



MEDIA RELEASE

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Australian Chef Bill Granger wants more men in the kitchen¹ and so do we!

Recently widowed men find being alone in the kitchen daunting. Television programs that exclaim the delights of food and their associations with family eating are for many, cause for anxiety and distress.

MEN IN THE KITCHEN is a free support group for men who have experienced the death of a spouse, child, parent or significant friend through cancer. It is intended as a space where men can come and learn about cooking, in a supportive environment and share stories in order to help rebuild lives, dreams and identities.

The Group will meet at the SolarisCare Cancer Support Centre at Sir Charles Gairdner Hospital each Friday in March, from 6pm-7.30pm. Here dietician Jenny Schwenke will show *Men in the Kitchen* how to prepare food that tastes great, makes him look good and doesn't take all day and numerous trips to the shops to prepare.

Men will learn to cook more than just steaks and bangers! They will create one signature dish each week and learn to chop, cut and dice, so that when at home they will have the confidence to do it again.

This group is just one of the many services provided by the not for profit volunteer organisation, the SolarisCare Foundation. This project is generously funded by Steve Cartledge in memory of his wife, Sarah Mitchell who sadly passed away in 2008 after a long battle with breast cancer.

SolarisCare was formed in 2001 by Haematologist Dr David Joske. SolarisCare offers 'complementary integrative therapies' for cancer patients and their carers at Sir Charles Gairdner Hospital and St John of God Hospital Subiaco. Integrative therapies focus on individual patient care and combines the best conventional western medicine and complementary therapies from many cultures, working together to provide the best patient outcome. During 2009, over four thousand patients received treatments at SolarisCare Centres.

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Reference:

¹ Reuters Life, interview with Pauline Askin Tue Apr 28 2009 1.13am EDT