

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 workshops and retreats.

# Life Force Foundation

CFN 15707

ABN 61 068 056 682

DGR. 428809

EASTERN SUBURBS

NORTHERN SUBURBS

INNER WEST

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Gabi Hollows

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## Art As Medicine

All of us have difficulty in finding words to express what is precious, complex or painful. Living with cancer and "surviving survival" are experiences which are difficult to put into words. But there are colours that can speak of fear, lines on a page that can express hope and clay shapes that feel delicate in one's hand. Imagery is often more concise and explicit than words and can gently get to the heart of the matter. As the old saying goes, "a picture paints a thousand words".

Art therapy is a form of psychotherapy that helps people express and resolve personal issues through simple art making activities. No special skills are necessary and you certainly do not need to be an artist!

The Creative Journey is a series of four group art therapy workshops designed to help post-treatment cancer patients re-establish their self-identity and self-confidence by developing their own personal creativity. It is helpful for those experiencing stress, anxiety and depression or who feel empty and uncreative. The program can also be beneficial for those who want to enhance their sense of health and wellbeing.

The Creative Journey is open to people of any age, with any type of cancer and treatment experience.

The next course starts on July 8 and is comprised of 4 Tuesday evenings, 6-8pm at Annandale Neighbourhood Centre. All art materials provided. For further information or a brochure, please contact either Fiona Fitzpatrick (Art Therapist) on 9552 6360 or Jilly at the Life Force Foundation on 9389 3834.

### Previous Participants

\* I thoroughly enjoyed The Creative Journey course. It was a new challenge and I was surprised at what it unlocked and revealed. I felt very satisfied and excited to discover creativity from within, without imitation or competition. (Catherine)

\* I found the experience very freeing. It seemed to release in me something I had been repressing and not allowing time for. Because of this I feel that art therapy has much to offer as we journey the healing path. (Anne-Marie)

\* I really enjoyed this course...its sensitive facilitation by Fiona and all the different art materials and creative processes. It was gentle and non-threatening. I felt encouraged and nurtured throughout. I would recommend it for anyone to explore their own inner journey. (Lola)

\* Take the journey. Exploring the self in non-verbal ways is enlightening! (Jane)



# NEWSLETTER

JUNE  
2003

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.

# Central Sydney Community

## Palliative Care Service

### What is Palliative Care?

Palliative Care's major focus is the control and treatment of the symptoms of cancer when a cure is not possible. The World Health Organisation 1990, defines Palliative Care as being "... the achievement of the best possible quality of life for patients, their families and carers."

### What Does Palliative Care Involve?

- Pain and symptom control
- Support for patients and their families
- Respite care
- Information for patients and carers
- Emotional and spiritual support
- Bereavement care and follow-up

### The Community Aspect

Central Sydney Area Health Service has a community palliative care service available to cancer patients living within the community. Cancer patients are referred by their local doctor to the palliative care service. Alternatively patients can ring the Sydney Home Nursing Service and request the involvement of community nurses in the management of their care. A general registered nurse in conjunction with a community nurse consultant who is specially trained in oncology/palliative care will then request the local doctor to refer them to the palliative care service if required.

Services provided by the Central Sydney Community Palliative Care Service are:

- Nursing - Palliative Care nurses are available 24 hours a day for phone advice or home visits if required. The nurses have 24 hour access to palliative care doctors, but liaise primarily with the local doctor.
- Medical - All clients are accessed at least once by a community register to obtain a clinical assessment. All medical services are provided on a consultative basis with their local doctor.
- Sydney Home Nursing Service - Services in regard to palliative care provided by the Sydney Home Nursing Service involve support for client and family, symptom advice and a variety of general and clinical nursing procedures. This is carried out in liaison with the local doctor and palliative care service. Hospital beds and equipment can also be arranged to allow clients to remain at home.

### For More Information Regarding Palliative Care Services

- Contact your local doctor
- Contact your nearest hospital or community nursing service
- Contact the Palliative Care Association of NSW on: (02) 9334 1891

Submitted by  
Georgina Guinness RN.

## Yoga Workshop

On a glorious day late in May, about thirty people had the opportunity to participate in an exploration of Yoga. The workshop was held at St Scholasticas College, a magnificent venue in Glebe and everyone who attended said it was a wonderful experience.

We started with an introductory talk from Simon of the Body & Mind Yoga School who then led us through a series of warm-up stretches. After this we split into three groups: beginners (relaxation), beginners (slightly challenging) and intermediate (stronger workout). I opted to go into the slightly challenging group and we made our way outside to a beautiful lawn. We soon worked up a sweat as it became obvious that "slightly challenging" to a novice means something completely different to a regular Yoga practitioner! As I collapsed yet again into an ungainly heap, one of the helpers suggested to me that if I was finding it too hard I could still go and join the relaxation group. I managed to keep going though without pushing myself to try and do things that I knew were impossible for me.

After an hour and half of exercises we finished up with a short relaxation then we started "noble silence". We had twenty minutes to have drinks and fruit and simply "be" with our environment without speaking or making eye contact with anyone.

Next all groups joined up again and enjoyed partner work. This involved working with someone to provide resistance and assist with balance while we tried out different poses. We also gave each other a Shiatsu type of massage (wonderful). After this came chakra-balancing work using dance and chanting. This was the highlight of the day for a lot of participants. We then paired up with a new partner and did an eye-contact exercise, which some people found quite confronting. Having done this type of exercise before, I enjoyed the sense of connection it generated.

We then made ourselves comfortable with blankets and finished off the workshop with a wonderful relaxation and meditation. Afterwards everyone I spoke to felt very calm and centred and we were then invited to enjoy a delicious vegetarian supper, which was included in the program. A lot of people I've spoken to since have now decided to take Yoga up regularly, a testament to the success of the day.

Jane Gillespie



## *Vale Margaret Our dear friend*

Margaret was a long term member of Life Force and the very first member of our Inner West Group about ten years ago

### **Margaret and Her Eagle**

Margaret is now soaring with her eagle.

To have known her was to love her. Bossy, opinionated and sports mad, was the human side. The spiritual was another story, this is mine.

We met through Life Force. My first time was a huge step for me. Walking into a room of strangers never doing anything like this before (age 51) then being welcomed by this person with the huge smile and biggest hug was something to experience. Over the years I saw Margaret give this to the weary and ill fellow beings and always marvelled at her ability to do so.

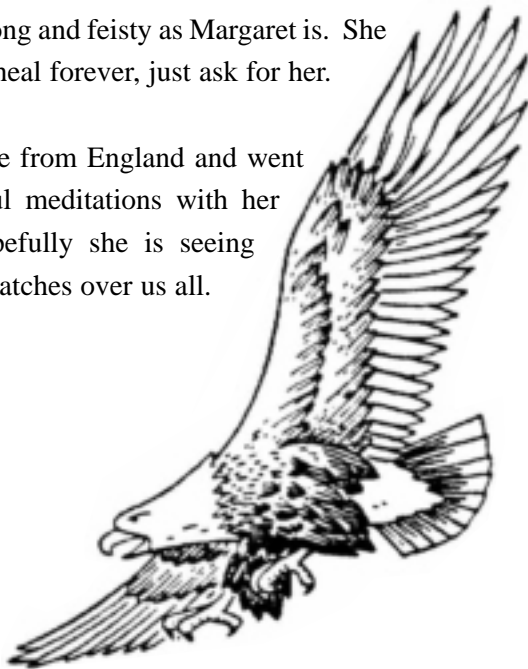
She was one that gave from the heart. Margaret loved Life Force and did whatever she could to show that love. Was fiercely protective of the group, when some of us ventured to other groups, Margaret would not entertain the idea, there was no other according to her.

Her seat under the tree at Rootreat will heal and comfort all that sit upon it. Please look out for the eagle, she will be there.

Eagles are strong and feisty as Margaret is. She will soar and heal forever, just ask for her.

Margaret came from England and went into wonderful meditations with her bluebells, hopefully she is seeing them as she watches over us all.

Ann Taylor  
Her friend



Through life's hard times you march with all your might  
To keep that flame a burning bright  
That flame within your heart so strong and pure  
A shining jewel always to endure  
Letting you love of self and others be the key  
To open up your heart and set it free.  
A boundless love of life sustain you  
Spreading its powerful warmth to all you do  
That wonderful energy fill you up and we,  
Receive the gift so we in turn can see,  
Our path along the good red road now clear  
The eagle as our guide is flying near!  
With generous spirit love and loyalty  
The cornerstone of all our work you be.

Jilly Pascoe

### *Acknowledgements...*

Our thanks to the following people for their recent donations to Life Force Foundation:



Sue Adler, Avis Australia, H. W. Baines, Paul Battaglia, Janine Bielovich, Mr & Mrs B. Birch, Estelle Bouchard, Callaghers Real Estate, Sue Cassell, Pamela Chalmers, Jann Chambers, Agnes Chan, Chargrill Charlie's, Woollahra, Chartered Secretaries, Australia, Silvana Ciccotti, Bruce Cohen, Colleen Cook, Carole Crane, Maree D'arcy, Anita de Souza, Toni Dixon, Leanne Dowse, Johanna Doyle, Cathy Egan, Trish Evans, Wendy Evans, Monica Fairbairn, Jan Fawcett, Carol Fentoullis, Bettina Ferguson, Debbie Fisher, Bruce Flaherty, Cheryl Fleming, Peter John Raymond Forbes, Jennifer Gabbay, Elizabeth Gabler, Richard Galey, Rosala Gennusa, Cary Giezekamp, David Giezekamp, Alexa Gilbert - Obrart, Claire Grey, Rodica Grill, M. Grinden, Lynne Hall, Aurora Hammond, Nuala Hannify, Margaret Harris, Liz Harry, Mrs U. D. Heckel, Mr. L. C. Hinchliffe, Jacqui Hing Pty. Ltd., Danielle Idelson, Angel Ioannou, Philippa & David Jackson, Jason & Sharon, Anne-Maree Johnston, Michael Jolliffe, Gary Kastanias, Michael Katz, Cath Kite, Janice Lam, Rose Leontini, Amanda Leyton, Irena Liddell, Margaret Lindsay, Pru & Doug Macarthur, Darren MacBean, Mudita Maclurcan, Helen Malinowski, Jon & Jacky Marcuson, Annette Marfording, Robert Marks, John Marshall, Kerry May, Jennifer McGrath, Ian McPhee, Catherine Morahan, Nicole Murray, Brian Nicolson, Clare Painter, Palace Cinemas, Miriam Pearce, Sue Penny, Marian Phelan, Sallie Portnoy, Piera Potter, Dorothy Prentice, Helen Psaltis, Daphne Roach, Kerry Robertson, Sharon Robinson, Liz Sharota, Jay Shree, Hilary Simpson, Isabel Skeates, Sydney & Joyce Skeet, R. Skowronski, Ron & Fay Smith, Jody Somogy, Ruchira Spong, Mery Stevens, Di Stewart, Christine Stormont, Anne Sullivan, Kate Sullivan, Edward Tancred, Ann Taylor, Judy Totten, Paul & Penny Vrouxiou, Jane Ward, Leona Watson, M. Whigham, Anne Wilson, Robin Woods, Helen Yoxall.

## What's On

**July 8, 15, 22 & 29**

### **The Creative Journey - Art Therapy**

The Creative Journey is a series of 4 art therapy workshops designed to help cancer patients improve their lives by developing their own personal creativity. Through guided art making activities, participants are offered new ways to express, contain and transform the difficult experience of cancer diagnosis and treatment.

It is not intended only for "creative" people, but may also be helpful for those who feel stress, anxiety and depression as a result of their cancer experience. No artistic talent is necessary.

Annandale Neighbourhood Centre  
79 Johnston St. Annandale

**August 15 - 17**

### **Life Force August Retreat**

The retreats are designed to introduce people dealing with cancer a number of ways which can be helpful in achieving and maintaining a feeling of wellbeing in order to support the immune system and maximise healing potential.

Our Autumn retreat was a blissful & healing experience. Here are some words from one of the participants:  
"It was such a special time, special people and a beautiful place to be. It went so fast but I shall treasure every moment of it."

Pat Woolford

### **LIFE FORCE BAGS**

Buy One Of These Popular Bags And Help Life Force.  
Bag owners swear by their usefulness

For every bag sold \$2 will be donated to the Life Force Foundation to help maintain their invaluable service. The bag makers Sandy & Robin have both experienced the wonderful benefits of Life Force.

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## *Life Force Foundation Support Groups*

### **2003 Term Dates**

**Note:** It is important to register for all support groups, before turning up, in order to check on numbers and confirm that details are correct. Phone the LFF no.: **(02) 9389 3834.**

#### **Eastern Suburbs**

meets weekly at:

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

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

Term 3 July 28 to Sep 15 (8 weeks)  
Term 4 Oct 20 to Dec 8 (8 weeks)

#### **Northern Suburbs**

meets weekly at:

**Mosman Art Gallery & Community Centre  
Cnr Short & Myahgah Sts, Mosman**

Wednesday evenings: 10.30am - 12.30pm

Term 3 July 30 to Sep 17 (8 weeks)  
Term 4 Oct 22 to Dec 10 (8 weeks)

**Phone Jane Gillespie: 9960 4784**

#### **Inner West**

meets weekly at:

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

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

Term 3 July 24 to Sep 11 (8 weeks)  
Term 4 Oct 16 to Dec 4 (8 weeks)

#### **Family & Carers Group**

meets weekly subject to numbers at:

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

Monday evenings: 5.45pm - 7.45 pm

Term 3 July 28 to Sep 15 (8 weeks)  
Term 4 Oct 20 to Dec 8 (8 weeks)