



Flinders Cancer Wellness Centre Newsletter September 2022

September Activity Timetable Now Available

Our September timetable is now available. Visit our website for more information on the services and programs we run in the Cancer Wellness Centre.



Flinders Cancer Wellness Centre September Timetable	
<small>All activities and services are free for patients, their families, and carers. For more information visit www.sahealth.sa.gov.au/SALHNCancerWellnessCentre or call 0481 056 058.</small>	
Monday Morning 10:30am - 12:30pm Art workshop 11:00am - 12:30pm Harjeet - Iona	Monday Afternoon
Tuesday Morning 10am - 12am Cancer Council exp-in session 11:00am - 12:30pm Harjeet - Iona	Tuesday Afternoon 1:30pm - 2:30pm Cancer Council drop-in session
Wednesday Morning 9:30am - 10:30am Cancer Council exp-in session 11:00am - 12:30pm Harjeet - Iona	Wednesday Afternoon 1:30pm - 2:30pm Cancer Council drop-in session
Thursday Morning 10am - 12pm Cancer Council exp-in session 10:30am - 12:30pm Art workshop	Thursday Afternoon 1:30pm - 2:30pm Cancer Council drop-in session 3:30 - 5pm Harjeet - Iona
Friday Morning 10:30am - 12:30pm Art workshop	Friday Afternoon

New Project Manager for CWC

Robyn Bailey has been appointed as the new Project Manager for the Cancer Wellness Centre, you will find her sitting on the front desk and engaging with the public.

Her previous role for 20 years was working within Mental Health, Robyn's experience along with a passion for helping others will be at the forefront. While supporting everyone who visits, Robyn will also assist to have the services recommence back into the space.

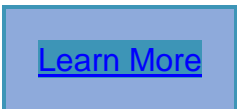
Contact: Health.SALHNCancerWellnessCentre@sa.gov.au, Ph: 0481 056 058

Flinders Wellness Blog

This section of the newsletter hosts short submissions on topics related to wellness from Flinders clinicians and researchers.

Advocacy win for Head and Neck Cancer

Head and Neck Cancer Australia received a \$400,000 Federal Government grant that will give people a better chance of early detection and support people who are newly diagnosed with Head and Neck Cancer to access much needed information and support.





Enchanted Garden Tickets now on Sale

Immerse yourself in the wonder of an enchanted garden and grow hope for people affected by cancer at Adelaide's premiere fundraising event. Join us for the Pink Yellow Blue Enchanted Garden at the Adelaide Convention Centre on Saturday 15 October.

Enjoy a night of fine dining, dancing, and imaginative entertainment, while raising vital funds for cancer research and care at Flinders. This year's event will take on a special meaning as we celebrate the 10-year anniversary of the Flinders Centre for Innovation in Cancer.

Date: Saturday, 15 October 2022

Location: Adelaide Convention Centre, North Terrace, Adelaide

Time: From 6:30pm

Dress: Semi-formal

Cost: \$200 per person or \$2,000 for a table of 10

From little things, big things grow. Your attendance at the Pink Yellow Blue Enchanted Garden will support the leading cancer researchers and clinicians across Flinders University and the Southern Adelaide Local Health Network to discover the next breakthrough and provide the best treatment and care for people with cancer, and their families.

[Tickets are on sale now](https://flindersfoundation.org.au/pybg)

Managing your care if you test positive to COVID

Cancer Australia have updated their information for cancer patients about what to do if you test positive to COVID-19. They have also released [this short video](#) of frequently asked questions about COVID-19 vaccines for people with cancer.

Healthy Living after Cancer

Getting back to a healthy lifestyle after cancer is one of the most important things you can do for your health, and the Healthy Living after Cancer program aims to support you to do that over 12 weeks. The Healthy Living after Cancer Program offers a free healthy lifestyle program for cancer survivors providing support after treatment.

What does the Healthy Living after Cancer program include? The evidence-based program supports participants to make healthy lifestyle changes through a series of four face-to-face workshops delivered by qualified health professionals in conjunction with weekly phone coaching provided by a Healthy Living after Cancer Nurse.

Who is the program for? Cancer Council SA's Healthy Living after Cancer program is available to people over 18 who have completed active cancer treatment, or for people diagnosed with certain cancer types requiring long term treatment providing they feel well and able to physically participate.

Information is available by calling 13 11 20 for assistance or on the website [Healthy Living after Cancer - Cancer Council \(cancersa.org.au\)](https://www.cancersa.org.au/healthy-living-after-cancer)

Next series of workshops start on September 28th, 2022.

Flinders Foundation Dry July

Thanks to all our amazing Dry Julyers who raised a whopping \$31, 400! The funds will support Cancer Wellness Centre programs and give people with cancer access to emotional, psychological and practical support, wellbeing and art therapy programs, as well as information about exercise and nutrition.

Congratulations to the Flinders Infusion Suite (FIS) team who were our highest fundraisers, raising \$4,725.80! FIS staff understand how essential wellness programs are to people with cancer and their families.

Team leader Lisa W says *"I work with cancer patients every day and see firsthand the impact cancer has on their and their loved ones. I am so inspired to do what I can to help raise funds for my patients effected by cancer"*

A shout out to some of our other top Dry July fundraisers, including:

- Flinders Allied Health Oncology Team, raising \$4,187.36
- Flinders Breast and Endocrine Surgery Clinic Team, raising \$2077.80
- David Tiller, raising \$2059.92
- Linda Partridge, raising \$1,438.40
- Lauren Stone, raising \$1,163.20
- Natasha Worm, raising \$733.40

Flinders Foundation in City-Bay Run

Run, walk or wheel the Lumary City-Bay Fun Run

with Flinders Foundation on 18th September and help support cancer research and care at Flinders.

Simply register your team at <https://citybay22.grassrootz.com/flinders-foundation> and invite colleagues, family and friends to join you.

This year, you can choose to raise funds for cancer research and care, caring for kids, or support the area of greatest need. It's been a big few years, so let's embrace the opportunity to come together, stretch our legs, have fun, and support one another and our patients right across SALHN. For help registering your team, please contact Nicole Carey at Flinders Foundation on 0423 222 967 or email community@flindersfoundation.org.au.

(PS. If the City-Bay can't go ahead this year due to further changes to COVID-19 restrictions, event organisers will refund your registration fee. So, there's nothing to lose!)



Emergency Respite for Carers

Emergency respite offers support to carers who are experiencing an urgent or unplanned event that temporarily restricts their ability to continue caring.

Carers SA may be able to contribute to the full or part cost of care alongside the contribution of a carer wherever possible. They are available 24 hours to assist you in an emergency.

[More information](#)

Emergency Respite

Emergencies can happen anytime

Sometimes things arise that impact a carers ability to look after the person they care for. Emergency Respite can help.

Emergency Respite offers support for carers who are experiencing an urgent or unplanned event that temporarily impacts carers ability to continue their caring role for their family or friend.

This could include:

- An unplanned event that threatens the health and safety of the person they are caring for
- An unplanned event that threatens the health and safety of a carer (including extremely high levels of strain and anxiety)
- The carer themselves becoming ill or having an accident
- Having to leave home suddenly due to a family/or other emergency
- The carer is feeling stressed or overwhelmed with the caring role

Carers SA is available 24 hours to assist you in an emergency.

Emergency Respite is temporary support put in place while Carers SA work with the carer and the person being cared for to ensure that long term supports are put in place should the care be required post 72 hours.

This is a 24 hour a day, 7 days a week service. Call **1800 422 737**

Looking after someone with a disability, a medical condition, a mental illness or who is frail due to age? Carers SA is here for you

Carers SA offers Emergency Respite to support carers who are experiencing an urgent or unplanned event that temporarily impacts a carers ability to continue their caring role for their family or friend.

This is a 24 hours a day, 7 day a week service.

Call **1800 422 737**

Carers SA Australia | Carer Gateway
An Australian Government Initiative
Connecting carers to support services

May 2021

Fresh Milk for CWC

When the Lymphoedema Association of South Australia visited to ask if they could donate something to the CWC, they were thinking a comfy chair or lovely rocker. The question was asked of the preceding CWC Project Manager “would that assist”, the response was “we have comfy chairs, but we do need a fridge”. With that the decision was made to donate something the clients of the space would really appreciate. Fresh milk is a small ask but a large achievement thanks to the donated fridge.

Heather Jones from LASA came to meet Robyn (new project manager of CWC) and to hand over the donated fridge

Thank you to the LSGSA for the generous support for the purchase of the fridge

www.lasa.org.au



Free Workshops for Women

Look Good Feel Better is a free, public service support program that helps people with cancer deal with the appearance side effects of cancer treatment.

The next workshop is **Tuesday 6th September, in the Cancer Wellness Centre, FCIC**

They run a range of online workshops providing valuable information and connection for women undergoing cancer treatment. Each session offers live instruction and tips on skin care, makeup, wigs and head coverings, nail care, or body image and styling.

Workshops are being run every week. Click the button below for more information.

[Learn more](#)

Upcoming Events

6th September, Look Good Feel Better workshop
18th September, City to Bay
28th September, Healthy Living after Cancer

Support the Flinders Cancer Wellness Centre



[CLICK TO DONATE](#)



Did you know the Cancer Wellness Centre is funded by the generosity of the community through Flinders Foundation?

The Centre provides meaningful support for the wide-ranging effects of cancer experienced by more than 2,500 people diagnosed with cancer at Flinders each year. It offers people with cancer, and their families and carers, holistic support that contributes to a healthier life, so they can thrive, during and after cancer.

You can support the ongoing delivery of activities and programs in the Centre by making a donation [here](#).

If you have benefited from the support of the Cancer Wellness Centre, we would love to hear your stories. Please contact Katrina from Flinders Foundation at kgill@flindersfoundation.org.au.

Thank You!

Thank you to the incredible organisations that support the Cancer Wellness Centre. We couldn't do it without you!

[Lions Club of Battunga Country Inc](#) continues to provide us with all the beautiful Carolyn's Chemo Caps we give away to patients.

A big thank you to Joli for providing us with lovely, handmade crochet chemo caps.



For more information about the Flinders Cancer Wellness Centre please visit www.sahealth.sa.gov.au/SALHNCancerWellnessCentre or email Health.SALHNCancerWellnessCentre@sa.gov.au



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Our mailing address is: Health.SALHNCancerWellnessCentre@sa.gov.au

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