

# Cancer Services

*A directory of support services for people  
affected by cancer in the ACT*



For information & support call

**13 1120**

### **Note to reader**

All care is taken to ensure that the information in this booklet is accurate at the time of publication. Please note that inclusion of a service in this directory does not imply any endorsement or association of that service by Cancer Council ACT. This booklet provides a list of services and organisations that may be of assistance to those affected by cancer and should not be considered exhaustive.



Unit 1/173 Strickland Crescent Deakin ACT 2600  
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**actcancer.org**

DEC 2023

# Introduction

This directory was developed as a guide to cancer services in the ACT for people with cancer, their carers, families and friends. It is also designed to be a resource for health professionals working in cancer care.

A diagnosis of cancer can pose many challenges. They can range from the practical, like how to get to a medical appointment, to the emotionally complex, like thinking about life and death. The services listed in this directory can help with many of these challenges.

Many of these services are also available to family, friends and carers.

If you would like more details about any of the services listed in this directory, or are looking for a service that is not listed, contact Cancer Council's Information and Support line on 13 11 20 or email [cancer.information@actcancer.org](mailto:cancer.information@actcancer.org). This service complements the care provided by your treatment team and is available Monday–Friday, 9am–5pm.

An electronic version of this directory is also available on Cancer Council ACT's website [www.actcancer.org](http://www.actcancer.org). This online version is kept up to date as we become aware of any changes.



If you or your family have any questions or concerns, call Cancer Council **13 11 20**. We can send you more information and connect you with support services in your area.



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# Cancer Information and Support

## Cancer Council 13 11 20

Our experienced health professionals can provide information and support on any aspect of cancer as well as connect you to a range of suitable services.

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## Cancer information

We provide a range of free booklets and fact sheets on cancer types, cancer treatment, living with cancer and living well after cancer. Each resource is regularly reviewed by cancer experts so you can be confident that you are receiving the most up to date information.

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## Cancer education programs

Our free education programs for people with cancer and their family and friends, help you learn more about cancer and give you the opportunity to meet others in a similar situation. They cover a range of topics including cancer and its treatments, living with cancer, survival skills and how to cope.

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## Legal, financial and workplace advice

We provide people affected by cancer with access to free legal, financial, workplace and small business advice if they cannot afford to pay for it.

We can also help to find community and government resources that may be able to help financially.

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## Wig service

Losing your hair as a result of cancer treatment is challenging for many people. Our Wig Service stocks a range of new and pre-loved wigs, and turbans for sale at affordable prices. Call our office to book an appointment.

*173 Strickland Cres, Deakin*

**02 6257 9999**

**CCACT Wig Service**

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## Cancer support groups

Support groups provide a safe place for people affected by cancer to talk to others in a similar situation in a confidential and supportive environment. Cancer Council offers a range of support groups, these may be face-to-face, online or over the phone.

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## Peer support

If you'd like to speak with someone who's had a similar experience, our Cancer Connect program can match you with a trained volunteer who has been through the same or similar diagnosis and treatment.

There is also a professionally moderated online support community where people affected by cancer can find, receive and provide support by participating in groups, discussions, blogs and webinars.

**Cancer Council Online Community**

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## More information

For more information and to access these programs call **13 11 20** or email **[cancer.information@actcancer.org](mailto:cancer.information@actcancer.org)**

# Treatment Centres

There are public and private cancer treatment facilities in the ACT. Most centres offer a variety of allied health services, such as social work, nutrition services, physiotherapy, occupational therapy, pastoral care, palliative care. Speak with your specialist to find a centre that is most appropriate for your situation and treatment.

## Public Hospitals

### Canberra Hospital

*Yamba Drive, Garran*

02 5124 0000

canberrahealthservices

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### North Canberra Hospital

*Mary Potter Circuit, Bruce*

02 6201 6111

canberrahealthservices

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### University of Canberra Hospital Rehabilitation

*Guraguma Street, Bruce*

02 5124 0000

canberrahealthservices

## Private Hospitals

### Calvary John James Hospital

*173 Strickland Crescent, Deakin*

02 6281 8100

calvarycare.org.au/john-james-private-hospital-canberra

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### Calvary Private Hospital

*30 Mary Potter Circuit, Bruce*

02 6245 3100

calvarycare.org.au/bruce-private-hospital

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## Public cancer treatment centres

### Canberra Region Cancer Centre

*Canberra Hospital, Yamba Drive, Garran*

02 5124 8444

canberrahealthservices

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## Private cancer treatment centres

### National Capital Private Hospital

*Gilmore Crescent, Garran*

02 6222 6666

[nationalcapitalprivate](http://nationalcapitalprivate.com.au)

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### Icon Cancer Centre

*1 Broula St, Bruce*

02 5112 0200

[iconcancercentre](http://iconcancercentre.com.au)

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## Clinical trials

### Australian Cancer Trials

For information on the latest clinical trials in cancer care in Australia.

*Canberra Hospital*

*Yamba Drive, Garran*

02 5124 8444

[australiancancertrials.gov.au](http://australiancancertrials.gov.au)



## Looking for a specialist

Cancer Council Australia has developed a web-based directory of specialists at [cancer.org.au/cancer-information/after-a-diagnosis/find-a-specialist](http://cancer.org.au/cancer-information/after-a-diagnosis/find-a-specialist) to make it easy to find a doctor who specialises in a particular field of cancer treatment.

# Palliative Care

Palliative care aims to help people with a life-limiting illness to live as fully and comfortably as possible. It involves a range of services offered by doctors, nurses and allied health professionals, as well as volunteers and carers, who work together to meet a person's physical, practical, emotional and spiritual needs, as well as providing support to family and friends.

Palliative care is offered in different settings, depending on the situation. It can be provided at home, in a residential aged-care facility, in a hospital or in a palliative care unit.

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## Community Specialist Palliative Care Services

Provides a supportive palliative care service for people with life-threatening illnesses who no longer respond to curative therapy. Includes outpatient clinic services, care in the home or residential setting and inpatient hospice services.

*Clare Holland House*  
*5 Menindee Drive,*  
*Barton*

[02 6264 7300](tel:0262647300)  
[canberrahealthservices](http://canberrahealthservices)

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## Palliative Care ACT

Provides a volunteer program for people with life-limiting illnesses, their families and carers, including volunteer visits to the home, hospice and aged care settings, for companionship and social support. They operate a non-clinical, home away from home respite facility (Leo's Place) and provide a life story service

[02 6255 5771](tel:0262555771)  
[pallcareact.org.au](http://pallcareact.org.au)

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### **Queanbeyan Palliative Care**

Supports terminally ill patients, their families and carers at home and in hospital. Social worker support is available.

*Queanbeyan Community Health Centre*

*Queanbeyan, NSW*

**02 6150 7172**

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### **CareSearch**

A range of palliative care information for patients, carers, families and health professionals.  
[caresearch.com.au](http://caresearch.com.au)

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## **Managing your digital legacy**

If you use social media, such as Facebook, Twitter and Instagram, you will need to think about what happens to your accounts after your death. Each social media platform has different rules for deactivating accounts, while some allow your account to be turned into a memorial page. It is a good idea to leave a list of all your accounts, passwords and instructions with someone you trust, so they can manage your ongoing digital presence according to your wishes.

Visit the settings section of your social media platforms to get up-to-date information on what options are currently available.

# Cancer information

Cancer Council produces booklets, factsheets, podcasts and CDs covering a range of topics including cancer types, treatment, side effect management, advanced cancer and practical, legal and financial issues. These resources are reviewed regularly in consultation with leading health professionals and topic experts. They are available to read or download at [actcancer.org](http://actcancer.org) call 13 11 20 to order a free copy.

## Telephone information

### **Cancer Council 13 11 20**

A free, confidential telephone information and support service. Experienced healthcare professionals can answer questions about all aspects of cancer, as well as offering practical and emotional support, and referral to services.

*Cancer Council ACT*

**13 11 20**

[cancer.information@actcancer.org](mailto:cancer.information@actcancer.org)  
[actcancer.org](http://actcancer.org)

### **Health Direct**

A 24-hour telephone health advice service staffed by registered nurses to provide expert health advice about any health issue and what action to take.

**1800 022 222**

[healthdirect.gov.au](http://healthdirect.gov.au)

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### **Quitline**

Provides advice and assistance to support people who are trying to stop smoking.

**13 78 48 (13 QUIT)**

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Cancer education and resources

ACT Specialist Breast Care Nurses

The Breast Care Nurses Team specialises in caring for patients with breast cancer at all stages of their diagnosis, treatment and recovery. A medical referral is not required.

North Canberra Hospital,  
Mary Potter Circuit, Bruce  
CHSNCH.bcn@act.gov.au  
02 6201 6943  
02 6201 6944  
canberrahealthservices

Cancer Specialist Nurses

Specialist nurses who help people diagnosed with cancer navigate their way through the health care system. They can provide information and education and are a point of contact when you are not sure who to turn to for assistance. To talk to a Cancer Specialist Nurse, call the Canberra Region Cancer Centre and ask to be transferred to the Cancer Specialist Nurse for your cancer type.

Canberra Region Cancer Centre, Garran

Adolescents and young adults and sarcoma	02 5124 8444
Advanced breast cancer	02 5124 8444
Gastrointestinal cancer	02 5124 8444
Gynaecological, brain and CNS cancers	02 5124 8444
Haematological cancers	02 5124 8444
Head and neck cancers	02 5124 8444
Lung cancer and mesothelioma	02 5124 8444
Lymphoma	02 5124 8444
Melanoma and skin cancer	02 5124 8444
Prostate cancer	02 5124 8444
Urological cancers	02 5124 8444

**Cancer Council ACT**

**ENHANCE Wellbeing Programs**

Cancer Council ACT runs a range of free wellbeing and healthy lifestyle sessions aimed at improving overall health and wellbeing for those

affected by cancer and their carers.  
**02 6257 9999**  
**ENHANCE Wellbeing Programs**

Cancer Council websites	
Cancer Council Australia	<a href="https://cancer.org.au">cancer.org.au</a>
Cancer Council Online Community	<a href="https://cancercouncil.com.au/oc">cancercouncil.com.au/oc</a>
iheard Provides evidence-based answers to popular myths and claims about cancer risks, prevention, screening and treatment.	<a href="https://iheard.com.au">iheard.com.au</a>
What to expect? Guides that outline the best cancer care for specific cancer types from diagnosis, through treatment and beyond.	<a href="https://cancerpathways.org.au">cancerpathways.org.au</a>



**Telephone Translation and Interpreting Service 13 14 50**

Tospeak to a service in a language other than English.  
**tisnational.gov.au**

## Other useful websites

Listed below are trusted Australian and international organisations providing information useful to those affected by cancer. If you have any questions about the reliability of a website, contact 13 11 20 for assistance.

### Australian Sites

Cancer Australia	<a href="http://canceraustralia.gov.au">canceraustralia.gov.au</a>
Cancer Institute (NSW)	<a href="http://cancerinstitute.org.au">cancerinstitute.org.au</a>
Canteen	<a href="http://canteen.org.au">canteen.org.au</a>
Health Translations Directory Provides links to reliable translated health resources produced in Australia.	<a href="http://healthtranslations.vic.gov.au">healthtranslations.vic.gov.au</a>
Rare Cancers Australia	<a href="http://rarecancers.org.au">rarecancers.org.au</a>

### International Sites

American Cancer Society	<a href="http://cancer.org">cancer.org</a>
Cancer Research UK	<a href="http://cancerresearchuk.org">cancerresearchuk.org</a>
Macmillan Cancer Support (UK)	<a href="http://macmillan.org.uk">macmillan.org.uk</a>
National Cancer Institute (US)	<a href="http://cancer.gov">cancer.gov</a>



### National Relay Service

For people who are deaf, or have a hearing or speech impairment, contact services through the National Relay Service.

[relayservice.gov.au](http://relayservice.gov.au)

# Genetics and risk

While most cases of cancer are not due to a history of cancer in the family, for a small number of people, their family history suggests they may have a genetic risk. This means their chance of developing cancer is potentially higher than the average population. The family doctor is the best place to discuss concerns and determine if a referral for genetic counselling is required. These services provide information and support for patients and their families with or at risk of developing an inherited health condition.

## **Pink Hope**

Supports and educates people to understand and manage their risk of hereditary cancer.

02 8084 2288

[programs@pinkhope.org.au](mailto:programs@pinkhope.org.au)

[pinkhope.org.au](http://pinkhope.org.au)

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## **Genetic Service**

Provides genetic counselling and testing for individuals and families with a family history of cancer.

02 5124 7630

[canberrahealthservices](http://canberrahealthservices)

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## **NSW and ACT Hereditary Cancer Registry**

Provides information and support to people affected by hereditary cancer, their family members who may be at risk, and their doctors in NSW and ACT.

*Cancer Institute NSW*

1800 505 644

[cancerinstitute.org.au](http://cancerinstitute.org.au)

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## **The Centre for Genetics Education**

Contains a range of information on genetic conditions for individuals, families and health professionals.

0459 930 589

[genetics.edu.au](http://genetics.edu.au)

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# Support for Carers

Caring for someone with cancer can be a fulfilling yet challenging experience. There are a range of services available for carers that can support you physically, emotionally, and financially. Please note that many of the services listed throughout this directory are also available to family and friends.

## **Cancer Council Online Community**

Cancer Council Online Community is an online platform for people affected by cancer to connect, share experiences and find information and support in a safe forum.

[cancercouncil.com.au/oc](http://cancercouncil.com.au/oc)

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## **Cancer Connect**

A telephone peer support service that puts patients, carers or family members in touch with others who have had a similar experience.

*Cancer Council ACT*

13 11 20

[actcancer.org](http://actcancer.org)

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## **Cancer Counselling Service**

Provides free psychological, social and practical support and counselling for adult cancer patients, their families and carers.

- *Phillip Health Centre*  
*Cnr Corinna and Keltie Street, Phillip*
- *Belconnen Health Centre*  
*56 Lathlain Street, Belconnen*
- *Canberra Region Cancer Centre patients*
- *Canberra Hospital inpatients*

02 5124 9977

[canberrahealthservices](http://canberrahealthservices)

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## **Cancer Hub - CanTeen ACT and Southern NSW Division**

Provides a peer support network for young people (12-25 years) living with cancer, this includes siblings and offspring of people with cancer. Also provides telephone and online counselling and individual support.

*7-11 Barry Drive, Turner*

1800 945 215

[cancerhub.org.au](http://cancerhub.org.au)

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### **Carers ACT Inc.**

Provides information, referral, individual counselling, group support services, respite care, a library and resource centre and workshops, which are available to any carer of a child or adult with an illness. Also provides the Young Carers program for young carers aged up to 25 years.

**1800 422 737**

**[carersact.org.au](http://carersact.org.au)**

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### **Carer Gateway**

A national online and phone service that provides practical information and resources to support carers.

**1800 422 737**

**[carergateway.gov.au](http://carergateway.gov.au)**

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### **CYCLOPS ACT**

Provides support, support groups, recreational and educational activities for young carers aged 10–25, and their families.

**02 6232 2488**

**[anglicare.com.au](http://anglicare.com.au)**

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### **My Aged Care**

Provides information about aged care services and a range of services that assist older people in their own home, as well as how to access the services.

**1800 200 422**

**[myagedcare.gov.au](http://myagedcare.gov.au)**

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### **Skills for Carers**

A range of courses to assist those caring for someone with a chronic illness.

*Canberra Institute of Technology (CIT)*

**02 6207 3188**

**[carerskills@cit.edu.au](mailto:carerskills@cit.edu.au)**

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## **More cancer information**

Cancer Council's Understanding series of booklets and factsheets cover the following cancer types. Call **13 11 20** to order a free copy or view online at **[actcancer.org](http://actcancer.org)**.

## Respite services

### Carers ACT

Provides respite care services to any carer of a child or adult with an illness.

1800 422 737

[carersact.org.au](http://carersact.org.au)

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### Carer Gateway

A national online and phone service that provides practical information and resources to support carers, including information on respite services.

1800 422 737

[carergateway.gov.au](http://carergateway.gov.au)

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### Life Without Barriers

Provides a full range of support at home and in the community for eligible clients under the **My Aged Care** program for clients >65 years, the **ACT CASP** program for clients <65 years and the **NDIS program**, to enable them to live in their own home.

1800 935 483

[info@lwb.org.au](mailto:info@lwb.org.au)

[lwb.org.au](http://lwb.org.au)

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### My Aged Care

Provides information about respite care services and how to access them.

1800 200 422

[myagedcare.gov.au](http://myagedcare.gov.au)

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### Leo's Place

Free, non-clinical respite. A home- away-from-home for people with a life-limiting illness and/or their families/carers. Self-referrals accepted.

02 6171 2290

[stay@pallcareact.org.au](mailto:stay@pallcareact.org.au)

[leosplace.org.au](http://leosplace.org.au)

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# Support for children and families

When a child is diagnosed with cancer, or a child is coping with a family or friend going through cancer, it can be a very difficult time. There are many services available which support children and their families who are facing emotional, educational, practical and financial challenges. Some organisations provide recreational activities as well.

## **Cancer Hub - Camp Quality Canberra**

Provides recreational, educational, hospital and financial support programs for children aged 0–15 years with cancer, and their siblings.

1800 945 215  
[cancerhub.org.au](http://cancerhub.org.au)

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## **Cancer Hub - CanTeen ACT and Southern NSW Division**

Provides a mutual peer support network for young people 12–25 years living with cancer.

This includes patients, siblings and offspring of people with cancer.

They offer counselling, an online community and resources for young people affected by cancer.

*7–11 Barry Drive, Turner*

1800 945 215  
[cancerhub.org.au](http://cancerhub.org.au)

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## **Children's Cancer**

A website that provides evidence-based information on children's cancers for families, carers and health professionals.

*Cancer Australia*

[childrenscancer.canceraustralia.gov.au](http://childrenscancer.canceraustralia.gov.au)

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### **Kids Guide to Cancer**

An app that provides age appropriate information to teach kids about the cancer journey and how they might support their loved one.

*Camp Quality*

[campquality.org.au/  
kidsguidetocancer](http://campquality.org.au/kidsguidetocancer)

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### **Kids Helpline**

Anonymous, confidential telephone, email and online counselling for young people 5–25 years, available 24 hours a day, seven days a week.

**1800 551 800**

[kidshelpline.com.au](http://kidshelpline.com.au)

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### **Make a Wish Foundation**

Grants wishes of children aged 4–18 with a life threatening illness.

**1800 032 260**

[makeawish.org.au](http://makeawish.org.au)

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### **Monkey in my Chair**

A free program designed to keep seriously ill children connected to their school and friendship groups.

**1300 265 206**

[monkeyinmychair.org](http://monkeyinmychair.org)

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### **Cancer Hub - Red Kite**

Supports children and their families through cancer by providing emotional guidance, financial relief and educational services.

**1800 945 215**

[cancerhub.org.au](http://cancerhub.org.au)

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### **Rise Above – Capital Region Cancer Relief**

Provides financial support, (paying for medications, food and fuel vouchers and other costs), to cancer patients in the ACT and Queanbeyan area.

*21 Cooma Street, Queanbeyan NSW*

**02 6297 1261**

[riseabovecbr.org.au](http://riseabovecbr.org.au)

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### **Ronald McDonald Batemans Bay Family Retreat**

Offers 7 days free holiday accommodation in fully equipped units on the beach for families of children who are affected by cancer or another life-threatening illness.

*Batemans Bay, NSW*

**02 6281 5894**

[rmhc.org.au](http://rmhc.org.au)

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### **Ronald McDonald House Canberra**

Provides accommodation for country and interstate families whose seriously ill children are being treated at Centenary Hospital for Women & Children.

*Hospital Road, Garran*

02 6281 5894

[ronald-mcdonald-house-canberra](http://ronald-mcdonald-house-canberra)

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### **Ronald McDonald House Randwick**

Provides accommodation for country and interstate families whose children are being treated at the Sydney Children's Hospital.  
*149–151 Barker Street, Randwick, NSW*

02 9382 1622

[rmhc.org.au](http://rmhc.org.au)

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### **Ronald McDonald House Westmead**

Provides accommodation for country and interstate families whose children are being treated at The Children's Hospital at Westmead.

*Redbank Road, Westmead, NSW*

02 9806 7111

[rmhc.org.au](http://rmhc.org.au)

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### **Starlight Children's Foundation of Australia**

Provides wishes and other programs to brighten the lives of all seriously ill children and their families throughout Australia.

1300 727 827

[starlight.org.au](http://starlight.org.au)

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### **Stella Bella Foundation**

Offers support and assistance to children living with serious and long-term illness, and their families, in the ACT region. Also operate an inclusive childcare facility with a specialised respite and occasional care unit for chronically ill babies and children 0–5 years.

0423 439 889

[stellabellalittlestars.org.au](http://stellabellalittlestars.org.au) (soon to be changing to):

[stellabellafoundation.org.au](http://stellabellafoundation.org.au)

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### **Yurana Cancer Kids Holiday Homes**

Offers free holiday accommodation for families of children affected by cancer or any other serious illness.

*Ulladulla, NSW*

02 4454 1700

[yuranahomes.com.au](http://yuranahomes.com.au)

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## More information

The following Cancer Council booklets and factsheets may also be useful:

### **Cancer treatments and side effects**

- Chemotherapy
- Clinical Trials and Research
- Complementary Therapies
- Fertility and Cancer
- Hair Loss
- Immunotherapy
- Lymphoedema
- Mouth Health and Cancer Treatment
- Overcoming Cancer Pain
- Palliative Care
- Radiation Therapy
- Surgery
- Taste and Smell Changes



### **Living with cancer**

- Cancer and Your Finances
- Cancer Care and Your Rights
- Cancer in the School Community
- Cancer Support Groups
- Cancer, Work and You
- Caring for Someone with Cancer
- Emotions and Cancer
- Exercise for People Living with Cancer
- Facing End of Life
- Living Well After Cancer
- Living With Advanced Cancer
- Nutrition and Cancer
- Sexuality, Intimacy and Cancer
- Talking to Kids About Cancer
- Understanding Grief

Call **13 11 20** for a free copy or view online at  
**[actcancer.org/information](http://actcancer.org/information)**

# Employment, financial and legal support

After a cancer diagnosis, it may be challenging to manage the impact on your job and finances, and difficult to know where to turn for information, advice and assistance. The services listed here may be able to assist. You can also call 13 11 20 or speak to a social worker at your treating hospital to find available services.

## Employment support

### Cancer, Work and You

A Cancer Council booklet with information on how to manage your working life after a cancer diagnosis. View online or call 13 11 20 for a freecopy.

13 11 20

Cancer, Work and You

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## Financial support

### ACT Government Cost of Living Support

An ACT Government website that covers the range of assistance and advice people on low incomes may be eligible for and how to access it.

[act.gov.au/costoflivingsupport](http://act.gov.au/costoflivingsupport)

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### Can Assist

Provides financial assistance to people affected by cancer from rural and regional NSW. Visit the website for contact details of your local branch.

1300 226 277

[canassist.com.au](http://canassist.com.au)

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### Care Inc. Financial Counselling Service

Provides free financial counselling and information to people on moderate to low incomes who are experiencing financial difficulties.

219 London Circuit, Canberra City

02 6257 1788 (NSW residents)

1800 007 007 (ACT residents)

[carefcs.org](http://carefcs.org)

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### **Department of Human Services – Centrelink**

Search for Payment Finder to identify payments, allowances and pensions you may be eligible for. These may include Bereavement Allowance; Carer Allowance; Carer Payment; Disability Support Pension; Newstart Allowance and/or Sickness Allowance.

13 27 17

[humanservices.gov.au](http://humanservices.gov.au)

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### **Department of Human Services – Financial Information Service**

An education and information service to support the making of informed financial decisions.

13 23 00

[humanservices.gov.au](http://humanservices.gov.au)

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### **Department of Veterans' Affairs**

Provides a range of financial and medical benefits for war veterans and their dependents.

1800 838 372

[dva.gov.au](http://dva.gov.au)

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### **Australian Government – Moneysmart**

Free tips, tools and guidance to get back in control of finances.

1300 300 630

[moneysmart.gov.au](http://moneysmart.gov.au)

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## **Cancer Council Pro Bono Program**

Cancer Council's Pro Bono Program provides people affected by cancer with access to free legal, financial, workplace and small business advice if they cannot afford to pay for it.

The program connects people with professionals in the community who volunteer their time. These include lawyers, financial advisors, small business accountants and human resources/recruitment specialists.

They can assist with a range of issues such as drafting wills and powers of attorney, accessing superannuation, insurance claims, debt management and workplace issues.

Call **13 11 20** for more information or visit:

**CC Pro Bono Program**

### **External Breast Prostheses Reimbursement Program**

Provides reimbursement of up to \$400 for both new and replacement external breast prostheses to all eligible women who have had breast surgery as a result of breast cancer.

*Medicare Australia*

13 20 11

[humanservices.gov.au](http://humanservices.gov.au)

---

### **Interstate Patient Travel Assistance Scheme (IPTAS)**

Provides financial assistance towards accommodation and travel costs to ACT residents who need to travel interstate for medical treatment.

*ACT Health*

02 5124 9082

[health.act.gov.au/public-information/consumers/interstate-patient-travel](http://health.act.gov.au/public-information/consumers/interstate-patient-travel)

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### **Money Smart**

Provides financial tips and safety checks from the Australian Securities and Investments Commission.

[moneysmart.gov.au](http://moneysmart.gov.au)

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### **Interstate Patient Travel and Accommodation Assistance Scheme (IPTAAS)**

Provides financial assistance towards accommodation and travel costs to NSW residents who need to travel lengthy distances for specialist medical treatment that is not available locally.

*NSW Government*

1800 478 227

[iptaas.health.nsw.gov.au](http://iptaas.health.nsw.gov.au)

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### **Mummy's Wish**

Provides practical and some financial support to Mums with cancer that are pregnant or have at least one child 12 years or under.

1300 045 741

[contact@mummyswish.org.au](mailto:contact@mummyswish.org.au)  
[mummyswish.org.au](http://mummyswish.org.au)

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### **National Debt Helpline**

Provides a free telephone financial counselling service as well as tips and resources to assist people to find solutions to their debt problems.

1800 007 007

[ndh.org.au](http://ndh.org.au)

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### **Pancare Foundation**

Provides financial assistance to patients and carers to access specialist medical services for the treatment of pancreatic, liver, biliary, oesophageal and stomach cancer.

1300 881 698

[pancare.org.au](http://pancare.org.au)

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### **Cancer Hub - Red Kite**

Supports children and their families through cancer by providing emotional guidance, financial relief and educational services.

1800 733 548

[cancerhub.org.au](http://cancerhub.org.au)

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### **Rise Above – Capital Region Cancer Relief**

Provides financial support, (paying for medications, food and fuel vouchers and other costs), to cancer patients in the ACT and Queanbeyan area.

21 Cooma Street, Queanbeyan  
NSW

02 6297 1261

[riseabovvecbr.org.au](http://riseabovvecbr.org.au)

---

### **St John's Care**

Provides emergency food and material aid.

02 6248 7771

[stjohnscanberra.org/st-johns-care](http://stjohnscanberra.org/st-johns-care)

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### **St Vincent de Paul Society**

Provides emergency financial assistance, food, clothing and accommodation.

02 6282 2722

[vinnies.org.au](http://vinnies.org.au)

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### **The Salvation Army**

Provides emergency financial assistance, food, clothing and shelter. Also a No Interest Loan provider for people on low incomes needing to borrow up to \$1,500 for essential items.

02 8775 7988 (NSW)

02 8775 7987 (ACT)

[salvos.org.au](http://salvos.org.au)

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### **Your Energy Savings**

Provides information about saving energy and money as well as available government rebates and assistance.

[yourenergysavings.gov.au](http://yourenergysavings.gov.au)

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## Legal support

### **Advance Care Planning Program – ACT Health**

Provides information and assistance with advance care planning.

02 5124 9274

[health.act.gov.au/](http://health.act.gov.au/)

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### **Legal Aid ACT**

Provides free legal information referral and advice to ACT residents.

02 6243 3411

[legalaidact.org.au](http://legalaidact.org.au)

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### **Public Trustee and Guardian – ACT**

Provides trustee, executor and personal financial administration services including the preparation of wills and enduring power of attorney documents.

02 6207 9800

[ptg.act.gov.au](http://ptg.act.gov.au)

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## **Legal and financial issues**

Cancer Council has a range of factsheets covering common legal and financial issues:

- Compensations for work-related cancers
- Dealing with debts
- Employment and cancer
- Family law
- Getting your affairs in order
- Help with bills
- Immigration and cancer
- New insurance policies
- Superannuation and cancer
- What happens to debts after death
- Your role as executor

Visit [actcancer.org/information-and-support/practical-support/legal-and-financial-planning-advice](http://actcancer.org/information-and-support/practical-support/legal-and-financial-planning-advice) to download a free copy or call **13 1120**.

# Accommodation and transport

Travelling to treatment can be a challenge, even more so if your treatment centre is not close to home. Some people may also need short-term accommodation. These services can assist with affordable accommodation and/or transport to treatment centres.

## **Interstate Patient Travel Assistance Scheme (IPTAS)**

Provides financial assistance towards accommodation and travel costs to ACT residents who need to travel interstate for medical treatment.

*ACT Health*

02 5124 9082

[health.act.gov.au/public-information/consumers/interstate-patient-travel](http://health.act.gov.au/public-information/consumers/interstate-patient-travel)

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## **Interstate Patient Travel and Accommodation Assistance Scheme (IPTAAS)**

Provides financial assistance towards accommodation and travel costs to NSW residents who need to travel lengthy distances for specialist medical treatment that is not available locally.

*NSW Government*

1800 478 227

[iptaas.health.nsw.gov.au/](http://iptaas.health.nsw.gov.au/)

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## **Accommodation Cancer Council NSW Accommodation Service**

Provides a list of accommodation options near the cancer treatment centres in NSW and ACT as well as access to reduced room rates at AccorHotels, for cancer patients and their family or carers needing to travel for cancer treatment.

[cancercouncil.com.au/accommodation](http://cancercouncil.com.au/accommodation)

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### **Canberra Hospital Residences**

Provides accommodation for interstate patients and their carers attending Canberra Hospital for treatment.

*Canberra Hospital, Garran*

02 5124 2613

[canberrahealthservices](http://canberrahealthservices)

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### **Duffy House**

Provides accommodation less than 10kms from the hospital for regional patients and their carers who are having cancer treatment at Canberra Hospital.

*45 Jemalong Street, Duffy*

02 5124 4359

[health.act.gov.au](http://health.act.gov.au)

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### **Leukaemia Foundation**

Provides subsidised/free accommodation for patients (and their families) affected by leukaemia, lymphoma, multiple myeloma and related blood disorders, when travel is necessary for treatment.

*JohnJames Village, Rusden Street,  
Garran*

1800 620 420

[leukaemia.org.au](http://leukaemia.org.au)

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### **Rotary Cottage**

Provides accommodation for patients and/or their carers attending North Canberra Hospital for treatment from interstate.

*North Canberra Hospital, Bruce*

02 6201 6111

[canberrahealthservices](http://canberrahealthservices)

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### **Transport**

#### **Flexible Bus Service**

A free bus service designed specifically for residents such as the aged or people with a mobility difficulty, which operates off a basic timetable, picking up residents from their home and taking them to local community service providers such as local shopping centres and hospitals. Bookings essential.

*Transport Canberra*

02 6205 3555

[transport.act.gov.au](http://transport.act.gov.au)

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### **Leukaemia Foundation**

Provides people affected by leukaemia, lymphoma, multiple myeloma and related blood disorders and their families limited assistance with transport costs to and from treatment.

**1800 620 420**

**[leukaemia.org.au](http://leukaemia.org.au)**

### **COTA ACT**

Summary of the various transport options available in the ACT.

**1800 620 420**

**COTA ACT Transport Summary PDF**  
**[cotaact.org.au](http://cotaact.org.au)**

## **Community Services**

Most community services in the ACT provide transportation to medical appointments as well as a range of other services. Contact your local service for more information.

Capital Region Community Services

**[crs.com.au](http://crs.com.au)**  
**02 6264 0200**

Communities@Work

**[commsatwork.org](http://commsatwork.org)**  
**02 6126 9090**

Northside Community Service

**[northside.asn.au](http://northside.asn.au)**  
**02 6171 8088**

Community Services#1

**[communityservices1.org](http://communityservices1.org)**  
**1800 960 938**

Woden Community Service

**[wcs.org.au](http://wcs.org.au)**  
**02 6282 2644**

Queanbeyan – Valmar Community  
Transport Services

**[valmar.com.au](http://valmar.com.au)**  
**02 6297 2720**

# Support at home

While recovering from treatment, you will often be at home, and may find daily tasks difficult to manage. Services such as at home medical care, meal delivery and cleaning are available to assist you during this time.

## **Community Assistance and Support Program (CASP)**

An ACT Government program that provides short term support with a range of services for people and their carers who are finding daily living activities difficult due to a health issue. Search for 'CASP'.

*ACT Government*

02 6205 9822

[health.act.gov.au](http://health.act.gov.au)

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## **Older Persons Health**

Canberrans eligible for government funded aged care can access free support to work through the steps to access the care they need.

[older-persons-health](#)

## **Community Options Inc.**

Provides a full range of in-home support and community-based support services for people with a chronic illness or disability and their carers.

02 6295 8800

[communityoptions.com.au](http://communityoptions.com.au)

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## **My Aged Care**

A national online and telephone service providing information about aged care services as well as a range of services that assist older people in their own home.

1800 200 422

[myagedcare.gov.au](http://myagedcare.gov.au)

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## **Life Without Barriers**

Provides a full range of support at home and in the community for eligible clients under the [My Aged Care](#) program for clients >65 years, the [ACT CASP](#) program for clients <65 years and the [NDIS program](#), to enable them to live in their own home.

1800 935 483

[info@lwb.org.au](mailto:info@lwb.org.au)

[lwb.org.au](http://lwb.org.au)

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### **Meals on Wheels**

Delivers a range of healthy and nutritious frozen and fresh meals to the home.

*Australian Red Cross ACT*

02 6285 8420

[redcross.org.au](http://redcross.org.au)

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### **Mummy's Wish**

Supports Mums with cancer who are pregnant or have at least one child 12 years or under. Can coordinate practical support such as house cleaning and meal preparation as well as some financial assistance.

[contact@mummyswish.org.au](mailto:contact@mummyswish.org.au)

[mummyswish.org.au](http://mummyswish.org.au)

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### **National Equipment Database**

Government funded equipment program.

[support@askned.com.au](mailto:support@askned.com.au)

[askned.com.au](http://askned.com.au)

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### **Conder House Laundry & Linen Service**

A door-to-door laundry, linen and ironing service. Also sells a range of waterproof bed linen and disability products.

0427 929 946

[conderhouse.com.au](http://conderhouse.com.au)

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### **My Aged Care**

A national online and telephone service providing information about aged care services as well as a range of services that assist older people in their own home.

1800 200 422

[myagedcare.gov.au](http://myagedcare.gov.au)

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## **Equipment and home modification**

Cancer treatment or progression of cancer may mean that you will need to modify your home or purchase special equipment. Most patients who require home modification will be referred to an occupational therapist or physiotherapist who can advise you on suitable equipment and/or modifications to meet your needs. The following list of contacts may also be helpful.

### **Chemists**

Most chemists provide a range of equipment for loan or purchase.

### **ACT Equipment Scheme**

Provides financial support to people with long term disabilities for the purchase and maintenance of equipment to assist them to live at home and in the community.

*ACT Health, Village Creek Centre  
37 Kingsmill Street, Kambah  
02 5124 1076  
[canberrahealthservices](#)*

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### **Equipment Loans Service**

Provides short term loan of equipment used to aid recovery and home care.

*ACT Health, Village Creek Centre  
37 Kingsmill Street, Kambah  
02 5124 1057  
[canberrahealthservices](#)*

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### **Domiciliary Oxygen and Respiratory Support Scheme**

Provides oxygen and respiratory equipment to eligible people in the ACT Community.

*Village Creek Centre, 37 Kingsmill Street, Kambah  
02 5124 1063  
[canberrahealthservices](#)*

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### **Independent Living Specialists**

Provides a large range of equipment for sale or hire.

*21 Townsville Street, Fyshwick  
02 6280 7244  
[independentlivingspecialists](#)*

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### **Technical Aid to the Disabled (ACT) Ltd**

Designs and constructs aids for people experiencing disabilities where required aids are not commercially available.

*Grant Cameron Community Centre  
27 Mulley Street, Holder  
02 6287 4290  
[tadact.org.au](#)*

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## Home nursing services

### Community Nursing

Offers a full range of nursing care in the home.

*ACT Health*

**1800 200 422**

**canberrahealthservices.act.gov.au**

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### Gather My Crew

A free online rostering tool that has been developed specifically to support people in crisis, to enable them to ask for and coordinate the practical help they need.

**[gathermycrew.org](http://gathermycrew.org)**

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### Private Home Nursing Agencies

A number of private agencies provide home nursing services. An internet search for home nursing will help you find services.

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## Other practical support and information

### COTA ACT

Provides a range of services for people aged over 50 including the Seniors Information Line, Housing Options Advisory Service, ACT Seniors Card as well as a number of relevant publications.

*Hughes Community Centre*

**2 Wisdom St, Hughes**

**02 6282 3777**

**[cotaact.org.au](http://cotaact.org.au)**

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# Prostheses and personal care aids

The symptoms and treatment of cancer can sometimes result in needing regular medication, post surgery bras, a prosthesis or personal care aids. The list below includes services that provide information, products and support as well as reimbursement schemes.

## Breast prostheses services

### External Breast Prostheses Reimbursement Program

Provides reimbursement of up to \$400 for both new and replacement external breast prostheses to all eligible women who have had a mastectomy as a result of breast cancer.

*Medicare Australia*

13 20 11

[servicesaustralia.gov.au](http://servicesaustralia.gov.au)

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### Colleen's

Provides postsurgical and compression bras, breast prosthesis fittings, mastectomy bras and swimwear for women who have undergone surgery for breast cancer or for prevention of breast cancer.

*21 Garran Place, Garran*

02 6285 1311

[colleens.com.au](http://colleens.com.au)

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### Knitted Knockers Australia (Canberra branch)

A volunteer group that provides free, hand knitted, 100% cotton breast prostheses to women who have had a mastectomy. Available from the Canberra branch via email or directly from Knitted Knockers Australia.

[knittedknockersaustcanberra@gmail.com](mailto:knittedknockersaustcanberra@gmail.com)

[knittedknockersaustralia.com](http://knittedknockersaustralia.com)

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## Continence Services

### Continence Service

Provides assessment and management of bladder and bowel control, as well as pelvic floor issues.

*ACT Health*

**02 5124 9977**

**canberrahealthservices**

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### National Continence Helpline

Provides free, confidential advice about bladder and bowel control, plus local referrals, brochures and product information.

*Continence Foundation of Australia*

**1800 330 066**

**www.continence.org.au**

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## Stoma services

### ACT and Districts Stoma Association

Provides support, assistance and stoma related supplies to people in Canberra and the adjoining region who have a stoma.

*1 Moore Street, Canberra City*

**02 5124 4888**

**actstoma.net.au**

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### Stoma Therapy Clinics

Provides care and advice to patients and carers on all aspects of stoma management.

*ACT Health*

**02 5124 9977**

**canberrahealthservices**

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## Lymphoedema services

### ACT Lymphoedema Service

Provides treatment, support and education on all aspects of lymphoedema.

*North Canberra Hospital, Bruce*

**02 6201 6190**

**canberrahealthservices**

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# Physical health and wellbeing

Cancer and its treatments can cause a range of symptoms and side effects that are different for each person. Looking after yourself and seeking support to manage the changes to your health will enhance your quality of life and aid recovery. There are many services available to assist you to maintain and improve your physical health and wellbeing.

## **ACT Lymphoedema Service**

Provides treatment, support and education on all aspects of lymphoedema.

*North Canberra Hospital, Bruce*

02 6201 6190

[canberrahealthservices](http://canberrahealthservices)

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## **Cancer Wellness Centre**

Exercise Science and Physiology students, supervised by accredited Exercise Physiologists, individually tailor programs to help mitigate treatment related side effects, improve physical function and quality of life.

*Faculty of Health Clinic, University of Canberra, Bruce*

02 6201 5843

[cancerwellnesscentre](http://cancerwellnesscentre)

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## **Casting For Recovery**

Provide a free fly-fishing weekend retreat for women recovering from breast cancer treatment.

[info@castingforrecovery.org.au](mailto:info@castingforrecovery.org.au)

[castingforrecovery.org.au](http://castingforrecovery.org.au)

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**Dragons Abreast Canberra** Welcomes all breast cancer survivors, regardless of age, gender, sporting ability or fitness for dragon boating for fitness, fun and camaraderie on Lake Burley Griffin.

[canberra@dragonsabreast.com.au](mailto:canberra@dragonsabreast.com.au)  
[dragonsabreast](http://dragonsabreast)

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### **Look Good...Feel Better**

Two-hour workshop dedicated to teaching women techniques to help restore their appearance and self-image during chemotherapy and radiation treatment.

1800 650 960

[lgfb.org.au](http://lgfb.org.au)

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### **Road to Recovery**

Rehab program for cancer survivors/those currently undertaking cancer treatment, with an accredited Exercise Physiologist.

*YMCA Chifley Health and Wellness*  
*9/71 MacLaurin St, Chifley*

02 6281 0124

[canberra.ymca.org.au](http://canberra.ymca.org.au)

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### **Tai Chi Academy**

Enhance your physical and mental well-being after cancer treatment with Tai Chi.

Experience the gentle and soothing movements of Tai Chi for yourself!

02 6296 1357

[taichiacademy.com.au](http://taichiacademy.com.au)

[support@taichiacademy.com.au](mailto:support@taichiacademy.com.au)

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### **Oncology Massage Limited**

Trains qualified therapists to massage people with a history or a diagnosis of cancer. A list of these therapists is available on their website.

[OML Qualified Massage Therapists](#)

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### **Yoga Therapy - Yoga with Sare**

Sarah provides support during and after your cancer treatment through the therapeutic and holistic approach of Yoga Therapy. It is based on the foundations and history of yoga and is supported by modern scientific research.

0430 314 622

[yogawithsare](http://yogawithsare)

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### **vitalyoga**

Gentle yoga for recovery after serious illness or cancer treatment, to regain strength, flexibility and peace of mind.

*Chifley*

02 6281 0335

[vitalyoga.com.au](http://vitalyoga.com.au)

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### **Diet**

People receiving treatment at any of the major hospitals in Canberra can ask to speak to a dietitian during their stay

### **Community Care Nutrition Service**

A community-based service for adults  $\geq 25$  years offering dietary assessments, advice or counselling for a range of medical conditions, including cancer.

*Belconnen/Gungahlin/Phillip/Tuggeranong Community Health Centres*

02 5124 9977

[canberrahealthservices](http://canberrahealthservices)

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### **Nutrition and Dietetics Clinic**

A student-led clinic that provides a range of dietary services including for people with cancer, at a minimal cost.

*Faculty of Health Clinic*

*University of Canberra, Bruce*

02 6201 5843

[canberra.edu.au/health-clinics](http://canberra.edu.au/health-clinics)

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## **Screening services**

### **BreastScreen ACT**

Provides free mammography screening for women from the age of 40. Available at the City, Phillip and Belconnen HealthCentres.

*ACT Health*

13 20 50

[canberrahealthservices](http://canberrahealthservices)

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### **National Bowel Cancer Screening Program**

National program that aims to reduce deaths from bowel cancer by detecting early signs of the disease.

[national-bowel-cancer-screening-program](http://national-bowel-cancer-screening-program)

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### **National Cervical Cancer Screening Program**

National screening for cervical cancer

[cancerscreening.gov.au/cervical](http://cancerscreening.gov.au/cervical)

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### **Cancer Council – Cervical Screening**

A Cancer Council website that explains the changes to the new national cervical cancer screening program.

[cancercouncilcervicalscreening](http://cancercouncilcervicalscreening)

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## **Fertility**

### **Canteen-Maybe Later Baby**

A guide to fertility for young people with cancer.

[canteen.org.au/](http://canteen.org.au/)

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### **Fertility and Cancer – Cancer Council**

A Cancer Council guide to fertility for people affected by cancer.

View online or order a free copy by calling 13 11 20.

[actcancer.org](http://actcancer.org)

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## Holiday break accommodation

### Ronald McDonald Batemans Bay Family Retreat

Offers free holiday accommodation for one week in fully equipped units on the beach for families of children who are affected by cancer or another life-threatening illness.

*Batemans Bay, NSW*

02 6281 5894

[rmhc.org.au](http://rmhc.org.au)

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### The OTIS Foundation

Provides free accommodation and an opportunity to enjoy a relaxing time of sanctuary in a beautiful country environment for those living with breast cancer.

Accommodation is located in Thredbo and country Victoria.

03 5444 1184

[otisfoundation.org.au](http://otisfoundation.org.au)

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### Yurana Cancer Kids Holiday Homes

Offers free holiday accommodation for families of children affected by cancer or other serious illness.

*Ulladulla, NSW*

02 4454 1700

[yuranahomes.com.au](http://yuranahomes.com.au)

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## Wigs and other headwear

### Cancer Council ACT Wig Service

Provides wigs, turbans, hats and other headwear for sale at affordable prices. Open Monday to Friday 9.00am–4.00pm. Bookings essential.

*Cancer Council ACT*

*Unit 1/173 Strickland Crescent,  
Deakin*

02 6257 9999

[actcancer.org](http://actcancer.org)

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### Colleen's

Sells a range of wigs, turbans, hats, scarves, lingerie and swimwear.

*22 Garran Place, Garran*

02 6285 1311

[colleens.com.au](http://colleens.com.au)

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### HeadsUp Kippax

Specialises in supporting all women with hair loss. Our extensive range of wigs and headwear is in an attractive and welcoming environment. Our one stop shop also includes clipping hair, trimming wigs, and customised wig fitting. Open Tues-Fri 10am to 4pm.

*2/12-16 Hardwick Cres, Holt*

02 6254 4403

[headsup.net.au](http://headsup.net.au)

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# Emotional support

You may find that you are dealing with a wide range of emotions after a cancer diagnosis. Finding ways to manage your feelings and reactions is important to your physical and emotional wellbeing. Many people with cancer find that talking to a professional counsellor can be helpful. Others find comfort in a cancer support group, or talking to an individual who has had cancer themselves.

Carers of people with cancer may find many of these services helpful. Carers can also check the entries under Support for Carers.

## Counselling services

### Better Access Initiative – Medicare

Provides Medicare subsidies for appointments with mental health specialists. Requires a referral from a GP.

[betteraccessinitiative](http://betteraccessinitiative)

### Cancer Counselling Service

Free psychological, social, practical support, counselling for adult cancer patients, their families and carers.

*ACT Health, Phillip Health Centre,  
Belconnen Health Centre*

**02 5124 9977**

[canberrahealthservices](http://canberrahealthservices)

### Cancer Supportive Care Service

Cancer specialist nurses, social workers and psychologists provide practical, emotional and crisis support to cancer patients and their carers attending CRCC.

*Canberra Region Cancer Centre,  
Yamba Drive, Garran*

**02 5124 8444**

[canberrahealthservices](http://canberrahealthservices)

### Canberra Head to Health Centre

Free mental health support for 18 yrs+. No referral/Medicare Card/Mental Health Plan needed. Walk-ins (M-F 8:30am-4:30pm, Wed to 7pm) call or enquire online.

*Shop G7, 14 Childers Street,  
Canberra City*

**1800 595 212**

[canberraheadtohealth.com.au](http://canberraheadtohealth.com.au)

### **Catholic Care Canberra and Goulburn**

Provides quality counselling services to the Canberra community.

*57 Hicks St, Red Hill*

02 6162 6100

[catholiccarecounselling](http://catholiccarecounselling.org.au)

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### **Kids Helpline**

Free, anonymous, confidential telephone and online counselling for young people aged from 5 to 25 years, 24 hours a day, seven days a week.

1800 55 1800

[kidshelp.com.au](http://kidshelp.com.au)

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### **Relationships Australia Canberra and Region**

Offers a wide range of relationship counselling services for individuals, couples and families, regardless of religion, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

1300 364 277

[racr.relationships.org.au](http://racr.relationships.org.au)

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### **Lifeline Canberra**

A free telephone counselling and support service available to people of all ages, 24 hours a day, seven days a week.

13 11 14

[act.lifeline.org.au](http://act.lifeline.org.au)

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### **Mensline Australia**

A free national telephone support service for men with family or relationship concerns. Also available to women or family members concerned about a male family member. It provides a confidential counselling service 24 hours a day, seven days a week.

1300 78 99 78

[mensline.org.au](http://mensline.org.au)

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### **North Canberra Hospital Inpatient Social Work and Psychology Service**

Provides counselling services for people affected by cancer who are inpatients of North Canberra Hospital.

*North Canberra Hospital, Bruce*

02 6201 6111

[canberrahealthservices](http://canberrahealthservices.org.au)

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## **Cancer Counselling Professionals**

Find private accredited counsellors in your area.

[info@cancercounselling.com.au](mailto:info@cancercounselling.com.au)  
[cancercounselling.com.au](http://cancercounselling.com.au)

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## **Cancer support groups**

Cancer support groups offer a safe place for people with cancer to talk with others who have had similar experiences. Support groups may offer emotional, social and some practical support as well as information on cancer and related issues. Each support group is unique in what they provide.

There are a range of support groups operating in the ACT that are not run by Cancer Council ACT. These groups are either led by community members and/or health professionals and the views expressed by these support groups are the views of the support groups and are not necessarily those of Cancer Council ACT. The following is a list of support groups that have provided contact details to Cancer Council ACT. We recommend you contact the group directly to decide whether it may be suitable for your needs.

## **Support Groups Leukaemia Foundation Canberra**

Monthly online support groups for people with blood cancers and their carers. Register at:

[www.leukaemia.org.au/get-involved/events/](http://www.leukaemia.org.au/get-involved/events/)  
1800 620 420

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## **ACT Brain Tumour Network, Alliance Australia**

A network of people from Canberra and the surrounding districts with an interest in all types of brain tumours (central nervous system tumours). Meets on the 4th Sunday of each month at 11am at the Yarralumla Southern Cross Club. Please call to confirm.

1800 857 221  
[btaa.org.au](http://btaa.org.au)

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## **Lung Foundation Support Group**

Various support groups open to people with any stage of lung cancer.

1800 654 301  
[lungfoundation.com.au](http://lungfoundation.com.au)

## Cancer Council support groups

### Cancer Council Telephone Support Groups

A range of Cancer Council facilitated telephone support groups. Call, email or visit the website for a list of current groups.

13 11 20

[tsg@nswcc.org.au](mailto:tsg@nswcc.org.au)

[cancercouncil.com.au](http://cancercouncil.com.au)

### Cancer Council Cancer Connect

A Cancer Council telephone peer support service that puts people in touch with others who have had a similar cancer experience.

*Cancer Council ACT*

13 11 20

[cancercouncilconnect](http://cancercouncilconnect)

### Cancer Council Online Community

Cancer Council Online Community is an online platform for people affected by cancer to connect, share experiences and find information and support in a safe forum.

[cancercouncilonlinecommunity](http://cancercouncilonlinecommunity)



### **Leukaemia Foundation Blood Cancer Education**

Provides information for health professionals, people with blood cancer, carers and friends. Online education, podcasts, webinars

**1800 620 420**

**Blood Cancer Information**

**Blood Cancer Events Calendar**

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### **Melanoma Patients Australia Canberra Support Group**

A support group for melanoma patients, their families and friends that provides information, support and fun. It meets once a month at Canberra Southern Cross Club, Woden, please call for more details.

**1300 884 450**

**[melanomapatients.org.au](http://melanomapatients.org.au)**

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### **Canberra NET Support Group**

A support group for people with neuroendocrine tumours (NET) and/or their family members and carers. Meets once a month in Canberra on a Friday from 10am-12pm. Please contact the Unicorn Foundation for more details.

*Unicorn Foundation*

**1300 287 363**

**[neuroendocrine.org.au](http://neuroendocrine.org.au)**

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### **Prostate Cancer Support Group – ACT Region Inc.**

Provides support to men diagnosed with prostate cancer and their families through mornings and monthly meetings which are open to all. Visit the website or call for more information and meeting times.

**0490 784 151**

**[pcsg-act.org.au](http://pcsg-act.org.au)**

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## Other cancersupport

### **ACT Specialist Breast Care Nurses**

Offer support and referral for newly diagnosed breast cancer patients. Patients may be referred by specialists, GPs or by self-referral.

*North Canberra Hospital, Bruce*  
02 6201 6943 or 02 6201 6944  
[CHSNCH.bcn@act.gov.au](mailto:CHSNCH.bcn@act.gov.au)  
[canberrahealthservices](http://canberrahealthservices)

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### **Bosom Buddies**

Bosom Buddies is a small local breast cancer charity providing on the ground support to people from when they are diagnosed, through their treatment and following their treatment in the ACT and surrounding NSW region.

*Pearce Community Centre, Pearce*  
0406 376 500  
[admin@bosombuddies.org.au](mailto:admin@bosombuddies.org.au)  
[bosombuddies.org.au](http://bosombuddies.org.au)

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### **Leukaemia Foundation Blood Cancer Support Coordinators**

Blood Cancer Support Coordinators provide health and wellbeing support to people with blood cancer or a related blood condition.

1800 620 420  
[www.leukaemia.org.au](http://www.leukaemia.org.au)

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# Bereavement services

If the person you are caring for dies, you may be feeling a range of emotions. These emotions are normal and may come and go and change in intensity over time. Support groups (face-to-face, telephone or online) or counselling can help you get through times when your grief seems overwhelming.

## **Cancer Counselling Service**

Provides bereavement counselling for families and carers who have lost someone to cancer.

*ACT Health, Phillip Health Centre  
Cnr Corinna and Keltie Streets,  
Phillip*

*Belconnen Health Centre, 56  
Lathlain Street, Belconnen  
02 5124 9977*

[canberrahealthservices](http://canberrahealthservices)

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## **Canberra Grief Centre**

Provides grief and bereavement counselling as well as bereavement support groups.

*1 Geils Court, Deakin*

*Sonia 0409 966 515*

[canberragriefcentre.com.au](http://canberragriefcentre.com.au)

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## **Leukaemia Foundation**

Provides individual bereavement counselling and a closed online support group. Registration essential:

**1800 620 420**

[Online Registration](http://OnlineRegistration)

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## **Cancer Hub - CanTeen ACT and Southern NSW Division**

Provides a mutual peer support network of young people living with cancer, this includes bereaved siblings and offspring of people with cancer.

*7–11 Barry Drive, Turner*

**1800 945 215**

[cancerhub.org.au](http://cancerhub.org.au)

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## **Community Specialist Palliative Care Services**

Provides bereavement support or counselling to families or friends of patients of the Palliative Care Service.

*Clare Holland House*

*Menindee Drive, Barton*

[canberrahealthservices](http://canberrahealthservices)

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### **Community Care Social Work**

Grief, loss, bereavement counselling service for ACT residents not receiving counselling or social work elsewhere. Face to face or telephone options.

02 5124 9977

[canberrahealthservices](http://canberrahealthservices)

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### **Life After Loss Telephone Support Group**

A facilitated telephone support group for people whose loved one has died from a cancer related illness. The group runs in a 'closed' six-session format. Call or e-mail to register your interest.

*Cancer Council*

1300 755 632

[tsg@nswcc.org.au](mailto:tsg@nswcc.org.au)

[cancercouncil.com.au](http://cancercouncil.com.au)

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### **Griefline Community and Family Services**

A national loss and grief telephone counselling service. Provides anonymous support and specialist counselling to individuals and families. Online counselling is also available.

1300 845 745

[griefline.org.au](http://griefline.org.au)

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### **National Association for Loss and Grief NSW**

Sydney-based telephone support service operated by trained volunteers who provide information and referral to people experiencing loss and grief. Leave a message on the answering system to make an appointment.

02 6882 9222

[nalag.org.au](http://nalag.org.au)

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### **The Compassionate Friends ACT and Queanbeyan**

Part of a world-wide self-help organisation offering friendship and understanding to bereaved parents, siblings and grand- parents. Offering support to families who are grieving the death of a child of any age, from any cause. All bereaved family members are welcome.

0491 137 818

[compassionatefriendsact.org](http://compassionatefriendsact.org)

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### **Solace ACT**

Self-help group for widows and widowers to assist bereaved people to adjust to their loss. The phone number is answered by O'Rourke Funeral Directors

02 6297 1052

[solacegriefsupportact.org.au](http://solacegriefsupportact.org.au)

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For more information and support on cancer  
and cancer related issues

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**Call 13 11 20**

**Email** [cancer.information@actcancer.org](mailto:cancer.information@actcancer.org)

**Visit** [actcancer.org](http://actcancer.org)