

'I needed to talk to people who had been there. I needed to know how long this may go on'



 Cancer Council
Helpline
13 11 20
www.cancervic.org.au

**Cancer
Connect**
Telephone support for people
affected by cancer

How can a Cancer Connect volunteer help?

We know from research that talking to someone who has been through a similar experience can be reassuring and encouraging for people affected by cancer.

The volunteers listen to concerns and provide understanding and emotional support to help people through their cancer journey.

Talking to a Cancer Connect volunteer

Call 13 11 20 and ask to be linked to a Cancer Connect volunteer.

A cancer nurse will talk to you about your experience and match your situation with one of our trained volunteers. The volunteer will call you at a convenient time.

Or visit www.cancervic.org.au/cancerconnect

How can I find out more?

Call 13 11 20 Monday to Friday, 8.30 am to 6 pm (cost of a local call). Calls are confidential and the service is multilingual.

Or visit www.cancervic.org.au/cancerconnect

Volunteer with Cancer Connect

Interested in providing support to others? Call 13 11 20 or email cancer.connect@cancervic.org.au to register your interest today. Applicants must be a minimum of 2 years post treatment or bereavement and full training will be provided.



What is Cancer Connect?

Cancer Connect is a confidential telephone support program that links people affected by cancer to a specially trained volunteer who has been through a similar cancer experience.

Volunteers offer emotional and practical support to people affected by cancer and provide understanding at a time when it is most needed.

This support is available at any stage throughout the cancer journey – at diagnosis, during treatment and once treatment has completed.

Cancer Council Victoria has more than 160 Cancer Connect volunteers across a variety of cancer experiences. Support is over the telephone so we can link people from all over Victoria to one of our volunteers.

Who is Cancer Connect for?

- People recently diagnosed with cancer
- Cancer survivors
- Partners, parents, family or friends of people caring for someone with a cancer diagnosis
- People carrying a gene that increases their risk of developing cancer.

Cancer Connect for people recently diagnosed

Receiving a cancer diagnosis can be a very confusing and upsetting time. You may be feeling sad and anxious and unsure about what the future holds. Talking to someone who has already been through the experience can be helpful.

A Cancer Connect volunteer can listen to your concerns and talk to you about their experience, including treatments, side effects and coping strategies.

Call 13 11 20 and speak to a cancer nurse if your cancer has advanced and you would like to talk to someone. The nurses can listen to your concerns and link you to other services.

Family Cancer Connect

It can be stressful when a partner, family member or friend is diagnosed with cancer. You may be worried about the treatment they're having and how unwell the person is feeling.

You may also feel a range of emotions including fear, grief and frustration.

It can be helpful to talk to a person who has supported someone else through cancer. Our 'family' connect volunteers offer an opportunity to share experiences and discuss ways to cope with the changes in your life.

Survivors Cancer Connect

Many cancer survivors have concerns about their future and find it difficult to cope after treatment has finished. You may have experienced changes in the way you look, feel or how you can move around or communicate with others.

Our 'survivor' volunteers have been through the emotional rollercoaster that a cancer diagnosis presents. They listen to your concerns and offer support that help you adjust to the changes in your life.

Cancer Connect for people carrying a gene that increases their risk of developing cancer

Discovering that you carry a gene that increases your risk of developing cancer can be frightening. You may face a range of difficult feelings and treatment decisions and feelings of distress are common.

Speaking to a gene support volunteer can alleviate some of these concerns. Gene support volunteers are men and women who also carry the cancer susceptibility gene. They have been trained to help others feel less worried and more able to adjust to their situation.



'I rang my volunteer when I was tired and teary and when I didn't want to burden my family anymore'

'My volunteer made me feel I wasn't alone'

'Cancer Connect gave me the opportunity to talk to another person who had been through a similar experience'