



Cancer Services 2011–2012

A directory of cancer services
in the ACT

Practical
and support
information

Cancer Council Helpline

13 11 20

www.actcancer.org

The information contained in this directory was accurate at the time of printing. If a service has been omitted or a listing is no longer accurate, please advise Cancer Council ACT by calling (02) 6257 9999 or e-mail chl@actcancer.org.

Inclusion of a service in this directory does not imply the endorsement of that service by Cancer Council ACT.

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Introduction

This directory was developed as a guide to cancer services in the Australian Capital Territory (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 distant 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.

For easier accessing, services are grouped together into sections. You will find a list of the sections in the Table of Contents. If you are in search of a particular service, a detailed index is located at the back of this guide.

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 the Cancer Council Helpline on 13 11 20. An up-to-date version of this directory is also available on Cancer Council ACT's website www.actcancer.org.

If there is a service missing from this edition that you would like to see included in future editions, or if a current listing needs to be updated, please contact the Cancer Information Consultant on 02 6257 9999, e-mail chl@actcancer.org, fax 02 6257 5055 or write to Cancer Council ACT, PO Box 143, Fyshwick ACT 2609.

Information about Cancer

Becoming informed about a cancer diagnosis can reduce stress through understanding. Information from your doctor can be supplemented by the sources listed below. Cancer Council ACT has information booklets on various types of cancer and cancer treatments designed for people with cancer and their families.

Telephone Information

Cancer Council Helpline

Cancer Council ACT
5 Richmond Avenue
FAIRBAIRN ACT 2609
www.actcancer.org
chl@actcancer.org
13 11 20

Weekdays 9:00am–5:00pm

The Cancer Council Helpline is a free, confidential telephone information and support service. Specially trained staff can answer questions about all aspects of cancer, including prevention, early detection, and treatment. They can also assist with practical and emotional support and advise callers about specific services appropriate to their needs and location.

Health Direct

www.healthdirect.org.au
1800 022 222

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

Quitline

13 7848 (13 QUIT)

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

Interpreting Services

Culturally and Linguistically Diverse

People who would like to speak to the Cancer Council Helpline through an interpreter can telephone the Translating and Interpreting Service on 13 14 50.

Migrant Health Interpreting Services

02 6205 3333

This service facilitates health care interpreting services between clinicians and clients.

Cancer Education and Resources

ACT Specialist Breast Care Nurses

Calvary Hospital
Haydon Drive
BRUCE ACT 2617
02 6201 6943

Provide information, support and referral to women and men with breast cancer, their partners, family and carers through all public and private hospitals across the ACT and Queanbeyan.

Cancer Council ACT Education Programs

Cancer Council ACT
5 Richmond Avenue
FAIRBAIRN ACT 2609
www.actcancer.org
02 6257 9999

Cancer Council ACT runs free education programs and forums for people with cancer, and their family and friends. They cover a range of topics including cancer and its treatments, living with cancer, survival skills and how to cope.

Cancer Council ACT Library

5 Richmond Avenue
FAIRBAIRN ACT 2609
www.actcancer.org
02 6257 9999

Has a range of books, videos, DVDs, teaching materials and CDs available to the public on all aspects of cancer, its prevention and treatment.

Cancer Resource Centre

Level 2, Ward 14a
Building 3
The Canberra Hospital
Yamba Drive
GARRAN ACT 2605

Contains an extensive collection of educational materials on cancer including books,

pamphlets, videos, CDs and tapes for patients of The Canberra Hospital and their carers.

Community Education: Smoking Cessation

Cancer Council ACT
5 Richmond Avenue
FAIRBAIRN ACT 2609
www.actcancer.org
02 6257 9999

Provides quit smoking courses, workplace and community quit smoking seminars, brief interventions and training for health professionals and workers within special settings to increase their capacity to help their clients stop smoking.

Community Education: SunSmart

Cancer Council ACT
5 Richmond Avenue
FAIRBAIRN ACT 2609
www.actcancer.org
02 6257 9999

Works to raise awareness of skin cancer and promote positive sun protection behaviour. Offers local indoor and outdoor workplaces, organisations, government departments and community groups the opportunity to learn more about skin cancer prevention and awareness including the importance of early detection by providing onsite seminars.

Nurse Care Coordinators

The Canberra Hospital
Yamba Drive
GARRAN ACT 2605

Nurse Care Coordinator,
Advanced Breast Cancer
02 6244 3896

Nurse Care Coordinator,
Gastrointestinal Cancer
02 6174 5269

Nurse Care Coordinator,
Head and Neck Cancer
02 6244 3446

Nurse Care Coordinator,
Lung Cancer & Mesothelioma
02 6244 3895

Nurse Care Coordinator,
Malignant Haematology
02 6244 3447

Nurse Care Coordinator,
Prostate & Urological Cancers
02 6244 3897

Specialised nurses who help people diagnosed with cancer navigate their way through the health care system. They can provide information, education and be a contact when you are not sure who to turn to for assistance.

Websites

Many look to the Internet for information on cancer. Although there are many reputable sites, unfortunately there are also many that provide inaccurate and misleading information. The following is a brief listing of websites that are known to provide reliable and authoritative information. If you have any questions about the reliability of a website, contact the Cancer Council Helpline on 13 11 20 for assistance.

Cancer Council Australia
www.cancer.org.au

American Cancer Society
www.cancer.org

Cancer Connections (AUS)
www.cancerconnections.com.au

Canteen (AUS)
www.canteen.org.au

Lions Australian Prostate
Cancer Website
www.prostatehealth.org.au

Macmillan Cancer Support (UK)
www.macmillan.org.uk

My Parents Cancer (AUS)
www.myparentscancer.com.au

National Breast and Ovarian
Cancer Centre (AUS)
www.nbocc.org.au

National Cancer Institute (US)
www.cancer.gov

Now What (Canteen) – a website
for young people dealing with
cancer (AUS)
www.nowwhat.org.au

Oncolink (US)
www.oncolink.upenn.edu

Emotional Support

A diagnosis of cancer can cause great emotional upheaval. Many people find they need to talk about their feelings and experiences about having cancer and cancer treatments and the effect on their lives. Many people with cancer find that talking to a professional counsellor can be helpful. Others also find comfort in a cancer support group where they can meet and socialise with people in similar situations, whilst other people find it more helpful to talk to an individual who has had cancer.

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

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. To find out more information on a group, or for information on starting and maintaining a self-help support group, contact the Cancer Council Helpline on 13 11 20.

ACT Brain Tumour Network

02 6258 3912

An informal and diverse grouping of people who have some familiarity with the brain tumour journey, either as professionals, patients, or current and former carers, some of whom are prepared to be contacted by newly diagnosed people and/or their family or carers for conversation and understanding.

Meets once every three or four months in members' homes, alternating where possible between the north and southside.

Canberra Haematology Information and Support Group

The Leukaemia Foundation
St Benedict's Parish Centre
Jerrabomberra Avenue
NARRABUNDAH ACT 2604
www.leukaemia.org.au
02 6286 9954

A support group for people affected by leukaemia, lymphoma, myeloma or related blood disorders and/or their families and friends. Meets the second Tuesday of every month from 10am–12pm.

Corpus Christi Cancer Support Group

Parish Centre
167 Bugden Avenue
GOWRIE ACT 2904
www.ccparrish.org.au
02 6291 6688

A gathering of people who come together out of a common need to share, discuss and gain information and support regarding this major event in

their lives. Meets on the first Wednesday of each month from 5.30pm–6.30pm (except for December and January).

Lung Cancer and Mesothelioma Support Group

Physiotherapy Exercise Room
Building 3, Level 1
The Canberra Hospital
Yamba Drive
GARRAN ACT 2605
02 6244 3895

A facilitated support group for people with lung cancer or mesothelioma and/or their families and friends. Meets the second Tuesday of each month from 11am–1pm.

Melanoma Patients Australia Canberra Support Group

www.melanomapatients.org
02 6236 5194
0429 884 394

A support group for melanoma patients their families and friends. It meets monthly and provides information, support and fun.

Neuroendocrine Tumour (NET/Carcinoid) Support Group

Unicorn Foundation
The Canberra Hospital
Yamba Drive
GARRAN ACT 2605
www.unicornfoundation.org.au
02 6297 3548

A support group for people affected by neuroendocrine tumours, carcinoid syndrome and related conditions. Meets every second month.

OvCan (ACT and Region)

Robertson Room
St John's Parish Hall
43 Constitution Avenue
REID ACT 2612
0450 962 058
02 6292 0987

Aims to raise the awareness of ovarian cancer, to provide information on this to the community and medical profession and to support people affected by the disease. Meets the first Wednesday of each month, from 7.30pm–9.00pm.

Prostate Cancer Support Group – ACT Region Inc.

<http://prostate-cancer-support-act.net/>
02 6290 1984

The group comprises men who are dealing with prostate cancer and their partners. It provides support to men diagnosed with prostate cancer and to their families through personal

contacts and monthly meetings which are open to all people. See the website for meeting times and further information about the group.

St. Gregory's Parish Cancer Support Group

St. Gregory's Parish Centre
47 Lowe Street
QUEANBEYAN 2620
02 6297 1912

A self help group who share experiences, questions, information and concerns with one another. Participation is at a level each individual finds comfortable. The group meets on the third Tuesday of each month at 5.30pm.

Other Cancer Support

ACT Specialist Breast Care Nurses

Calvary Hospital
Haydon Drive
BRUCE ACT 2617
02 6201 6943

Provide information, support and referral to women and men with breast cancer, their partners, family and carers through all public and private hospitals across the ACT and Queanbeyan.

ACT Eden Monaro Cancer Support Group

21 Cooma Street
QUEANBEYAN NSW 2620
www.actemcsg.org.au
02 6297 1261

Provides a range of support services to families. This includes financial assistance, family functions and counselling services.

Bosom Buddies

S.H.O.U.T Office
Pearce Community Centre
Collett Place
PEARCE ACT 2607
www.bosombuddies.com.au
0419 698 188
(24 hour support line)
02 6290 1984

A group of women who have all experienced breast cancer and who are committed to supporting women with breast cancer from the time of diagnosis through treatment.

Cancer Connections

www.cancerconnections.com.au

Cancer Connections is a new Cancer Council website with lots of resources for people with cancer, survivors and their partners, family and friends.

Cancer Council ACT Education Programs

Cancer Council ACT
5 Richmond Avenue
FAIRBAIRN ACT 2609
www.actcancer.org
02 6257 9999

Cancer Council ACT runs free education programs and forums for people with cancer, and their family and friends. They cover a range of topics including cancer

and its treatments, living with cancer, survival skills and how to cope.

Cancer Council Connect

Cancer Council ACT
5 Richmond Avenue
FAIRBAIRN ACT 2609
www.actcancer.org
02 6257 9999

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

Leukaemia Foundation

1 Walton Street
ISSACS ACT 2607
02 6286 9954
www.leukaemia.com

Provides emotional and practical support for people affected by leukaemia, lymphoma, multiple myeloma and related blood disorders and their families.

Nurse Care Coordinators

The Canberra Hospital
Yamba Drive
GARRAN ACT 2605

Nurse Care Coordinator,
Advanced Breast Cancer
02 6244 3896

Nurse Care Coordinator,
Gastrointestinal Cancer
02 6174 5269

Nurse Care Coordinator,
Head and Neck Cancer
02 6244 3446

Nurse Care Coordinator,
Lung Cancer & Mesothelioma
02 6244 3895

Nurse Care Coordinator,
Malignant Haematology
02 6244 3447

Nurse Care Coordinator,
Prostate & Urological Cancers
02 6244 3897

Specialised nurses who help people diagnosed with cancer navigate their way through the health care system. They can provide information, education and be a contact when you are not sure who to turn to for assistance.

Counselling Services

Cancer can be a very stressful experience for the person diagnosed with the disease as well as for family and friends. Many find it helpful to receive assistance in coping with cancer and its treatments from a professional. In the ACT there are counsellors, social workers, psychologists and psychiatrists within the community who can provide counselling. Some charge reduced rates based on income level. Check directly with the service to find out information on fees.

ACT Community Health

www.health.act.gov.au
02 6207 9977

Provides social work, counselling and psychology services to ACT residents. Social work services

are also provided through the major hospitals see Treatment Facilities for contact details.

Cancer Counselling Service

Phillip Health Centre
Cnr Corinna and Keltie Streets
PHILLIP ACT 2606
Belconnen Health Centre
Benjamin Way
BELCONNEN ACT 2617
www.health.act.gov.au
02 6207 9977 (Community Health Intake for appointments)
02 6205 1449

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

Catholic Care Canberra and Goulburn

Cnr Hicks and Nuyts Streets
RED HILL ACT 2603
www.catholiccare.cg.org.au
02 6162 6100

Provides quality support and counselling services to the Canberra community.

Kids Help Line

www.kidshelp.com.au
1800 55 1800

Anonymous, confidential telephone and online counselling for young people aged from 5 to 18 years, 24 hours a day, seven days a week.

Lifeline Canberra

www.lifeline.org.au
13 11 14

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

Mensline Australia

www.menslineaus.org.au
1300 78 99 78

A 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.

Relationships Australia (Canberra and Region)

15 Napier Close
DEAKIN ACT 2600
www.relationships.com.au
02 6122 7100

A community-based not-for-profit organisation providing relationship support services to couples, families and individuals. Services are for all members of the community, regardless of religion, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

Social Work and Psychology Department – Calvary Hospital

Calvary Hospital
Haydon Drive
BRUCE ACT 2617
www.calvary-act.com.au
02 6201 6320

Provides counselling services for people affected by cancer who are patients of Calvary Health Care.

St John's Care

43 Constitution Avenue
REID ACT 2612
www.stjohnscanberra.org
02 6248 7771

Provides a counselling service for loss and grief.

Treatment Facilities

There are five major treatment facilities in the ACT which provide oncology services. Most offer a variety of multidisciplinary health services to their patients such as palliative care, social work, pastoral care, diet and nutrition therapy, physiotherapy, occupational therapy, etc. If you require any of these services, contact your treatment hospital.

The Canberra Hospital is the only facility in the ACT that provides a radiation oncology service. If you are required to have radiotherapy, your treating doctor will refer you to this service.

Public

Calvary Public Hospital

Haydon Drive
BRUCE ACT 2617
www.calvary-act.com.au
02 6201 6111

The Canberra Hospital

Yamba Drive
GARRAN ACT 2605
www.canberrahospital.act.gov.au
02 6244 2222

Private

Calvary John James Hospital

Strickland Crescent
DEAKIN ACT 2600
www.calvaryjohnjames.com.au
02 6281 8100

Calvary Private Hospital

Haydon Drive
BRUCE ACT 2617
www.calvary-act.com.au
02 6201 6111

National Capital Private Hospital

Gilmore Crescent
GARRAN ACT 2605
www.healthscopehospitals.com.au/info/
02 6222 6666

Transport

Community Services

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

Belconnen	02 6264 0200
Gungahlin	02 6228 9200
Northside	02 6257 2255
Southside	02 6126 4700
Tuggeranong	02 6293 6500
Weston Creek	02 6288 4744
Woden	02 6282 2644

Queanbeyan City Council,
Aged and Disability Services
02 6298 0281

Leukaemia Foundation

1 Walton Street
ISAACS ACT 2607
www.leukaemia.org.au
02 6286 9954

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

Accommodation

Canberra Tourism

www.visitcanberra.com.au
1300 554 114

Provides information on inexpensive accommodation available in the ACT.

Hopegood Place

11/2 Hopegood Place
GARRAN ACT 2605
www.breastcanceraustralia.org
www.cancerresearch.org.au
www.kidscancer.org.au
1800 350 480

Provides temporary apartment accommodation close to The Canberra Hospital for people undergoing cancer treatment and/or their families and friends.

Leukaemia Foundation

1 Walton Street
ISAACS ACT 2607
www.leukaemia.org.au
02 6286 9954

Provides accommodation for patients affected by leukaemia, lymphoma, multiple myeloma and related blood disorders and their families who have to travel from interstate for treatment.

The Canberra Hospital Residences

The Canberra Hospital
GARRAN ACT 2605
www.canberrahospital.act.gov.au
02 6244 2358

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

Palliative, Hospice and Respite Care Services

Palliative care is treatment that aims to promote comfort, relieve symptoms and maximise quality of life when a cure for a life-threatening illness is not possible. Palliative care can be provided at home or in a hospital or hospice.

A hospice is a place that provides comprehensive care for people with incurable disease. Respite care is a short-term arrangement that allows the carer and patient to have a break from their usual care routine.

Palliative care services provided by public hospitals are covered by Medicare. Private hospitals charge for their services and most costs are covered by private health insurance. Public patients should take note that some private hospitals can offer services at subsidised cost depending on circumstances. Ask about costs when you apply to any hospital, palliative care, hospice or respite care service.

Palliative and Hospice Care

ACT Palliative Care Society

Clare Holland House
5 Menindee Drive
BARTON ACT 2600
www.pallcareact.org.au
02 6273 9606

This is a representative body for palliative care in the ACT. It also provides a volunteer support program for palliative care patients, families and carers.

Clare Holland House

5 Menindee Drive
BARTON ACT 2600
www.clarehollandhouse.com.au
02 6264 7300

Provides a supportive palliative care service for people with life threatening illnesses who no longer respond to curative therapy.

Home Based Palliative Care

Clare Holland House
5 Menindee Drive
BARTON ACT 2600
www.clarehollandhouse.com.au
02 6264 7300

Provides a supportive nursing service to people and their carers who have a life threatening illness and are no longer responding to curative treatment. The specific aims of the program are to enable patients to be cared for in the home as long as they wish, to provide regular and skilled nursing care in the home, to relieve distressing symptoms as much as possible and to provide bereavement support to the family.

Palliative Care Service

The Canberra Hospital
Yamba Drive
GARRAN ACT 2605
www.canberrahospital.act.gov.au
02 6244 2222

Calvary Public Hospital
Haydon Drive
BRUCE ACT 2617
www.calvary-act.com.au
02 6201 6111

Provides palliative care to patients of The Canberra Hospital and Calvary Public Hospital.

Queanbeyan Palliative Care

Queanbeyan Community Health Centre
Queanbeyan District Hospital,
Cnr Erin and Collett Sts
QUEANBEYAN NSW 2620
02 6298 9233

Supports terminally ill clients, their families and carers at home and in hospital. Bereavement and other counselling is also available.

Respite Services

Community Services

Most community services in the ACT provide centre based respite care. Call your local service for more information, look under Treatment Facilities for contact details.

Carers ACT

Main Office
2/80 Beaurepaire Crescent
HOLT ACT 2616
www.carersact.asn.au
02 6296 9900
1800 052 222

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

Kincare Community Services ACT

Suite 1,17 Napier Close
DEAKIN WEST ACT 2600
www.kincare.com.au
1300 733 510

Provides private and government subsidised respite care.

Tandem

The Blaxland Centre
25 Blaxland Crescent
GRIFFITH ACT 2603
www.tandem.org.au
02 6288 0955
02 6287 2870

Provides support at home and in the community for children/young people with disabilities and their families, adults with disabilities,

frail aged people and people with mental health conditions living in the ACT.

Other

Home Hospice

PO Box 440
POTTS POINT NSW 1335
www.homehospice.com.au
1800 132 229
02 6286 9314

Provides support through peer mentors to carers of loved ones who want to die at home. Trained volunteer mentors have personal experience of caring at end of life and focus solely on the needs of carers to enable them to care for their loved ones with less anxiety and greater confidence.

Holiday Break Accommodation

Ronald McDonald Family Retreat Fiona Lodge

PO Box 592
BATEMANS BAY NSW 2536
www.fionalodge.org.au
1300 135 848

Offers one weeks free holiday accommodation in fully equipped units on the beach for families of which one member is affected by cancer or other life threatening illness.

The OTIS Foundation

PO Box 1191
BENDIGO CENTRAL VICTORIA
3552
www.otisfoundation.org.au
03 5444 1184

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.

Yurana Cancer Kids Holiday Homes

PO Box 483
ULLADULLA NSW 2539
www.yuranahomes.org.au
02 4454 1700

Offers free holiday accommodation for families of children affected by cancer.

Support for Living at Home

Sometimes aspects of cancer and cancer treatment may make it more difficult to manage day-to-day living. For example, you may need nursing care and assistance with housework and gardening. Having cancer and cancer treatment does not have to mean that you must stay in hospital or move in with family or friends. There are services available to help you live in your own home.

Home Nursing Services

Community Nursing

1 Moore Street
CANNBERRA CITY ACT 2601
www.health.act.gov.au
02 6207 9977

Offers a full range of nursing care in the home.

Kincare Community Services ACT

Suite 1, 17 Napier Close
DEAKIN WEST ACT 2600
www.kincare.com.au
1300 733 510

Provides domestic assistance, personal care, nursing care, transport, and social support.

Private Home Nursing Agencies

A number of private agencies provide home nursing services. Check the listings under 'Nursing Services' in the yellow pages directory.

Local Community Services

Care on Call

7G/8 Chandler Street
BELCONNEN ACT 2617
www.careoncall.com.au
02 6253 3868

Provides nursing care, domestic assistance, personal care, social support, carer support, transport and case management to adults and children with a disability.

Community Options Inc

115 Canberra Avenue
GRIFFITH ACT 2603
www.communityoptions.com.au
02 6295 8800

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

Home Care Queanbeyan Stream

NSW Dept of Ageing Disability and Home Care
Morisset House, Morisset Street
QUEANBEYAN NSW 2620
www.dadhc.nsw.gov.au
02 6128 9200

Provides home care assistance for persons frail, aged and younger with a disability and their carers.

Home Help Service ACT Inc

Grant Cameron Community Centre
27 Mulley Street
HOLDER ACT 2611
www.homehelp.org.au
02 6287 3777

Provides quality in-home support including personal care, domestic assistance, home modifications

and maintenance to the elderly, frail aged, and people with disabilities and their carers to enable them to live in their own home.

Kincare Community Services ACT

Suite 1, 17 Napier Close
DEAKIN WEST ACT 2600
www.kincare.com.au
1300 733 510

Provides domestic assistance, personal care, nursing care, transport, and social support.

Linen Service

Australian Red Cross ACT
Grant Cameron Community Centre
27 Mulley Street
HOLDER ACT 2611
www.redcross.org.au/act/
02 6234 7634

Twice weekly delivery of clean linen and pick-up of soiled linen from the home for ACT residents who require support and assistance with continence management.

Meals on Wheels

Australian Red Cross ACT
Grant Cameron Community Centre
27 Mulley Street
HOLDER ACT 2611
www.redcross.org.au/act/
02 6234 7634

Delivers chilled and frozen meals to the home.

Equipment and Home Modification

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

ACT Equipment Scheme

ACT Health Village Creek Centre
37 Kingsmill Street
KAMBAH ACT 2902
www.health.act.gov.au
02 6205 2605

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.

Chemists

Provide equipment for loan or purchase.

Equipment Loans Service

ACT Health Village Creek Centre
37 Kingsmill Street
KAMBAH ACT 2902
www.health.act.gov.au
02 6205 2500

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

GP Medical

30 Colbee Court
PHILLIP ACT 2606
www.gpmedical.com.au
02 6282 0059

Sells rehabilitation equipment and medical products including continence aids.

Home Help Service ACT Inc

Grant Cameron Community Centre
27 Mulley Street
HOLDER ACT 2611
www.homehelp.org.au
02 6287 3777

Provides quality home modifications and maintenance to the elderly, frail aged, and people with disabilities and their carers to enable them to live in their own home.

Independent Living Centre

24 Parkinson Street
WESTON 2611
www.health.act.gov.au
02 6205 1900

Provides expert information and advice on equipment, building design and resources for individuals and their carers to assist people to live at home.

Mobility Matters

35 Townsville Street
FYSHWICK ACT 2609
www.mobilitymatters.com.au
02 6280 7244

Provides a large range of equipment for sale or hire.

Red Cross Personal Alarm Service

Australian Red Cross ACT
Grant Cameron Community Centre
27 Mulley Street
HOLDER ACT 2611
www.redcross.org.au/act/
02 6234 7634

A service for those living alone or with a frail partner who may be at risk of accident or sudden illness that provides access to emergency help 24 hours a day every day of the year.

Technical Aid to the Disabled (ACT) Ltd

Grant Cameron Community Centre
27 Mulley Street
HOLDER ACT 2611
www.technicalaidact.org.au
1300 663 243
02 6287 4290

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

Vital Call

www.vitalcall.com.au
1300 360 808

A medical response service which allows you to call for help without the need to get to your phone.

Financial and Material Support

Many agencies can assist you with financial and material needs. If your financial or material difficulty is related to a cancer diagnosis or treatment it is recommended that you seek advice from your hospital social worker.

ACT Eden Monaro Cancer Support Group

21 Cooma Street
QUEANBEYAN NSW 2620
www.actemcsg.org.au
02 6297 1261

Provides financial assistance to families who are experiencing difficulties because a member of the family is undergoing cancer treatment.

Camp Quality Canberra

1/19–27 Trenerry Street
WESTON ACT 2611
www.campquality.org.au
02 6287 3545

Provides some financial support to families of children aged 0 to 18 living with cancer.

Care Inc. Financial Counselling Service

Waldorf Apartments
2 Akuna Street
CANNBERRA CITY ACT 2601
www.carefcs.org
02 6257 1788

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

Centrelink

www.centrelink.gov.au
13 27 17

Various benefits are available such as health care cards, sickness allowance, carer allowance, disability

support pension and others. Useful information can be found in the booklet entitled 'Are you ill, injured or do you have a disability?'

Department of Veterans' Affairs

www.dva.gov.au
1300 551 918

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

External Breast Prostheses Reimbursement Program

Medicare Australia
www.medicareaustralia.gov.au
132 011

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.

Interstate Patient Travel Assistance Scheme (IPTAS)

Level 3, Building 6
The Canberra Hospital
Yamba Drive
GARRAN ACT 2605
www.health.act.gov.au
02 6205 3299

Provides financial assistance towards travel and accommodation costs when patients need to travel interstate for medical treatment.

Red Kite

www.redkite.org.au
02 9219 4000

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

St John's Care

St John's Church Parish Centre
43 Constitution Avenue
REID ACT 2612
www.stjohnscanberra.org
02 6248 7771

Provides emergency food and material aid.

St Vincent de Paul Society

17–19 Colbee Court
PHILLIP ACT 2606
www.vinnies.org.au
02 6282 2722

Provides emergency financial assistance, food, clothing and accommodation.

The Salvation Army

4 Hawdon Place
DICKSON ACT 2602
www.salvos.org.au
02 6247 3635

Provides emergency financial assistance, food, clothing and shelter.

Children's and Parents' Services

Being a child or teenager with cancer presents its own special problems for children and families. Services for children with cancer and their families include support services, with some organisations providing fun and recreational activities as well. Services for children and young people affected by a family member's cancer are listed under Services for Carers.

ACT Eden Monaro Cancer Support Group

21 Cooma Street
QUEANBEYAN NSW 2620
www.actemcsg.org.au
02 6297 1261

Provides a range of support services to families. This includes financial assistance, family functions and counselling services.

Camp Quality Canberra

1/19–27 Trenerry Square
WESTON ACT 2611
www.campquality.org.au
02 6287 3545

Provides recreational, educational, hospital and financial support programs for children from 0 to 18 years living with cancer and their families.

CanTeen ACT and Southern NSW Division

Level 1, Unit 7
12 Albany Street
FYSHWICK ACT 2609
www.canteen.org.au
02 6262 8133

Provides a mutual peer support network for young people (12–24) living with cancer, this includes patients, siblings and offspring of people with cancer.

Make a Wish Foundation

www.makeawish.org.au
1800 032 260

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

Red Kite

www.redkite.org.au
02 9219 4000

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

Ronald McDonald Family Retreat Fiona Lodge

PO Box 592
BATEMANS BAY NSW 2536
www.fionalodge.org.au
1300 135 848

Offers one weeks free holiday accommodation in fully equipped units on the beach for families of which one member is affected by cancer or other life threatening illness.

Ronald McDonald House

149–151 Barker Street
RANDWICK NSW 2031
www.rmhc.com.au
02 9382 1622

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

Ronald McDonald House

Redbank Road
WESTMEAD NSW 2145
www.rmhc.com.au
02 9845 0600

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

Starlight Children's Foundation of Australia

Level 3/80 Chandos Street
NARREMBURN NSW 2065
www.starlight.org.au
02 9437 4311
1300 727 827

Its mission is to brighten the lives of all seriously ill children and their families throughout Australia.

Yurana Cancer Kids Holiday Homes

PO Box 483
ULLADULLA NSW 2539
www.yuranahomes.org.au
02 4454 1700

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

Services For Carers

Caring for someone with cancer can be a fulfilling experience, however, it is sometimes very difficult. You may find that you are called on to do many things that you are not used to doing, which can be stressful and time consuming. In addition, you may experience many different emotions as the person you are caring for goes through different stages in his or her illness. These services provide practical and emotional support to carers.

Cancer Connections

www.cancerconnections.com.au

Cancer Connections is a new website with lots of resources for people with cancer, survivors and their partners, family and friends. This is a Cancer Council website.

Cancer Council Connect

Cancer Council ACT
5 Richmond Avenue
FAIRBAIRN ACT 2609
www.actcancer.org
02 6257 9999

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

Cancer Counselling Service

Phillip Health Centre
Cnr Corinna and Keltie Streets
PHILLIP ACT 2606
Belconnen Health Centre
Benjamin Way
BELCONNEN ACT 2617
www.health.act.gov.au
02 6207 9977 (Community Health Intake for appointments)
02 6205 1449

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

CanTeen ACT and Southern NSW Division

Level 1, Unit 7
12 Albany Street
FYSHWICK ACT 2609
www.canteen.org.au
02 6262 8133

Provides a mutual peer support network for young people (12–24) living with cancer, this includes siblings and offspring of people with cancer.

Carers ACT Inc.

Northside (Main Office)
2/80 Beaufort Crescent
HOLT ACT 2615
02 6296 9900

Southside
The Smith Family Building
Cnr Launceston & Easty Street
PHILLIP ACT 2606
www.carersact.asn.au
02 6232 4270
1800 242 636

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.

Cyclops

PO Box 147
KIPPAX ACT 2615
www.cyclopsact.org
02 6278 8444

Provides support, support groups, recreational activities and information for young carers aged 10–18, and their families.

Home Hospice

PO Box 440
POTTS POINT NSW 1335
www.homehospice.com.au
1800 132 229
02 6286 9314

Provides support through peer mentors to carers of loved ones who want to die at home. Trained volunteer mentors have personal experience of caring at end of life and focus solely on the needs of carers to enable them to care for their loved ones with less anxiety and greater confidence.

Skills For Carers

D Block, CIT Southside
Ainsworth Street
PHILLIP ACT 2606
www.cit.act.edu.au
02 6207 3628

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

Bereavement Services

If the person you are caring for dies, there will be many practical and emotional issues to be dealt with. Centrelink has produced a useful booklet called 'Needing help after someone has died'. For a free copy, call Centrelink on 13 2300.

Social workers at the major treatment hospitals also provide a limited amount of bereavement support, see Treatment Facilities for contact details.

Below is a list of organisations you may find useful. Most services are provided free but remember to ask about costs when calling.

Cancer Counselling Service

Phillip Health Centre
Cnr Corinna and Keltie Streets
PHILLIP ACT 2606

Belconnen Health Centre
Benjamin Way
BELCONNEN ACT 2617

www.health.act.gov.au
02 6207 9977 (Community
Health Intake for appointments)
02 6205 1449

Provides bereavement counselling
for families and carers.

CanTeen ACT and Southern NSW Division

Level 1, Unit 7
12 Albany Street
FYSHWICK ACT 2609
www.canteen.org.au
02 6262 8133

Provides a mutual peer support
network for young people (12–24)
living with cancer, this includes
bereaved siblings and offspring of
people with cancer.

Clare Holland House/ Home Based Palliative Care Service

Menindee Drive
BARTON ACT 2600
www.clarehollandhouse.com.au
02 6264 7300

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

National Association for Loss and Grief (ACT)

PO Box 5022
CHISHOLM ACT 2905
02 6291 4994

Provides information and
referral to people experiencing
grief and loss.

St John's Care

St John's Parish Centre
43 Constitution Avenue
REID ACT 2612
www.stjohnscanberra.org
02 6248 7771

Provides information, referral
and support for people who have
suffered a loss. Also run a grief
and loss support program.

Solace ACT Inc.

PO Box 54
CURTIN ACT 2605
www.solace.org.au
02 6297 1052

A self help group for widows and
widowers of all ages. Assists
bereaved people to adjust to
their loss.

Telephone Grief Support

National Association for Loss and
Grief (NSW)
www.nalag.org.au
0406 021 057

A Sydney based telephone
support service operated by
trained volunteers who provide
information and referral to people
experiencing loss and grief.

The Compassionate Friends ACT and Queanbeyan

27 Mulley Street
HOLDER ACT 2611
www.thecompassionatefriends.org.au/ACT.htm
02 6286 6134

Part of a worldwide organisation
of bereaved parents offering
friendship and understanding.
Offering telephone support,
monthly support groups and
social activities.

Special Services

The listing below contains services that you may need or find useful.

Breast Prostheses Services

Alive and Well

www.aliveandwell.com.au
0402 188 361

A mobile professional fitting service for prostheses and mastectomy bras. Provides fittings in your home.

Colleen's Post Mastectomy Connection

3/60 Dundas Court
PHILLIP ACT 2606
www.colleens.com.au
02 6285 1311

Provides breast prosthesis fittings, mastectomy bras and swimwear for women who have undergone surgery for breast cancer.

External Breast Prostheses Reimbursement Program

Medicare Australia
www.medicareaustralia.gov.au
132 011

Provides reimbursement of up to \$400 for both new and replacement external breast prostheses purchased from 1 July 2008 to all eligible women who have had a mastectomy as a result of breast cancer.

Stephanie's Boutique

24 Jardine Street
KINGSTON ACT 2604
02 6295 0469

Provides a range of bras and swimwear to order for women who have undergone breast surgery.

Continence Services

Continence Clinic

Cnr Moore and Alinga Streets
CANBERRA CITY ACT 2601
www.health.act.gov.au
02 6207 9977

Provides assessment, advice and treatment for people experiencing bladder and bowel problems. Also includes a Men's Continence Clinic for men experiencing continence and prostate health issues.

National Continence Helpline

Continence Foundation of Australia
Level 1, 30–32 Sydney Road
BRUNSWICK VIC 3056
www.continence.org.au
1800 330 066

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

Early Detection and Screening Services

ACT Cervical Cytology Register

Cnr Moore and Alinga Streets
CANBERRA CITY ACT 2601
www.health.act.gov.au
02 6205 1545

Confidential list of ACT women's Pap smear results which provides a back-up reminder system for women who are overdue for a test.

BreastScreen ACT & SE NSW

Cnr Moore and Alinga Streets
CANBERRA CITY ACT 2601
13 20 50

Provides free mammography screening for women aged 50–69.

National Bowel Cancer Screening Program

www.cancerscreening.gov.au/bowel
1800 118 868

A national bowel cancer screening program run by the Australian Government.

Genetic Services

ACT Genetic Service

The Canberra Hospital
Yamba Drive
GARRAN ACT 2605
www.health.act.gov.au
02 6244 2133

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

NSW and ACT Hereditary Cancer Registry

Cancer Institute NSW
Level 1, Biomedical Building
Australian Technology Park
1 Central Avenue
EVELEIGH NSW 2015
www.cancerinstitute.org.au
1800 505 644

Provides information and support to people affected by hereditary cancer, their family members who may be at risk, and their doctors in NSW and the ACT. The conditions they focus on include: Familial Adenomatous Polyposis – FAP, Hereditary Non-Polyposis Colorectal Cancer – HNPCC, Peutz-Jeghers Syndrome – PJS, Juvenile Polyposis and other polyposis syndromes (i.e. Hyperplastic, Mixed Polyposis, MYH Polyposis).

Lymphoedema Services

Lymphoedema Service

Physiotherapy Department
Calvary Hospital
Haydon Drive
BRUCE ACT 2617
www.calvary-act.com.au
02 6201 6190

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

Self Care Services

ENCORE

Calvary John James Memorial Hospital
Strickland Crescent
DEAKIN ACT 2600
www.ywcaencore.org.au
02 6175 9953

A program of gentle floor and pool exercises and relaxation techniques designed specifically for women who have experienced mastectomy, lumpectomy or breast reconstruction surgery at any time in their lives.

Engise and Exercise

Southern Cross Health Club
Irving St
PHILLIP ACT 2606
Clinic 88
43/21 Wiseman St
MACQUARIE 2614
0421 633 172

An exercise recovery program for people with cancer or who have had cancer, with group and individual programs available. There will be an initial physical assessment with an accredited exercise physiologist to determine the most suitable program.

Look Good...Feel Better

The Canberra Hospital
Yamba Drive
GARRAN ACT 2605
www.lgfb.org.au
1800 650 960

A two hour workshop dedicated to teaching women techniques to help restore their appearance and self-image during chemotherapy and radiation treatment. Information is available from the chemotherapy nurse or social worker at each hospital.

Stoma Services

ACT and Districts Stoma Association

Cnr Moore and Alinga Streets
CANNBERRA CITY ACT 2601
www.actstoma.org.au
02 6205 1055

Provides support, assistance, ostomy supplies and pharmaceuticals to those with a stoma.

Wigs and Other Headwear

Beaux Chapeaux Headwear

200 Cordeaux Road
MOUNT KEMBLA NSW 2526
www.beauxchapeauxheadwear.com.au
02 4271 5213

Creates and sells a range of turbans, hats and scarves.

Cancer Council ACT Wig Service — Fairbairn

5 Richmond Avenue
FAIRBAIRN ACT 2609
www.actcancer.org
02 6257 9999

Provides wigs, turbans, hats and other headwear for sale at affordable prices. The service is open during office hours (Monday to Friday 9.00am – 5.00pm). Please call ahead to ensure a staff member with appropriate training will be available to provide assistance.

Cancer Council ACT Wig Service — Garran

Level 1, Building 3
The Canberra Hospital
Yamba Drive
GARRAN ACT 2605
www.actcancer.org
02 6244 2298

Provides wigs, turbans, hats and other headwear for sale at affordable prices. Open Monday to Wednesday from 9:30-11:30am.

Colleen's Post Mastectomy Connection

3/60 Dundas Court
PHILLIP ACT 2606
www.colleens.com.au
02 6285 1311

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

HeadsUp@Bruce

Calvary Hospital
Haydon Drive
BRUCE ACT 2617
www.headsup.net.au
02 6201 6579

Specialises in assisting all women who have hair loss by helping to make their headwear more attractive as well as tying head scarves in a variety of ways. They sell a range of hats, turbans, berets, beanies, scarves & embellishments. Open Wednesdays and Thursdays 10am–3pm.

Inspired by Hair

Main Foyer
The Canberra Hospital
Yamba Drive
GARRAN ACT 2605
02 6281 0441

Sells a range of wigs and turbans.

Price Attack

Tuggeranong Hyperdome
TUGGERANONG ACT 2900
02 6293 4666

Sells a range of wigs.

Other

ACT Cancer Registry

The Canberra Hospital
Yamba Drive
GARRAN ACT 2605
www.health.act.gov.au
02 6207 4032

Collects information on patients with cancer in the ACT in order to track the incidence and mortality rates of the disease.

Red Cross Personal Alarm Service

Australian Red Cross ACT
Grant Cameron Community Centre
27 Mulley Street
HOLDER ACT 2611
www.redcross.org.au/act/
02 6234 7634

A service for those living alone or with a frail partner who may be at risk of accident or sudden illness that provides access to emergency help 24 hours a day every day of the year.

Vital Call

www.vitalcall.com.au
1300 360 808

A medical response service which allows you to call for help without the need to get to your phone.

How You Can Help

If your life has been touched by cancer, you may wish to become involved in doing something positive to help. You can do so by donating time to raise funds or by supporting the work of organisations that help those affected by cancer or undertake cancer research.

Cancer Council ACT Fundraising

5 Richmond Avenue
FAIRBAIRN ACT 2609
www.actcancer.org
02 6257 9999

Cancer Council ACT is a not-for-profit, non-government organisation which relies on community support to fund its programs. It is the only cancer organisation in the ACT that provides for all aspects of cancer — medical research, education programs and patient and family support services.

It works within an evidence based paradigm. The Council is the ACT member of Cancer Council Australia — the peak body for cancer control in Australia.

You can make a difference to the level of services provided by making a bequest in your will, becoming a regular donor or participating in one of our fundraising events such as Daffodil Day, Australia's Biggest Morning Tea, Pink Ribbon Day or Relay for Life.

You may like to give some of your time as a volunteer. Give our fundraising team a call for more information.

Cancer Council ACT Volunteer Program

5 Richmond Avenue
FAIRBAIRN ACT 2609
www.actcancer.org
02 6257 9999

Volunteers are an important part of Cancer Council ACT. There are a variety of roles that volunteers play within our organisation. Give us a call to find out more information.

Volunteering ACT

55 Chandler Street
BELCONNEN ACT 2617
www.volunteeract.org.au
02 6251 4060

Represents the interests of volunteers and agencies that work with volunteers in the ACT. Provides training, information and consultation and matches potential volunteers with appropriate agencies.

Members of Cancer Council Australia

Cancer Council ACT together with other member organisations in each state and territory is a member of Cancer Council Australia. The following is a list of state and territory cancer council organisations.

Cancer Council Australia

Level 1, 120 Chalmers Street
SURRY HILLS NSW 2010
www.cancer.org.au
02 8063 4100

Cancer Council ACT

5 Richmond Avenue
FAIRBAIRN ACT 2609
www.actcancer.org
02 6257 9999

Cancer Council New South Wales

153 Dowling Street
WOOLLOOMOOLOO NSW 2011
www.cancercouncil.com.au
02 9334 1900

Cancer Council Northern Territory

Casi House
2/25 Vanderlin Drive
CASUARINA NT 0810
www.cancercouncilnt.com.au
08 8927 4888

Cancer Council Queensland

553 Gregory Terrace
FORTITUDE VALLEY QLD 4006
www.cancerqld.org.au
07 3258 2200

Cancer Council South Australia

202 Greenhill Road
EASTWOOD SA 5063
www.cancersa.org.au
08 8291 4111

Cancer Council Tasmania

180–184 Collins Street
HOBART TAS 7000
www.cancertas.org.au
03 6233 2030

Cancer Council Victoria

1 Rathdowne Street
CARLTON VIC 3053
www.cancervic.org.au
03 9635 5000

Cancer Council Western Australia

46 Ventnor Avenue
WEST PERTH WA 6005
www.cancerwa.asn.au
08 9212 4333

Cancer Council ACT

Office

5 Richmond Avenue
FAIRBAIRN ACT 2609
www.actcancer.org
02 6257 9999

Postal Address

PO Box 143
FYSHWICK ACT 2609

Cancer Council ACT Shop

5 Richmond Avenue
FAIRBAIRN ACT 2609
www.actcancer.org
02 6257 9999

Cancer Council ACT Wig Service – Fairbairn

5 Richmond Avenue
FAIRBAIRN ACT 2609
www.actcancer.org
02 6257 9999

Cancer Council ACT Wig Service – Garran

Level 1, Building 3
The Canberra Hospital
Yamba Drive
GARRAN ACT 2605
www.actcancer.org
02 6244 2298

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Cancer Council
Helpline
13 11 20
www.actcancer.org

For support and information on cancer and cancer-related issues, call Cancer Council Helpline. This is a confidential service.

Cancer Council ACT

Street address

5 Richmond Avenue
FAIRBAIRN ACT 2609

Postal address

PO Box 143
FYSHWICK ACT 2609

Phone: (02) 6257 9999

Fax: (02) 6257 5055

Email: reception@actcancer.org

Website: www.actcancer.org