

CAIRNS COUCH LTD.

Caring for people affected by Cancer.

Donations

Donations can be made by cheque, cash or money order made payable to: Cairns COUCH Ltd.

DONATIONS OVER \$2.00 ARE TAX DEDUCTIBLE

Donations can also be made by direct deposit into our bank account:

Account Name: Cairns COUCH Ltd
Bank: Cairns Penny Savings & Loans
BSB: 704966
AC: 100008354



Pip Woodward receiving donation from Enrico Lazzarin, Woolworths Redlynch

CAIRNS COUCH LTD.

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Proposed Wellness Centre Information



Architects Impression

Wellness

THE HISTORY

The organisation COUCH (Committee for Oncology Unit Cairns Hospital) was formed in 2007 to emphasize the need for radiotherapy treatment in the Cairns Region and to fast-track its establishment.

A commitment in the The COUCH Constitution "To improve the health and wellbeing of people in the Far North Queensland community that may suffer the disease of cancer; "

THE VISION

The Woodward Family is donating a portion of land on Reservoir road on which it is proposed to situate the Health Care Precinct.

The Wellness Centre would be set amongst a natural forest setting so as to give a tranquil, complete healing and wellness experience. It would be in a resort setting which would give patients, carers and the staff and volunteers a unique and rewarding experience.



Preliminary drawings floor plan

WHAT IS WELLNESS?

The World Health Organisation defines Wellness as:

"A state of complete physical, mental and social well being, not merely the absence of disease or infirmity."

This definition has paved the way for the broader concept of wellness and a more holistic approach to health care, in which many dimensions of our lives are considered.

Wellness encompasses a number of these dimensions, including:

- ◆ Social and environmental
- ◆ Occupational
- ◆ Spiritual
- ◆ Physical
- ◆ Intellectual
- ◆ Emotional dimensions

Encouraging wellness is about encouraging the balance between these dimensions.

As patients with a life threatening illness face the consequences of that illness, they often express a need to balance the medical facets of their care with spiritual and emotional aspects in order to better cope with the disease. Patients involved in wellness programs learn new skills that help them to regain control of their lives, reduce feelings of isolation and restore hope, regardless of the stage of their disease.

They become active participants in the journey of their illness.

PROPOSED FACILITIES, TREATMENTS AND SERVICES

COUNSELLING

- Education – Living with cancer
- Benefits / Subsidies – Availability and how to access
- Support / Family / Carers
- Services availability / Information
- Stress Reduction
- Social / Spiritual
- Bereavement

EXERCISE

- Personal training
- Assessment
- Gym

MASSAGE

NUTRITION / DIET

MIND THERAPIES

- Relaxation
- Meditation / Tranquillity
- Yoga / Tai Chi / Reiki etc

ACUPUNCTURE

LOOK GOOD AND FEEL BETTER

- Personal appearance
- Hair dressing

OTHER ACTIVITIES

- Art Therapy
- Aromatherapy
- Music Therapy