

# Cancer Support Groups — Contact List



## **A Simple Wish** 6257 6241

This organisation will pay for a simple special treat for adults with cancer and their families.



## **ACT Palliative Care Society Inc** 6273 9606

The Palliative Care Society promotes knowledge about palliative care and aims to ensure that the needs and preferences of the dying and their families are known and met. The Society provides a Volunteer Program to the ACT Palliative Care Service.



## **ACT Prostate Cancer Support Group** 6249 1498

This is a self-help support group for men with prostate cancer and their partners.



## **Bosom Buddies** 6270 6558 or 0419 698 188

This group is for women who have breast cancer and their family/carers. A buddy is organised for each patient. Each buddy is a trained volunteer who has had breast cancer.



## **Brain Tumour Support Group** 6258 3912

## **Breast Cancer Network** 6239 6344 or 6247 8470

This is a lobby group for women who are experiencing or who have experienced breast cancer. The group produces excellent pamphlets, resources and information. Visit: [www.bcna.org.au](http://www.bcna.org.au)



ACT Palliative Care  
Society Inc.



Calvary  
Health Care  
ACT



Australian Government  
Department of Health and Ageing

## **Cancer Carers' Room at the Canberra Hospital**

This is a room at the Canberra Hospital with many resources (books, videos and information) for carers. The key can be collected from Medical Oncology Outpatient Reception on 14A.

## **Cancer Council ACT** 6262 2222

The Cancer Council ACT aims to promote a healthier community by reducing the incidence and impact

of cancer in the ACT region through information, education, supportive care and research. The Supportive Care Service provides facilitated support groups for people affected by cancer and their families or carers. These include a general cancer support group, breast cancer support group, and a playgroup for children aged 0–5 who have cancer or an immune deficiency disease.

The Cancer Information service provides information on all aspects of cancer via Cancer Helpline (13 11 20) including written information, an email service, lending library and a 'walk-in' consultation service.

## **Cancer Psychosocial Services** 6205 5147

Staffed by a social worker and a psychologist, Cancer Psychosocial Services is a free ACT Health service for adults with cancer and those who have survived cancer and have not been able to access social workers or psychologists at their treatment centre.

## **Canteen and Offspring** 6262 8133

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

Canteen is a national peer support organisation for young people aged 12–24 years old living with cancer. It caters for patients, siblings and offspring (those with a parent or a primary carer living with cancer) as well as bereaved siblings and offspring.

Canteen provides a variety of recreation, education, support and personal development programs. These programs are designed to support, develop and empower young people living with cancer by providing a high quality Australia-wide peer support network to share experiences, have fun, offer resources and promote understanding, well being and leadership.

The touchstone of Canteen is the belief that young people, through meeting and talking with one another, are better able to cope with cancer. Members are able to participate in camps, outings, seminars

and workshops and most importantly, share their hopes and fears, partake in decision making, meet new friends and have fun together.

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**Dragon Boats**  
**6241 8061**

Dragon Boats is a rowing club for women who have had mastectomies. Visit: [www.dragonsabreast.com.au](http://www.dragonsabreast.com.au)

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**Eden – Monaro Cancer Support**  
**6297 1261 or 6297 1261**

This organisation provides assistance to people being treated for cancer in the Canberra and southern NSW region and raises money specifically to help cancer patients with financial concerns.

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**Encore**  
**1800 305 150**

Encore is an exercise program designed specifically for women who have experienced a mastectomy, lumpectomy or breast reconstruction surgery at any time in their lives. Based around floor and pool exercises, and relaxation techniques, it is safe, fun and therapeutic.

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**Leukaemia Foundation**  
**NSW/ACT Branch**  
**02 9969 1762 or 1800 620 420**

The Leukaemia Foundation provides assistance to people living with blood and bone marrow cancers (such as leukaemia, lymphoma and myeloma). The group provides financial assistance with the practical costs of ill health, such as accommodation and/or transport, and also assistance with some bills. In addition, the group also offers education and support courses. Visit: [www.leukaemia.com](http://www.leukaemia.com)

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**Look Good Feel Better**  
**6258 7796**

This is fun half day program run for women with cancer. It is a free service provided by the cosmetic industry.

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**Motor Neurone Disease**  
**Association (MND)**  
**6238 3769**

The MND Assoc is a registered charitable not for profit organisation which supports people with MND and their families with information, support visits and groups, and special equipment.

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**Multiple Sclerosis Society of**  
**the ACT**  
**6285 2999**

The vision of the MS Society is ‘... a world without multiple sclerosis’. The mission of the Society is to provide support and care for people affected by MS and to assist in seeking a cure for MS. The services offered by the MS Society of the ACT Inc. include information, education, counselling, referral, advocacy and immunotherapy education, training and support.

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**Ovca**  
**6292 0987 or 6274 1859**

This is a lobby and support group for women with ovarian cancer. The main office is in Melbourne. The local Canberra group meets regularly and holds major events in conjunction with other organisations.

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**Palliative Care Services**  
**6273 0336**

Based at Clare Holland House (the Hospice), the ACT Palliative Care Service provides holistic care to patients with a life limiting illness, and their families and carers, as well as bereavement follow up service. The service team consists of medical, nursing, social work, occupational and physiotherapy, pastoral care workers, and volunteers. The service has an inpatient unit, (Clare Holland House), an outpatient service, (the Home Based Palliative Care Team), and a medical outreach service to all hospitals in Canberra.