



Flinders Cancer Wellness Centre Newsletter October 2022

Activity Timetable Now Available

Visit our [website](#) for more information on the services and programs we run in the Cancer Wellness Centre.

Services returning to CWC

More services are returning to CWC, with visitors and staff very pleased to see the centre become more vibrant. There has been very positive feedback/requests and suggestions given by visitors to help make the space inviting and comfortable for all who visit.

Some of the services returning are Arts and Health services, Psychology staff. The Cancer Council Nurse and the volunteers are back along with the soothing sounds of the harp players.

As time moves along, there will be even more additions and positive changes to the space. Currently the concierge in CWC has ceased but there is someone sitting at the front desk to welcome visitors on weekdays.

There will be more services starting up again so don't forget to take advantage of the space.



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. I'm sure we will be giving away a lot more as the weather warms up so if you would like to assist, visit the website www.carolynschemocaps.org.

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

Thank you to all who have donated and provided the Cancer Wellness Centre with beanie/hats/scarfs/blankets, it is very much appreciated. We now have an abundance of knitted items which will probably see us through until next winter.



University of
South Australia

VOLUNTEERS NEEDED

for research study about the effect of listening to fiction to improve emotional wellbeing while undergoing cancer treatment



We are looking for volunteers to take part in a study exploring the effect of listening to fiction on emotional wellbeing of people having cancer treatment. If you volunteer for this study, you will be asked to complete demographic & reading habits questionnaires prior to starting the 6-week program of listening to books in your home or other convenient place (including via Zoom when required), chosen according to your own reading preferences. Narrative non-fiction may also be included. At the first and final reading sessions you will need to complete standard wellbeing questionnaires and you will be invited to a short interview about the experience. You do not need to be a regular reader to participate. Participation and information collected will remain confidential.

Eligibility:	About to commence, undergoing or within 12 months of completing cancer treatment, aged >18 and fluent in English
Time required:	30-40 minutes weekly for 6 weeks
Where:	A place that is convenient to you, including your home or local library
Benefits:	You will contribute to research on bibliotherapy as a potential tool in the integrative oncology toolkit & you may boost your own wellbeing
Contact:	Elizabeth Wells, PhD candidate, UniSA STEM. Ph. (08) 8302 3737 elizabeth.wells@mymail.unisa.edu.au

For information about this and other studies, visit www.unisa.edu.au/research/research-volunteers
This study is approved by The University's Human Research Ethics Committee – Protocol Number 204027



Daffodil Day

Thanks to everyone who supported this great cause,

CWC decided to make this a weeklong event rather than just 1 day.

This allowed Cancer Council staff to engage with lots of visitors which resulted in raising \$1,300.

This is an amazing effort for Daffodil Day and staff within the Cancer Wellness Centre.

Look Good Feel Better Workshop

The face to face workshop was held on Tuesday 6th September, in the Cancer Wellness Centre, FCIC. The participants had a lovely time learning some tips and being able to connect with others.

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 in November, if you wish to attend use the QR code below to book in.

They are still running 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, wig and head coverings, nail care, or body image and styling.



feel better month **Join us!**

Look Good Feel Better's 'Feel Better Month' will run throughout September, with some fantastic free activities available all month.

Virtual Workshops:

In addition to regular women's, men's and teens' Virtual Workshops on skincare, make-up and headwear, a range of free Virtual Workshops focusing on overall health and wellness will be running throughout 'Feel Better Month'. Experts in their fields will be hosting the sessions, covering topics such as meditation, art therapy, healthy cooking (with celebrity chef 'Feel Fit', exercise, yoga and lymphatic massage).

Live Tutorials:

Quick and easy tutorials will be also offered on Facebook Live throughout the month, focusing on some of the most commonly requested topics relating to the side effects of cancer treatment. Special guests - including beauty guru 'Dance & Procreate', will discuss changes to the skin, skin care, nail care, scarf styling, make-up selection, product hygiene and a range of other topics.

The month of activities will be packed with practical information to leave you ready to face your cancer diagnosis with confidence.

Scan the QR code to visit the Look Good Feel Better website and find out more.

Sign up for the Facebook Live tutorials by following us @LGBAstralia.

look good feel better
FACING CANCER WITH CONFIDENCE

@LGBAstralia

WIN great prizes in the Flinders Foundation Lottery

FLINDERS FOUNDATION LOTTERY
WIN \$10,000

SUPPORTING CANCER RESEARCH AND CARE

Buy a ticket in the Flinders Foundation Lottery and be in the running to win great prizes, while supporting cancer research and care at Flinders.

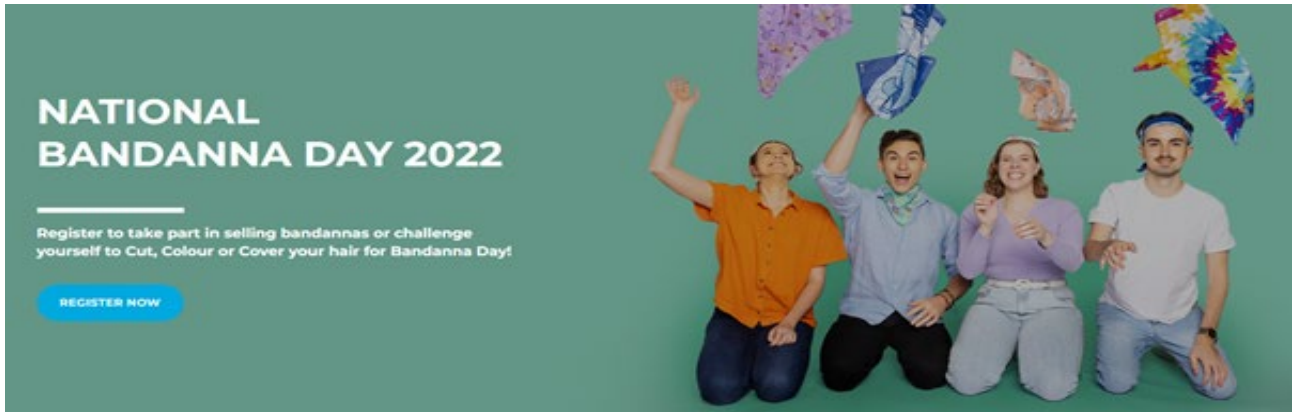
Your support in the Flinders Foundation Lottery will enable researchers and clinicians here at Flinders to find new treatments and improve patient care for people with cancer, and their families.

Purchase a ticket now for just \$25 and you could win \$10,000 cash, a luxury getaway, Wishart Jewellers voucher or other fantastic prizes!

The Flinders Foundation Lottery will be drawn on Saturday, 15 October 2022 at 11PM. Hurry, there are only 3,000 tickets available! Get your tickets today <https://bit.ly/CWCLott>

Licence No. M14256. 3000 tickets available. Prize list and terms and conditions: raffletix.com.au/flindersfoundationlottery

Bandannas for sale in CWC



After receiving requests from staff and visitors, we have registered to sell Bandannas. Canteen's official Bandanna date is Oct 28th, but we are hoping to sell them all year round.

We currently have multiple patterns to choose from and only \$5.00. They can be purchased from the front desk in Cancer Wellness Centre.

The funds raised from bandanna sales help to provide both practical and emotional support for young people living with cancer.



Pet Therapy is back

There has been many conversations and requests from patients/visitors to bring back Pet Therapy visits to FCIC, it was even the top request at the recent CWC workshop. After a simple conversation with the FMC Volunteer service, I am pleased to say it has returned.

The 1st visitor was Remy (English Sheepdog) and his friend Cathy, they were received well on Level 3. Both Remy and the patients were pleased with the interactions, FMC volunteers will make it a regular visit.

Look out and say hi to the furry visitors and their friends when they attend, who knows you might even see a pony or unicorn in the building.

BRA Day

National Breast Reconstruction Awareness (BRA) Day is celebrated annually on the third Wednesday in October to honour women who have been diagnosed with breast cancer. BRA day is a day to raise awareness, educate, engage, and empower women who have been diagnosed with breast cancer.

Breast Reconstruction Awareness

The team from Flinders Medical Centre's Breast Reconstruction Service recorded a video with general information for women who may be considering breast reconstruction following surgery to treat or remove the risk of cancer.

Topics that are covered in the video:

What is Breast Reconstruction Surgery?

Andrea Smallman - Nurse Practitioner
Plastic and Reconstructive Surgery

Timing of mastectomy and reconstruction

Amanda Jones - Breast Care Nurse
Consultant

Andrea Smallman, Nurse Practitioner

discusses breast reconstruction with
consumer **Robyn**

Hear from consumer **Ali** who has
undergone Breast Reconstruction surgery

Reclaim Your Curves

Hear from Chris who assists women to plan
their life after breast cancer, specifically
women seeking breast reconstruction.

How to watch the video

Scan the QR Code or access
via <https://youtu.be/b8ITd8dvZCw>

Any questions please contact Andrea Smallman
on 8204 7184 or email Andrea.smallman@sa.gov.au



Are you interested in attending an informal meeting to
discuss breast health with the FMC Breast Unit Staff?

Date: 18 November – more details to come

Let us know if there are any topics you would like us to
include.

Submit your questions via www.slido.com and enter event
code number #3043643

Important Dates and Upcoming Events

Healthy Living after Cancer Workshop – 28th September

Pink, Yellow, Blue Enchanted Garden Event – 15th October

BRA Day – 17th October

October = National Breast Cancer Awareness & International Brain Tumour Awareness



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!



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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