



Flinders Cancer Wellness Centre Newsletter | February 2022

Cancer Wellness Centre Closed

The Cancer Wellness Centre is currently closed due to the Covid-19 situation. During this time we have a range of services available online or via telehealth.

[Free Telehealth and Online Services](#)

For more information email Health.SALHNCancerWellnessCentre@sa.gov.au or call the CWC Project Manager, Amy Underdown on 0481 056 058.

Meet Brigid, our Art Facilitator.



Brigid is an experienced artist and gallery director with an established painting practice and strong professional skills in supporting the community, social innovation, teaching & mentoring. A significant aspect of her professional work is focused on creative work in health, specialising in the benefits of creativity for well being and mental health. She is currently undertaking a Master's in counselling a Psychotherapy at Adelaide University and is an advocate for working with kindness & compassion for all.

As the Cancer Wellness Centre is currently closed, Brigid is able to provide a range of remote activities that can be adapted and flexible to suit the patient and their family's needs. This includes one-to-one or group meditation and mindfulness activities, sending out art packs and phone or video consultations. This service is highly adaptable and aims to respond to the needs of CWC patients and their families. All interest and experience levels are welcome.

Brigid is available Monday to Thursday 10 am - 4.30 pm. Email Brigid.Noone@sa.gov.au for more information or to make a booking.

Flinders Wellness Blog

This new section of the newsletter will host short submissions on topics related to wellness from Flinders clinicians and researchers. This submission is from Hannah Whittall. Hannah is a registered psychologist and clinical psychology registrar working in the Cancer Wellness Centre.

Managing stress and uncertainty during the pandemic

Over the past 24-months, we have seen a constantly changing landscape within our healthcare system, community, and even in our friendship circles. These changes have seen lockdowns, social distancing, working from home, school online, telehealth, all with their unique challenges. It is not surprising, that this uncertainty and constant change has seen an increase in anxiety, depression and other mental health concerns across Australia. Below are some strategies that may be helpful during these times:

- **Be aware of the 'controllable' and 'uncontrollable' aspects of the pandemic**

COVID has meant many of our day-to-day activities look different to the way they did two years ago. For many of us, this has made us feel like we cannot control even the simplest of things. More often than not, this is our anxious brain talking. Our anxious brain is always on the lookout for things that could go wrong. Here we need to try and focus on the things

that we can control, this can include things like sleep, exercise, following health advice, and staying connected with others.

- **Be mindful of your sleep**

During increased times of stress, we see that our sleep can deteriorate. Gone are the days when we would fall asleep within 10-30 minutes. It is likely that many of us have experienced what we call 'rumination' – thought patterns that are immersive or repetitive (and usually negative). This rumination can mean we take much longer than usual to fall asleep. We might think over whether we remembered to sanitise as we entered the shops, we might think about loved ones who may be at greater risk, or we might think about that upcoming holiday that we will likely have to cancel. Again, these thinking patterns can be slowed down by considering the controllable and uncontrollable aspects of the pandemic. And if sleep is still tricky, try listening to music, a calming podcast (no true crime), or even get up and read a book. There is no point lying in bed trying to sleep if your brain just isn't ready – all this does is start building negative associations between bed and sleep.

- **Limit time on social media**

As with most things, the social media landscape has also changed. Where we once saw clothing and electronic devices being advertised, we are now seeing face masks and fancy hand sanitisers. The over-saturation in the media, online, and in our friendship circles can make it feel like COVID is the only thing we have in common, which of course is not the case. So, try to be mindful of the amount of information you are consuming online, perhaps set a screen-time limit on your phone. And if you do want to be updated, remember to look for this information from a reputable source.





Most importantly, try to be kind and patient with those around you. We are all experiencing varying levels of stress during this pandemic which has been hard on everyone. If you or somebody you know is struggling with the worry or uncertainty caused by the pandemic, please reach out to your GP who will be able to refer you to a psychologist using a Mental Health Care Plan. Otherwise, there are lots of great organisations like the [Black Dog Institute](#) that can help.

Fearless Conversations

Cancer Care

LIVESTREAM
THURSDAY 3 FEB | 6PM (ACDT)

Tune into to hear from:

- 
Julie McCrossin AM
Event MC
- 
Professor Bogda Koczwara
Flinders Health and Medical Research Institute
- 
Professor Raymond Chan
Flinders Caring Futures Institute
- 
Associate Professor Lisa Beatty
Clinical Psychologist, Flinders University
- 
Vikki Bedford
Flinders Health and Medical Research Institute, Cancer Voices SA

Cancer Care - Do cancer survivors get enough care?

Livestream - Thursday 3 Feb at 6 pm

Facilitated by broadcaster and ambassador for Head & Neck Cancer Australia Julie McCrossin AM, this fearless discussion will explore the issues surrounding the needs of cancer survivors, and how health services can better aid survivors of a disease that will directly affect one in two Australians by the age of 85.

[Register Now](#)

Healthy Living After Cancer - Online

Healthy Living After Cancer is an internet-based program that provides support to help you achieve your healthy lifestyle goals after cancer treatment. The Cancer Council have developed this program and are currently conducting a research project to see if it meets the specific needs of people who have completed their cancer treatment. They are looking for people who are interested in trying the program. Click the button below for more information.

[More Information](#)



**Cancer?
How we
can help.**



Information and support
13 11 20
cancersa.org.au

Information
and support

Cancer Council Support

While the Cancer Wellness Centre is closed Polly, our Cancer Council Outreach Nurse, can provide phone support Tuesday - Thursday on 0437 813 311.

On Mondays and Fridays support is available via the Cancer Council Information Line call 13 11 20.

For more information about the support available please click the link below.

[Learn More](#)

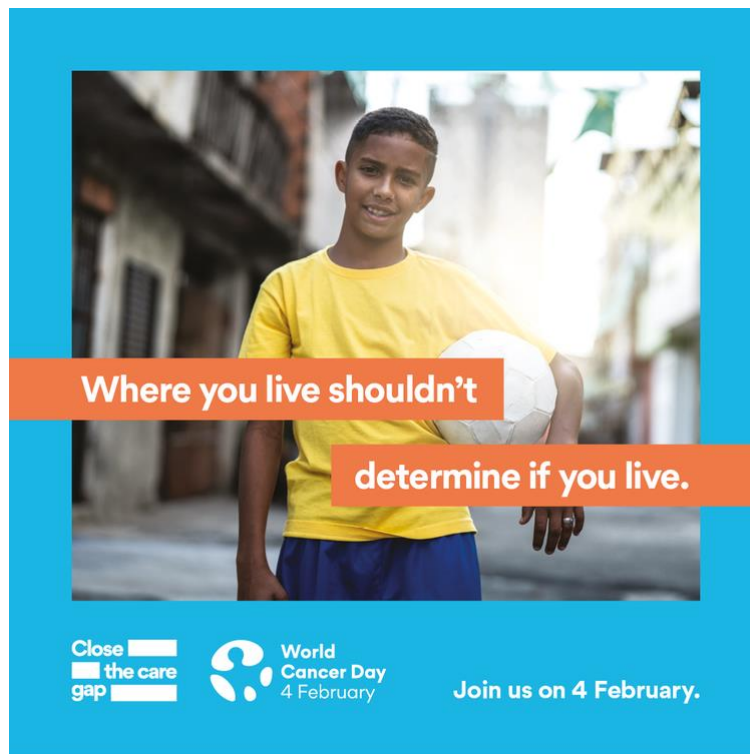
World Cancer Day

While we live in a time of awe-inspiring advancements in cancer prevention, diagnosis and treatment, many of us who seek cancer care hit barriers at every turn. Income, education, geographical location and discrimination based on ethnicity, gender, sexual orientation, age, disability and lifestyle are just a few of the factors that can negatively affect care.

This year's World Cancer Day theme "Close the Care Gap" is all about raising awareness of this equity gap that affects almost everyone, in high as well as low and middle-income countries, and is costing lives.

Join us on 4 February to speak out and stand up for a world less burdened by cancer. #CloseTheCareGap #WorldCancerDay

[Learn More](#)



Events

04 Feb [World Cancer Day](#)

Webinars / Podcasts / Resources

03 Feb [Cancer Care Live stream](#) Flinders University

18 Feb [Cancer Wellness Program](#) Peter MacCallum Cancer Centre

12 & 21 Feb [Skincare & Makeup Virtual Workshop](#) Look Good Feel Better

15 & 22 Feb [Wigs & Headwear Virtual Workshop](#) Look Good Feel Better

Thank You!

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

Pat Hume who has donated a range of lovely wigs for us to give away to cancer patients.

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

[Bonnie Wigs](#) who donated four wig stands for our display of wigs, caps and beanies and has provided us with some vouchers for her shop.



Support the Cancer Wellness Centre

Did you know the Cancer Wellness Centre is funded by the generosity of the community through the 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.

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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