Illawarra Cancer Carers Inc.

We are a local volunteer group of around 280 members, who aim to provide essential physical resources, emotional and research support to obtain a better caring environment for cancer patients in the Illawarra.

We provide a range of services including:

- Support for cancer patients and families
- Transport to and from the Cancer Centre for chemotherapy and radiation treatments
- A Lymphoedema Clinic
- Provision of specialised diagnostic and surgical equipment for the treatment of cancer patients at Wollongong Hospital
- Support of Cancer Research at the University of Wollongong

By sponsoring this booklet, we hope to share the knowledge and services in our local community that others have found helpful while experiencing their breast cancer.

We hope it is useful to you, and we wish you well with your breast cancer journey.

Ian Mackay
President
Illawarra Cancer Carers Inc.
Breast Care Nurses

Our role is to support you and your family through the diagnosis of breast cancer or DCIS. We have special training in breast cancer.

We can:

- Answer any questions you or your family might have.
- Give you information about treatment options.
- Help you with emotional support.
- Support you during your stay in hospital.
- Give you information about breast prosthesis or breast reconstruction.
- Be a link between your treatment team, including GP, surgeons and oncologists.
- Refer you to other services if needed – such as Lymphoedema therapist, social worker.
- Coordinate your care from the time you are diagnosed, during your treatment and at follow up.
- Help coordinate your care if you have advanced breast cancer.

We will continue to provide support during your treatment and after it finishes. You do not require a referral to see us.

Wollongong and Shoalhaven Public Hospital
Wollongong Phone: 4222 5733 or 4253 4389
Shoalhaven Phone: 4421 3111
Contact Hours: 8am – 4.30pm Mon – Fri
Email: islhd-iscahn@health.nsw.gov.au

Wollongong Private Hospital
Breast Care Nurse: Ann
Phone: 4286 1000
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1. Medical Services and Facilities

Specialist Breast Surgeons
The Illawarra has a number of specialist breast surgeons. For more information, please contact your local Breast Care Nurse.

Cancer Care Centres
Centres dedicated to cancer patients in the public health system. Services include:

- Consultation with specialist cancer care Doctors (medical and radiation oncologists)
- Chemotherapy and infusion spaces
- Radiation treatment
- Assessment and triage clinic
- Cancer Council NSW Patient Information Centre


**Illawarra Cancer Care Centre**
Phone: 4222 5200
Open: 7:30am - 5:00pm Monday–Friday
Address: Level 2, Building D, Wollongong Public Hospital.
Corner of New Dapto Rd and Loftus St, Wollongong

**Shoalhaven Cancer Care Centre**
Phone: 4428 7400
Open: 8.00am–5.00pm Monday–Friday
Address: Shoalhaven District Memorial Hospital
Corner of Scenic Drive and North Street, Nowra

**Wollongong Private Hospital (Ramsay Health)**
Services available

- Day Oncology
- Medical imaging
- Nuclear medicine
- Pathology
- Pharmacy
Southern Medical Day Care Centre

Services available:
- Support for cancer patients
- Chemotherapy and infusion spaces
- Treat cancer and related illnesses
- Administer cancer drugs
- Consult with specialist cancer care Doctors
- Participate in clinical trials

Phone: 02 4228 6200
Address: 57 Urunga Parade, Wollongong NSW 2500
Website: www.smdccnsw.com.au

2. Support Services – Allied Health

Hereditary Cancer Clinic
We provide advice and genetic testing in some families with a strong family history of breast and/or ovarian cancer. Clinics are held at the Cancer Care Centres in Wollongong and Nowra. If you would like more information please discuss with your oncologist, surgeon or GP for a referral. For more information please visit

Phone: 4222 5706
Open: 9.00am – 5.30pm Mon–Fri
Address: Illawarra and Shoalhaven Cancer Care Centres
**Social Worker**
Social workers offer emotional support, education about stress management, and resource's associated with transport, accommodation and financial needs. Contact your Breast Care Nurse for a referral.

**Psycho-oncology Service**
This service is available to patients, carers and family members, having treatment in the Illawarra and Shoalhaven Cancer Care Centres.

Our psychologists can help you address:
- Anxiety and depression
- Panic and fear
- Fatigue and sleeping
- Body image issues
- Sexual difficulties
- Grieving and loss
- Getting back on track after treatment

Speak to your treating doctor or breast care nurse for a referral.


**Dietician**
If you would like to see a dietician for nutritional support and advice please contact your Breast Care Nurse for more information.

**3. Government Subsidies and Rebates**

**GP Mental Health Treatment Plans**
You can get up to ten (10) individual sessions per calendar year from a clinical psychologist, psychiatrist, eligible social worker or clinical occupational therapist. See your GP or breast care nurse for more information

Chronic Disease Management Plan

If you have a chronic illness (such as breast cancer, or Lymphoedema) Medicare will give you extra benefits to help you manage your condition. Medicare will reimburse you for up to five services each calendar year. This includes physiotherapy, occupational therapy, an exercise physiologist, psychologist, dietician etc.


To see if you’re eligible, visit your GP, contact your Breast Care Nurse, or phone the Department of Human Services (Medicare) on 132 011.

EnableNSW

They provide aids and equipment for people living with disability or chronic health conditions. They also help people who need to travel large distances for their specialist medical care.

Phone: 1-800-ENABLE (1800 362 253)
Fax: (02) 8797 6543
Email: enable@hss.health.nsw.gov.au

There are two main areas relevant for people diagnosed with breast cancer – Compression Garments and Travel Assistance.

Compression Garments

For the management of Lymphoedema
Travel Assistance
If specialist medical care is not available in your local area, the government’s Isolated Patient Travel and Accommodation Assistance Scheme (IPTAAS) may help. It provides some funding for transport and accommodation if you are eligible. Your GP will need to complete the initial referral.
BCNA’s fact sheet: Patient Assisted Travel Schemes (PATS):

To see if you’re eligible
Phone: 1800 IPTAAS (1800 478 227)
Email: iptaaS@health.nsw.gov.au

4. Lymphoedema Services
Lymphoedema can be caused by the removal of or treatment to lymph nodes during breast cancer treatment. This may cause swelling to the arm or breast. It does not go away once developed. Not everyone will develop this problem. If detected early we can manage the condition more easily.

If you notice in your arm, hand, fingers, breast, chest or arm pit:

- Swelling
- Feeling of heaviness, pain, aching or tightness
- Difficulty with putting clothes on/ tight sleeves,

a qualified lymphoedema practitioner may be able to help. Ask your doctor or Breast Care Nurse for a referral.

Lymphoedema physiotherapists (public patients)
Wollongong Public Hospital
Allied Health Dept, Level 5 4253 4502
Shellharbour Public Hospital 4295 2472
Shoalhaven District Memorial Hospital 4423 9272
Milton Public Hospital 4454 9123
Illawarra Cancer Carers Lymphoedema Support Clinic (Feb – Nov each year)
A free fortnightly clinic providing treatment and support for Illawarra people living with Lymphoedema. It is also available for people at risk of Lymphoedema.

If you need more intensive treatment you will be referred to a therapist of your choice.

Phone: 0423 135 342 (Jenny)
Email: jlagha2@live.com.au

Cancer Rehabilitation and Lymphoedema Program (Mt Wilga Private Hospital)
You do not have to already be diagnosed with lymphoedema to make an initial appointment. You will need a medical referral from a GP or your treating doctor. You will be assessed by a specialist before starting your program.

Accommodation may be available if you live outside the Sydney Metropolitan area. Check with your private health fund to clarify what you are covered for and what out of pocket expenses you would have.

Mt Wilga Private Hospital
Address: 66 Rosamond Street Hornsby
Phone: 9847 5085
Web: www.mtwilgaprivate.com.au

Lymphoedema Support Group NSW
You receive ongoing support, a quarterly newsletter “Lymphformation” and information on meetings, information days, available treatment programmes and research. You will also receive promotion of public awareness of the condition.

Email: Lymphformation@LymphoedemaSupport.com
Web: http://www.lymphoedemasupport.com/
Facebook: https://www.facebook.com/
LymphoedemaSupportGroupNSW/
Qualified Lymphoedema Practitioners

The following list of practitioners was sourced from the Australasian Lymphology Association website in August 2016. Please verify the credentials of the therapist and your ability to claim through Private Health Insurance before commencing treatment.

RN Registered Nurse
RMT Remedial Massage Therapist
LT Lymphoedema Therapist

<table>
<thead>
<tr>
<th>Where</th>
<th>Address</th>
<th>Practitioner Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Lymphoedema Clinic</td>
<td>Southern Medical Day Care Centre Building, 57 Urunga Parade, Wollongong</td>
<td>Karen Evans (RN RMT LT) Category 1</td>
</tr>
<tr>
<td>Wollongong</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alchemy Health Illawarra</td>
<td>55 Wentworth Street, Port Kembla</td>
<td>Jan Hunter (RMT LT) Category 2</td>
</tr>
<tr>
<td>Lymphoedema Service</td>
<td>55 Wentworth Street, Port Kembla</td>
<td>Amanda Da-Silva (RMT LT) Category 2</td>
</tr>
<tr>
<td>Amaki Massage Therapy</td>
<td>16 Byrne Pl, Kiama Downs</td>
<td>Carol Gardiner (RMT LT) Category 2</td>
</tr>
<tr>
<td>Body Over Mind Remedial</td>
<td>Avondale</td>
<td>Emma Gardiner (RMT LT) Category 2</td>
</tr>
<tr>
<td>Southern Highlands Lymphatic Drainage</td>
<td>Moss Vale</td>
<td>Elsebeth Petersen (RMT LT) Category 2</td>
</tr>
<tr>
<td>Warrawong Physiotherapy</td>
<td>14 Churchill Ave, Warrawong</td>
<td>Amanda Hill (RMT LT) Category 2</td>
</tr>
</tbody>
</table>
**Category 1** practitioners may provide initial and ongoing assessment of people who have Lymphoedema and provide treatment including initial assessment of complex or undiagnosed Lymphoedema (Doctor, registered nurse, physiotherapist, occupational therapist).

**Category 2** practitioners may provide ongoing assessment and treatment for Lymphoedema clients who have been assessed by a Category 1 therapist or a medical practitioner.

<table>
<thead>
<tr>
<th>Contact</th>
<th>Phone: 0418 181 233</th>
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</thead>
<tbody>
<tr>
<td>Email: <a href="mailto:karenevansrn@bigpond.com">karenevansrn@bigpond.com</a></td>
<td>Web: <a href="http://www.lymphoedema.net">www.lymphoedema.net</a></td>
</tr>
<tr>
<td>Facebook: <a href="https://www.facebook.com/The-Lymphoedema-Clinic-Wollongong-367911923397183/">https://www.facebook.com/The-Lymphoedema-Clinic-Wollongong-367911923397183/</a></td>
<td></td>
</tr>
<tr>
<td>Phone: 4244 8244</td>
<td>Email: <a href="mailto:jan@alchemyhealth.net.au">jan@alchemyhealth.net.au</a></td>
</tr>
<tr>
<td>Web: <a href="http://www.alchemyhealth.net.au">www.alchemyhealth.net.au</a></td>
<td></td>
</tr>
<tr>
<td>Phone: 4244 8244 or 0400 777 802</td>
<td>Email: <a href="mailto:info@alchemyhealth.net.au">info@alchemyhealth.net.au</a></td>
</tr>
<tr>
<td>Web: <a href="http://www.alchemyhealth.net.au/">http://www.alchemyhealth.net.au/</a></td>
<td></td>
</tr>
<tr>
<td>Phone: 0421 902 587</td>
<td>Email: <a href="mailto:amakimassage@gmail.com">amakimassage@gmail.com</a></td>
</tr>
<tr>
<td>Web: <a href="https://www.facebook.com/amakimassage">https://www.facebook.com/amakimassage</a></td>
<td></td>
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<tr>
<td>Phone: 0421 233 357</td>
<td>Email: <a href="mailto:bodyovermind@hotmail.com">bodyovermind@hotmail.com</a></td>
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<tr>
<td>Facebook: <a href="https://www.facebook.com/BOMRemedial">www.facebook.com/BOMRemedial</a></td>
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</tr>
<tr>
<td>Phone: 4868 3641</td>
<td>Email: <a href="mailto:elsebeth@idx.com.au">elsebeth@idx.com.au</a></td>
</tr>
<tr>
<td>Phone: 4274 2781 or 0413 478 732</td>
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</table>
Practitioners
Local qualified practitioners are found on the Australasian Lymphology Association's (ALA) website. This list is updated by the ALA once new practitioners are fully certified.


Resources
Cancer Australia provides an information booklet about Lymphoedema which is free to print/download off their website. Available in a number of languages:


Phone: (02) 9357 9400 or Freecall 1800 624 973

Cancer Council NSW provides a booklet ‘Lymphoedema Stories’. It is people sharing their personal experiences living with Lymphoedema.

Phone: 13 11 20

Australasian Lymphology Association (ALA) has information available on their website, and items for sale, including yoga dvds.

Phone: (03) 9586 6030

Web: https://www.lymphoedema.org.au/education-&-resources/shop-online/
5. Support Programs and Resources

**YWCA ENCORE**
A FREE 8 week exercise and information program designed for women who have experienced breast cancer at any time in their life. It incorporates hydrotherapy and land based exercises and provides the opportunity for women to connect with other women who share a similar experience.

Contact your breast care nurse or see the website for program details in the Illawarra.

Phone: 9285 6264  
Email: encore@ywcansw.com.au  
Web: [www.ywcaencore.org.au](http://www.ywcaencore.org.au)

**LOOK GOOD ... FEEL BETTER**
Free community service program designed to help and support women undergoing cancer treatment. The program assists you to manage the appearance-related side effects of chemotherapy and radiotherapy. To sign up visit:

Phone: 4222 5766  
Web: [www.lgfb.org.au](http://www.lgfb.org.au)

**Employee Assistance Programs (EAPs)**
If you or your partner are in paid employment, you may be eligible for an employer sponsored “Employee Assistance Program”, which includes access to counselling for yourself and/or family members. Contact your employer to find if you are eligible.
Cancer Council NSW
Cancer Council NSW, offer a large range of services. Oncology trained professionals can answer questions about all aspects of cancer as well as offer practical and emotional support appropriate to your needs and location across NSW.

Programs offered by Cancer Council include:
- Cancer Council’s Helpline
- Cancer Connect Peer Support
- Cancer Connections www.cancerconnections.com.au
- Telephone Support Groups
- Interpreter service

Phone: 13 11 20

Cancer Council Information Centre
If you would prefer to meet face to face, the Cancer Council information centre is located within the Illawarra Cancer Care Centre. Trained volunteers are available to chat to as well as access to phone and internet.

Phone: 4222 5745
Address: Level 2, Illawarra Cancer Care Centre, Wollongong Public Hospital
Email: ccicwollongong@nswcc.org.au

Illawarra Transport to Treatment (local support)
A free patient and carer support service involving a group of dedicated volunteers working in partnership with Cancer Council. Services offered include: Transport to treatment and specialist appointments, companionship, carer respite, and shopping.

Contact the Illawarra Volunteer Coordinator.

Phone: 0467 743 821
Email: igaps@nswcc.org.au
Breast Cancer Network Australia (BCNA)

BCNA has a range of programs, free resources, and references available to those diagnosed with breast cancer, including:

**My Journey Kit:** Information and support pack containing the latest resources, a diary, Pilates DVD and other useful resources.

**Fact sheets:** A range of fact sheets are available free to download from BCNA’s website, or phone BCNA to have one mailed out to you.

**Online support:** A secure forum to connect and share experiences with others affected by breast cancer.

Phone: 1800 500 258  
Web: [www.bcna.org.au](http://www.bcna.org.au)

For information on secondary breast cancer, go to Section 9 (page 26)

Cancer Australia

‘Stay In Touch: Supporting women with breast cancer in rural areas’

Being separated from family can be very difficult, especially if you have to travel and stay away from home while you are receiving radiotherapy treatment. One way for you to keep in touch with family may be through Cancer Australia’s ‘Stay in Touch Program’. This is free on-line video communication technology via Skype. The program provides you and your family with buddy laptops and access to mobile broadband. One laptop is for you (whilst receiving radiotherapy) and the other for your family at home, if required. To see if you qualify for the program please contact your Breast Care Nurse.

Illawarra Aboriginal Medical Service (IAMS)

**Cancer Care Services** assists clients, their families and carers through their cancer journey by offering social, emotional and medical support. They support clients through health prevention, screening, diagnosis, treatment, post-treatment, and end of life. The team includes Counsellors, Support Workers, Enrolled Nurses and Aboriginal Health Workers. These staff work closely with medical professionals at the IAMS and provide referrals to specialist cancer services. They can assist you with appointments (bookings, transport, and attending appointments).


**Wollongong**

Phone: 4229 9495
Open: 9am-5pm Wed, Thurs and Fri for cancer care.
      9am-5pm Monday-Friday for general health issues.
Address: 150 Church Street, Wollongong

**Dapto**

Phone: 4262 8777
Open: 9am – 5pm Monday-Friday
Address: 2/130 Princes Highway, Dapto. Open

**Aboriginal Resources (Free)**

**Cancer Australia DVD:** ‘My Story’ is a resource for women, family and friends about Aboriginal and Torres Strait Islander women sharing their experiences of breast cancer.


**Cancer Council NSW website:** ‘Aboriginal cancer journeys’ – many Aboriginal people sharing their stories.
Cancer Australia Booklet: ‘My Breast Cancer Journey. A guide for Aboriginal and Torres Strait Islander women and their families.’

Illawarra Multicultural Services (IMS)
IMS supports culturally and linguistically diverse (CALD) populations in the Illawarra, including providing assistance to migrants, humanitarian entrants and refugees.

Wollongong
Phone: 4229 6855
Address: 17 Auburn Street, Wollongong NSW 2500

Nowra
Phone: 4422 5933
Address: East Nowra Neighbourhood Centre,
Cottage 2, 80 Park Road, East Nowra
Email: info@ims.org.au

Multicultural Communities Council of Illawarra
Social support, respite and culturally appropriate meals for people over 65 years of age. Also supports younger people with a disability from culturally and linguistically diverse backgrounds. Contact their Client Liaison Officer.
Phone: 4229 7566
Hours: 9am – 5pm Monday-Friday
Address: 117 Corrimal Street, Wollongong
Email: rhonda@mcci.org.au
Web: http://www.mcci.org.au/

Multi-lingual Resources
Multi-lingual print and digital resources by BCNA
Web: https://www.bcna.org.au/bilingual-resources/easy-english/
Translating and Interpreting Service (TIS)
TIS National immediate phone interpreting service is available 24 hours a day, every day of the year for the cost of a local call for any person or organisation in Australia who needs an interpreter. This service will help you to communicate with a Cancer Council Information and Support consultant (phone 13 11 20).
Phone: 13 14 50
Web: www.tisnational.gov.au

Women’s Health Centres

Illawarra
Services offered include doctors, nurses, counselling, dietician, exercise classes (eg yoga, tai chi), meditation, craft etc.

Phone: 4255 6800
Hours: 9am – 5pm Monday-Friday
Address: 2/10 Belfast Avenue, Warilla.
Email: info@womenshealthcentre.com.au

Shoalhaven
Services offered include Womens Health Nurse, Information and Referral, Workshops and groups, Counselling, Massage/Reiki

Phone: 4421 0730
Hours: 9am – 4pm Monday-Thursday
Address: 5 McGrath Ave, Nowra
Email: swhc@swhc.org.au
Web: http://www.shoalhavenwomenshealthcentre.org.au/
6. Financial Assistance

Centrelink
Phone: 132717 or 136240
Web: www.centrelink.gov.au

Cancer Council NSW
Four programs are available to help people in need:

**Emergency Financial Assistance:** One off assistance for essentials and utility bills, referral by a social worker required.

**Financial Counselling:** Free assistance and information to help resolve your financial problems and plan ahead.

**Legal, Financial and Workplace Referral Services:** National *Pro Bono Program scheme* connects you with a lawyer, financial planner, accountant or HR/recruitment professional. Their *Financial Planning Referral Service* can help provide financial advice if you or your family have been affected by cancer. They can help you to apply for Centrelink benefits and budgeting, debt management, superannuation and insurance. Assistance is free to eligible clients.

**No Interest Loan Scheme:** A one off loan for specific use, when experiencing financial hardship. There is a strict eligibility and approval process.

Phone: 131120
Web: www.cancercouncil.com.au

IPTAAS – Subsidised Travel and Accommodation

See Section 3—Government subsidies and rebates – Travel Assistance
CanAssist
Provide financial assistance to country families affected by cancer. Help with travel, accommodation, treatment, dietary needs, incontinence supplies, wigs and medication.

Shoalhaven (Shoalhaven residents only)
Phone: Freecall 1300 226 277 or 0401 253 259

Southern Highlands (Wingecarribee residents only)
Phone: 0474 647 506

For other branch locations
Phone: 1300 226 277

No Interest Loan Scheme (NILS)
Provide an interest-free loan of up to about $900 for individuals or families. Criteria must be met.
Phone: 1800 509 994

Northern Illawarra NILS
From southern suburbs of the Sutherland Shire to Fairy Meadow
Phone: 4285 5642
Hours: Mon – Thurs
Address: Bulli Community Centre

Southern Illawarra NILS
From North Wollongong to Windang
Phone: 4276 2224
Address: Port Kembla Community Centre
Email: Sheryl@ourcommunityproject.org.au
        misty@ourcommunityproject.org.au
Web: http://www.ourcommunityproject.org.au/#!nils/ckcb
7. Accommodation during treatment

Alkira Lodge, Wollongong
Low cost accommodation for adult patients and their carers whilst undergoing outpatient treatment at the Wollongong Hospital. The Lodge is located within walking distance to the hospital. Accommodation is subsidised for eligible patients under the IPTAAS scheme. For further information please contact the Lodge Coordinator.

Phone: 4222 5484
Address: Corner of Sperry and Dudley Street, Wollongong

Cancer Council Accommodation
Coordinate affordable accommodation for cancer patients, their families and carers, who travel from regional and remote areas for their cancer treatment.

Phone: 131120
Email: accommodation@nswcc.org.au

8. Transport
There are a range of transport services available to help cancer patients with transport needs for treatment and medical appointments, as well as day-to-day needs.

IPTAAS – Subsidised Travel and Accommodation
See Section 3—Government subsidies and rebates – Travel Assistance
Illawarra Shoalhaven Local Health District’s ‘Transport for Health’
For outpatients needing health related transport to attend hospital based treatment and appointments. Wheelchair transport is available.

Phone: 4223 8504  
Hours: 7am-3.30pm Monday, Wednesday, Friday  
Email: islhdtransportservice@health.nsw.gov.au

Community Transport - Wollongong City Council
Provide transport options to community groups and individuals living between Austinmer and Dunmore. Available to people who can’t use public transport due to mobility, isolation or financial circumstances. Many of their vehicles have been modified with hoists and restraints, additional steps and hand rails.

Phone: 1300 987 422  
Email: communitytransport@wollongong.nsw.gov.au  

Community Transport – Kiama
Transport service for residents living within Kiama local government area. Helps clients remain independent and living in their own homes. Service includes shopping, library visits, community adult day care groups and special events. A referral can be made by individuals, carers, family members, friends or government and non-government agencies by phoning the Kiama Community Centre.

Phone: 4232 0475  
Community Transport – Shoalhaven
A not-for-profit service providing transport to people who are frail, aged or have a disability, their carers and people who are transport disadvantaged. Provide door-to-door transport to medical appointments, hospital, shopping, community services such as support groups, and social/recreational activities.

Nowra phone: 4423 6044
Ulladulla phone: 4454 0840
Email: enquiries@scts.org.au
Web: http://www.scts.org.au/

Cancer Council’s Transport to Treatment – IGAPS
Illawarra: Provides people affected by cancer and their carers with practical support during treatment. This support extends from companionship, shopping, through to transport to treatment. People living in the Illawarra (Helensburgh to Kiama) can use this service. Transport is utilised when existing service providers are not-applicable.

Phone: 0467 743 821
Hours: 9am-5pm Mon – Fri
Email: igaps@nswcc.org.au

Shoalhaven: Transports patients from the Shoalhaven area to the Cancer Care Centre at the Wollongong Hospital.

Phone: 0428 681 936
Email: shoalhaven2t@nswcc.org.au
Transport NSW – Northern Illawarra Neighbour Aid

Available for people over 65 years of age, young disabled people, and transport disadvantaged people. Transport patients to chemotherapy and radiotherapy treatment between Sydney (in the north) and Thirroul (in the south).

Phone: 4294 1900
Email: reception@nina.org.au
Web: www.nina.org.au

Illawarra Cancer Carers (ICC)

Patient driving for treatment - provides patients with low-cost transport for treatment/medical appointments at Wollongong Hospital. It is on a strict ‘needs’ basis, if you can’t use public transport, and no other transport is available. Contact your breast care nurse if you need this service.

Mobility scooter and stair lifter hire – this service is leased to patients for a subsidised fee plus a small service fee. They also have some mobility aids and wheelchairs.

Phone: 0412 466 017 (Keith)
Web: http://illawarracancercarers.org.au/

9. Secondary Breast Cancer

Secondary, advanced, metastatic or stage four breast cancer is diagnosed when the original cancer has spread from the breast or lymph nodes, into other parts of the body.

Secondary Breast Cancer Telephone Support
Breast Cancer Network Australia (BCNA) provides a telephone counselling service to women and men living with secondary breast cancer, as well as their families. It is a free and confidential service aimed at helping people diagnosed with secondary breast cancer and their family members cope with a range of concerns they may have. Make an appointment to speak with a professional oncology counsellor.

Phone: 1800 500 258
Email: beacon@bcna.org.au

Financial Assistance (including early superannuation)
There are certain circumstances which you can access your superannuation benefits at any age, including severe financial hardship, specific compassionate grounds, permanent incapacity and a terminal medical condition. Breast Cancer Network Australia has a fact sheet about accessing superannuation for women with secondary breast cancer.

Phone: 1800 500 258
Web: www.bcna.org.au

To find out more about superannuation for people with a terminal illness, you can contact the Australian Taxation Office.

Phone: 13 28 61
Web: www.ato.gov.au
Secondary Breast Cancer Resources

BCNA: Kit – free fact sheets

Hopes and Hurdles: Designed for women living with secondary breast cancer. It contains booklets, brochures, magazines and CD’s that offer support and information.

‘The Inside Story’: Magazine containing stories from other women with secondary breast cancer, resources, and information about support options and services. You can read past issues on-line at:


Brochures and factsheets: ‘Tax free superannuation payments for people with a terminal illness.’

Research and news: collection of summaries covering the latest research and news in secondary breast cancer.

Personal stories: includes empowering personal stories written by BCNA members living with secondary breast cancer.

Online network: if talking to others online and sharing experiences will help you. BCNA has a confidential online ‘Living with advanced/secondary breast cancer’ support group.

Online webinar for secondary breast cancer: ‘When cancer changes your financial plans’.

Phone: 1800 500 258
Web: www.bcna.org.au
10. Men and Breast Cancer

Breast cancer accounts for less than 1% of all cancers in men. Men of any age can be affected however the average age of diagnosis is 69. Many men are a partner, sibling, parent, or have friends diagnosed with breast cancer.

Illawarra Koori Men’s Support Group (IKMSG)

A non-profit Aboriginal community organisation initiated and directed by Aboriginal men living in the Illawarra, supported by the local community, and involves Aboriginal Elders. Their vision “Supporting Men, Creating Change” is achieved by providing men and youths with culturally appropriate educational programs to improve their physical, social, emotional, spiritual and cultural well-being.

Phone: 4256 9385
Hours: 10am – 2pm Monday-Friday
Address: 2 Wilga Place, Albion Park Rail
Breast Cancer Network Australia (BCNA)
A confidential online network that can connect you with other men diagnosed with breast cancer.

Phone: 1800 500 258

Cancer Australia
Phone: 1800 624 973
Web: https://breastcancerinmen.canceraustralia.gov.au/

Carers NSW
Offers telephone (landline and mobile phone) counselling to male carers – ‘Wellbeing and Mindfulness for Male Carers: Talk-Link for Men’ program:

Phone: 1800 242 636

Look Good Feel Better for Men (US based)
A range of easy-to-follow tips to help you feel better physically and emotionally

Web: www.lookgoodfeelbetterformen.org

Entering a World of Pink
An American man diagnosed with breast cancer, who shares his stories through a personal blog.

Web: www.malebreastcancerblog.org
Men and Breast Cancer Resources


Booklets (Free from BCNA):
Men Get Breast Cancer too
Understanding breast cancer in men
I wish I could fix it: Supporting a partner through breast cancer

Phone: 1800 500 258

Article: Prof Christobel Saunders and Prof Rik Thompson (2016): Breast cancer campaigns might be pink, but men get it too.

FREE from Cancer Australia:
CD: When the woman you love has advanced breast cancer

Booklet: Not just a woman's disease: Information about breast cancer in men

Phone: 1800 624 973

Men’s Telephone support (24 hours a day)

Lifeline: 13 11 14
Men’s Line Australia: 1300 789 978
NSW Rural Mental Health Support Line: 1800 201 123
NSW Mental Health Access Line: 1800 011 511 (press option 1)
Other websites with information for men

Cancer Australia:
Cancer Council SA
   http://www.cancersa.org.au/information/a-z-index/breast-cancer-in-men
Male Breast Cancer Coalition
   http://malebreastcancercoalition.org/
Breast Cancer Care (UK)
   http://www.breastcancercare.org.uk/breast-cancer-information/about-breast-cancer/men-breast-cancer
Cancer Research (UK)
American Cancer Society (USA)
   http://www.cancer.org/cancer/breastcancerinmen/
The Breastcancer.org (USA)
   http://www.breastcancer.org/symptoms/types/male_bc
National Cancer Institute (USA)
   http://www.cancer.gov/cancertopics/pdq/treatment/malebreast/patient/
Cancer.net’s (USA)
   http://www.cancer.net/cancer-types/breast-cancer-male

11. Cancer and Young People
This section identifies support available to young people to help them cope with a parent, sibling, grandparent, other family member, or adult friend who has been diagnosed with breast cancer.

Kids Helpline
Free 24 hour counselling service for Australian kids and young people aged 5-25 years. You can get help over the phone, email or web.

   Phone: 1800 551 800
   Email: counsellor@kidshelpline.com.au
Canteen
Helps people aged 12-24 cope with their own cancer or cancer in their family. CanTeen offers counselling and individual support, peer support and programs (such as camps and Recreation Days), information and resources, youth cancer services, research and evaluation. Free CanTeen Keys (USB) can be ordered on-line, emailing, or phoning. You can seek help if you are a young person who has

- been diagnosed with cancer
- an immediate family member (brother, sister, parent or primary carer) who has been diagnosed with cancer;
- had an immediate family member die from cancer.

Phone: 1800 835 932
Email: support@canteen.org.au
Web: https://www.canteen.org.au/

Camp Quality, Wollongong
The charity that believes in bringing optimism and happiness to the lives of children (aged 0-13 years of age), and families affected by cancer. A range of support programs at home, in hospital, at school, including camps and family camps, family fun days, child life therapy, and holiday retreats. Camp Quality’s Kids’ Guide to Cancer app is an educational app for children aged 8-13 years who have a parent, sibling, and friend or loved one with cancer. The App contains age appropriate information about cancer, hospitals, medicines and treatment and is free.

Phone: 4256 0127
App: https://www.campquality.org.au/kidsguidetocancer
Email: reception@campquality.org.au
Website: https://www.campquality.org.au/
Headspace, Wollongong
Free early intervention mental health services for people aged 12-25 years, as well as assist promoting young peoples’ wellbeing. Provide access to friendly staff, psychologists, counsellors, youth workers and doctors. They can also provide referrals to other services.
Phone: 4220 7660
Address: Level 1, 85 Smith Street, Wollongong

eheadspace
If you don't have a headspace centre nearby or you don't feel ready to visit a centre, eheadspace provides online and telephone confidential support.
Phone: 1800 650 890
Hours: 9:00am and 1:00am, 7 days a week
Email: headspace@gph.org.au
Website: http://headspace.org.au/headspace-centres/wollongong/
Facebook: http://www.facebook.com/headspace.wollongong

Young Carers
Young carers are children or young people up to 25 years of age, who help care in families where someone has an illness, disability, mental health issue or who has an alcohol or other drug problem. If you don’t want to talk to family or friends about some issues, Young Carers can introduce you to other young carers, social activities, support groups and lots more. Their website offers relaxation podcasts, Carer Australia publications etc.
Phone: 1800 242 636
Web: http://www.youngcarers.net.au/
Government Assistance
You may be eligible for a Carer Allowance, Carer Payment, Youth Allowance, Newstart Allowance, Abstudy, or other assistance.

Respite - Commonwealth Respite and Carelink Centre
Phone: 1800 052 222

Financial Assistance – Centrelink
Phone: 13 27 17

Useful links and resources:
Phone: 1800 500 258,
Email: beacon@bcna.org.au

Kids Health Website (US): http://kidshealth.org/
Reachout Website: http://au.reachout.com/
12. Carer Support Services

Carers NSW

Work with carers to improve their health, wellbeing, resilience and financial security. Services include counselling and referrals, carer counselling program, young carer program and services for multicultural and Aboriginal carers. You can subscribe to their newsletters or e-bulletin. Carers NSW membership is free for carers and carer support groups.

General phone: 1800 242 636
Membership phone: 02 9280 4744
Membership email: membership@carersnsw.org.au
Emergency respite: 1800 052 222
Hours: 9am – 5pm Monday - Friday
Email: contact@carersnsw.org.au
Web: https://www.carersnsw.org.au/
Young carers Web: http://www.youngcarersnsw.org.au/

Multilingual Support

Carer support officers specialise in working with people from culturally and linguistically diverse backgrounds.


The Translating and Interpreting Service can be contacted for an interpreter.
Phone: 13 14 50.
NSW National Carer Counselling Program
Sometimes those supporting and helping people with breast cancer (eg Carers) also need someone to talk to. Delivered by qualified counsellors, this program provides short-term counselling to Carers, either face-to-face, by telephone, or telephone group counseling.

Web:  https://www.carersnsw.org.au/

13. Prosthesis – Bra Prosthetic Fitters and Wigs
After breast surgery, your breasts may be different sizes, or you may have had one or both breasts removed entirely. You may choose to purchase breast prosthesis, which in Australia is covered by Medicare. Prosthesis helps regain natural shape when inserted into a mastectomy bra. Prostheses should be fitted by a trained prosthetic fitter, 6-8 weeks following breast surgery.

National External Breast Prostheses Reimbursement Program
Medicare Australia reimburses up to $400 for a new or replacement breast prostheses for a single mastectomy, and up to $800 for a bi-lateral mastectomy. Claims can be made every two years. For more information about the program and eligibility criteria, contact Medicare or your local breast care nurse.

Medicare phone:  132 011
Wig Libraries/Suppliers/Fitters

You may be able to get a rebate for a wig or mastectomy bra through your private health insurance. If you are going to make a claim, please make sure you purchase your items through a provider that has an ABN number.

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beaux Chapeaux Headwear</td>
<td>200B Cordeaux Rd, Mt Kembla</td>
<td>Phone: 4271 5213 <a href="mailto:info@bcheadwear.com.au">info@bcheadwear.com.au</a></td>
</tr>
<tr>
<td>Fairy Meadow</td>
<td>Cnr Princes Hwy and Norman St</td>
<td>Phone: 4283 8422 <a href="mailto:fairymeadow@casamialingerie.com.au">fairymeadow@casamialingerie.com.au</a></td>
</tr>
<tr>
<td>Casa Mia</td>
<td>Warilla</td>
<td>Phone: 4296 7485 <a href="mailto:warillala@casamialingerie.com.au">warillala@casamialingerie.com.au</a></td>
</tr>
<tr>
<td>Casamia Pamper Centre</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lilybliss to You</td>
<td>Mobile Service</td>
<td>Ph: 1800 779 893 or 0421 034 531 <a href="mailto:lilyblisstoyou@gmail.com">lilyblisstoyou@gmail.com</a></td>
</tr>
<tr>
<td>Mobile Wig Service</td>
<td>Mobile wig service</td>
<td>Phone: 0401 408 454 <a href="mailto:formosajo@gmail.com">formosajo@gmail.com</a></td>
</tr>
<tr>
<td>Pink Ribbon Wigs</td>
<td>Mobile service</td>
<td>Phone: 0410 158 969 <a href="mailto:Julie@pinkribbonwigs.com.au">Julie@pinkribbonwigs.com.au</a></td>
</tr>
<tr>
<td>The Wig Lady</td>
<td>Mobile service</td>
<td>Phone: 0407 896 415 <a href="mailto:diane@thewiglady.com.au">diane@thewiglady.com.au</a></td>
</tr>
<tr>
<td>Wig and Turban Library</td>
<td>Port Kembla Hospital, Level 1, Cowper Street, Warrawong</td>
<td>Phone: 4223 8122</td>
</tr>
<tr>
<td>Wigs on Wheels</td>
<td>Mobile wig service</td>
<td>Phone: 0409 770 494 <a href="mailto:affef@wigsonwheels.com.au">affef@wigsonwheels.com.au</a></td>
</tr>
</tbody>
</table>
### Service and Website

Headwear can be bought via the web page, mail order, or phone orders. Ladies are welcome to try on headwear and learn to tie scarves at a workshop, but an appointment is needed.

**www.bcheadwear.com.au**

Bra fitting and post mastectomy specialists. Casamia Pamper Centre. Caring for women with breast cancer. Bras, breast forms, wigs, hats, beauty / massage treatment, organic skin products, swimwear. etc
Open 9am-5pm (Mon-Fri), 9am-4pm (Sat). Parking at rear of shop.

**www.casamialingerie.com.au**

Breast prosthesis and bra fitting specialist. Provides a personal, caring service. Rebates available for Medicare, health funds, and DVA.

**http://lilyblisstoyou.com/**

Helping cancer patients for over 20 years. A professional, mobile wig fitting service. Home visits available or an agreed alternative location.

Servicing Wollongong and Sydney. Full range of wigs and headwear. Offers wig cutting and styling.

**www.pinkribbonwigs.com.au**

Servicing Wollongong, Sydney, etc. Large range of wigs and headwear.

**http://www.thewiglady.com.au/**

Opening hours: Monday mornings 9am – midday (excl public holidays), and Thursday afternoons midday to 3pm. A charitable organisation that operates solely from donations. Wigs and turbans are available to assist people recovering from medical conditions that cause hair loss.

A professional wig service and headwear. Confidential in-home consultation.

**www.wigsonwheels.com.au**
14. Support Groups
Support Groups can offer practical suggestions and help people diagnosed with cancer, their carers and families, through a person’s cancer experience.

General Cancer Support Groups

<table>
<thead>
<tr>
<th>Name</th>
<th>Meetings</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer Patient Support Group Illawarra (CPSGI)</td>
<td>10am-12pm</td>
<td>Dapto Ribbonwood Centre, Dapto</td>
</tr>
<tr>
<td></td>
<td>First Tuesday of the month</td>
<td></td>
</tr>
<tr>
<td>Illawarra Cancer Carers (ICC)</td>
<td>10am-12pm</td>
<td>Master Builders Club (Sonata Room), Wollongong</td>
</tr>
<tr>
<td></td>
<td>Third Tuesday of March, May, July and October</td>
<td></td>
</tr>
<tr>
<td>Illawarra Koori Women’s Group</td>
<td>Event based rather than regular meetings</td>
<td>Based from the Illawarra Women’s Health Centre, Warilla</td>
</tr>
</tbody>
</table>
### Support Groups

Support Groups can offer practical suggestions and help people diagnosed with cancer, their carers and families, through a person’s cancer experience.

<table>
<thead>
<tr>
<th>Name</th>
<th>Meetings</th>
<th>Address</th>
<th>Contacts and comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer Patient Support Group</td>
<td>10am - 12pm</td>
<td>Dapto Ribbonwood Centre, Dapto</td>
<td>Meet socially for a chat, morning tea, and often a guest speaker. Phone: 4228 7823 (Dorothy) or 4284 3742 (Irma) Web: <a href="http://www.cancersupportillawarra.org.au">www.cancersupportillawarra.org.au</a></td>
</tr>
<tr>
<td>Illawarra Cancer Carers (ICC)</td>
<td>10am - 12pm</td>
<td>Master Builders Club (Sonata Room), Wollongong</td>
<td>Offers support and services to cancer patients and their families. Open meetings held, and often with a guest speaker. Stay afterwards for lunch and a chat. Phone: Audrey on 4229 8872. Web: <a href="http://www.illawarracancercarers.org.au">www.illawarracancercarers.org.au</a></td>
</tr>
<tr>
<td>Illawarra Koori Women's Group</td>
<td>Event based rather than regular</td>
<td>Based from the Illawarra Women's Health Centre, Warilla</td>
<td>Welcome other Koori women to join their Group, to support and heal themselves and others in their community, through uniting with other women. Phone: 0422 424 515 (Aunty Bev), 0466 933 202 (Agnes), 0459 028 972 (Denika) Facebook page (Closed Group): <a href="https://www.facebook.com/groups/696891890398060/">https://www.facebook.com/groups/696891890398060/</a></td>
</tr>
</tbody>
</table>
# Breast Cancer Support Groups

<table>
<thead>
<tr>
<th>Meetings</th>
<th>When</th>
<th>Time</th>
<th>Where</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bay and Basin Cancer Support Group</strong></td>
<td>Second Thursday of the month</td>
<td>10am - 12 noon</td>
<td>Upstairs function room, St Georges Basin Country Club, Sanctuary Point</td>
</tr>
<tr>
<td><strong>Breast Cancer Circle of Support – Keeping in touch</strong></td>
<td>Last Tuesday of the month</td>
<td>11:45am</td>
<td>Various locations</td>
</tr>
<tr>
<td><strong>Illawarra Breast Buddies</strong></td>
<td>Second Tuesday of the month</td>
<td>Day &amp; evening</td>
<td>Various locations</td>
</tr>
<tr>
<td><strong>Illawarra Breast Cancer Survivors</strong></td>
<td>Second Tuesday of the month</td>
<td>10am – 12 noon</td>
<td>St Peter and Paul Catholic Church Hall, Manning Street, Kiama</td>
</tr>
<tr>
<td><strong>‘Live for Life’ Breast Cancer Support</strong></td>
<td>Second Friday of the month</td>
<td>7pm</td>
<td>Location changes each month</td>
</tr>
<tr>
<td><strong>Milton/Ulladulla Breast Cancer Group</strong></td>
<td>Third Thursday each month</td>
<td>10am – 12pm</td>
<td>Cancer Cottage, Milton (next to Hospital)</td>
</tr>
<tr>
<td>Support for people directly or indirectly affected by cancer. Meet for morning tea with guest speakers.</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>---</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone: 4443 3275 (Dianne) or 4443 8572 (Lorraine)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meet socially for lunch. No booking necessary.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone: 4283 2671 (Krystyna)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Face to face support network for women, especially young women affected by breast cancer.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone: Sarah at Casamia Fairy Meadow 4283 8422 <a href="https://www.facebook.com/Illawarra-Breast-Buddies">https://www.facebook.com/Illawarra-Breast-Buddies</a></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fun and friendly group with a guest speaker every second month. Provides friendship and support for breast cancer survivors. Lots of conversation, caring, sharing and laughter.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Phone: 4234 0324 or 0429 340 234 (Moira)  
4296 9760 or 0403 844 880 (Helen) |
<p>| Email: <a href="mailto:kiamarep@gmail.com">kiamarep@gmail.com</a> |
| Group of people who have had breast cancer at some time in their life, who meet up socially for dinner and a chat once a month. Men and women welcome. |
| Phone: 0412 124 755 (Lisa) |
| Email: <a href="mailto:athanass@iprimus.com.au">athanass@iprimus.com.au</a> |
| Supports people with breast cancer over morning tea and a chat. Activities/outings every 3 months. |
| Phone: 4455 2551 (Margaret) |</p>
<table>
<thead>
<tr>
<th>Meetings</th>
<th>When</th>
<th>Time</th>
<th>Where</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shoalhaven Breast Cancer Support Group</td>
<td>First Thursday of the month</td>
<td>10.30am – 12.30pm</td>
<td>Shoalhaven Ex-Serviceman’s Club, Junction Street, Nowra</td>
</tr>
<tr>
<td>Sisters Cancer Support Group</td>
<td>First Tuesday of the month</td>
<td>10am – 12 noon</td>
<td>Multicultural Communities Council of Illawarra, 117 Corrimal Street, Wollongong</td>
</tr>
<tr>
<td>Southern Highlands Breast Cancer Support Group</td>
<td>Fourth Wednesday of the month</td>
<td>10am – 12 noon</td>
<td>Mittagong RSL, Bessemer Street, Mittagong</td>
</tr>
<tr>
<td>Young Womens Breast Cancer Support Group</td>
<td>Every second month (Feb, April, June, Aug, Oct, Dec)</td>
<td>10.30am</td>
<td>Peckish on the Park Café, 57 Graham St, Nowra</td>
</tr>
</tbody>
</table>

For further information regarding support groups in your area:

**BCNA** – phone Breast Cancer Network Australia on 1800 500 258 or visit the website at [https://www.bcna.org.au/services-and-support-groups/](https://www.bcna.org.au/services-and-support-groups/) or

**Cancer Council** - phone the Cancer Council Helpline on **13 11 20**, or visit the website at [www.cancercouncil.com.au](http://www.cancercouncil.com.au) and follow the link to “Find a Cancer Support Group/Network”.


## Contact and Comments

<table>
<thead>
<tr>
<th>Group that meets socially once/month to support women diagnosed with breast cancer. Occasional guest speakers.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phone:</strong> 0418 441 105 (Christa) or 4464 2555 (Pauline)</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:paulinewcox@gmail.com">paulinewcox@gmail.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Support group for women from culturally diverse backgrounds who are or have been affected by cancer or are supporting friends or relatives with cancer.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phone:</strong> 0415 238 990</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:sisters.scsq.2014@gmail.com">sisters.scsq.2014@gmail.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meet monthly to share issues, provide support information and education, and some guest speakers. Contacts: Volunteer Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phone:</strong> 0438 001 177 (Lesley) or 0429 361 784 (Therese, McGrath Breast Care nurse)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meet socially for coffee and a chat to support women under the age of 50 who have been diagnosed with early breast cancer.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phone:</strong> 4428 7522 (Meredith)</td>
</tr>
</tbody>
</table>
BCNA - My Care Kit
The kit contains:

- A custom Berlei bra and soft forms (if required) you can wear 7-12 weeks post-surgery.
- ‘Strengthen Your Recovery’ Pilates DVD designed to help restore movement, confidence and strength after breast cancer surgery.
- Information on how to apply for the Federal Government External Breast Prostheses Reimbursement program.
- A Berlei VIP card for a 50% discount of any future Berlei post-surgical bra.

My Care Kits are fitted and ordered by Breast Care Nurses registered with the BCNA program. To order the “My Care Kit” or for details of where to purchase this bra, please contact your local Breast Care Nurse.

Phone: 1800 500 258

If you wish to purchase a second Berlei post-surgery bra, these are available from some retail outlets. Product/style no: Y130W.

15. After treatment: What next?
Many people look forward to finishing their breast cancer treatment and getting on with life. However, for some, the end of treatment can be a confusing or worrying time. Some people feel nervous or upset at the thought of no longer seeing members of their health care team regularly. Others feel worried about what the future holds. In the Illawarra, there are a range of different activities you may like to become involved in, and where you can often still feel supported.
Aqua Joggers

Phone: 4261 2760 (Joan)
Hours: 8.30am on Mondays
Address: University of Wollongong Recreation and Aquatic Centre

Dragon Boating – Dragons Abreast Illawarra
Once treatment has finished, this is a great time to investigate dragon boating. Dragon-boating generally improves the general strength, health and well-being of breast cancer survivors. Being able to do all those things in the company of others who have travelled the same path helps to restore the confidence, spark, and sense of adventure, to fulfil an active life.

Phone: 4261 3263 or 0418 667 816 (Sylvia)
Address: Illawarra Rowing Centre, Northcliffe Drive, Warrawong
Web: https://www.dragonsabreast.com.au/groups/placedetails/10

Cancer Patient Support Group Illawarra (CPSGI)

Phone: 4261 7716 (Robert)
When: 8.30am–12pm Mondays
Address: Dapto Ribbonwood Centre
Free Bus Trips: Monthly bus trip for members.
Phone: 4284 3742 (Irma)
When: Meet at 11.30am
Address: Dapto Ribbonwood Centre

Illawarra Cancer Carers (ICC)

Bus Trips: Members have the opportunity to go on a range of organised bus trips. Call for more information.
Phone: 4274 1801 (Marie) or 4261 4130 (Narelle)
Web: http://illawarracancercarers.org.au/

Craft and Sewing Group: For anyone interested in joining their craft group e.g. sewing and knitting. They meet weekly with a stall held once a month.
Phone: 4261 3115 (Jean)
When: 9am-3pm Fridays (late February to December)
Address: Dapto Showground

Community Cancer Link (CCL)

A Wollongong based charity that supports patients, their families, relevant health professionals and other related organisations within the Illawarra region. They help deal with the impact of cancer by raising money for local community cancer services.
Phone: 4272 1983 (Lynn)
Email: communitycancerlink@gmail.com

Illawarra Honeybees

A small local community group that meet once per month, operate under the umbrella of the Cancer Council NSW, and fundraise for breast cancer research. New members always welcome.
Phone: 4272 1983 (Lynn)
BCNA Sponsored Activities

Phone: 1800 500 258

Beacon Magazine/The Inside Story

The Beacon is the free national magazine for women with breast cancer, their families, and friends. The Inside Story is a supplement for women with secondary breast cancer.

Published quarterly, they contain stories written by women with breast cancer, upcoming events, and information on what your local Member Groups are up to. Both are available digitally. Subscribe on-line. New articles welcome.

Email: beacon@bcna.org.au
Web www.bcna.org.au/resources

Fundraising

There are many fundraising opportunities for you to become involved in, including Pink Sports Days, holding a Pink Lady Fundraising event, doing a fun run, mini-field of women tribute event, etc.


Revitalise with BCNA

An on-line 6 week program designed to help women diagnosed with breast cancer be active and well. You’ll receive customised advice from breast cancer experts on goal setting, motivation, healthy eating, exercise, mindfulness and meditation.

Community Liaisons and Consumer Representatives

BCNA Community Liaisons speak about their personal experience with breast cancer and represent BCNA in their local communities. BCNA Consumer Representatives represent the broad views of Australians affected by breast cancer on national, state and local committees, working parties and at conferences.


Participate in Research

Interested in sharing your experiences and helping with breast cancer research? Then you may wish to join BCNA’s Review and Survey Group. You may be invited to participate in surveys, focus groups, clinical trials, and other types of research, and provide feedback on new resources.

Research promoted to the group is assessed by BCNA to ensure it is of high quality, relevant to women, and has benefits for women affected by breast cancer. There is no obligation to take part in any of the research that is promoted. You decide which opportunities you become involved in.

BCNA also conducts its own internal research using the Review and Survey Group, helping inform their policy and advocacy work.

Cancer Council of NSW
A range of programs and opportunities that you may be interested in becoming involved in once your treatment has finished, ranging from local advocacy groups to state-wide fundraising events.

Phone: 13 11 20

Illawarra Transport to Treatment Volunteers
Cancer Council NSW trains volunteers to provide transport or home support during business hours Monday – Friday. Support could include companionship, carer respite, transport to doctors and treatment and shopping (e.g. groceries). If you’re interested in becoming a Volunteer, contact the Illawarra Volunteer Coordinator.

Phone: 0467 743 821
Email: igaps@nswcc.org.au

Illawarra Cancer Action Network (ICAN)
Local people who are dedicated and passionate about improving services for those diagnosed with cancer and their carers and families. They also advocate for better prevention and screening so that fewer people get cancer. New members are always welcome.

Phone: 0414 523 738 (Maria) or 0438 004 463 (Helen)

Living Well with Cancer Seminars
Seeing the world differently after your cancer treatment? You may feel others don’t understand your experience and expect you to ‘get back to normal’. 
Living Well After Cancer: A free 2.5 hour program for cancer survivors, their carers, family and friends. Learn about the possible changes, challenges, and opportunities they may face after completing cancer treatment. Connect with others and share tips, ideas and activities for living well.

Rekindle – relationships after cancer: Personalised online resource addressing sexual concerns for all adults.

Exercise and nutrition program (ENRIC): A 6 week (2 hours/week) face-to-face program delivered by qualified exercise and diet professionals. Information and exercises to improve your quality of life

Healthy Living After Cancer: Free over-the-phone healthy lifestyle mentoring program, to help you get active and eat better.

Cancer Council Fundraising and Events
There are many fundraising opportunities and events you can be involved in, including Daffodil Day, Australia’s Biggest Morning Tea, Relay for Life etc.


Cancer Council Volunteering
Different local volunteering opportunities arise from time-to-time.


Register 4
An initiative of the National Breast Cancer Foundation (NBCF) which is open to all Australian women and men, whether or not they have had a diagnosis of breast cancer, who are interested in participating in cancer research.

Web: www.register4.org.au
The OTIS Foundation- Breast Cancer Retreats
A not-for-profit organisation that provides retreats for women and men living with breast cancer with no accommodation fee. Their mission is to “provide sanctuaries to nurture those facing the challenges of living with breast cancer.” Retreats are currently located in Victoria, New South Wales, and South Australia. Partners, family members, and friends are also welcome.
Phone: (03) 5444 1184
Web: http://www.otisfoundation.org.au

Quest for Life, Bundanoon, Southern Highlands
A registered charity that provides programs and services to help people to cope with living with cancer. Residential retreats and community based workshops are designed to actively contribute to your own healing, through exploring physical, mental, emotional, and spiritual healing. They can also tailor a program or retreat specific to the needs of a group. Access a free monthly e-newsletter, download free resources, purchase resources, and view retreat details online.
Phone: 1300 941 488

Cancer Voices NSW
Volunteers of different ages and backgrounds, mostly who have experienced one of the many types of cancer and its treatments, and want to make a positive difference to the cancer “journey” for others. Members include people with cancer, cancer survivors, carers, cancer care professionals and interested organisations.
Web: www.cancervoices.org.au
16. Websites for further information

The internet can be a great source of information, including information about breast cancer. At times it may be difficult to determine the credibility of particular websites, so if unsure please discuss your concerns with your care providers.

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<th>Organisation</th>
<th>Website and phone</th>
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<tr>
<td></td>
<td>Phone: (02) 9357 9400 or Free call 1800 624 973</td>
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<tr>
<td>Australia (BCNA)</td>
<td>Phone: 1300 785 562</td>
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<td>Phone: 131120</td>
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**Comments**

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<th>Organisation</th>
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<tr>
<td>Cancer Australia</td>
<td><a href="http://www.canceraustralia.gov.au">www.canceraustralia.gov.au</a></td>
<td>Provides relevant up-to-date, evidence-based information on all aspects of breast cancer. It offers advice about everything from treatment options to care after treatment, statistics and research. It has information for the male partners of women with breast cancer entitled “Boys do cry”, “My Parent’s Cancer” for children of those with breast cancer, information on Lymphoedema, and some resources in different languages.</td>
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<tr>
<td>Breast Cancer Network Australia (BCNA)</td>
<td><a href="http://www.bcna.org.au">www.bcna.org.au</a></td>
<td>Ensures that women diagnosed with breast cancer, and their families, receive the very best information, treatment, care and support possible no matter who they are or where they live. The website is a comprehensive resource for those wanting to learn about activities, initiatives, support groups, programs and services offered by BCNA. It features stories from other women who have experienced breast cancer with tips on how they coped. It also contains links to other trusted websites.</td>
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<tr>
<td>McGrath Foundation</td>
<td><a href="http://www.mcgrathfoundation.com.au/">http://www.mcgrathfoundation.com.au/</a></td>
<td>Raise money to place McGrath Breast Care Nurses in communities across Australia as well as to increase breast awareness in young people, with a particular emphasis on young women through their national breast education initiative ‘Curve Lurve’.</td>
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<tr>
<td>Cancer Council NSW</td>
<td><a href="http://www.cancercouncil.com.au">www.cancercouncil.com.au</a></td>
<td>The Cancer Council website has specific information relating to NSW and provides links to a vast array of resources, help and support. One resource includes “Sexuality for Men with Cancer”, a guide for men with Cancer, their families, and friends.</td>
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<td>Organisation</td>
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<td>The BCI website includes valuable and credible information on all aspects of breast cancer. You can also click through to the “support” link (and then onto the “mailing list” link) to access B-Mail which is an electronic community of people interested in breast cancer. The BCI is located on Level 1 at Westmead Hospital in Sydney, adjacent to the Westmead Breast Centre.</td>
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<td>Works towards equity in the area of care in Breast Cancer and other breast diseases. Their mandate is working to ensure quality assurance, education and research is maintained in the area of breast cancer care. Working with partners and key stakeholders in medicine, they seek to support community based projects, research, professional development and quality assurance procedures.</td>
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<td>NSW's cancer control agency, established under the <em>Cancer Institute NSW (2003) Act</em> to lessen the impact of cancer across the State. Provides strategic direction for cancer control in NSW. Works across the health care system to promote better cancer prevention, early detection, diagnosis, treatment and care. Collect and use the latest cancer data, information and evidence to drive improvements in cancer outcomes. The largest funder of cancer research in the state, with a focus on the translation of research findings into clinical practice.</td>
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<td>Supports collaborative clinical trials and research that identifies safe and effective treatments for women with breast cancer, and aims to save lives through identifying and promoting prevention strategies.</td>
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17. Updating information

Services identified in this Directory have been added to Wollongong City Council’s Community Information Directory. This information is reviewed and updated annually by Council staff. The Directory can be located on Council’s website at:

Also, resources Wollongong City Council currently has available in their Libraries relating to breast cancer can be found by searching their Library Catalogue.

- Then enter the words you wish to search for e.g. “breast cancer” in the search box.

Information in this Directory may change or become out of date. If there are other local services you believe people diagnosed with breast cancer should be aware of, please phone Wollongong City Council’s Central Library.

Phone: 4227 7414
18. Supporters of this Directory

The following groups are acknowledged as supporters of this directory:

- Cancer Patient Support Group Illawarra (CPSGI)
- Illawarra Cancer Action Network (ICAN)
- Breast Cancer Circle of Support
- Illawarra Breast Cancer Survivors Group
- ‘Live for Life’ Breast Cancer Support
- Community Cancer Link (CCL)
- Illawarra Honeybees
- Dragons Abreast Illawarra
- Illawarra Shoalhaven Local Health District

Funding for the printing of this Directory was kindly donated by the Illawarra Cancer Carers and Cancer Patient Support Group Illawarra.
Contact Details
Illawarra Cancer Care Centre
New Dapto Road, Wollongong
Ph: 4222 5200

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