



# The Supporter

## NEWSLETTER FOR THE SCGH BROWNES CANCER SUPPORT CENTRE

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### MAJOR SPONSORS 2004

**Milne AgriGroup**

**Channel 9 Appealathon**

**Sir Charles Gairdner Hospital**

### Our Aims Are to:

- ◆ Improve the quality of life of Western Australians with cancer by;
  - alleviating distress
  - improving understanding of disease and treatment.
  - developing patient empowerment.
  - improving consumer access to supports.
- ◆ Foster psycho-social research in Western Australians with cancer.
- ◆ Become self supportive,

Editor: David Oliver  
Issue 2 - December 2004

### ***DIRECTOR'S REPORT***

From Dr David Joske

As the year starts to draw towards a close, I thought it timely to update all of you who have supported the Brownes Support Centre in various ways. Of course, we have our "Meet & Greet" volunteers and our volunteer complementary therapists, but there are many others who make substantial contributions in other ways. Members of the Steering Committee, the members of our Board, those who have donated directly to the Centre, and others who have made contributions with their time, expertise, and enthusiasm. To some of you, it may look, on the surface of things, as if not much has changed. We continue to receive a steady stream of visitors into the Centre and an avalanche of positive feedback, as to the good that we are doing. On occasions too numerous to mention, I am accosted by somebody who knows someone who has used the Centre and found it of huge benefit to help them cope with their particular illness. There remains a palpable feeling of positive energy and enthusiasm in the Centre itself, and yet at the same time it achieves a quietness which is relaxing and healing to all who spend time in there.

In fact, the latest report from the Research Committee does make some measurements of the number of people using the Centre, and the good that we are doing. We have now given over 1100 complementary therapy treatments to over 550 people, including 420 individuals diagnosed and being treated for cancer. The quality of life and symptom distress measures that have been developed from Professor Linda Kristjanson's work tell us that the effect of the complementary therapy sessions is to substantially improve quality of life, for users of the Centre. Moreover, these results have now been presented three times at national conferences related to cancer or complementary medicine. We presented an earlier version of the research findings to the Clinical Oncological Society of Australia in November 2003 at a conference at Burswood Conference Centre; David Oliver presented on our behalf to a National Breast Cancer Conference in Melbourne in August; and just ten days ago, I presented at a conference organised by the Australian Resource Centre for Health Care Innovation, at the Gold Coast, on Integrating Complementary Medicine with Mainstream Medicine. Our approach was very warmly received. The conference was opened by Kerryn Phelps, the former National President of the Australian Medical Association, who ushered in a new era by pushing the AMA to develop its first position paper on complementary medicine during her tenure as President. After my talk, she personally offered to support in any way that she can. The conference was also attended by Professor Marc Cohen, one of Australia's youngest-ever Professors, who is National President of the Australian Integrated Medicine Association. Marc and I had several conversations over the conference and discovered that we are kindred souls, and this is likely to lead to more close collaborations in the future.

From that conference, I went on to the Annual Scientific Meeting of the Haematology Society of Australia and New Zealand. One of the international speakers pulled out of a talk at the last minute and I offered to give my talk about the Brownes Cancer Support Centre and about complementary medicine in general and this represented something of an "outing" of myself as a complementary medicine fan to my national peers. So it was with some trepidation that I gave the talk at short notice, but to my surprise it was warmly received and even some of my most conservative colleagues expressed the wish to have a similar centre on their own campus. This positive response was very gratifying.

So, the last 12 months have really seen the Centre take the national stage and a lot more people around Australia know about our work. I am most grateful to Linda Kristjanson for her enthusiasm and expertise; and to Aurora Popescu who did a lot of the legwork in preparing the research committee reports. Behind the scenes though, things are starting to change.

(continued overleaf)

...from page 1

Through meetings of the Board over the year, and with the pressing need to develop some fund raising streams, a better way forward has crystallised amongst us all. Through the very great efforts of Patria Jafferries -sometimes despite considerable personal pressures – a team of people at BrainCells are developing a brochure and some of the key items we need to go out there and raise our own funds. This process has been slower than expected and it has been quite frustrating for me personally, but it is far more important that we “get it right” than rush in with something only half-baked.

We are developing a model whereby the Brownes Cancer Support Centre becomes part of an even larger organisation with even larger goals. We want to address some fundamental health care issues, including how we can best integrate complementary medicine, and other supportive measures, to really start to maximise the way the body copes with stress, and the way the immune system copes with cancer and other chronic illness. This is a very exciting “paradigm shift”, and we are starting to develop specific ideas for research that will be able to be implemented once funds are raised.

As I have said before on a number of occasions, the challenge will be to retain the very powerful positive effect that we have in the Centre at the moment, as we grow intellectually and physically. The health scene in Western Australia is changing, with most of the upheavals yet to be felt, and these changes provide great opportunities for us in the coming 12-18 months.

Once again, I would like to thank David Oliver for the fantastic success he has made of his position in the Centre. His ability to get the best from all of our therapists and volunteers, and at the same time to participate in the bigger picture and help us with the steps forward indicates that he is a man of rare skills and indeed wisdom. Moreover, his personal load has been enormous and it has taken a lot of time to start to get things in place to make it more manageable for him. He has been very patient through this process. His coup of seeking and successfully obtaining Appealathon sponsorship of the Centre should be the start of, we hope, a long and fruitful relationship.

David Joske  
Director

## **INFORMATION WEEK**

The Support Centre's 'Information Week' 2004 ran from 8<sup>th</sup> – 12<sup>th</sup> November. Its purpose was to showcase the therapies on offer to cancer patients.

Watling Street (the main hospital corridor) was the venue and there was huge interest from hospital staff and visitors. Many staff said they would like a corporate massage service in their department.

People were able to try the various complementary therapies and find out information on each therapy and where the best therapists in Perth are.....Of course they are the volunteers at the support centre who once again gave of their time to promote the support centre and fundraise at the same time.

This year we hired stands from Barretts Displays at a discount price and they were very helpful at all times, even letting us have the stands for an extra week so we could continue the 'Journeys' creative art therapy display, Which generated a lot of positive feedback. Well done Paulina.

Our Creative Art Therapy Group is very popular and Paulina Howfield produced a professional display called 'Journeys' from her very special group. Many people were touched by the heartfelt stories that accompanied each picture.

Many thank to the A/V Dept at Charlies for their assistance with photography and to the volunteers who sold raffle tickets and generally helped out. Special thanks to Pauline Frank for her assistance and Claudine Holdsworth.

We would now like to attract funding to display 'Journeys' at other venues around Perth. Please contact us if you can help.

Watling Street Displays



Aromatherapy and Massage Display



## RESEARCH

The Research Committee, rather like the Centre itself, has had a year of consolidation. Earlier in the year, we were able to complete collating all of the responses of users of the Centre for the first eighteen months of treatments. This added up to over 550 people, a vast majority of who were cancer patients, being treated with over 1,150 complementary medical treatments. The overall measures that we have made on quality of life indicate a positive effect and whilst this is not conclusive proof according to the usual scientific criteria, it is pretty hard to explain the results by any other means.

Our results have now been presented at six major national conferences including the Annual Scientific Meeting of the Haematology Society of Australia and New Zealand (which represented rather an "outing" of myself in front of my peers!) and a conference organised by the Australian Resource Centre for Healthcare Innovations, at the Gold Coast. The talks have generally met with an extraordinarily positive response and led to subsequent offers of collaboration, for example with the Australian Integrative Medicine Association. This is an organisation based in Melbourne and the current president is Professor Mark Cohen and we look forward to working with him if possible in the future.

The Research Committee meetings continue to be most constructive with good contributions from all involved including Professor Michael Millward, Professor Linda Kristjanson, and Research Fellow Liz Lobb. Dr Donald McDermid and his team from the School of Computer Sciences at ECU make a major contribution at every meeting and we are all constantly working together to improve the accuracy, the quality, and the utility of the information we collect.

Our first descriptive publication of what we have been doing is now getting ready for preparation and will be circulated to Research Committee members and other co-authors for finalisation in the coming weeks.

Towards the latter part of the year, the focus of our meetings has started to shift towards developing a research plan for the next three years, ideally to place us in a position to be able to win competitive grant funding and to further develop some of our ideas linking effects of complementary medicine with effects upon the immune system.

It looks like it is going to be a very exciting year in 2005! A lot of the hard work and consolidation that we have achieved over this last year are likely to be translated into more "runs on the board" with scientific publications, good collaborations, and further success with our research endeavours.

David Joske  
Director

## BOOKS FOR SALE

### LEAN ON ME

By Lorraine Kember

'It takes courage to truly travel on the road with a loved one facing a terminal illness. Lorraine takes us with her on that journey through the entries in her diary, capturing so graphically, the roller-coaster of emotions experienced by many carers supporting their loved ones through this most difficult time.' Janet Craven RN

### LIVING SIMPLY WITH CANCER

By Ross Taylor

'Full of positive, straight forward information on the practical and the spiritual solutions for people living with cancer.' Olivia Newton John

## Support Centre Lounge and Entry



## DONATIONS

If you would like to be part of an exciting new development in healthcare and be recognised for your contribution then look at the options below. The Centre needs people like you to support us in bringing complementary therapies to patients and families of people with cancer. The Support Centre is self funded and relies on community donations to be able to keep offering its services to all cancer patients and their carers in WA and to implement our research program.

### How to Donate

Make cheques or money orders payable to

1) "SCGH BCSC account"

Donations are tax deductible and a receipt can be posted if requested.

### Bequests

This is an important way to ensure the long term benefit to the community of supportive health care as provided by the model of the Brownes Cancer Support Centre.

### How Can I Help?

If you would like to fundraise for the Centre by organising events, film nights, raffles in your local club, workplace or school then call us on 9346 7630.

### ACKNOWLEDGEMENTS

A big **THANKS YOU** to the many organisations and companies that have donated to the Support Centre over the last year.

Abbott Australasia  
 Alcoa  
 Allens, Arthur, Robinson  
 Amgen  
 April Flowers  
 Australia China Business Council  
 Australian Fine China  
 Azima Massage Tables  
 Bay City Ladies Golf Club  
 BHP Billiton Social Club  
 Bits & Pieces Subi Markets  
 Bristol-Myers Squibb Pharmaceuticals  
 Brookhampton Estate Wines  
 Challenge Stadium  
 Channel 9 Appealathon  
 Chinese Chamber of Commerce  
 Claremont Rotary Club  
 Coffee Connection Subi Markets  
 Co-flexip  
 Conscious Living Expo  
 Eton Fund Raising Group  
 Erindale Farm Dardanup  
 Frasers Restaurant  
 Channel 9 Garden Gurus  
 Gilead Pharmaceuticals  
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 Nestle  
 92.9FM Zara, Troy and Bernie  
 Nordic Health Club  
 Nova Magazine  
 Novartis Pharmaceuticals  
 Olfactory Sensations  
 Mi Essence (Susan Goodfellow)  
 PEPA club BHP Billiton  
 Pfizer  
 Schering  
 Reflexology Association WA  
 Roche  
 Sir Charles Gairdner Hospital  
 Spices Supermarket  
 St Anthony's Catholic Church  
 StateWest Credit Society  
 Technip Oceania  
 The Good Life Shop Midland Gate  
 Toodyay Lavender Farm  
 Vision Bags  
 Western Suburbs Weekly

### 3<sup>rd</sup> BIRTHDAY PARTY

'3 years of sharing'

In September, over 70 volunteers and guests helped us celebrate three years of service. We danced to the rhythm music of Dr Joske and his Jazz 'brother'. Volunteers supplied the food that was of a very high standard. A great time was had by all. Many thanks to everybody, especially Claudine and Pauline. A great time was had by all.

This amazing cake was donated by MARTINEAUS PATISSERIE.



Here's a nice story that sums up the human condition;  
**CRACKED POTS**

A water bearer in China had two large pots, each hung on the ends of a pole which he carried across his neck. One of the pots had a crack in it, while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house the cracked pot arrived only half full. For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his house.

Of course, the perfect pot was proud of its accomplishments, perfect for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do. After 2 years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream. "I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house." The bearer said to the pot, "Did you notice that there were flowers only on your side of the path, but not on the other pot's side?"

That's because I have always known about your flaw, and I planted flower seeds on your side of the path, and every day while we walk back, you've watered them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house." .....

"WORRY IS A MIS-USE OF YOUR IMAGINATION"

## ACKNOWLEDGEMENTS

There are many individuals who have made a financial contribution to the Support Centre over the last 12 months. Special Thanks.

Rosemary Ayers  
 Yvette Bryson  
 Q Burr  
 Mrs M Bell  
 Margot Baird  
 Jack Bendat  
 Bill Bloking  
 E Bogart  
 Jim Borshoff  
 Id & SP Butt  
 C Brown  
 Donna Brennan  
 Jodi Catling  
 Rosemary Davies  
 Lesley Davies  
 Anthony Deleo  
 Ambika Drew  
 Mrs Duggan  
 Sandy Farmer  
 Ng Kan Foong  
 Sylvia & Richard Fry  
 Joan Gibbs  
 S Gilham  
 Heather Gould  
 Floris Gout  
 Jani Gray  
 Anthea Harris  
 Valerie Harris  
 Greg & Diana Hertzler  
 Claudine Holdsworth  
 Patria Jafferis  
 David Joske  
 Shirley Jeeves  
 Shaun Jenkins  
 Natasha Kalamaris  
 Suzi Kambuts  
 Peter Kenyon  
 Graham Laitt  
 Irene Lakeman  
 Karin Luhn  
 Josephine Martin  
 Sam & Anahita Miller  
 Shayne Murray  
 Chau Bang Dang Nguyen  
 Mary O'Mara  
 Gay O'Neil  
 Mary O'Mara  
 Liga Peake  
 DR & RL Proctor  
 Lynne Roberts  
 Inge Schmidt  
 Dorothy Selheim  
 AH Sim  
 Dawn Smith  
 Pervin & Jal Shroff  
 B & F Steine  
 Hisako Takeyasu  
 Peter Tiddy

## CO-ORDINATORS REPORT

Well, it has been an interesting 12 months since our last newsletter. I had grand plans of producing one every 4 months but as John Lennon once famously said "Life is what happens to you while you are planning to do something else".

To the casual observer it might appear that we have made little progress in the Centre this year. It has been a year of one step forward and one step backward in many areas. So rather than expansion, it has been a year of consolidation during which good people have joined the centre, the strategic vision has been enlarged and the 'model' has been further refined.

Even though it seems this has been a 'standing still' year. For many of us it has been a year where we have been given the opportunities and time to sort out personal things that have prevented us from moving forward in our lives both individually and for the centre as a whole. We have made room for new opportunities to arise for us to express new ways of being, more in tune with our real selves. When that happens we have a choice as to which way we will be .....old or new. The beauty of life is that none of us are perfect and it is often in our greatest weakness that we find our greatest strength. I believe that as long as we are being the best we can be at any time then the 'law of grace' will always guide us to the next step on our journey.

The Centre certainly hasn't been standing still. Our booking systems are being computerised, new reception area is being planned, orientation and training is being refined, increased activity on the wards has meant bringing in more volunteers and re-organising our booking procedures, New relationships have been forged. We are now well placed to move forward into the coming year.

Our Volunteer Support Committee has seen many changes over the years as different needs have arisen. It is now a regular part of planning and running the Centre and is much appreciated by myself. Pauline Frank, our volunteer aromatherapist, joined the centre as my assistant in October. Pauline works Monday to Wednesday and has already proven her worth and is increasingly taking some of the administration pressure from me.

Working in a volunteer environment is a unique experience. It is a naturally fluid environment with the only constant being constant change. Without the volunteers this centre would not be able to operate. They are the life of the centre who give from the heart and who have a passion to be here. I see it as a privilege to be able to work with the volunteer group. Many people may not realise that many of the volunteers are not regularly seen each week, especially those on the Advisory Board, the Research Committee and those volunteers who come in to assist with administration tasks, raffle selling and managing (fixing) our database. It is truly a wonderful team effort from all concerned. It is difficult to single out anybody, as there are so many who give of themselves, but I especially would like to thank Trish Williams for her support from the beginning. The dedication, teamwork, commitment, willingness to learn, sense of humour and professionalism of the volunteers is something I personally find very inspiring. Well done everybody and THANK YOU!

Many activities were organised throughout the year to bring the volunteer group together. These have included breakfasts, support centre birthday and Christmas parties, whale watch tour, bushwalks, education days and volunteer meetings. These were all very popular and thanks to all the volunteers who assisted in organising these.

Of course we mustn't leave out the many other support organisations in the community that have worked with us. Especially many thanks to the Leukaemia Foundation, Cancer Council, Cancer Support Association, Edith Cowan University School of Nursing Research, Look Good Feel Better and of course the wonderful staff at Sir Charles Gairdner Hospital have been a great support. Their willingness to embrace new ideas (that work) and their dedication to helping patients through a difficult time is legendary. We are grateful to be a small cog in the wheel that assists them to offer that support.

Lastly, many thanks to Dr Joske for his personal support, his wisdom and dedication to his vision that is shared by so many.

David Oliver

Continued

D Thomsett  
 W & B Thompson  
 JJ & K Tyler  
 Sue Verral  
 Mark Webber  
 Maureen Weiner  
 Jack Wilkins  
 J & J Williams  
 Shirley Winstanley  
 Kazuko Yamamoto

Brigitte Johnston



**Qualifications:**

Diploma Reflexology

**Membership:**

Prac. RAA, MIFPA.

**Health Fund Rebate:**

Only selected funds that give rebates to professional members of RAA.

**Clinic Telephone:**

(08) 9387 1305

**Corporate Reflexology**

0414 990468

**Email:**

brigittej@iprimus.com.au

**Other Therapies Practiced:**

Aromatherapy  
 Reiki

**VOLUNTEER PROFILE**

Brigitte Johnston

Brigitte joined the support centre in October 2001 and has been a valuable member of the volunteer team ever since. Her unwavering support and dedication is much appreciated. Brigitte is loved by both patients and volunteers who appreciate her sense of humour and compassionate approach. Many thanks.

Brigitte wrote the following words for this article:

"I was first introduced to Reflexology in 1985 when my mother suffered a stroke which left her severely depressed and unwilling to participate in rehabilitation. A weekend workshop by a student of Hanne Marquart (the eminent German Reflexologist) gave me enough skills to be useful, empowering myself and my mother – and she recovered quickly and with only minor lasting handicaps. This started my interest in 'alternative' therapies, exploring a number of them but always practicing reflexology within my family and circle of friends. In 1995 I completed a Diploma of Reflexology, became Practitioner Member of the RAA (Reflexology Association of Australia) and started working in a professional capacity in private practice. In 1998 a Certificate IV in Clinical Aromatherapy followed and I have been a Full Member of IFPA (International Federation of Professional Aromatherapists) since then. For the past nine years I have been working as a reflexologist and massage therapist for the Brightwater Care Group (formerly Homes of Peace), first as a volunteer, then on staff and on contract, in their aged care facilities and disability units. I have been teaching Reflexology at various schools, colleges and at TAFE since 1998. I have been involved with the Reflexology Association of Australia since 1995 in various executive positions at branch level and the national board, being the first national president of the RAA.

Joining the team at the Brownes Centre has been a wonderful personal experience and one of the most rewarding steps in my professional career. I am constantly reminded how every aspect of the Centre contributes to the subtle and sometimes quite remarkable changes that occur within the people who pass through our doors: the calm and peaceful environment; the possibility of a chat; an ear that will listen; a helping hand; people giving freely of themselves, and then of course the therapy. The sessions seem to produce what is needed most: a sensation as if walking on air; deep relaxation; a renewal of energy; a release of pent up emotion; a feeling of empowerment, of being able to regain some control over one's life again; a sense of utter well-being. As one woman put it: "If I were a cat I would purr".

One man, who chose to try reflexology because his feet ached terribly, remarked to me after his fourth session: "If you had told me what reflexology would do for me when we first met, I would not have believed you. Yet, during the treatment and for a long while afterwards I feel whole, despite my bruised and battered body, and ready to take on whatever is waiting for me."

I feel very privileged to be able to work with all these wonderful people who show so much courage, endurance and love of life. As the Centre can make a difference to the quality of life during this stressful time, I am proud to be part of the team."

**Feedback from patients**

We receive lots of positive feedback from the patients and here is a small sample.

- 1) I strongly feel that having this centre at the hospital has enabled me to come to terms with the hospital environment and the treatment I am receiving. Being able to come and sit in such a positive and loving atmosphere has really enabled me to cope with the medical treatment I am undergoing.
- 2) Over the six weeks of my treatment I have felt a marked improvement in my wellbeing. I feel more calm within myself and more in control of my life.
- 3) The support centre has been a great resource of care for me during the initial shock & acceptance of my role as carer for my husband who has an inoperable aggressive cancer. At all times staff & volunteers have given me quite positive feedback & really convey quality care and concern when they say "how are you today?" Thank you.

## COMPLEMENTARY THERAPY PROFILE

### REFLEXOLOGY

Reflexology is a specialised form of foot massage that dates far back into history, particularly in China . In modern times it has developed into a comprehensive treatment that promotes well being on physical, emotional, mental and spiritual levels. Many people report that reflexology can reduce tension and pain.

Reflexology is based on the concept that every part of the body is connected by energy pathways which terminate in the feet, hand and head. The body is organised into 10 zones, which run longitudinally from the toes to the head and down the arms.

Reflexology demonstrates how every organ and structure of the body is linked to specific areas of the feet and hands which are called reflex areas. Gentle pressure is applied with the hands to the relevant areas of the feet. It is thought Reflexology enables restoration of the body to its equilibrium, removing toxins, restoring energy flow and helping nature to achieve homeostasis.

#### **Side Effects**

Occasional symptoms of fatigue, foot/hand tenderness, changes in urinating or bowel function (Ernst 2001; Danish Reflexologists Association)

Transitory Lethargy, nausea or tearfulness are occasional side effects according to the Association of reflexologists UK (2002)

#### **Contraindications**

Conditions of the feet such as gout, ulceration or vascular disease and especially deep vein thrombosis (Ernst 2001)

### **Support Centre Reception**



### **SHEDDING NEW LIGHT ON CAT SCANS**

"A mans favourite dog appeared to have died – just to make sure he took it to the vet. The vet gave it an examination and then said "I'm 95% sure it's dead, but I'll give it one final test." He left the room and returned with a huge tomcat. This he put under the dog's nose and also around other parts of the dog's body, then he said "The dog is definitely dead". The owner then requested the account which came to \$500. "That's ridiculous – itemise it." And the vet replied "\$50 for the examination and \$450 for the cat scan."

### **Conscious Living Expo Display**



### **CONSCIOUS LIVING EXPO NOVEMBER 2004**

The Support Centre once again had a display at the Expo thanks to the generosity of Conscious Living who kindly donated the space. David Oliver, support centre coordinator, presented, "Overview of the Support Centre and the Role of Complementary Therapies in Quality of Life Outcomes", at the Integrative Medicine Conference. There was lots of interest and support from people who believe in the vision of bringing complementary therapies within the mainstream health system in a cooperative way.

On the opening Gala night , that was jointly supported by Conscious Living and NOVA Magazine, Brownes Cancer Support Centre SCGH received a commendation for Research and Innovation. There were many worthy recipients of the major awards. Well done!! Many thanks to Patricia Hamilton and Margaret Evans for their support.

A fundraising raffle was held at the Gala night with proceeds being shared between the Brownes Cancer Support Centre and the Cancer Support Association. A great time had by all.

## ***DO YOU WANT TO VOLUNTEER?***

We are looking for people who can spare half a day per week and who can make a commitment to volunteer their time and expertise at the support centre. We have two volunteer categories:

- 1) Meet and Greet Volunteer – they provide a 'listening ear' and reception skills.
- 2) Complementary Therapy Volunteers – we particularly need Certificate IV level reflexology, Diploma Aromatherapy and Beauty Therapy.

We have a close knit volunteer team who support each other and without whom the centre would not be able to function. The centre is a purpose built, relaxed place where patients and their families can go and receive support while they are going through diagnosis and treatment. Our volunteers find it very rewarding and we have created a light, quiet, nurturing environment that empowers people to move forward in their lives.

Volunteers have an orientation period 'on the job' with ongoing training and support.

**CONTACT US:** SCGH Brownes Cancer Support Centre, Hospital Ave, Nedlands, Western Australia, 6009  
Phone (08) 9346 7630

**Merry Christmas and  
A Joyous New Year  
From all of us at the Centre**

