



Cancer Services

A guide to support services for Victorians affected by cancer

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Note to reader

All care is taken to ensure that the information in this booklet is accurate at the time of publication. Please note that inclusion of a service in this directory does not imply any endorsement or association of that service by Cancer Council Victoria. This booklet provides services and organisations that may be of assistance to those affected by cancer, and should not be considered exhaustive.

Always obtain independent advice relevant to your specific situation from appropriate professionals. You may wish to discuss any organisations listed in reference to your own situation. Always consult your doctor about matters that affect your health, legal matters with a lawyer or legal advisor and a financial advisor or financial counsellor about matters concerning your finances. Please note that laws, regulations and entitlements that affect people with cancer may change. Cancer Council Victoria excludes all liability for any injury, loss or damage incurred by use of or reliance on the information provided in this booklet.



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The front cover incorporates our commissioned Aboriginal artwork by Dixon Patten Jnr – Yorta Yorta and Gunaai. For the full artist description visit: cancervic.org.au/dixon-patten

Introduction

Finding the right support when you need it most is important to your overall wellbeing as you manage the news of a diagnosis, treatment and life after cancer.

A wide range of services exist to support you. We have designed this guide as a useful way to find services that suit your personal situation. Your needs are likely to change over time, for this reason we have included services that provide support at various stages of a cancer experience. Importantly, many of these services are also available to friends, family and carers.

This guide lists services in sections based on the type of support offered, whether it be health services and information, practical support or health and wellbeing.

If you can't find what you are looking for or require more information, simply call our experienced and understanding cancer nurses on **13 11 20** or email askanurse@cancervic.org.au. The nurses complement the care provided by your treatment team and are available Monday–Friday 9am–5pm. If you require information and support in your own language, call **13 14 50** and ask to contact Cancer Council Victoria.

Although most services and programs listed can be accessed without a referral, it is important to speak with your treatment team about any concerns you have and they can ensure you are receiving the most appropriate care.

Contents

Health services and information

Treatment centres	6
Palliative care	18
Information about cancer	20
Clinical trials and research.....	26
Genetics and risk	30
Aboriginal and/or Torres Strait Islander Peoples.....	33
Multicultural health and wellbeing	37

Practical support

Support organisations by cancer type	42
Support for carers.....	47
Children and families	51
Employment, financial and legal.....	53
Accommodation and transport.....	62
Support at home	66
Prostheses and personal care aids	68
Support in your local area.....	70
Facing end of life and bereavement	73

Health and wellbeing

Physical health and wellbeing 76

Emotional support..... 80

Fertility..... 88

Complementary therapies 90

Health and wellbeing after cancer 95



Supporting those affected by cancer

Cancer Council Victoria offers a range of services and programs to improve the quality of life of Victorians affected by cancer.

Information and education

- Information and support from experienced and understanding cancer nurses available over the phone and email.
- A range of over 80 booklets, factsheets, DVDs and CDs exploring topics and issues faced by those affected by cancer.
- The Living with Cancer Education Program empowering people affected by cancer with useful skills and information.
- The Wellness and Life after Cancer Education Program supporting people as they make the transition to life after treatment.
- The Victorian Clinical Trials Link, a searchable database of all cancer clinical trials in Victoria.

Practical support

- Pro bono (no fee) services delivered by volunteer professionals experienced in legal, financial, workplace and small business issues.*
- Small one-off financial grants to cover everyday costs such as buying groceries or paying phone bills.*

Health and wellbeing

- Free confidential counselling.
- Free wigs fitted by a cancer nurse.*
- Free holiday breaks with loved ones.*
- Cancer support groups – face-to-face, internet and telephone.
- Phone support from people who have been through a similar experience.
- Healthy Living after Cancer telephone coaching.

*Eligibility criteria apply

Speak with one of our cancer nurses who can connect you with our services and others available in Victoria. The nurses provide reliable information and emotional and practical support at any stage of a cancer diagnosis, treatment and recovery.

Ways to connect with cancer information and support



To speak with a cancer nurse call **13 11 20**, 9am–5pm, Monday to Friday.



For other languages, call **13 14 50** and ask to speak to Cancer Council Victoria.



Email at **www.cancervic.org.au/ask-a-nurse**.



Visit **cancervic.org.au**.



Physical health and wellbeing

Cancer and its treatments can cause a range of symptoms and side effects that are different for each person. Looking after yourself and seeking support to manage the changes to your health will enhance your quality of life and aid recovery. There are many services available to assist you maintain and improve your physical health and wellbeing.

Need more information?

Cancer Council Victoria has resources you may find useful:

- *Complementary and Alternative Therapies: Making Informed Decisions*
- *Coping with Cancer Fatigue*
- *Exercise for People Living with Cancer*
- *Hairloss*
- *Learning to Relax*
- *Living Well After Cancer*
- *Understanding Lymphoedema*
- *Meditation CD*
- *Nutrition and Cancer*
- *On the Road to Recovery (Arabic, Cantonese, Italian, Greek, Mandarin, Vietnamese)*
- *Overcoming Cancer Pain*
- *Relaxation CD*
- *Malnutrition and Cancer*
- *Understanding Complementary Therapies*
- *Understanding Taste and Smell Changes.*

Call **13 11 20** or visit cancervic.org.au/resources to order or download a free copy.



Wig services in your area

In addition to the Cancer Council Wig Service, there are services located throughout Melbourne and regional Victoria. Speak with your treatment team, or call **13 11 20** to speak with a cancer nurse to find one close to home.

Australasian Lymphology Association

lymphoedema.org.au

Provides education and resources.
Includes an online search tool to find a local practitioner.

Australian Dietary Guidelines

eatforhealth.gov.au/guidelines

Australian Physiotherapy Association

physiotherapy.asn.au

1300 306 622

Cancer Council Victoria Living with Cancer Education Program

cancervic.org.au/how-we-can-help/living-with-cancer-education-program
13 11 20

Assists people to adjust to life with cancer and covers physical and emotional health, treatment decisions, symptom and side-effect management and coping with grief. Programs are held in metro and regional treatment centres and health services.

Cancer Council Victoria Wig Service

cancervic.org.au/how-we-can-help/wig-service

13 11 20

Provides people undergoing cancer treatment, who can't afford a wig, with a free personally-fitted synthetic wig.

Chronic Pain Australia

chronicpainaustralia.org.au

Counterpart

counterpart.org.au/support-services/exercise

1300 781 500

Exercise program for women who are undergoing treatment for breast or gynaecological cancer.

Dietitians Association of Australia

daa.asn.au

1800 812 942

Exercise and Sports Science Australia

essa.org.au

07 3171 3335

Fitness Australia

fitness.org.au

1300 211 311



Wig service

Many people find that a well-fitted wig gives them more self-confidence during cancer treatment.

Our wig service is free, private and personalised. We offer an extensive range of synthetic wigs along with headscarves, beanies and cotton caps.

A friendly cancer nurse will help you choose a flattering wig, fit it correctly and give you advice on wig maintenance and care. You're very welcome to bring someone to your appointment for extra support.

To make a time to see us or get more information, call **13 11 20** or email askanurse@cancervic.org.au. We also welcome enquiries from family and friends.

We're located at 615 St Kilda Road, Melbourne. The wig service is open Monday to Friday, 10am–4pm.

If you live in regional Victoria and cannot get to us easily, we offer a free postal service.

For more information in your own language using an interpreter, call **13 14 50** and ask to speak to Cancer Council Victoria.

Jean Hailes for Women's Health

jeanhailes.org.au
1800 532 642

Look Good Feel Better

lgfb.org.au
1800 650 960

A workshop conducted for women and men receiving treatment, offering useful tips on dealing with changes to skin, hair and general appearance.

Lymphoedema Association of Victoria

lav.org.au
1300 852 850

Nutrition Australia

nutritionaustralia.org
8341 5800

Oncology Clinics Victoria – Walking Group

cabrini.com.au/patients-and-families/
services/directory/oncology-clinics-
victoria-the-walking-group
1300 300 977

Osteoporosis Australia

osteoporosis.org.au
1800 242 141

Pain Australia

painaustralia.org.au
1300 340 357

Speech Pathology Australia

speechpathologyaustralia.org.au
1300 368 835

Vision Australia

visionaustralia.org
1300 847 466

Maintaining health and wellbeing

Many health services run wellness and rehabilitation programs aimed to aid recovery. Some are specifically designed for those who have completed treatment, while other programs are suitable for those still receiving active treatment. See page 95 for a list of these programs and contact the service to find out if you are eligible. Also speak with your treatment team to find local wellness programs or call **13 11 20** to speak with an experienced cancer nurse or email askanurse@cancervic.org.au.





Emotional support

For many people, a cancer diagnosis will mean dealing with a wide range of emotions. Finding ways to manage your reactions and feelings is important to your physical and emotional wellbeing. There are a range of organisations offering professional advice and support programs for you and your family and friends. Explore the services listed below to find the ones that suit your needs at this time.

Talking to an experienced cancer nurse about your own personal situation may be useful. They are able to connect you with the right organisations for support according to your need. Call **13 11 20** or email askanurse@cancervic.org.au; to speak with a nurse in your own language call **13 14 50** and ask to speak with Cancer Council Victoria.

Need more information?

Cancer Council Victoria has a range of resources you may find useful:

- *Caring for Someone with Cancer*
- *Emotions and Cancer*
- *Facing End of Life*
- *Learning to Relax*
- *Living with Advanced Cancer*
- *Meditation CD*
- *Relaxation CD*
- *Understanding Grief.*

Call **13 11 20** or visit cancervic.org.au/resources to order or download a free copy.



Support for you

Managing the emotional impact of cancer can be challenging. Whether you are the one diagnosed, or someone close to you, it is natural to have many different thoughts and feelings. Some feelings may pass or lessen with time, while others might last longer.

Finding the right support at the right time can make a difference. Cancer Council can help with a wide range of free and confidential services available to anyone affected by cancer.

- **Cancer nurses** – experienced and understanding nurses who provide information and support over the phone and email.
- **Counselling services** – provided over the phone with a specialist.
- **Cancer support groups** – face-to-face, internet and over the phone.
- **Cancer Connect** – phone support from someone who has been there before.
- **Education programs** – designed to provide reliable information and strategies for helping make sense of cancer and life with and beyond cancer.

Working out what you need is difficult when facing day to day challenges. Call **13 11 20** and speak with one of our cancer nurses; together you can work out the best support. You can also email them at askanurse@cancervic.org.au. To speak with a nurse through an interpreter, call **13 14 50** and ask to speak to Cancer Council.



Health professionals you may see

Mental health nurse

Assesses people, gives medicines and assists in behaviour modification programs. They are a registered nurse who has completed further study in mental health nursing.

Counsellor

Listens to what's going on and offer strategies for dealing with issues. A counsellor's education may range from a vocational certificate in counselling through to university-level studies in psychology or social work. There is no qualification standard they have to meet.

Social worker

Provides emotional support, offers practical and financial assistance and helps people find support services. They must complete a four-year undergraduate or two-year masters degree.

Psychologist

Uses their understanding of the mind to guide clients through issues with how they think, feel and learn. They often develop expertise in particular approaches. A registered psychologist must complete four years of psychology at undergraduate level, followed by either postgraduate studies in psychology or two years of supervised clinical practice.

Psychiatrist

Specialises in the diagnosis, treatment and prevention of mental illness. As well as discussing issues with patients, they may prescribe medicines to help manage a range of emotional conditions. A referral from a GP is needed to see a psychiatrist. A psychiatrist is a medical doctor who has undertaken an additional five years of post graduate study in psychiatry.

Anxiety Disorders Association of Victoria

adavic.org.au
9853 8089

Provides an interactive search tool to find a therapist.

Australian Counselling Association

theaca.net.au
1300 784 333

Provides an interactive search tool to find a counsellor or psychotherapists.

Australian Men's Shed Association

mensshed.org
1300 550 009

Provides a supportive environment for men encouraging them to work on meaningful projects in the company of other men.

Australian Psychological Society

psychology.org.au
1800 333 497

Provides an interactive search tool for finding a psychologist.

Better Access Initiative

health.gov.au/mentalhealth-betteraccess
13 20 11

Provides Medicare subsidies for appointments with mental health specialists. Requires GP referral.

beyondblue

beyondblue.org.au
1300 224 636

Provides 24/7 telephone support, online chat, email and information

for those affected by depression and anxiety.

Black Dog Institute

blackdoginstitute.org.au
Promotes wellbeing with the prevention, identification and treatment of mental illnesses.

Cancer Council Online Community

onlinecommunity.cancercouncil.com.au
An online support service providing peer-based support and information for people affected by cancer.

Cancer Council Victoria Cancer Connect

cancervic.org.au/how-we-can-help/phone-support/cancer_connect
13 11 20
One-to-one free phone support from someone who's had a similar experience.

Cancer Council Victoria Cancer Support Groups

cancervic.org.au/support-groups/
An interactive search tool for support groups.

Cancer Council Victoria Telephone Support Groups

cancervic.org.au/how-we-can-help/find-a-support-group/phone-groups
13 11 20
Each group is professionally facilitated with 3–7 members, meeting twice monthly at set times.



Can't find what you're looking for?

Call **13 11 20** to speak with an experienced cancer nurse or email **askanurse@cancervic.org.au**. To speak with a nurse through an interpreter, call **13 14 50**.

Cancer Council Victoria Intimacy Counselling

[cancervic.org.au/how-we-can-help/
phone-support/intimacy-counselling](http://cancervic.org.au/how-we-can-help/phone-support/intimacy-counselling)
13 11 20

Phone-based counselling service for men, women and their partners to assist with intimacy, body image, sexual confidence and relationships. Offered in collaboration with The Royal Women's Hospital.

CaringBridge

caringbridge.org

Create your own private website to keep family and friends updated and activate and coordinate help.

Chinese Cancer Society of Victoria

ccsv.org.au
9898 9575

Provides support to people from a Chinese background that are affected by cancer.

Dreams2Live4

dreams2live4.org.au
0400 914 375

A program that realises the dreams of people living with metastatic cancer.

GriefLine

griefline.org.au
1300 845 745

Provides a telephone and online counselling service as well as programs for children, migrants, cancer survivors, international students and mothers.

It's About Us

itsaboutus.com.au

An online tool to make a digital scrapbook to capture memories, emotions and feelings through text and photos.

Jean Hailes for Women's Health

jeanhailes.org.au
1800 532 642

Lifeline

lifeline.org.au
13 11 14

Provides a 24/7 crisis support line and suicide prevention services.



Intimacy counselling

Cancer diagnosis and treatment can have a profound impact on intimacy, body image, sexual confidence and relationships. Ask your treatment team about sexual and intimacy counselling services to help explore these issues.

Look Good Feel Better

lgfb.org.au
1800 650 960

A workshop for women and men offering useful tips on dealing with changes to skin, hair and general appearance due to treatment.

MensLine

mensline.org.au
1300 789 978
Provides 24/7 telephone support, online counselling and forums for men.

Mind Australia

mindaustralia.org.au
1300 286 463 (Service referral)
1300 554 660 (Carer helpline)
Mind Australia offers a range of specialist emotional and social support services to improve mental health and quality of life.

My Wedding Wish

myweddingwish.org
Grants weddings to those with terminal illness.

Prostate Cancer Foundation of Australia

prostate.org.au
1800 220 099
A national search engine for prostate cancer support groups, including groups for gay men affected by prostate cancer.

Qlife

qlife.org.au
1800 184 527
Provides peer-supported telephone and web based counselling and referral services to the LGBTI community.

Quitline

quit.org.au
13 78 48
Provides advice and support to people who are trying to stop smoking.

Relationships Australia Victoria

relationshipsaustralia.com.au
1300 364 277
Provides services to strengthen relationships and social connections for individuals and families, schools, workplaces and communities.



Faith based community organisations

Many faith-based community organisations provide services, including counselling, to support the health and wellbeing of you and your family. Many organisations provide support regardless of circumstances, culture, beliefs or faith. Contact your local organisation to find out what support they offer.

Suicide Line

suicideline.org.au
1300 651 251

A 24/7 telephone counselling service offering professional support to people at risk of suicide, people concerned about someone else's risk of suicide, and people bereaved by suicide.

SANE Australia

sane.org
1800 187 263

Support for all Australians affected by mental illness.

Women's Information and Referral Exchange (WIRE)

wire.org.au
1300 134 130

Victoria-wide free generalist information, support and referral service run by women for women.

Adolescents and Young Adults

Headspace

headspace.org.au
Provides mental health services for young people aged 12–25.

Kids Helpline

kidshelpline.com.au
1800 55 1800
A free, 24/7 phone and online counselling service for young people aged 5–25.

Youthbeyondblue

youthbeyondblue.com
1300 224 636
Empowers young people aged 12–25, their friends and those who care for them to respond to anxiety and depression.



Take a break away when you need it most

Getting away to relax and recharge is important when managing the daily challenges of treatment. However when you are affected by cancer, it can be difficult to afford a holiday at a time when it's needed most. Cancer Council Victoria and the OTIS Foundation can help.

Cancer Council Victoria – Holiday Break

Cancer Council Victoria can provide you, and those close to you, with a one-off short getaway at no cost. We match people affected by cancer* with accommodation donated by our generous supporters. All properties are within Victoria.

Holiday breaks are between 2–4 nights during off-peak holiday times, with a range of properties available in locations across Victoria. Whether you're after sea views, a country retreat, wheelchair access or a dog-friendly backyard, we'll work with you to help find the right spot for a break.

Call **13 11 20** for more information or visit cancervic.org.au/how-we-can-help/holiday-break-program.

*Medical verification is required from your treatment team. Holiday Breaks are for those whose current financial situation prevents them from taking a holiday.

OTIS Foundation

The OTIS Foundation provides retreat accommodation at no cost to those living with the challenges of breast cancer. They aim to provide immediate relief to people who need a short-term break away and have OTIS retreats located across Australia.

Anyone who has been diagnosed with breast cancer is eligible to stay at an OTIS retreat, along with their partner, family or friends.

For more information call **03 5444 1184** or visit otisfoundation.org.au.



Fertility

Sometimes cancer and its treatment can affect a person's ability to conceive a child or maintain a pregnancy now or in the future. The impact will depend on the type of cancer and treatment you have. There are a range of options available to preserve and protect your fertility prior to and during treatment. Assisted reproductive treatment, commonly known as fertility treatment, can be one pathway to parenthood; others may include fostering, adoption and surrogacy.

Need more information?

Cancer Council Victoria offers a booklet you may find useful:

- *Fertility and Cancer.*

Call **13 11 20** or visit **cancervic.org.au/resources** to order or download a free copy.

Access Australia

access.org.au

1800 888 896

Provides support for women and men who experience difficulties conceiving, and their families.

ACON

acon.org.au

Provides health information for the LGBTI community.

Andrology Australia

andrologyaustralia.org

1300 303 878

Provides information about men's sexual and reproductive health.

CanTeen – Maybe Later Baby

canteen.org.au

Search for 'Maybe Baby Later'

A guide to fertility for young people with cancer.

Family Planning Victoria

fpv.org.au

1800 013 952

Supports people to make decisions about their reproductive and sexual health and wellbeing.

Impotence Australia

impotenceaustralia.com.au

0437 745 599

Supports men experiencing impotence by providing emotional support and advice on treatment.

Surrogacy Australia

surrogacyaustralia.org

Supports Australians who are planning on or who are already parents via surrogacy arrangements.

The Royal Women's Hospital

thewomens.org.au/health-information/fertility-information

8345 2000

Provides fertility information and services to men and women.

Victorian Assisted Reproductive Treatment Authority (VARTA)

varta.org.au

8601 5250

Search for 'ART clinics'

Provides a list of registered fertility service providers (also known as Assisted Reproductive Treatment (ART) clinics).



Talking about fertility

Anyone diagnosed with cancer should have a direct and honest conversation with their doctor about fertility. You should be able to explore options available at any time of your diagnosis and treatment, regardless of sexual preference, age or whether you are in a relationship or not.

It is important that you (and your partner, if you have one) feel respected and included in all discussions with health professionals. Building an open and trusting relationship with your treatment team will enable you to ask questions and seek support.

To assist with starting the discussion, here are some suggested questions:

- Before we start treatment, I want to talk about my fertility options with a specialist. Who would you recommend?
- How will this treatment affect my chances of having a child in the future?
- Will any of these chemotherapy drugs reduce my fertility?
- Should I think about storing sperm/eggs/embryos before treatment starts?



Complementary therapies

Complementary therapies can play a role in cancer care, working alongside conventional cancer treatment. Many have been scientifically researched and may offer you physical emotional and spiritual support; reduce side effects from medical treatment; and improve quality of life.

It is important to find a qualified therapist. Contacting a professional association is a good starting point. Some registered health professionals (e.g. doctors, nurses, pharmacists) are also qualified in a complementary therapy such as nutritional and herbal medicine, hypnotherapy, counselling, acupuncture or massage.

Need more information?

Cancer Council Victoria has a range of resources you may find useful:

- *Complementary and Alternative Medicines: Making Informed Decisions*
- *Massage and Cancer*
- *Meditation CD*
- *Relaxation CD*
- *Understanding Complementary Therapies.*

Call **13 11 20** or visit cancervic.org.au/resources to order or download a free copy.



If you are considering using complementary therapies, discuss this with your treatment team, as some may interfere with your treatment.



‘Complementary’ vs ‘alternative’

The terms ‘complementary’ and ‘alternative’ are often used interchangeably, which can be confusing. Complementary therapies are designed to be used alongside conventional cancer treatments, usually to manage side effects. Alternative therapies are used instead of conventional treatment.

Many complementary therapies are being scientifically researched for use in people with cancer, while alternative therapies are unlikely to be tested in this way.

Cancer Council Victoria does not recommend, and warns strongly against, the use of alternative therapies for treating cancer.

Association of Massage Therapists

amt.org.au
02 9211 2441

Australian Acupuncture and Chinese Medicine Association

acupuncture.org.au
07 3457 1800 (National office)
1300 725 334 (National Practitioner Referral Search)

Australian Creative Arts Therapies Association

acata.org.au
9513 0852

Australian and New Zealand Arts Therapy Association

anzata.org

Australian Feldenkrais Guild

feldenkrais.org.au
1800 001 550

Australian Hypnotherapists Association

ahahypnotherapy.org.au
1300 552 254

Australian Massage Directory

ausmassagedirectory.com.au

Australian Music Therapy Association

austmta.org.au
9525 9625

Australian Society of Teachers of the Alexander Technique

austat.org.au
1300 788 540



Alternative therapies

Cancer Council Victoria does not recommend, and warns strongly against, the use of alternative therapies for treating cancer when used instead of conventional treatment.

Warning signs that a treatment is an alternative therapy:

- The practitioner does not have a qualification from an accredited educational institution in the therapy they provide.
- The practitioner is not registered with a governing body or a professional association.
- The practitioner tells you that conventional medical treatment will stop the therapy or remedy they provide from working.
- The practitioner asks you not to talk to your doctors about their treatment, or won't tell you the ingredients that make up a herbal preparation they give you.
- The practitioner claims that their treatment cures cancer.
- The practitioner says there are clinical studies for the effectiveness of their remedy or therapy, but does not show you proof that has appeared in trusted medical journals.
- The treatment costs a lot of money or you need to pay in advance for several months' supply of a remedy.
- You need to travel overseas to have the treatment.



Can't find what you're looking for?

Call **13 11 20** to speak with an experienced cancer nurse or email askanurse@cancervic.org.au. To speak with a nurse through an interpreter, call **13 14 50**.



Is it true?

Cancer Council Australia provides an online service called '*iheard*' that provides evidence-based answers to cancer questions. It responds to stories, rumours or claims about cancer, treatment and side effects.

Visit iheard.com.au to submit your question and see the answers to questions others have already asked.

Australian Traditional Medicine Society

atms.com.au
1800 456 855

International Aromatherapy and Aromatic Medicine Association

iaama.org.au

Meditation Association of Australia

meditationaustralia.org.au
0402 938 401

Massage and Myotherapy Australia

massagemyotherapy.com.au
1300 138 872

Melbourne Meditation Centre

melbournemeditationcentre.com.au
9531 1607

National Herbalists Association of Australia

nhaa.org.au
02 9797 2244

The National Institute of Complementary Medicine

nicm.edu.au
02 4620 3284

Oncology Massage Limited

oncologymassagetraining.com.au
0416 044 616

Psychotherapy and Counselling Federation of Australia

pacfa.org.au
9486 3077

Yoga Australia

yogaaustralia.org.au
1300 881 451



Other complementary therapies

Some people find value in complementary therapies that do not have scientific evidence proving its benefit. This is not to say that the relief experienced is not real. These treatments may be used as long as they are undertaken in consultation with your treatment team and not used to replace conventional treatment. Therapies include:

- Bowen therapy
- flower remedies
- healing touch
- homoeopathy
- polarity therapy
- reflexology
- reiki
- therapeutic touch.

For more information on these therapies and the evidence around them, request a copy of Cancer Council's booklet *Understanding Complementary Therapies*. Call **13 11 20** or visit cancervic.org.au/resources to order or download a copy.



Health and wellbeing after cancer

Thanks to improvements in treatment, more people are surviving cancer. For some, life returns to familiar routines while for others there are new challenges. These may include physical, emotional, financial and social concerns.

Specialist cancer recovery and rehabilitation services exist to offer care and support as you move into wellness. Many run exercise and education programs to aid recovery.

For some people side effects may continue for some time. For others they may start a long time after treatment ends (late effects); these may require specialist care at a late effects clinic.

Our experienced cancer nurses can support you to manage your health and wellbeing as you adjust to life after cancer. Education programs also exist and are included in this chapter.

Need more information?

Cancer Council Victoria has a range of booklets and factsheets you may find useful:

- *Cancer, Work and You*
- *Coping with Cancer Fatigue*
- *Exercise for People with Cancer*
- *Living Well After Cancer*
- *On the Road to Recovery (Arabic, Cantonese, Greek, Italian, Mandarin, Vietnamese)*
- *Sexuality, Intimacy and Cancer*
- *Travel Insurance and Cancer*
- *Understanding Lymphoedema.*

Call **13 11 20** or visit cancervic.org.au/resources to order free copies.

**Alfred Hospital
Late Effects Clinic**

alfredhealth.org.au

Search for '*late effects clinic*'

9076 3451

Supports people who have undergone treatment for blood cancer more than two years ago, to remain as healthy as possible. This includes survivors of childhood cancers who require long-term surveillance in order to improve their mental, physical and general wellbeing.

Austin Health

Department of Clinical Haematology
Survivorship clinic

austin.org.au/page/1597

9496 4617

A weekly clinic for those who have completed treatment for cancer of the blood, bone marrow or lymph nodes. Open to patients of Austin Health and its doctors.

**Australian Cancer Survivorship
Centre – A Richard Pratt Legacy**

petermac.org/cancersurvivorship
contactacsc@petermac.org

A web-based centre that provides information and links to relevant services. It aims to improve services and care for cancer survivors in Australia as well as focusing on increased awareness, especially about issues that affect survivors after treatment ends.

**Breast Cancer Network Australia
Revitalise**

revitalise.bcna.org.au

A six-week health and wellbeing program for women who have been diagnosed with breast cancer.

Brunswick Private

brunswickprivate.com.au

9385 1111

Offer rehabilitation services to those affected by cancer.

Cabrini Health

[cabrini.com.au/patients-and-families/
services/directory/rehabilitation](http://cabrini.com.au/patients-and-families/services/directory/rehabilitation)

9508 5100

Offer a cancer rehabilitation program, and a specialised program for localised breast cancer.

**Cancer Council Victoria
Healthy Living after Cancer**

[cancervic.org.au/how-we-can-help/
healthy-living-after-cancer](http://cancervic.org.au/how-we-can-help/healthy-living-after-cancer)

13 11 20

The program assists those who are post-treatment to get active, eat and feel better. Participants receive up to 12 health coaching calls over a period of six months from an experienced Cancer Council nurse.

**Cancer Council Victoria
Wellness and Life after Cancer**

cancervic.org.au/how-we-can-help/wellness-life-after-cancer

13 11 20

The program assists people to adjust to life after cancer and covers physical and emotional health, work, finances and how to find the right community support. Programs are held in metropolitan and regional treatment centres and health services.

Cancer Rehab Melbourne

cancerrehabmelbourne.com.au

9042 7916

Specialist cancer allied health clinic including exercise physiology, occupational therapy, return-to-work and dietetics.

**Castlemaine Health
Survive and Thrive**

castlemainehealth.org.au

03 5471 1575

Individualised care plans developed to help achieve lifestyle goals and changes.

**Counterpart
Stepping into Wellness**

counterpart.org.au/support-services/exercise

A six-week exercise program for women who have experienced breast or a gynaecological cancer.

**Eastern Health
Cancer Rehabilitation Centre**

easternhealth.org.au

Search for '*cancer rehabilitation*'

9955 1277

A seven-week program including exercise and information on how to improve health and wellbeing.

**Epworth Healthcare
Enhance**

epworth.org.au

Search for '*Enhance*'

1300 467 342

An eight-week program for women with localised breast cancer.

**Melton Health
Cancer Rehabilitation**

djhs.org.au

9747 7600

An eight-week program for those who have been treated for breast cancer or men's cancers. The program includes including exercise and information on how to improve health and wellbeing.

**Peninsula Health
Cancer Rehabilitation Program**

peninsulahealth.org.au

Search for '*cancer rehabilitation*'

1300 665 781

A six-week program including exercise and information on how to improve health and wellbeing. Offered in Frankston and Rosebud.



Learning about life after cancer

More people are surviving cancer due to improvements in treatment. For some, life returns to familiar routines while for others there are new challenges to finding a 'new normal'. For those moving from treatment to recovery and wellness, it is important to restore and maintain your health and wellbeing.

Two education programs are available to you to support you at this time.

Healthy Living after Cancer

Getting back to a healthy lifestyle after cancer is one of the most important things you can do for your wellbeing.

Our *Healthy Living after Cancer* program offers free health coaching over the phone with experienced cancer nurses. The program can help you get active, eat better and feel better, so that you can do more of the things that are important to you.

The program is available to people over 18 who have completed treatment for non-metastatic cancer. You'll receive up to 12 health coaching calls over a period of 6 months from a Cancer Council nurse, who will help motivate you to achieve healthy lifestyle goals by offering encouragement, support and helpful tips.

Wellness and Life after Cancer

The *Wellness and Life after Cancer* group education program empowers you to increase your ability to manage your health and wellbeing, manage change and address work and financial issues.

The program is delivered by local health professionals and provides the opportunity to discuss and develop practical strategies for some of the challenges you might face including:

- fear of recurrence
- changes in personal relationships
- adjusting to physical and emotional changes after treatment
- learning about exercise and how it supports recovery
- returning to work and managing the financial impact of cancer
- working with your GP and connecting with community health services.

Participants are invited to share stories, ask questions and develop a health and wellbeing plan. A close family member or friend is welcome to attend.

To find out more or to find out when a program is running in your area, call **13 11 20** to speak with one of our experienced and caring cancer nurses, email askanurse@cancervic.org.au or visit cancervic.org.au.



Managing your health and wellbeing after cancer

Finding the right health care and support is important to your recovery and ongoing health and wellbeing. Support can be sought from the following health services:

- Your family doctor (GP).
- Your local health service may run programs and services including support groups and wellness programs. Your local health service may be called a Community Health Centre, District Health Service or a Bush Nursing Centre.
- Your local Integrated Cancer Service. See page 70 to find your local service.
- The treatment centre that provided your treatment.
- Cancer Council Victoria provides education and support programs, see page 98.

The health and wellbeing management of cancer survivors is a developing field of healthcare. New services and programs are being implemented across Victoria.

Speak with your treatment team, GP or one of our experienced and understanding cancer nurses for information on what is available in your area. Call **13 11 20** or email askanurse@cancervic.org.au; to speak with a nurse in your own language call **13 14 50**.



Need information and support about adjusting to life after cancer?

Call **13 11 20** to speak with an experienced cancer nurse or email **askanurse@cancervic.org.au**. To speak with a nurse through an interpreter, call **13 14 50**.

ONTrac at Peter Mac Reactivate

petermac.org

Search for '*Reactivate*'

8859 6880

An eight-week exercise and self-management program for adolescents and young adults who have completed treatment.

Peter MacCallum Cancer Centre Late Effects Service

petermac.org

Search for '*late effects service*'

8559 7953

Supports people who have undergone treatment more than five years ago, to remain as healthy as possible. This includes survivors of childhood cancers who require long-term surveillance in order to improve their mental, physical and general wellbeing. The clinic welcomes referrals for patients who are more than five years disease free from cancer.

Pinc and Steel Cancer Rehabilitation Trust

pincandsteel.com

Individualised rehabilitation programs delivered by physiotherapists in metropolitan Melbourne and selected regional areas.

South Eastern Private

southeasternprivate.com.au

Search for '*rehabilitation*'

9549 6555

Provides rehabilitation services during and post treatment, includes treatment for lymphoedema and the REVERE program for people with breast cancer.

Stawell Health Oncology Rehabilitation

srh.org.au

03 5358 8556

Provides a cancer rehabilitation program aimed at increasing fitness and providing social and emotional support.

**St John of God
Oncology Rehabilitation**

sjog.org.au

Search for '*oncology rehabilitation*'

A personalised health care program to help improve health and wellbeing. Offered in Ballarat, Bendigo, Frankston, Geelong and Warrnambool.

**St Vincent's Hospital
Oncology Rehabilitation**

svhm.org.au

Search for '*oncology rehabilitation*'

9231 2324

A specialised program offering exercise and information on how to improve health and wellbeing.

The Victorian Rehabilitation Centre

vicrehab.com.au

9566 2777

Offer a cancer rehabilitation exercise and education program.

**Victorian Paediatric Integrated
Cancer Service**

Long-term Follow-up Program

pics.org.au

Search for '*long term follow up clinical service*'

ltf.program@rch.org.au

Supports children, adolescent and young adults who have had cancer and their families as they move from treatment to survivorship. Clinics are held at the Royal Children's Hospital, Monash Children's Hospital, Peter MacCallum Cancer Centre, the Royal Melbourne Hospital, Alfred Health and at selected regional centres.



Apps for healthy living

Looking for an app that can support you to live a healthy life? Vic Health assessed over 300 apps and created the The Healthy Living Apps guide. The guide aims to help users understand more about a selection of health and wellbeing apps that are available in app stores. Search on '*Vic Health Healthy Living Apps*' to find out more.

Index

Aborigines Advancement League	34	Australia and New Zealand	
Access Australia	88	Gynaecological Oncology Group	27
ACON	88	Australia and New Zealand	
Advance Care Planning Australia	60, 73	Melanoma Trials Group	27
Albury Wodonga Aboriginal Health Service	35	Australian Acupuncture and Chinese Medicine Association	91
Albury Wodonga Cancer Foundation	72	Australian and New Zealand Arts Therapy Association	91
Albury Wodonga Regional Cancer Centre	11	Australian and New Zealand Urogenital and Prostate Cancer Trials Group	28
The Alfred	8, 30	Australian Association of Stomal Therapy Nurses	68
Alfred Health Care Services	49	Australian Cancer Survivorship Centre – A Richard Pratt Legacy	96
Alfred Health Radiation Oncology	8	Australian Cancer Trials	28
Alfred Hospital Late Effects Clinic	96	Australian Centre for Grief and Bereavement	73
American Cancer Society	20	Australian Cervical Cancer Foundation	44
Anam Cara House Colac	63	Australian Council of Stoma Associations	68
Anam Cara House Geelong	63	Australian Counselling Association	83
Andrology Australia	88	Australian Creative Arts Therapies Association	91
Anxiety Disorders Association of Australia	83	Australian Croatian Community Services	37
Arabic Welfare Incorporated	37	Australian Dietary Guidelines	77
Asbestos Council of Victoria – GARDS	45	Australian Feldenkrais Guild	91
Asbestoswise	45	Australian Filipino Community Services	39
Association of Massage Therapists	91	Australian Financial Security Authority	56
Asylum Seeker Resource Centre	37	Australian Funeral Directors Association	73
Austin Clinical Genetics Services	30	Australian German Welfare Society	39
Austin Health Olivia Newton-John Cancer Wellness and Research Centre	8	Australian Gynaecological Cancer Foundation	44
Australasian Gastro-Intestinal Trials Group	27	Australian Hypnotherapists Association	91
Australasian Leukaemia and Lymphoma Group	27, 42	Australian Indigenous HealthInfoNet	34
Australasian Lung Cancer Trials Group	27		
Australasian Lymphology Association	77		
Australasian Sarcoma Study Group	27, 46		
Australia and New Zealand Children's Haematology/Oncology Group	27		

Australian Indigenous HealthInfoNet		Bernie Banton Foundation	45
Yarning Places	34	Better Access Initiative	83
Australian Massage Directory	91	Better Health Channel	20
Australian Men's Shed Association	83	Beyond Five	44
Australian Multicultural Community		beyondblue	83
Services	39	Black Dog Institute	83
Australian Music Therapy Association	91	BMDI Rotary House	63
Australian New Zealand Clinical Trials		The Bottom Line	42
Registry	28	Bowel Cancer Australia	43
Australian Physiotherapy Association	77	Box Hill Hospital	8
Australian Prostate Cancer		Brain Tumour Alliance Australia	43
Research	28	Brainchild Foundation	43
Australian Psychological Society	83	BrainLink	43
Australian Society of Teachers of the		Breast Cancer Network	
Alexander Technique	91	Australia	28, 43
Australian Taxation Office –		Breast Cancer Network Australia	
Superannuation	56	Revitalise	96
Australian Thyroid Foundation	46	Breast Cancer Trials	28
Australian Traditional Medicine Society	93	Brunswick Private	96
Australian Turkish Association	39	Budja Budja Aboriginal Cooperative	35
Bairnsdale Regional Health Service	11	Cabrini Brighton	9
Ballarat and District Aboriginal		Cabrini Health	96
Cooperative	35	Cabrini Health Family Cancer Clinic	30
Ballarat Health – Ballarat Regional		Cabrini Malvern	9
Integrated Cancer Centre	14	Camp Quality	51
Ballarat Health Services	49	Camp Quality Kids Guide to Cancer	
Ballarat Oncology and Haematology		App	51
Services	16	Cancer Australia	20
Barwon Health	49	Cancer Australia Children's Cancer	51
Barwon Health – Andrew Love		Cancer Council Australia	20
Cancer Centre	14, 63	Cancer Council Australia – 'iheard'	20
Barwon South Western Regional		Cancer Council – What to expect	20
Integrated Cancer Services	72	Cancer Council Online Community	83
The Bays Hospital	16	Cancer Council Victoria	20, 39
Beleura Private Hospital	16	Cancer Council Victoria Aboriginal	
Bendigo and District Aboriginal		Communities Support Services	34
Cooperative	35	Cancer Council Victoria Australian	
Bendigo Health	14, 50	Breakthrough Cancer Study	28
Bendigo Health Accomodation	64	Cancer Council Victoria Cancer	
Bereavement Care Centre	74	Connect	83

Cancer Council Victoria Cancer Support Groups	39, 83	Co.As.It	39
Cancer Council Victoria Childhood Cancers	51	Colac Area Health Service	14
Cancer Council Victoria Family Connect	48	The Compassionate Friends Victoria	75
Cancer Council Victoria Financial Assistance Program	56	Consumer Action Law Centre	60
Cancer Council Victoria Healthy Living after Cancer	96	Consumer Affairs Victoria	56
Cancer Council Victoria Holiday Break	48	Consumer Involvement in Cancer Cooperative Trials Group	29
Cancer Council Victoria Intimacy Counselling	84	Continance Aids Payments Scheme (CAPS)	68
Cancer Council Victoria Living with Cancer Education Program	77	Continance Foundation of Australia	68
Cancer Council Victoria Telephone Support Groups	83	Cooperative Trials Group for Neuro-Oncology	29
Cancer Council Victoria Wellness and Life after Cancer	97	Counterpart	43, 44, 77
Cancer Council Victoria Wig Service	77	Counterpart Stepping into Wellness	97
Cancer Rehab Melbourne	97	Credit and Investments Ombudsman	57
Cancer Research UK	20	Dandenong and District Aborigines Co-operative	34
Cancer Trials Australia	28	Death over Dinner	74
CanTeen	51	Department of Human Services Home renovation loan for owners	57
CanTeen Maybe Later Baby	88	Department of Human Services Victoria Concessions	57
Carer Card	48	Department of Social Services Emergency Care Plan	48
Carer Gateway	48	Department of Social Services Financial Information Service	57
Carers Victoria	48, 49	Dhauwurd Warrung Elderly and Community Health	35
CareSearch	19	Dietitians Association of Australia	77
CaringBridge	84	Dreams2Live4	84
Castlemaine Health Survive and Thrive	97	Dying to talk	74
Central Gippsland Health Service	14	East Grampians Health Service	14
Challenge Supporting Kids with Cancer	51	Eastern Health Cancer Rehabilitation Centre	97
Children's Cancer Foundation	51	Echuca Regional Health	14
Chinese Cancer Society of Victoria	39, 84	End of Life Law in Australia	74
Chinese Community Social Services Centre	39	Epworth Eastern	9
Chronic Pain Australia	77	Epworth Freemasons Hospital	9

Epworth Geelong	16	Gippsland Cancer Care Centre	
Epworth Healthcare Enhance	97	Latrobe Regional Hospital	14
Epworth Richmond	9	Gippsland Radiation Oncology	
Exercise and Sports Science Australia	77	Gippsland Cancer Care Centre – Latrobe Regional Hospital	14
Fair Work Commission	55	Gippsland Regional Integrated Cancer Services	72
Fair Work Ombudsman	55	Gippsland Rotary Centenary House	64
Family Planning Victoria	88	Gippsland Southern Health Service	14
FamilyCare	50	Good Grief	75
Federation of Community Legal Centres Victoria	60	Good Shepherd Microfinance No Interest Loan Schemes	58
Filipino Community Council of Victoria	39	Goolum Goolum Aboriginal Cooperative	35
Financial Counselling Australia	58	Goulburn Valley Health	14
Financial Ombudsman Service	58	Grampians Regional Integrated Cancer Services	72
Fitness Australia	77	GriefLine	75, 84
Footscray Hospital	8	The GroundSwell Project	75
Frances Perry House	9	Gunditjmara Aboriginal Cooperative Ltd.	35
Frankston Hospital	8	Headspace	86
Funeral Celebrants Association of Australia	74	Health Complaints Commissioner	60
Gather My Crew	66	Health Translations	20
Gathered Here	74	Healthdirect Australia	20
Geelong Ostomy Association	69	Hepatitis Australia	44
GenesisCare Radiation Oncology Albury	14	Hilltop Albury/Wodonga Patient and Carer Accommodation Centre	64
GenesisCare Radiation Oncology Berwick	10	Hume Regional Integrated Cancer Services	72
GenesisCare Radiation Oncology Epping	10	Ileostomy Association of Victoria	69
GenesisCare Radiation Oncology Fitzroy	10	Impotence Australia	88
GenesisCare Radiation Oncology Footscray	10	International Aromatherapy and Aromatic Medicine Association	93
GenesisCare Radiation Oncology Frankston	10	Islamic Council of Victoria	39
GenesisCare Radiation Oncology Ringwood	10	Islamicare – Parents Helpline	40
Gippsland and East Gippsland Aboriginal Cooperative	35	It's About Us	84
		Jean Hailes for Women's Health	79, 84

Jewish Care	40	Make A Wish Foundation Australia	52
JobAccess	55	Mallee District Aboriginal Services	36
John Fawkner Private Hospital	10	Maltese Community Council Victoria	40
John Logan Cancer Treatment Foundation	58	Maroondah Hospital	8
		Maryborough District Health Service	15
		Maryvale Private Hospital	16
Kerang District Health	14	Massage and Myotherapy Australia	93
Kidney Health Australia	44	McGrath Foundation	43
Kids Helpline	51, 86	Meals on Wheels	66
Kids with Cancer Foundation	58	Medicare External Breast Protheses Reimbursement Program	58, 69
Kirrae Health Services Inc.	35	Medicare Safety Net	58
Know your Council	70	Meditation Association of Australia	93
Knox Private Hospital	10	Melanoma Institute Australia	29, 45
Kyabram and District Health Service	15	Melanoma Patients Australia	45
		Melbourne Meditation Centre	93
Lake Tyers Health and Children's Services	36	Melbourne Private Hospital	10
Lakes Entrance Aboriginal Health Association	35	Melton Health	15
Latrobe Community Health Service	50	Melton Health Cancer Rehabilitation	97
Law Institute of Victoria	60	MensLine	85
Leukaemia Foundation	42	Mental Health in Multicultural Australia	40
Leukaemia Foundation Accomodation Service	63	Mercy Hospital for Women	8
Leukaemia Foundation Transport Program	64	Merri Health	49
Lifeline	84	Mildura Base Hospital	15
Loddon Mallee Integrated Cancer Services	72	Mildura Private Hospital	16
Look Good Feel Better	79, 85	Mind Australia	85
Lovlist	66	Missing School	52
Lung Cancer Network Australia	44	Mobility Allowance	64
Lymphoedema Association of Victoria	79	Monash Children's Hospital	8
Lymphoedema Compression Garment Program	69	Monash Health Familial Cancer Centre	30
Lymphoma Australia	42	Monash Medical Centre	8
		Money Smart	59
		Money Smart Budget Planner	59
		Money Smart TrackMySpend app	59
		Monkey in my Chair	52
		Moogji Aboriginal Council East Gippsland Inc.	36
		Moorabbin Hospital	8
		Mortgage Relief Scheme	59
Macedonian Community Welfare Association	40	Multicultural Centre for Women's Health	40
Macmillan Cancer Support (UK)	20		

Mummy's Wish	52	Oncology Massage Limited	93
Mungabareena Aboriginal Corporation	36	ONTrac at Peter Mac Reactivate	101
Murray Valley Aboriginal Cooperative	36	ONTrac at Peter Mac Victorian Adolescent and Young Adult Cancer Service	52
My Aged Care	48, 66	Osteoporosis Australia	79
Myeloma Foundation of Australia	42	Ostomy Association Melbourne	69
My Health Record	69	OTIS Foundation Breast Cancer Retreats	48
My Wedding Wish	85	Ovarian Cancer Australia	44
National Breast Cancer Foundation	43	Paediatric Integrated Cancer Services	71
National Cancer Institute	20	Pain Australia	79
National Continence Helpline	69	Palliative Care Clinical Studies Collaborative	29
National Debt Helpline	59	Palliative Care Victoria	19
National Health and Medical Research Council Clinical Trials Centre	29	Pancare Foundation	46, 59
National Health Services Directory	70	Parentline Victoria	52
National Herbalists Association of Australia	93	Pathfinder	29
National Indigenous Cancer Network	34	PBS Safety Net card	59
The National Institute of Complementary Medicine	93	Peace of Mind Foundation	43
National Public Toilet Map	69	Peninsula and Southeast Oncology	11
Neuroblastoma Australia	43, 45	Peninsula Health Cancer Rehabilitation Program	97
Njernda Aboriginal Corporation	36	Peninsula Private Hospital	11
North Eastern Melbourne Integrated Cancer Services	71	Peter MacCallum Cancer Centre	9, 63
Northeast Health Wangaratta	15	Peter MacCallum Cancer Centre Late Effects Service	101
Northern Hospital	9	Peter MacCallum Familial Cancer Centre	30
NPS Medicine Wise Adverse Medicine Events Line	69	Pinc and Steel Cancer Rehabilitation Trust	101
NPS Medicine Wise Medicine List	69	Pleasant Apartments	64
NPS Medicine Wise Pain Diary	69	Polish Community Council of Victoria	41
Nurse-On-Call	66	Portland District Health	15
Nutrition Australia	79	Primary Care Collaborative Cancer Clinical Trials Group	29
Office of the Australian Information Commissioner	60	Private Health Insurance Ombudsman	61
Office of the Public Advocate Powers of Attorney	61	PRONIA – Australia Greek Welfare Society	41
Oncology Clinics Victoria Walking Group	79		

Prostate Cancer Foundation of Australia	46, 85	South West Regional Cancer Centre	15
PROSTMATE	46	Southern Melbourne Integrated Cancer Services	71
Psycho-oncology Co-operative Research Group	29	Spectrum Migrant Resource Centre	41
Psychotherapy and Counselling Federation of Australia	93	Speech Pathology Australia	79
Qlife	85	Springvale Indo-Chinese Mutual Assistance Association	41
Quitline	85	St John of God Health Care Ballarat	16
Radiation Oncology Targeting Cancer	20	St John of God Health Care Bendigo	16
Ramahyuck District Aboriginal Corporation	36	St John of God Health Care Berwick Hospital	11
Rare Cancers Australia	46	St John of God Health Care Geelong	17
Redkite	52, 59	St John of God Health Care Warrnambool	17
Register4	29	St John of God Hospital – Ballarat Rotary House	64
Relationships Australia Victoria	85	St John of God Oncology Rehabilitation	102
Respite Victoria	48	St Vincent’s Hospital	9
Ringwood Private Hospital	11	St Vincent’s Hospital Oncology Rehabilitation	102
Ronald McDonald House Charities	63	St Vincent’s Private Hospital East Melbourne	11
Ronald McDonald House Charities Charlie Bell Scholarship	59	St Vincent’s Private Hospital Fitzroy	11
Ronald McDonald Learning Program	52	St Vincent’s Private Hospital Werribee	11
Rosebud Hospital	15	Starlight Children’s Foundation Australia	52
Royal Children’s Hospital	9	State Trustees	61
The Royal Melbourne Hospital	9	State-wide Equipment Program	69
The Royal Melbourne Hospital Familial Cancer Centre	30	Stawell Health Oncology Rehabilitation	101
Royal Women’s Hospital	9, 89	Stawell Regional Health	16
Rumbalara Aboriginal Cooperative Ltd	36	Stem Cells Australia	29
Ryder-Cheshire Ivanhoe Home	63	Stoma Appliance Scheme (SAS)	69
SANE Australia	86	Suicide Line	86
Seymour Health	15	Sunraysia Cancer Resources	72
Skin and Cancer Foundation	46	Sunshine Hospital	9
Social Security Rights Victoria Inc	61	Surrogacy Australia	89
South Eastern Private Hospital	11, 101	Swan Hill District Health	16
South West Health Care Rotary House	64	Think Pink Foundation	43, 63

Trans Tasman Radiation Oncology Group	29	Victorian Transcultural Mental Health	41
Travellers Aid	65	Vietnamese Women's Association	41
Unicorn Foundation	45	Villa Maria Catholic Homes	50
United – Spanish Latin-American Welfare Centre	41	Vision Australia	79
The Valley Private Hospital	11	Warringal Private Hospital	11
Very Special Kids	52	Wathaurong Aboriginal Co-operative	36
Victoria Paediatric Integrated Cancer Service	52	Waverley Private Hospital	11
Victorian Aboriginal Community Controlled Health Organisation Inc.	34	West Gippsland Hospital	16
Victorian Aboriginal Health Service	34	Western and Central Melbourne Integrated Cancer Services	71
Victorian Arabic Social Services	41	Western District Health Service	16
Victorian Assisted Reproductive Treatment Authority (VARTA)	89	Hamilton Base Hospital	16
Victorian Cancer Trials Link	29	Western Private Hospital	11
Victorian Continence Resource Centre	69	Wimmera Health Care Group	16
Victorian Equal Opportunity and Humans Rights Commission	61	Wimmera Health Rotary House	64
Victorian Law Foundation Everyday-Law	61	Winda-Mara Aboriginal Corporation	36
Victorian Legal Aid	61	Wombat's Wish	52
Victorian Paediatric Integrated Cancer Service Long-term Follow-Up Program	102	Women's Information and Referral Exchange (WIRE)	86
Victorian Patient Transport Assistance Scheme	60, 64	Work after Cancer	55
The Victorian Rehabilitation Centre	102	Working Carers Gateway	48
		WorkSafe	55
		Yarra Ranges Health	9
		Yoga Australia	93
		Young Carers	48
		Your Energy Savings	60
		Your Life Assist	75
		Your Life Talks	75
		Youthbeyondblue	86

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