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Flinders Cancer Wellness Centre Newsletter | July 2022

July Timetable Now Available

Our July timetable is now available.

Visit our website for more information on the services and programs we run in the Cancer Wellness Centre.

[Website](#)

**Flinders Cancer Wellness Centre
July Timetable**

All activities and services are free for patients, their families, and carers. For more information visit www.flindersadelaide.org.au/FlindersCancerWellnessCentre or call 0883 054 054.

Tuesday Morning	Tuesday Afternoon
10am - 11am Cancer Council drop-in session	2:30pm - 3:30pm Cancer Council drop-in session

Wednesday Morning	Wednesday Afternoon
9:30am - 10:30am Cancer Council drop-in session	2:30pm - 3:30pm Cancer Council drop-in session

Thursday Morning	Thursday Afternoon
10am - 11am Cancer Council drop-in session	2:30pm - 3:30pm Cancer Council drop-in session

Cancer Council Outreach Note
Flinders is an equal opportunity service who can provide information and support to anyone about any aspect of cancer, including referrals to support services. The cancer support policy is available on Tuesday, Wednesday, and Thursday, 10:00am and 10:30am of the Cancer Council information and support service on 13 13 20.

Scan the QR code and you will be able to download a copy of the timetable.

FLINDERS FOUNDATION Health Southern Adelaide Local Health Network

Flinders Cancer Wellness Centre Consumer Survey

We have generated a survey for Consumers affected by Cancer to complete.

Vision

To support people affected by cancer to recover and thrive, through care, research and strong engagement with our community.

Purpose

To provide the best possible holistic support encompassing all aspects that contribute to a healthy life.

Objectives

- Identify and address needs of people affected by cancer
- Deliver services that are tailored to meet individual needs, improve care experience, quality of life, health and wellbeing.
- Continuously improve patient outcomes through the use of evidence-based frameworks, research and program evaluation

The purpose of this survey is to scope for future service, therapy and activity provision within the Cancer Wellness Centre. Could you please complete this survey to assist us with planning?

The survey period is from 08th July 2022 and closes by 25th July 2022.

There are also printed copies of the survey available in the Cancer Wellness Centre.

Thank you all for your continued contribution to assisting in scoping for future activities, therapies and service provision within the Flinders Cancer Wellness Centre.

[Start Survey](#)



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/pqbg)

Support Flinders Foundation this Dry July



Go 'Dry' this July and show your support for people with cancer and their families. Sign up to go alcohol-free for one month and raise funds for Flinders Foundation to support cancer wellness programs at Flinders.

If you don't drink alcohol, why not challenge yourself to give up something else – chocolate, coffee, lollies?

[Register your interest](#)

Work After Cancer

Do you need support to negotiate your work life during or after cancer diagnosis? This website may be able to help.

The Work after Cancer website provides advice to people diagnosed with cancer, their loved ones, clinicians and employers about their options, rights and responsibilities.

[Learn More](#)



Managing your cancer care if you test positive to COVID-19

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.

[Learn more](#)

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 carer's 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 stress 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 ongoing support 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 mental illness or who is frail due to age? Carers SA, the experts for you.

Carers SA offers Emergency Respite to support carers who are experiencing an urgent or unplanned event that temporarily impacts a carer's 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
1800 422 737

Carer Gateway
Connecting carers to support services



Support the Flinders Cancer Wellness Centre

FLINDERS FOUNDATION

[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 kjill@flindersfoundation.org.au.

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 Joley 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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