

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
www.health.act.gov.au
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 Screening Program run by the Australian Government. Australians turning 50 between January 2008 and December 2010 and those turning 55 or 65 between July 2008 and December 2010 who hold a Medicare card or DVA gold card will be invited to take part. This program is currently suspended

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
Cnr Belconnen Way and 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.

Energise and Exercise

Southern Cross Health Club
Irving Street
PHILLIIP ACT 2606

Clinic 88
43/21 Wiseman Street
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.

vitalyoga

30 Gledden Street
CHIFLEY ACT 2606
www.vitalyoga.com.au
02 6281 0335

Runs Gentle yoga for recovery after serious illness classes, to regain strength, flexibility and peace of mind. Classes are run on Tuesday afternoons.

Stoma Services

ACT and Districts Stoma Association

Cnr Moore and Alinga Streets
CANBERRA 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

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
Cnr Belconnen Way and 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.

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.