

Life Force Foundation is a non-profit organisation providing emotional/psycho-social 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

P.O. Box 1663

Bondi Junction NSW 1355

Tel: (02) 9389 3834

Gabi Hollows

Patrons:

Prof. Michael Friedlander

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Where is your mind right now?

For most of us our mind is a bit like a dog without a lead. It should be here reading this newsletter but it's not, is it? That bloody dog has wandered off again. The usual difference between our minds and the dog without a lead is that when dogs wander they go somewhere they enjoy – down to the park, past a café to get a few scraps or onto the beach to chase birds. Our minds are not usually that playful, instead its back into ruminating about a past problem or anticipating a future one. Having cancer doesn't make it easier either. At least one in two adults with cancer find their minds have developed a habit of getting stuck in distressing and draining thoughts.

"Mindfulness" has come back into interest for psychologists in the last decade and provides really useful ways to manage the impact of cancer on your life. Mindfulness isn't new. Its taken us about 2500 years to catch up with the Buddhist realisation that we get ourselves stuck in fearful and miserable states by our judgements about how things should or should not be, and that by watching quietly we gain a more calming, insightful perspective. What psychology has added is a better awareness of how the anxious and depressed mind states go about their business of dragging down our days and what steps nurture a calmer mind, especially when you are suffering from strong levels of anxiety, depression or pain.



Mindfulness is based on a daily practice of meditation, for periods of 20 minutes or longer, in which you learn to observe and attend to one object at a time, like being aware of your breath coming and going, walking slowly and attending to your footsteps or even maintaining awareness on something external like a sound. As your practice develops you will find yourself moving from a judging or "doing" mind (that busily reacts to expectations about how you should be feeling) to a "being" or experiencing mind (which attends to what you are experiencing right now). The practice also increases your ability to move your attention from a negative mind and to more positive experiences, like the sound of your favourite music, viewing a painting or a beautiful vista.

Recent scientific research shows that mindfulness does have benefits for physical and mental health but to overcome more entrenched anxiety disorders and depression it is more likely to help within a broader psychological treatment program.

A great place to start is the webpage www.wildmind.org or the book "Wildmind" which is available from Windhorse Publications.

Michael Parle BA(Hons) M Psychol(Clin) Guided Imagery and Meditation practices taught by Caro Jonas are an important component of all Life Force groups.

September
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.

Evening of Poetry & Prose

Once again our annual Evening of Poetry and Prose has come and gone with wonderful success, fantastic entertainment and good memories. Special thanks to our brilliant presenters who generously donate their time and effort to the cause. This year gracing the stage were international presenters Ian McDiarmid and Ewan McGregor, both visiting Australia for the making of the last Star Wars episode. Our fabulous home talent included Lucy Bell, Arthur Dignam, John Howard, James O'Loughlin, Leah Purcell & James Valentine with the vivacious Nell Schofield as our MC. Yet again the evening proved to be a financial success also, with a net gain of around \$22 000.

Congratulations to our prize winners

1st prize in the raffle was won by Bert & Pauline Rosenberg who went home with the fabulous pearl pendant courtesy of Paspaley Pearls. 2nd prize, a \$500 women's clothing voucher courtesy of Reads of Woollahra was won by S. S. Tan and 3rd prize went to Mrs Black who said she would be giving the mountain bike courtesy of Clarence St. Cyclery to her son for his birthday.

Special thanks to all those who generously contributed their wares & services to the evening: So much effort goes into staging an event such as this, before, during and after and those people who made it all possible need to be acknowledge for their stupendous support.

Auction Raffle Lucky Door Prizes

All About Face, Randwick
Ana's Hair, Ashfield
Bistro Moncur, Woollahra
Body & Mind Unlimited
Cheeky Food Group
Clarence Street Cyclery
Eastsail, Rushcutters Bay
Fighting Fit Health Consultancy
Fox Creek Wines
Frank Heslin
Jon Hawley
Longrain Restaurant, Surry Hills
Maria Vaccaro
Morrell Adventures, Jindabyne
Neutral Bay Health & Wellbeing, Catherine Allegade
Paspaley Pearls
PRAMfit
Reads of Woollahra
Robin Hildebrand
Rochefort Ties, Sydney
Sands Promotions
Scenic Hills Riding Ranch, Ingleburn

Susie Sherwood Beauty Therapy at Seaforth
Traffik Marketing
Tuareg Bazaar, Darlinghurst
Turtle Dove Accessories Pty Ltd
TWM Communications
Yoga Synergy

Wine

O'Leary Electrical Pty Ltd, Fivedock
Battaglia Plumbing Services, Ashfield
Tones Painting & Decorating, Casula
WDA, Chippendale
Lennet Studios, Alexandria
Sky Line Glass, Glebe
Emergency Hot Water, Ashfield
Complete Painting and Maintenance, Quakers Hill
Kaffee Klatsch, Annandale
Annandale Carpets, Annandale
J H Fisher & Sons Solicitors, Annandale
Garden Smart, Glebe
Grafitec Digital, Pennant Hills

Catering

Chow for Now

Venue

Sydney Theatre Company
Wharf Restaurant

Other

Action Man Cleaning Service, Bronte
Sue Adler
Jenni Cubis, eMedia Lounge
Fiona Haig, Hiss & Snakes

Life Force Angels

Pam Adair, Johan Benade, Kirstin Benade, Tigger Carroll, Pamela Chalmers, Sandy Chandler, Ann Christie, Michelle Dawson, Julie Fletcher, Charlie Haig, Robin Hildebrand, Bruce Jones, Stephanie Maraz, Tim Michael, Nicole Murray, Mandi O'Sullivan, Jenny Rudwick, Anne Schofield, Carol Segal, Gary Selby.

Thanks also to Callaghers Real Estate Annandale, Elepoint Pty. Ltd. Annandale, David Giezekamp, Greg Hewson, Rosanna Monardo, Pauline Ng, Wendy Tehfe and our patron saints Gabi Hollows and Professor Michael Friedlander.

Special thanks to Pamela Chalmers for coordinating this year's event!

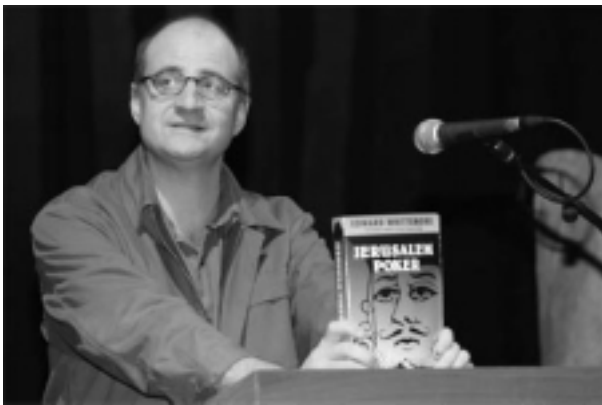
Snapshots of the Night



Jo Corrigan, James Valentine, Gabi Hollows, Anne Schofield & Nell Schofield



Leah Purcell modelling the fabulous Paspaley Pearl



James O'Loghlin



Gabi Hollows, Ewan McGregor, Leah Purcell & Ian McDiarmid



Lucy Bell & baby, Professor Friedlander, Anne Friedlander, James O'Loghlin



Arthur Dignam



Ewan McGregor



John Howard

Photos courtesy of Sue Adler

Gynae Directory Update

Life Force Cancer Foundation has been contracted by NSW Health to develop a NSW Directory on gynaecological oncology best practice treatment and support services. A steering committee chaired by Dr Gerry Wain, has been established to oversight the Directory's development.

The aim of the Directory is to increase awareness and improve access to an integrative model of care for women with a gynaecological cancer. According to Jane Mills the Principal Consultant " the Directory will inform women and their referring doctors about the best practice treatment and support services available here in NSW. All women diagnosed with a gynaecological cancer can access these specialist units and receive the best medical intervention available as well as information on how to access the emotional and practical support often required at this difficult and challenging time."

The Directory will also target general practitioners with the view of encouraging an ongoing and collaborative approach with their patients from diagnosis throughout the whole cancer journey.

The Directory will be structured into three sections that will encompass:

1. The identification and description of the services offered by each of the specialist gynaecological oncology units and their associated network with specific details on how to access best practice treatment services.

2. Information section that will include details on how and where to access further information about a particular cancer, side effects, treatment options, and other associated issues of concern, and helpful websites.

3. Include a comprehensive list of the psychosocial support services available across the state to assist women in finding the most appropriate support during the various stages of their cancer journey.

The Directory is due to be completed and ready for distribution by NSW Health early next year.

Acknowledgements...

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



Catherine Allegade, Frank Arlotta, Avis Australia, J. A. Bentzen, Fay Briggs, Brisbane Water Bridge Club, Sandra Carroll, Pamela Chalmers, Agnes Chan, Sandy Chandler, Lynne Clarke, Carole Crane, Maree D'arcy, Lyn Davis, Joan de Carvalho, Richard de Carvalho, Jan Driscoll, Heather Egan, Anouch Esden, Trish Evans, Mrs. I. N. Ewin, M. Ferla, Peter John Raymond Forbes, Richard Galey, Anne Gardiner, Alexa Gilbert – Obrart, N. V. Gillespie, Georgina Guinness, Siobhan Foley, Aurora Hammond, Margaret Harris, Liz Harry, Robin Hildebrand, Mr. L. C. Hinchliffe, Angel Ioannou, Michael Johnson, Dudley Jonas, Lea Kirkwood, Janice Lam, Robyn Larkman, Robert Malouf, Manly Yoga & Meditation Centre, Mary Maraz, Stephanie Maraz, Jenny Maunsell, Kerry May, Nicole Murray, Sally Murray, Paula O'Sullivan, Marian & Peter Phelan, Gabrielle Prentice, Katie Read, Libby Reid, Bertram M. Rosenberg, Janet Sawyer, Ann Sheahan, Lola Stow, Jennie Tate, R. Tessler, Jenny Thomas, Josie & Graham Thompson, Maggie Todd, Bun & Dorothy Traynor, Maria Vaccaro & Family, Patricia Vandenhout, Leona Watson, Vivienne Weidler, Robin Woods, Hellie Young.

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. Please phone Jane Gillespie on: **(02) 9960 4784**.

Eastern Suburbs

meets weekly at:

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

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

Term 4 Oct 13 to Dec 1 (8 weeks)

Northern Suburbs

meets weekly at:

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

Wednesdays: 10.30am - 12.30pm

Term 4 Oct 15 to Dec 3 (8 weeks)

Inner West

meets weekly at:

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

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

Term 4 Oct 9 to Nov 27 (8 weeks)

Family & Carers Group

meets weekly subject to numbers at:

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

Tuesday evenings: 5.45pm - 7.45 pm

Term 4 Oct 14 to Dec 2 (8 weeks)