improvement of quality of life
- help to reaffirm what is important to them
- lead to a discovery of what is truly valued in their life
- validate the significance of their life journey by allowing an opportunity to reflect on experiences.

If you are interested in accessing this service and would like further information, please call the Cancer Care Centre on (08) 8272 2411 or email admin@cancercarecentre.org.au for an information sheet.



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

Weekly Programme

(New prices start January 2022)

Services

Monday

Massage: Remedial, Relaxation, Myofascial, Craniosacral, Trigger Point

Therapist: Ryan
Every third week,
Monday mornings
Members \$45 Non-Members \$90

Young Women's Support Group

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

Facilitator: Lee
1st & 3rd Monday of the month
6.30pm – 8pm
Members \$5 Non-Members \$10

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

Tuesday

Massage: Lymphoedema, Oncology, Energy body processes

Therapist: Judy
Fortnightly, Tuesday mornings
Members \$45 Non-Members \$90

Counselling & Pathways

In Centre and online
Counsellor: Nicole
Weekly, Tuesday afternoons
Members \$45 Non-Members \$90

Wednesday

Massage: Lymphoedema, Oncology

Therapist: Sarah
Fortnightly, Wednesday mornings
Members \$45 Non-Members \$90

Community Garden Meeting

Facilitator: Diana
Weekly, 10 am to 12 Noon
Free
Location: 13 Laffers Road, Belair.
Please head down to the bottom garden.

Group Meditation

At the Centre and via Zoom
Facilitator: Dharmamodini
Weekly, Wednesday mornings
10.30am – 11.30am
Members \$10 Non-Members \$10

Counselling & Pathways

At the Centre and via Zoom
Counsellor: Lee
Fortnightly,
Wednesday afternoons
Members \$45 Non-Members \$90

Thursday

Massage: Oncology, Relaxation

Therapist: Anne-Marie
Fortnightly, Thursday afternoons
Members \$45, Non-Members \$90

Counselling & Pathways

At the Centre and via Zoom
Counsellor: Lynne
Weekly, Thursday afternoons
Members \$45, Non-Members \$90

One-on-One Meditation

Facilitator: Lynne
Weekly, Thursday afternoons
Members \$25, Non-Members \$35



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 call the Centre to book your free Pathways appointment.



Biography Service

Our Biography Service offers a way of capturing the world of the individual as they have experienced and continues to experience their life journey.

By appointment
Facilitators: Eva and Ross
Weekly, days are flexible with your availability
Cost: \$120 members-only service

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 for titles can be arranged for you by one of our volunteers.

Open Monday to Friday
9.30am – 4.00pm
No Charge
Members facility only



Courses and workshops

Friday

Massage: Lymphatic

Therapist: Lyn
Weekly, Friday afternoons
Members \$45, Non-Members \$90

Reflexology

Therapist: Lyn
Weekly, Friday afternoons
Members \$45, Non-Members \$90

Reiki

Therapist: Lyn
Weekly, Friday afternoons
Members \$45, Non-Members \$90

Friday Women's Support Group

At the Centre and via Zoom

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

Facilitator: Helene
1st & 3rd Friday of the month
10 am – 12 noon
Members \$5 Non-Members \$10

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

Counselling

Counsellor: Helene
Weekly, Friday mornings
Members \$45, Non-Members \$90

Yoga: Gentle Kundalini

It's safe, relaxing and easy to do. This 75-minute class includes simple exercises of conscious breathing, rhythmic movement, gentle stretching along with a time for relaxation and meditation.

No prerequisites required, come along and try.

Facilitator: Tina Spencer
Current course runs to 9th December,
Thursday: 2.30pm to 3.45pm
Members \$20, Non-Members \$30
Call the Centre for more details.

Life with Full Attention (fully booked for 2021)

Eight week course
Facilitator: Dharmamodini
Thursday Evenings:
6.30 – 8.30pm,
30th September
to 18th November 2021
Members \$95 Non-Members \$120

Qigong in the Park

Ancient Movement & Meditation Practices for de-stressing from the Modern World, this series focus is on Wellness – Breath, Move, De-Stress & Relax
Facilitator: Sarah Divine
Monthly on Sunday Mornings at Ridge Park, Barr Smith Avenue, Myrtle Bank.
Call the Centre for more details.

Coming up

**Reflect and Restore
– One Day Workshop**
Sunday, 10 April 2022

Art Classes – want to try something new?

Gardening Workshops
– stay tuned.

Information about these will be coming out soon.

Online Courses

We are now offering online counselling, support groups and 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 require assistance with setting up before your meeting, please call Leah on 8272 2411. We will continue to develop courses and workshops, and when these are available, we will let you know.

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

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.

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 Zoom 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. The cost is \$45 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.

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.

Christmas Cake without eggs

Recipe from Di Cornelius' Healthy Plant Based Cooking
– available from Cancer Care

1½ cups sultanas
½ cup currants
½ cup ready to eat apricots chopped
¼ cup mixed peel
½ cup pumpkin seeds
½ cup roasted almonds, chopped
1 cup apple juice
1 teaspoon powdered ginger
2 teaspoons mixed spice
Zest of 1 lemon
2 cups wholemeal self-raising flour
1¼ cups sunflower or grape seed oil
1½ cups soy or oat milk
¼ cup brandy
Apricot jam for brushing
A few whole almonds to decorate

Method:

Preheat oven to 170C.

Oil and line an 18cm square cake tin with baking paper.

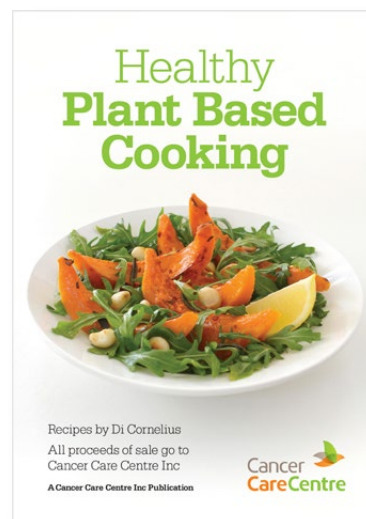
Place sultanas, currants, apricots and peel in a bowl. Stir in apple juice.

Cover and leave overnight.

Combine with pumpkin seeds, ginger, spice and almonds. Stir in oil and milk. Sift flour and stir slowly into mixture with the brandy. If the mixture is too moist add a little more flour.

Pour into prepared tin and bake for 1½ hours or until cake skewer comes out of the centre clean and it is firm to the touch and golden. Remove from tin, place on a cake rack.

Brush with warm apricot jam and decorate with roasted almonds.



Mozart, meditation and a yoga mat: Oncologists welcome integrative therapies for breast cancer



A breast cancer patient dealing with anxiety, depression or mood swings could soon be encouraged by her oncologist to learn meditation techniques, join a yoga class or put music to therapeutic use.

Today, The American Society of Clinical Oncology (ASCO), published its endorsement of integrative therapy guidelines recently established by the Society for Integrative Oncology (SIO).

The SIO guidelines were reviewed by an ASCO expert panel co-chaired by Dr. Gary H. Lyman, an oncologist with Fred Hutchinson Cancer Research Center in Seattle, and Dr. Lorenzo Cohen of the University of Texas MD Anderson Cancer Center in Houston.

The full guidelines appear online in the *Journal of Clinical Oncology*.

Some of the key recommendations include:

- Music therapy, meditation, stress management, and yoga are recommended for anxiety/stress reduction.
- Meditation, relaxation, yoga, massage, and music therapy are recommended for depression/mood disorders.
- Meditation and yoga are recommended to improve quality of life.

- Acupressure and acupuncture in addition to anti-nausea medications are recommended for reducing chemotherapy-induced nausea and vomiting.
- Glutamine is not recommended for improving nausea and vomiting during chemotherapy.
- Acetyl-L-carnitine is not recommended to prevent chemotherapy-induced peripheral neuropathy because of a possibility of harm.
- No strong evidence supports the use of ingested dietary supplements to manage breast cancer treatment-related adverse effects.

"Patients undergoing and surviving breast cancer treatment naturally want to use every tool available to them to enhance the effectiveness of treatment and improve their quality of life," Lyman said.

"Our goal is to help cancer care specialists and their patients make appropriate individualised treatment decisions – evaluating the current medical literature on complementary therapies to determine what works, what

doesn't work and what might actually be harmful instead of helpful. The guidelines should be seen only as that – guidelines – because each patient's case is unique, and there's nothing more important than the judgment of an independent, caring professional."

ASCO's expert panel said recommendations may be subject to change as additional scientific evidence is compiled, and although ASCO generally endorsed the SIO recommendations, the panel brought attention to several areas of discussion, including safety concerns about mistletoe, sometimes taken to improve quality of life, and ginseng, sometimes taken to counter fatigue.

Certain forms of ginseng could have oestrogenic properties, but more research is needed to evaluate risk in patients with oestrogen receptor-positive breast cancer.

Source:

Fred Hutchinson Cancer Research Center

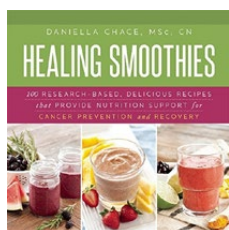
New books in the library

Healing Smoothies

100 Research-based, Delicious Recipes that Provide Nutrition Support for Cancer Prevention and Recovery

Skyhorse Press, 2015

By Daniella Chace, Msc, CN



Food nutrients improve cancer outcomes

Over the last few years there has been a tremendous surge in research identifying the specific nutrients

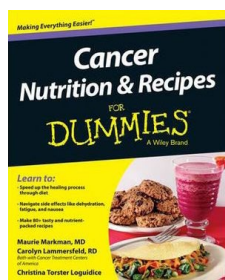
that have the ability to change the course of cancer. With a clearer understanding of the role that food nutrients, toxins, and microflora play in disease prevention and development, we have some of the long-sought answers to our questions about what triggers, promotes, heals, and prevents cancer. Chace offers medicinally-potent smoothie recipes that taste great and provide cancer protective and healing nutrients, such as:

- Banana Coconut Cocoa Cream
- Banana Ginger Dream
- Basil Berry Citrus
- Carotenoid Crush
- Cherry Berry Lime
- Creamy Citrus Berry
- Kumquat Berry Cherry
- Tangerine Currant Citrus
- Watermelon Blackberry and Ginger, and many more!

The ingredients section of the book provides more than sixty cancer-healing foods that are perfect smoothie additions. Cancer patients and their care providers can use these smoothie recipes or create their own from the ingredients list to help heal and nourish the patient throughout the treatment process. In addition, many of the nutrients in these smoothies have been found to support remission and reduce the risk for cancer recurrence. Fight cancer and help prevent recurrence with these delicious smoothies!

Cancer Nutrition & Recipes for Dummies

By Maurie Markman, Carolyn Lammersfeld, Christina T. Loguidice



Fight cancer from the inside out

Cancer treatments such as surgery, chemotherapy, and radiation can be as hard on the body as the disease itself, and detailed nutritional advice is usually not part of

the program. Yet eating the right foods can actually help lessen the strength of some of the most powerful symptoms of cancer and the side effects of treatment, allowing the patient to better fight the disease. Now, Cancer Nutrition & Recipes For Dummies is your trusted, informative guide to fighting cancer from the inside out.

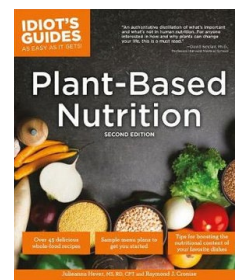
Designed for cancer patients and their families, Cancer Nutrition & Recipes For Dummies focuses on foods best tolerated during – and that can ease side effects of – cancer treatment. It also offers advice for menu planning, nutritional analysis, diabetic exchanges, and much more.

- Serves as a guide for cancer nutrition before, during, and after treatment
- Gives you a wealth of easy, immediate steps to speed up the healing process through diet
- Offers advice on treatment as well as solutions to common side effects like dehydration, fatigue, and nausea
- Enables cancer patients to put their strongest foot forward when starting treatment

Cancer Nutrition & Recipes For Dummies targets those dealing with cancer and the loved ones who take care of them, aiding both parties in alleviating some of the side effects of the cancer treatment through change in diet.

Plant-Based Nutrition, Second Edition Idiot's Guides

By Julieanna Hever, Raymond J. Cronise, Penn Jillette



Whether you're a vegan, vegetarian, or omnivore, getting your nutrition from plant-based foods is one of the best things you can do for your health and it's easier than you might think!

The science confirms that a diet rich in whole, plant-based foods can help your body thrive. In fact, a growing number of physicians advocate a completely plant-based diet for many of their patients who suffer from diabetes, heart disease, and cancer. In this all new edition, leading plant-based dietician, Julieanna Hever, and Ray Cronise, the mastermind behind magician Penn Jillette's 100-pound weight loss transformation, team up to give you everything you need to know about following a plant-based diet, including:

- A wealth of information on the most nutrient-dense foods in the plant kingdom
- A new Food Triangle, representing a completely new way of looking at food and nutrition
- New perspectives on macronutrients, and why categorizing protein, carbs, and fats as food groups causes unnecessary confusion about what to eat
- The latest science on oxidative priority and how it explains why many common recipes drive unintentional weight gain
- Healthspan and longevity recommendations based on the latest research
- All new recipes from celebrity chefs: Matthew Kenney, Dreena Burton, Jazzy Vegetarian, Kathy Patalsky, Robin Robertson, Fran Costigan, Jason Wyrick, and Matt Frazier
- Sample menus to get you started on a plant-based lifestyle
- Tips for stocking your kitchen, boosting the nutritional content of your favourite dishes, and dining out healthfully.

A big thank you to our wonderful volunteers



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Delivered fresh, with love.

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.



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



5% DISCOUNT*
Enter code: CCCJUNE at checkout

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.