

Life Force Foundation is a non-profit organisation providing emotional/psychosocial support for people dealing with the experience of cancer, through group therapy and meditation, counselling, special work-shops and retreats.

Life Force Foundation

CFN 15707

ACN 068 056 682

DGR. 428809

EASTERN SUBURBS

NORTHERN SUBURBS

INNER WEST

P.O. Box 1663

Bondi Junction NSW 1355

Tel: (02) 9389 3834

Gabi Hollows

Patrons:

Prof. Michael Friedlander

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Maria, Margie & Mim - Making Life Easier



Maria



Margie



Mim

Our new office brings added support for people facing the challenge of cancer.

The Foundation can now add yet another dimension to its community counselling services, in addition to the weekly support groups which continue to run in three locations in Sydney's metropolitan area.

We are very fortunate to have in our new office, three wonderful and dedicated women who are working for Life Force Foundation. Maria, Margie and Mim who are all skilled counsellors, are available on the office telephone any time you feel the need to talk to someone, or for information on our support groups, workshops, retreats etc. (between the hours of 10 am and 4 pm, Monday to Friday).

The counselling team is also available for one-on-one private counselling, and grief and loss counselling, with the possibility of home visits in your area. Call them and find out how they can help you and/or your family. Maria also speaks Italian.



Special Counselling Services available from Life Force Foundation:

- ◆ Telephone Counselling ◆
- ◆ Private Counselling ◆
- ◆ Bereavement Counselling ◆

Please take note:

The new telephone number for Life Force Foundation is:

9389 3834

The new fax number is: 9389 3934

Note: During the term break, the office will be attended on Mondays, Wednesdays and Thursdays only

if you would like to become a part of the extended family, and help the foundation, you can send any donations to:

Life Force Foundation
P.O. Box 1663
Bondi Junction 1355

Donations are tax deductible.



NEWSLETTER

JUNE
1999

Please do not throw this newsletter in the bin. Pass it on to someone who may benefit from it, or give it to your doctor, dentist or other health professionals. You may wish to put the support group information up on a noticeboard. In this way you may be able to help someone in need. Thankyou.

DATES TO REMEMBER

Next meeting of the Breast Cancer Action Group (NSW):

will be held on Sunday 27 June, 1999 at the YWCA, Wentworth St., Sydney at 3.00 pm. The topic will cover information about the various support groups that are available to assist women throughout their treatment and recovery.

LFF retreat for cancer patients: Weekend of August 20-22, 1999

Join us on our winter retreat in the Kandos Valley. Relax by the log fire in the cosy early colonial homestead. Feel your spirits lift as you are embraced by the beautiful surroundings. Let the world of nature bring back that sense of wonder into your life. Experience the utter peace surrounding you. Massage, yoga, meditation, creativity workshop, vision quest, great food and lots of fun. A beautiful healing place full of birdsong and wonderful wildlife awaits you.

For more info and to register phone: 9389 3834

LFF Support Group Facilitator's Workshop, July 23, 24, 25 1999

(See details page 3)

ON THE RIGHT TRACK

17.5.99

(to the tune of 'On the Road to Gundagai')

We're all on the right track
and now there's no looking back
CAUSE we're A-LIVE, ALIVE, LIVE, LIVE

We've got better things to do
than eat the past (chew - chew)
SEE we're A-LIVE, ALIVE, LIVE, LIVE

Now there's Jilly and Caro
A dynamic duo
They help us see and feel
The LIFE - FORCE CHI

They guide us on our path
Through love and a damn good LAUGH! (slow)
YES we're A-LIVE, ALIVE, LIVE, LIVE. (quick)

CHOO! CHOO!

Song from Janiece Little
Eastern Suburbs Group
(Accompanied by the harmonica)

Talking about Cancer, a workshop for health professionals: September 3 & 4, 1999

This experiential workshop is a realistic hands on way of experiencing rather than just learning techniques intellectually. Cancer patients who are members of LFF support groups will be in attendance to offer feedback. For more information and registration, phone: 9389 3834

Book now for this workshop led by well-known educator, Aurora Hammond, together with Jilly Pascoe of Life Force Foundation.

"Cancer: We Care" National Conference

For
Cancer patients, carers, volunteers and
health professionals

13 - 16 July 1999

Australian Jockey Club
Convention & Exhibition Centre, Paddock Stand
Alison Rd, Randwick NSW

Telephone:
Ms Emma Mesaros, Conference Coordinator
Australian Cancer Society: (02) 9380 9022
For information and registration form

Register by June 30, 1999



Drawing by Janiece Little, Eastern Suburbs Group

LFF Support Group Facilitators Workshop

This is a three day training program for support group facilitators. The program will enable participants to feel confident in conducting and leading a support group, which aims to help people deal with the experience of a life threatening illness in the best possible way, improving quality of life.

The program will cover expressive-supportive group therapy and the role of the group leader in a psycho-social support group setting.

The training program will be led by Jilly Pascoe and Caro Jonas of Life Force Foundation. Jilly and Caro have successfully led support groups for cancer patients and their families for the past six years, and wish to impart the benefits of the Life Force Foundation philosophy and approach.

Based on the LFF approach to support group therapy, this experiential workshop will assist participants to create an environment which:

- ◆ Provides emotional and social support, encouraging expression of feelings in a safe and caring atmosphere
- ◆ Develops personal skills and strategies for coping with the associated stress and anxiety of the condition and treatment, restoring confidence and enhancing quality of life
- ◆ Assists patients to gain the maximum benefit from their treatment regimens, by promoting communication and cooperation between patients and health care providers

The program will cover

- ◆ The role and responsibilities of group leaders
- ◆ Creating a safe and supportive environment
- ◆ Effective communication
- ◆ Dealing with fears
- ◆ Dealing with big feelings
- ◆ Finding new meaning in life
- ◆ Lifting the spirits
- ◆ Fostering a relaxed and peaceful state of mind
- ◆ Care of the self

July 23, 24, 25, 1999

For information and registration phone: 9389 3834

Thought for the day:

Work like you don't need money.
Love like you've never been hurt.
And dance like no one is watching.

Telegroup Counselling Project

For young carers whose parent has cancer.

Carers NSW Inc and the NSW Cancer Council are participating in a pilot project to conduct telegroup counselling for young people where a parent has cancer.

The objectives of the project are:

- ◆ To provide an opportunity for young people to talk with others in a similar situation about issues of concern and where possible to work towards achieving better coping strategies
- ◆ The focus of each group program will ensure there is an emphasis on building skills in managing their own caring situation; building skills in forming networks and accessing supports and providing opportunities to support one another
- ◆ To link each group to ongoing support opportunities with an emphasis on localised support where possible.

Phone:

Kathy or Jane on 1800 242 636 ASAP for more info.

LISTEN

When I ask you to listen to me and you start giving advice you have not done what I asked.

When I ask you to listen to me and you begin to tell me why I shouldn't feel that way, you are trampling on my feelings.

When I ask you to listen to me and you feel you have to do something to solve my problems, you have failed me, strange as it may seem.

Listen! All I asked was that you listen, not talk to or do – just hear me. Advice is cheap: 10cents will get you both Dear Abby and Billy Graham in the same newspaper, and I can do for myself; I'm not helpless. Maybe discouraged and faltering, but not helpless.

When you do something for me that I can and need to do for myself, you contribute to my fear and weakness.

But when you accept as a simple fact that I do feel what I feel, no matter how irrational, then I quit trying to convince you and can get about the business of understanding what's behind this irrational feeling, and when that's clear, the answers are obvious and I don't need advice. Irrational feelings make sense when we understand what's behind them.

Perhaps that's why prayer works, sometimes, for some people, because God is mute, and he doesn't give advice or try to fix things. "They" just listen and let you work it out for yourself.

So, please listen and just hear me, if you want to talk, wait a minute for your turn: and I'll listen to you.

Anonymous

Acknowledgments

Many thanks to the following people for their generosity. Without their assistance we could not keep going. LFF relies on support from the community to continue to provide the services we offer to cancer patients and their families. The support of these wonderful people makes a real difference to the lives of those facing difficult times.

We would like to acknowledge:

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Life Force Foundation Support Groups

1999 Term Dates

Eastern Suburbs

meets weekly at:

**St. Joseph's Parish Centre
10 Albert St, Edgecliff**

Monday evenings: 5:45pm - 7:45pm

Term 3 July 26 to Sep 13 (8 weeks)
Term 4 Oct 18 to Dec 6 (8 weeks)

Northern Suburbs

meets weekly at:

**Chatswood Church of Christ Hall
365 Victoria Ave, Chatswood
Jane Gillespie: 9960 3213**

Friday mornings 10.30am - 12.30pm

Term 3 July 23 to Sep 24 (10 weeks)
Term 4 Oct 15 to Dec 10 (9 weeks)

Inner West

meets weekly at:

**Annandale Neighbourhood Centre
79 Johnston St, Annandale**

Thursday evenings: 5:45pm - 7:45pm

Term 3 July 22 to Sep 9 (8 weeks)
Term 4 Oct 14 to Dec 2 (8 weeks)

Family & Carers Group

meets fortnightly at:

**Annandale Neighbourhood Centre
79 Johnston St, Annandale**

Wednesdays: 11am - 1pm

Term 3 Jul 28 to Sep 8 (4 meetings)
Term 4 Oct 20 to Dec 1 (4 meetings)

LIFE

We convince ourselves that life will be better after we get married, have a baby, then another. Then we are frustrated that the kids aren't old enough and we'll be more content when they are. After that we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage.

We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a nicer car, are able to go on a nice vacation, when we retire.

The truth is, there's no better time to be happy than right now. If not now, when.

Your life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway. One of my favourite quotes comes from Alfred D Souza. He said, "For a long time it had seemed to me that life was about to begin – real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to

be paid. Then life would begin. At last it dawned on me that these obstacles were my life".

This perspective has helped me to see that there is no way to happiness. Happiness is the way. So, treasure every moment that you have, and treasure it more because you shared it with someone special, special enough to spend your time.... and remember that time waits for no one...

So stop waiting until you finish school, until you go back to school, until you lose ten pounds, until you have kids, until your kids leave the house, until you start work, until you retire, until you get married, until you get divorced, until Friday night, until Sunday morning, until you get a new car or home, until your car or home is paid off, until spring, until summer, until fall, until your song comes on, until you've had a drink, until you've sobered up, until you die, until you are born again to decide that there is no better time than right now to be happy.....

Happiness is a journey not a destination.

This piece and "Thought for the Day" were sent in by Robert M...