



# Kojonup News Friday 13/02/2009

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## RED SKY RIDE 2009

On Tuesday 3rd March a group of 22 cyclists and support personnel will be staying overnight in Kojonup, as part of their fundraising ride - The Red Sky Ride. The ride is an 800km bike ride aiming to increase awareness in our community of SolarisCare Foundation, and the importance of physical and emotional wellbeing and the link to quality of life. The riders will set off from Perth on Sunday 1st March to York, then Narrogin, Kojonup, Bridgetown, Bunbury, Mandurah, returning to Perth on Sunday 8th of March.

By raising funds, the ride aims to assist SolarisCare in achieving its goals of creating new facilities and widening access to its services in metropolitan and regional Western Australia. It also aims to return expertise and experience to the wider population, particularly rural and remote area patients, support research into the known benefits of services, which alleviate distress and anxiety and measurably improve quality of life, and extend its education programmes.

The SolarisCare Foundation operates cancer support centres that provide integrated care for cancer. Services are free of charge to cancer patients and their carers from all over Western Australia. SolarisCare is fully integrated with mainstream medical care and aims to provide patients with the tools to cope with the emotional and physical side effects of chemotherapy, radiotherapy and surgery.

The SolarisCare Cancer Support Centres at Sir Charles Gairdner Hospital (SCGH) and St John of God Hospital (SJOG) provide approx. 400 complementary integrated therapy treatments per month with 21 therapies on offer, including massage, bowen, acupuncture, reflexology and reiki to name a few, and support services - support, information and advice - to at least the same number of visitors. All free of charge.

For more information about the Red Sky Ride, the participants and the very worthwhile work done by SolarisCare, then visit the website at [www.redskyride.com.au](http://www.redskyride.com.au). All donations over \$2.00 to this worthy cause are tax deductible.