

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 Gunnai. 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.

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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**.



Treatment centres

Cancer treatment centres are located throughout metropolitan Melbourne and regional Victoria.

Some treatment centres specialise in particular treatments or cancer types. In regional areas it may be necessary to travel to a larger regional or even a metropolitan hospital to receive the treatment you need. Your doctor will refer you to the closest centre that offers the treatment you need.

You can choose to be treated in a private or public hospital. If you would like treatment at a private hospital, ask your doctor to recommend one.

Across Victoria the delivery of cancer treatment is constantly improving as treatment centres are opened or upgraded. This list is a useful starting point. Speak with your specialist who can refer you to the closest centre that offers the treatment most appropriate to your situation.

Need more information?

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

- *Cancer Care and Your Rights*
- *Patient Transport*
- *Understanding Chemotherapy*
- *Understanding Clinical Trials and Research*
- *Understanding Immunotherapy*
- *Understanding Radiotherapy*
- *Understanding Surgery.*

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



Planning your visit

- Prepare a list of questions and place them in order of priority. If someone is coming with you to the appointment discuss these questions together, as they might have different questions. If you need assistance in coming up with questions, speak with one of our cancer nurses on **13 11 20**.
- Find out where you can park and how much they charge. Have spare coins in case you need to use meters. Speak with your treatment team to find out if there are concessions available.
- If English is not your first language ask for an interpreter to be present. Contact the hospital prior to your appointment.
- If possible, bring someone with you for support. Take someone who can support you but will not dominate the appointment.
- Bring any paperwork you might need, like referral letters, prescriptions and test results.
- You may spend time waiting or your treatment may take time; bring things to keep you occupied i.e. books, magazines, phone, craft. Bring a bottle of water and a healthy snack.
- Connect with your treatment team to find out what support is available to you.
- Ask your doctor what you should bring to your treatment/hospital stay.
- Find out what the visiting hours are, and let your family and friends know.
- Call **13 11 20** to speak to one of our cancer nurses for information and support about attending appointments.

Metropolitan – Public

The Alfred

Melbourne
alfredhealth.org.au
9076 2000

Alfred Health Radiation Oncology William Buckland Radiotherapy Centre

Melbourne
alfredhealth.ro
9076 2337

Austin Health

Olivia Newton-John Cancer Wellness and Research Centre

Heidelberg
onjcancercentre.org
9496 5000

Box Hill Hospital

Box Hill
easternhealth.org.au
1300 342 255

Footscray Hospital

Footscray
westernhealth.org.au
8345 6666

Frankston Hospital

Frankston
peninsulahealth.org.au
9784 7211

Maroondah Hospital

Ringwood East
easternhealth.org.au
1300 342 255

Mercy Hospital for Women

Heidelberg
mercyhealth.com.au
8458 4444

Monash Children's Hospital

Clayton
monashchildrenshospital.org
13 KIDS / 13 54 37

Monash Medical Centre

Clayton
monashhealth.org
9594 6666

Moorabbin Hospital

East Bentleigh
monashhealth.org
9928 8111



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**.

Northern Hospital

Epping
nh.org.au
8405 8000

Peter MacCallum Cancer Centre

Melbourne
petermac.org
8559 5000

Royal Children's Hospital

Parkville
rch.org.au
9345 5522

Royal Melbourne Hospital

Parkville
thermh.org.au
9342 7000

Royal Women's Hospital

Parkville
thewomens.org.au
8345 2000

St Vincent's Hospital

Fitzroy
svhm.org.au
9231 2211

Sunshine Hospital

St Albans
westernhealth.org.au
8345 1333

Yarra Ranges Health

Lilydale
easternhealth.org.au
1300 342 255

Metropolitan – Private**Cabrini Brighton**

Brighton
cabrini.com.au
9508 8777

Cabrini Malvern

Malvern
cabrini.com.au
9508 1222

Epworth Eastern

Box Hill
epworth.org.au
8807 7100

Epworth Freemasons Hospital

East Melbourne
epworth.org.au
9483 3833

Epworth Richmond

Richmond
epworth.org.au
9426 6666

Frances Perry House

Parkville
francesperryhouse.com.au
9344 5000

GenesisCare Radiation Oncology Centre

Berwick
genesiscare.com.au/vic
8794 2700

GenesisCare Radiation Oncology Centre

Epping
genesiscare.com.au/vic
9409 8000

GenesisCare Radiation Oncology Centre

St Vincent's Hospital
Fitzroy
9427 6500
genesiscare.com.au/vic

GenesisCare Radiation Oncology Centre

Footscray
genesiscare.com.au/vic
9319 3200

GenesisCare Radiation Oncology Centre

Frankston
genesiscare.com.au/vic
9781 8200

GenesisCare Radiation Oncology Centre

Ringwood
genesiscare.com.au/vic
8870 3300

John Fawcner Private Hospital

Coburg
johnfawcnerprivate.com.au
9385 2500

Knox Private Hospital

Wantirna
knoxprivatehospital.com.au
9210 7000

Melbourne Private Hospital

Parkville
melbourneprivatehospital.com.au
8341 3400



Public or private hospital?

If you are deciding whether to have treatment in a public or private hospital, speak with your GP and specialist.

Our experienced cancer nurses can provide information to help you make an informed decision. The Cancer Council booklet, *Cancer Care and Your Rights*, provides useful information relating to your care. Call **13 11 20** or visit **cancervic.org.au** to order or download a free copy.

Peninsula Private Hospital

Frankston
peninsulaph.com.au
9788 0000

Peninsula and Southeast Oncology

Frankston
paso.com.au
9781 5244

Ringwood Private Hospital

Ringwood East
ringwoodprivatehospital.com.au
8804 4000

South Eastern Private Hospital

Nobel Park
southeasternprivate.com.au
9549 6555

**St John of God Health Care
Berwick Hospital**

Berwick
sjog.org.au
9709 1414

St Vincent's Private Hospital

East Melbourne (Mercy)
svphm.org.au
9928 6551

St Vincent's Private Hospital

Fitzroy
svphm.org.au
9411 7111

St Vincent's Private Hospital

Werribee
svphm.org.au
9411 7434

The Valley Private Hospital

Mulgrave
thevalleyprivate.com.au
9790 9333

Warringal Private Hospital

Heidelberg
warringalprivate.com.au
9274 1300

Waverley Private Hospital

Mt Waverley
waverleyprivate.com.au
9881 7700

Western Private Hospital

Footscray
westernprivatehospital.com.au
9318 3177

Regional – Public**Albury Wodonga Regional
Cancer Centre
The Border Cancer Hospital**

Albury
awh.org.au
02 6064 1400

Bairnsdale Regional Health Service

Bairnsdale
brhs.com.au
03 5150 333



Health professionals you may see

Cancer care coordinator/ clinical nurse consultant

Coordinates care, liaises with other members of the treatment team and provides support to patients and families.

Clinical trials nurse/clinical trials coordinator

Coordinates the recruitment and care of trial participants and acts as a link between the patient and the researchers or the health care team.

Dietitian

Supports and educates patients about nutrition and diet.

Exercise physiologist

Uses exercise as medicine to help with injury and chronic disease management.

Genetic counsellor

Provides advice for people with a strong family history of cancer or with a genetic condition linked to cancer.

GP

Explains information provided by specialists; assists you with treatment decisions; helps you obtain practical and emotional support; and works in partnership with your specialists in providing your ongoing care.

Haematologist

A doctor who specialises in treating people with diseases of the blood, the lymphatic system and bone marrow.

Lymphoedema practitioner

Educates people about lymphoedema management and provides treatment.

Medical oncologist/ oncologist

A doctor who specialises in the study and treatment of cancer. They prescribe and coordinate treatment including chemotherapy, immunotherapy, hormone therapy and targeted therapy. They may refer you to other specialists.

Multidisciplinary team (MDT)

A team that includes doctors, nurses and allied health professionals who meet regularly to plan and review treatment plans.

Nurse

Helps administer drugs, including chemotherapy, and provide care, information and support.

Occupational therapist

Provides equipment and advice to assist with daily activities.

Pain medicine specialist

A doctor who specialises in treating all types of pain, particularly severe or difficult pain.

Palliative care team

A team of health professionals who specialise in pain and symptom control to maximise wellbeing and improve quality of life.

Physiotherapist

Health professional that focus on treating injury or disease with physical methods such as massage exercise and joint manipulation.

Psycho-oncology team

A team of health professionals who support the emotional and social concerns of patients and their families. Members of the team may include psychiatrists, clinical psychologists*, social workers and nurses.

Radiation therapist

Administers radiotherapy prescribed by the radiation oncologist.

Radiation oncologist/ radiotherapist

A doctor who prescribes and coordinates a course of radiotherapy.

Social worker

Links you to support services and help with emotional, physical or practical issues.

Speech pathologist

Evaluates and treats communication, voice and swallowing difficulties during and after treatment.

Surgeon

A doctor who uses surgery to remove or reduce a tumour.

*For definitions of mental health professionals see page 82.

**Ballarat Health – Ballarat Regional
Integrated Cancer Centre**

Ballarat
bricc.bhs.org.au
03 5320 8500

**Barwon Health – Andrew Love
Cancer Centre**

Geelong
barwonhealth.org.au
03 4215 2700

Bendigo Health

Bendigo
bendigohealth.org.au
03 5454 6000

**Central Gippsland Health Service
Sale Hospital**

Sale
gha2.net.au/cghs
03 5143 8600

Colac Area Health Service

Colac
swarh2.com.au/cah
03 5232 5100

East Grampians Health Service

Ararat
eghs.net.au
03 5352 9300

Echuca Regional Health

Echuca
erh.org.au
03 5485 5000

**GenesisCare Radiation
Oncology Centre**

Albury
genesiscare.com.au/vic
02 6043 7800

**Gippsland Radiation Oncology
Gippsland Cancer Care Centre
Latrobe Regional Hospital**

Traralgon West
alfredhealth.ro
03 5173 8770

**Gippsland Cancer Care Centre
Latrobe Regional Hospital**

Traralgon West
lrh.com.au
03 5173 8000

Gippsland Southern Health Service

Leongatha
gshs.com.au
03 5667 5555

Goulburn Valley Health

Shepparton
gvhealth.org.au
03 5832 2322

Kerang District Health

Kerang
kerangdistricthealth.com.au
03 5450 9200

**Kyabram and District Health
Service**

Kyabram
kyhealth.org.au
03 5857 0200

Maryborough District Health Service

Maryborough
mdhs.vic.gov.au
03 5461 0333

Melton Health

Melton West
djhs.org.au
03 9747 7600

Mildura Base Hospital

Mildura
mildurabase.com.au
03 5022 3333

Northeast Health Wangaratta

Wangaratta
nhw.hume.org.au
03 5722 5111

Portland District Health

Portland
swarh2.com.au/pdh
03 5521 0333

Rosebud Hospital

Rosebud West
peninsulahealth.org.au
03 5986 0666

Seymour Health

Seymour
seymourhealth.org.au
03 5793 6100

South West Regional Cancer Centre

Warrnambool
swrcc.org.au
03 5565 2000



Treatment in regional Victoria

There are many excellent cancer centres in regional Victoria. However for some people it may be necessary to travel to a larger regional or metropolitan centre for treatment. This can be because:

- your local hospital does not offer the treatment you require
- a particular type of specialist may not be available
- there is a long wait to see a visiting oncologist
- you wish to seek a second opinion.

If treatment for your cancer type is not available close to home and you must travel for treatment, you may be eligible for financial assistance to pay for travel. Accommodation costs may also be covered. For accommodation and travel assistance see page 62.

Stawell Regional Health

Stawell
srh.org.au
03 5358 8500

Swan Hill District Health

Swan Hill
shdh.org.au
03 5033 9300

West Gippsland Hospital

Warragul
gha.net.au/wghg
03 5623 0611

Wimmera Health Care Group

Horsham
wimmerahealth.com
03 5381 9111

**Western District Health Service
Hamilton Base Hospital**

Hamilton
wdhs.net
03 5551 8222

Regional – Private**Ballarat Oncology and
Haematology Services**

Wendouree
ballaratoncology.com.au
03 5339 8000

The Bays Hospital

Mornington
thebays.com.au
03 5975 2009

Beleura Private Hospital

Mornington
beleuraprivate.com.au
03 5976 0888

Epworth Geelong

Waurm Ponds
epworthgeelong.org.au
03 5271 7777

Maryvale Private Hospital

Morwell
maryvaleph.com.au
03 5132 1200

Mildura Private Hospital

Mildura
milduraprivatehospital.com.au
03 5022 2611

St John of God Health Care

Ballarat
sjog.org.au
03 5320 2111

St John of God Health Care

Bendigo
sjog.org.au
03 5434 3434



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**.

St John of God Health Care

Geelong

sjog.org.au

03 5226 8888

St John of God Health Care

Warrnambool

sjog.org.au

03 5564 0600



Palliative care

Palliative care aims to enhance the quality of life of the person affected by cancer and helps maintain their independence for as long as possible. Health professionals from different fields work together as a team to meet your physical, practical, emotional and spiritual needs as well as support for family and friends at this time.

Palliative care is offered in different settings depending on the situation and whether there are family or friends who can help. Care can be provided at home, in a residential aged care facility, hospital or palliative care unit.

Need more information?

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

- *Understanding Palliative Care*
- *Cancer and Your Finances*
- *Cancer Care and Your Rights*
- *Caring for Someone with Cancer*
- *Emotions and Cancer*
- *Facing End of Life*
- *Living with Advanced Cancer*
- *Meditation CD*
- *Overcoming Cancer Pain*
- *Relaxation CD*
- *Superannuation and Cancer.*

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



Palliative Care Victoria is the peak body for palliative care in Victoria. To find the appropriate local service, visit pallcarevic.asn.au and use the search tool. The website provides information on a range of topics and is available in other languages. It includes information specifically for children, young people and Aboriginal Australians and/or Torres Strait Islander Peoples.

CareSearch

caresearch.com.au

An online portal containing palliative care information and services for local community and health professionals.

Palliative Care Victoria

pallcarevic.asn.au

9662 9644

Offers information and support including a '*Find a palliative care service*' search tool for Victorian palliative care services.



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**.



Information about cancer

Cancer Council provides a range of booklets, factsheets and CDs covering a range of topics including cancer types; treatment; side-effect management; advanced cancer; and practical, legal and financial issues. These resources are reviewed regularly in consultation with leading health professionals and topic experts.

Listed below are trusted Australian and international organisations providing information useful to those affected by cancer.

American Cancer Society

cancer.org

Better Health Channel

betterhealth.vic.gov.au

Cancer Australia

canceraustralia.gov.au

Cancer Council Australia

cancer.org.au

Cancer Council Australia – ‘iheard’

iheard.com.au

Answers questions about cancer including stories, rumours, and claims about treatment and side effects.

Cancer Council

What to expect

cancerpathways.org.au

13 11 20

Cancer Council Victoria

cancervic.org.au

13 11 20

Cancer Research UK

cancerresearchuk.org

Healthdirect Australia

healthdirect.gov.au

1800 022 222

Health Translations Directory

healthtranslations.vic.gov.au

Provides direct links to reliable translated health resources produced in Australia.

Radiation Oncology Targeting Cancer

targetingcancer.com.au

Information about radiation therapy and how it is used to treatment types of cancer.

Macmillan Cancer Support (UK)

macmillan.org.uk

National Cancer Institute (US)

cancer.gov



Information you can trust

'What to expect' series

These concise guides help you make sense of what happens after being diagnosed with cancer. They include questions to ask your health professionals to ensure you receive the best care at every step. Call **13 11 20** or visit **cancerpathways.org.au** to download a free copy. They are available in a range of languages as well as plain English:

- Arabic
- Chinese
- Greek
- Hindi
- Italian
- Tagalog
- Vietnamese

Cancer types

Acute Myeloid Leukaemia	Lung Cancer
Basal and Squamous Cell Carcinoma	Lymphoma
Bowel Cancer	Melanoma
Breast Cancer	Oesophagogastric Cancer
Cancer of the Unknown Primary	Ovarian Cancer
Endometrial Cancer (Uterine)	Pancreatic Cancer
Head and Neck	Peritoneal Mesothelioma
High Grade Glioma	Pleural Mesothelioma
Liver Cancer	Prostate Cancer
	Sarcoma (Bone and Soft Tissue)

'Understanding' series

These booklets and factsheets give a more detailed explanation of the diagnosis and treatment of a particular cancer type as well as managing side effects and changes to daily life.

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

Cancer types

Soft Tissue Sarcoma	Understanding Lung Cancer
Understanding Anal Cancer	Understanding Melanoma
Understanding Bladder Cancer	Understanding Ovarian Cancer
Understanding Bowel Cancer	Understanding Pancreatic Cancer
Understanding Brain Tumours	Understanding Mesothelioma
Understanding Breast Cancer	Understanding Primary Bone Cancer
Understanding Cancer in the Liver	Understanding Prostate Cancer
Understanding Cancer of the Unknown Primary	Understanding Skin Cancer
Understanding Cancer of the Uterus	Understanding Stomach and Oesophageal Cancers
Understanding Cervical Cancer	Understanding Testicular Cancer
Understanding Head and Neck Cancers	Understanding Thyroid Cancer
Understanding Kidney Cancer	Understanding Vulvar and Vaginal Cancers

Treatments

Breast Prostheses and Reconstruction	Understanding Complementary Therapies
Complementary and Alternative Medicine: Making Informed Decisions	Understanding Immunotherapy
Understanding Chemotherapy	Understanding Radiotherapy
Understanding Clinical Trials and Research	Understanding Surgery

Advanced cancer

Facing End of Life

Living with Advanced Cancer

Understanding Grief

Understanding Palliative Care

Side effects

Coping with Cancer Fatigue

Hair Loss

Overcoming Cancer Pain

Understanding Lymphoedema

Understanding Taste and Smell Changes

Health and wellbeing

Emotions and Cancer

Exercise for People Living with Cancer

Fertility and Cancer

Learning to Relax

Living Well after Cancer

Massage and Cancer

Meditation CD

Mouth Health and Cancer Treatment

Nutrition and Cancer

On the Road to Recovery (Arabic, Cantonese, Greek, Italian, Mandarin, Vietnamese)

Relaxation CD

Sexuality, Intimacy and Cancer

Special Occasions and Celebrations

Understanding Malnutrition and Cancer

Practical

Cancer in the School Community

Carer's Kit

Caring for Someone with Cancer

Caring for Someone who has a Brain Tumour

Talking to Kids about Cancer

Legal and financial issues

Cancer and Your Finances

Cancer Care and Your Rights

Cancer, Work and You

Dealing with Debts

Employment and Cancer

Getting your Affairs in Order

Help with Bills

Immigration and Cancer

New Insurance Policies

Patient Transport

Superannuation and Cancer

Travel Insurance and Cancer

What Happens to Debts after Death

Your Role as an Executor



Workshops to learn about cancer

Learning about cancer and gaining strategies for managing life during and after treatment is important. It empowers you to get the most from your health care team as well as make informed decisions, seek the right support and find ways to communicate with those close to you.

These programs are offered at treatment centres around Victoria and are open to those affected by cancer. A close family member or friend is also encouraged to attend.

Living with Cancer Education Program

Being well informed about cancer and its management is important to your health and wellbeing as you undertake treatment. It leads to greater confidence when dealing with your treatment team, better communication with your friends and family as well as building resilience.

The Living with Cancer Education Program empowers people affected by cancer and their family and friends with useful skills and information. Topics include:

- getting the most out of your health care team
- dealing with treatments and side effects
- learning how to relax and manage stress
- communicating with family, friends and colleagues.

You'll have the opportunity to ask questions and share stories and strategies with others going through a similar experience. The program is organised and presented by health professionals at local hospitals across Victoria.

Wellness and 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'.

When you move from active treatment to recovery and wellness, it is important to restore and maintain your health and wellbeing.

The Wellness and Life after Cancer program empowers you to manage your health and wellbeing, manage changes in personal relationships and address work and financial issues. A close family member or friend is also encouraged to attend.

The program 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
- returning to work and managing the financial impact of cancer
- learning about exercise and how it supports recovery
- working with your GP and connecting with community health services.

There is plenty of time to share stories, ask questions and develop a health and wellbeing plan. The program is organised by health professionals at local hospitals across Victoria.

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



Clinical trials and research

Clinical trials and research look at new ways to improve the diagnosis, treatment and management of people affected by cancer. Participation in a clinical trial may be recommended by a specialist or some people ask their doctors about studies that might be suitable. Your treatment team can help you find out more. The following services and organisations may also be of assistance.

Need more information?

Cancer Council Victoria has a booklet you may find useful:

- *Understanding Clinical Trials and Research.*

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



Finding a clinical trial

The Victorian Cancer Trials Link is a searchable database of all cancer clinical trials being conducted in Victoria, and lists all treatment centres involved. Trials can be found by searching on the specific diagnosis and treatment situation. Visit **cancervic.org.au/trials**.

Speak with your treatment team if you wish to find out more information about available trials.

**Australasian Gastro-Intestinal
Trials Group**

agitg.org.au
1300 666 769

**Australasian Leukaemia and
Lymphoma Group**

allg.org.au
8373 9703

**Australasian Lung Cancer Trials
Group**

altg.com.au
07 3251 3600

Australasian Sarcoma Study Group

australiansarcomagroup.org
1800 177 657

**Australia and New Zealand
Children's Haematology/Oncology
Group**

anzchog.org.au

**Australia and New Zealand
Gynaecological Oncology Group**

anzgog.org
02 8071 4880

**Australia and New Zealand
Melanoma Trials Group**

anzmtg.org
02 9911 7352

How is research regulated?

The National Health and Medical Research Council (NHMRC) is the Australian Government body that provides guidelines for how research is undertaken. Ethics committees must follow these guidelines and report to NHMRC every year. You can download the *National Statement on Ethical Conduct in Human Research* (2007) (Updated May 2015). Visit nhmrc.gov.au and search for 'National Statement on Ethical Conduct in Human Research'.

All research must adhere to the 'Australian Code for the Responsible Conduct of Research' and when involving people must be approved by a Human Research Ethics Committee as per the *National Statement on Ethical Conduct in Research Involving Humans*.



**Australian and New Zealand
Urogenital and Prostate (ANZUP)
Cancer Trials Group**

anzup.org.au
02 9562 5033

Australian Cancer Trials

australiancancertrials.gov.au
02 9562 5333

**Australian New Zealand Clinical
Trials Registry**

anzctr.org.au
02 9562 5333

**Australian Prostate Cancer
Research**

prostatecancerresearch.org.au

Breast Cancer Network Australia

bcna.org.au/get-involved/participate-
in-research
1800 500 258

Breast Cancer Trials

breastcancertrials.org.au
1800 423 444

**Cancer Council Victoria
Australian Breakthrough Cancer
Study (ABC)**

abcstudy.com.au
1800 688 419

Cancer Trials Australia

cancertrialsaustralia.com
9342 7306



Accessing cancer drugs not subsidised by the government

The Leukaemia Foundation has published an information booklet on ways to access cancer drugs not funded by the Pharmaceutical Benefit Scheme (PBS). Although the information is provided in relation to blood cancer drugs, the information is useful to people affected by other cancer types.

The booklet explains the four main ways to gain access to cancer drugs – clinical trial; direct from the pharmaceutical company; via the hospital Medical Access Program (MAP); and purchasing and/or importing the drug at its full price.

Visit leukaemia.org.au and search for '*non-PBS funded blood cancer drugs*'.

Consumer Involvement in Cancer Cooperative Trials Groups
consumerlearning.canceraustralia.gov.au

Cooperative Trials Group for Neuro-Oncology
cogno.org.au
02 9562 5000

Melanoma Institute Australia
melanoma.org.au
02 9911 7200

National Health and Medical Research Council Clinical Trials Centre
ctc.usyd.edu.au

Palliative Care Clinical Studies Collaborative
uts.edu.au/paccsc
08 8275 1926

Primary Care Collaborative Cancer Clinical Trials Group
pc4tg.com.au
08 9449 5140

Pathfinder (Prostate cancer)
pathfinderregister.com.au
1800 220 099

Psycho-Oncology Co-operative Research Group
pocog.org.au
02 9036 5002

Register4
register4.org.au
1300 709 485

Stem Cells Australia
stemcellsaustralia.edu.au
9035 8639

Trans Tasman Radiation Oncology Group
trog.com.au
02 4014 3911

Victorian Cancer Trials Link
cancervic.org.au/trials
9514 6100

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**.





Genetics and risk

While most cases of cancer are not due to a history of cancer in the family, for a small number of people, their family history suggests they may have a genetic risk. This means their chance of developing cancer is potentially higher than the average population.

The family doctor is the best place to discuss concerns and determine if a referral to one of these family cancer clinics is required.

Austin Clinical Genetics Service

Heidelberg
austin.org.au/genetics
 9496 3027

Cabrini Health Family Cancer Clinic

Malvern
cabrini.com.au/patients-and-families/services/directory/family-cancer-clinic
 9508 3419

Monash Health Familial Cancer Centre

Berwick
 Clayton
 Frankston
 Moorabbin
 9594 2009

The Alfred Hospital

Melbourne
 9594 2009

Peter MacCallum Familial Cancer Centre

Box Hill
 Parkville
petermac.org/services/treatment/familial-cancer-centre
 8559 5322

The Royal Melbourne Hospital Familial Cancer Centre

Parkville
 Footscray (Western Hospital)
thermh.org.au/patients-visitors/services-clinics/inherited-diseases/cancer-families
 9342 7151



We can help

Can't find what you are looking for? Looking for more information?
Need advice?

Call **13 11 20** to speak with an experienced and understanding cancer nurse or email askanurse@cancervic.org.au. To speak with a nurse in your own language, call **13 14 50**, say the language you need and ask to contact Cancer Council Victoria.

Regional Family Cancer Clinics

These family cancer centres provide visiting services to regional areas. To make an appointment, or find out more, contact the appropriate clinic.

Region	Family Cancer Clinic
Albury/Wodonga	Austin Clinical Genetics Service
Ballarat	Austin Clinical Genetics Service
Bendigo	Peter MacCallum Familial Cancer Centre
Geelong	The Royal Melbourne Hospital Familial Cancer Centre
Mildura	Peter MacCallum Familial Cancer Centre
Moe	Monash Health Familial Cancer Centre
Shepparton	Austin Clinical Genetics Service
Traralgon	Monash Health Familial Cancer Centre
Warrnambool	The Royal Melbourne Hospital Familial Cancer Centre



Tested positive for a cancer gene?

Knowing that you carry a gene that increases your risk of cancer can be stressful. It will mean more frequent medical appointments as well as the emotional stress of knowing you have the gene and that you may have passed it onto your children. Talking about your concerns with someone who is going through a similar experience may assist.

Cancer Council Victoria's Gene Connect program matches people with a trained volunteer who can discuss concerns and share experiences. You will be able to speak on the phone at a time and place that suits you.

You can access Gene Connect whether you have just discovered your genetic risk, have taken preventative measures or are considering doing so, or have a cancer diagnosis.

For more information call an experienced cancer nurse on **13 11 20** or email askanurse@cancervic.org.au.



Aboriginal and/or Torres Strait Islander Peoples

Services to support the health and wellbeing of Aboriginal and/or Torres Strait Islander* communities are located throughout metropolitan and regional Victoria including Aboriginal Community Controlled Organisations (ACCOs).

ACCOs exist across the state and can support Aboriginal people affected by cancer. They provide programs and services to support health and wellbeing.

Cancer Council Victoria's commitment

Aboriginal health is everyone's responsibility at Cancer Council Victoria. We are implementing the second Reconciliation Action Plan (RAP) that continues the work in building relationships, showing respect and creating opportunities for Victorian Aboriginal communities.

Visit cancervic.org.au/about/aboriginal-communities for a copy of the RAP and to find information about preventing and managing cancer:

- support services for those affected by cancer
- information about cancer types and treatments
- prevention programs to improve cancer screening rates
- Aboriginal Quitline
- other useful web resources.

*Where the term Aboriginal is used in this category, it is inclusive of Aboriginal and/or Torres Strait Islander Peoples.

National

Australian Indigenous HealthInfoNet
healthinonet.ecu.edu.au
08 9370 6336

Australian Indigenous HealthInfoNet Yarning Places
yarning.org.au

National Indigenous Cancer Network
nican.org.au

State wide

Cancer Council Victoria Aboriginal Communities Support Services
cancervic.org.au/about/aboriginal-communities
13 11 20

Victorian Aboriginal Community Controlled Health Organisation Inc.
vaccho.org.au
9411 9411

Aboriginal Community Controlled Organisations

Metropolitan

Aborigines Advancement League
Thornbury
9480 7777

Dandenong and District Aborigines Co-operative
Dandenong
ddacl.org.au
9794 5933

Victorian Aboriginal Health Service
vahs.org.au
Fitzroy
9419 3000



Finding support at the hospital

Many hospitals have an Aboriginal Hospital Liaison Officer. They can assist in finding the right services for you.

Regional

Albury Wodonga Aboriginal Health Service

Glenroy NSW 2640
02 6040 1200

Ballarat and District Aboriginal Cooperative

Ballarat
badac.net.au
03 5331 5344

Bendigo and District Aboriginal Cooperative

Bendigo
bdac.com.au
03 5442 4947

Budja Budja Aboriginal Cooperative

Halls Gap
budjabudjacoop.org.au
03 5356 4751

Dhauwurd Warrung Elderly and Community Health

Portland
dwech.com.au
1300 202 664

Gippsland and East Gippsland Aboriginal Cooperative

Bairnsdale
gegac.org.au
03 5150 0700

Goolum Goolum Aboriginal Cooperative

Horsham
goolumgoolum.org.au
03 5381 6333

Gunditjmara Aboriginal Cooperative Ltd.

Warrnambool
gunditjmara.org.au
03 5559 1234

Kirrae Health Services Inc.

Purnim
kirraehealth.com
03 5567 1270

Lakes Entrance Aboriginal Health Association

Lakes Entrance
djillayngalu.org.au
03 5155 1051

Lake Tyers Health and Children's Services

Lake Tyers
03 5155 8500

Mallee District Aboriginal Services

mdas.org.au
Kerang
03 5450 3019

Mildura
03 5018 4100

Swan Hill
03 5032 8600

Moogji Aboriginal Council East Gippsland Inc.

Orbost
djillayngalu.org.au
03 5154 2133

Mungabareena Aboriginal Corporation

Wodonga
mungabareena.com
02 6024 7599

Murray Valley Aboriginal Cooperative

Robinvale
mvac.org.au
03 5026 3353

Njernda Aboriginal Corporation

Echuca
njernda.designexperts.com.au
03 5482 6566

Ramahyuck District Aboriginal Corporation

ramahyuck.org
Sale
03 5143 1644

Morwell
03 5136 5100

Rumbalara Aboriginal Cooperative Ltd

Mooroopna
rumbalara.org.au
03 5820 0000

Wathaurong Aboriginal Co-operative

North Geelong
wathaurong.org.au
03 5277 0044

Winda-Mara Aboriginal Corporation

Heywood
windamara.com.au
1800 009 967



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**.



Multicultural health and wellbeing

There are many services available to support the health and wellbeing of Victorians affected by cancer who have diverse multicultural backgrounds. Both government and community groups offer programs and services to assist those affected including families and carers.

Need more information?

Cancer Council Victoria offers information and support in a range of languages. Visit cancervic.org.au/languages.

Arabic Welfare Incorporated

arabicwelfare.org.au
9380 9536

Australian Croatian Community Services

accs.asn.au

Asylum Seeker Resource Centre

asrc.org.au

Dandenong
9791 6000

Dandenong
8772 1380

Footscray
9689 5811

Footscray
9326 6066



Finding health information in your language

The Health Translations Directory provides direct links to reliable translated health resources produced in Australia. The directory links to over 13,000 resources which can be found by searching on topic and language. Visit healthtranslations.vic.gov.au.

Many of the support organisations listed in the chapter *Support organisations by cancer type* also have translated information and resources.



Speak with a cancer nurse in your own language

Do you speak a language other than English?

Do you have questions or want to speak with an understanding cancer nurse?

Follow these steps:

1. Call **13 14 50**, Monday to Friday, 9am–4.30pm.
2. Say the language you need.
3. Wait on the line for an interpreter (may take up to 3 minutes).
4. Ask the interpreter to contact **Cancer Council Victoria** on **13 11 20**.
5. Talk with a cancer nurse using an interpreter.

This free confidential service allows you to talk with a cancer nurse using an interpreter.

It is for anyone affected by cancer, including families, carers and friends.

Available for the cost of a local call (except from mobiles).

Australian Filipino Community Services

afcsvictoria.org.au
9701 3683

Australian German Welfare Society

germanwelfare.org.au
9696 0907

Australian Multicultural Community Services

amcservices.org.au
9689 9170

Australian Turkish Association

austurkish.org.au
9583 4744

Cancer Council Victoria

cancervic.org.au/languages
13 11 20

**Cancer Council Victoria
Cancer Support Groups**

cancervic.org.au/how-we-can-help/
find-a-support-group
13 11 20

Available for Greek, Italian, Chinese
and Jewish communities.

Chinese Cancer Society of Victoria

ccsv.org.au
9898 9575

Chinese Community Social Services Centre

ccssci.org.au
9898 1965

Co.As.It

coasit.com.au
9349 9000
Italian aged services and
community care.

Filipino Community Council of Victoria

filipinocommunitycouncilofvictoria.
org.au
9687 9011

Islamic Council of Victoria

icv.org.au/services/nils
9328 2067
Offers a no interest loan scheme
that can be used to purchase some
medical equipment.

Finding your community associations

The Victorian Multicultural Commission Community Directory is an online directory for community associations that organise support, health, faith, social or cultural activities in your local area. Visit multicultural.vic.gov.au/resources/community-directory and use the search function to find the most appropriate community organisation.





In your own language

Multilingual appointment card

The multilingual appointment card has been developed by Cancer Council Victoria to help prepare for healthcare appointments.

An appointment card can be created and printed by asking your doctor to fill in the details of the appointment and selecting the preferred language.

The form can be found on cancervic.org.au and search on 'Appointment card'.

Victorian Interpreter Card

The Victorian Multicultural Commission has a downloadable wallet-sized card that aims to help Victorians request interpreter assistance.

Visit multicultural.vic.gov.au/projects-and-initiatives/improving-language-services/victorian-interpreter-card to download a card in the required language.

Islamicare – Parents Helpline

islamicare.org.au
1800 960 009

Jewish Care

jewishcare.org.au
8517 5999

Macedonian Community Welfare Association

mcwa.org.au
9318 1111

Maltese Community Council Victoria

mccv.org.au
9387 8922

Mental Health in Multicultural Australia

Provides links to translated mental health resources.
mhima.org.au

Multicultural Centre for Women's Health

mcwh.com.au
1800 656 421



Support while receiving treatment

Most hospitals will offer pastoral services and spiritual care. The pastoral services team may be able to assist with spiritual support through referral to a local faith-based community.

Polish Community Council of Victoria

pccv.org.au
9569 4020

PRONIA – Australian Greek Welfare Society

pronia.com.au
9388 9998

Spectrum Migrant Resource Centre

spectrumvic.org.au

Dallas
9301 7400

Preston
9496 0200

Sunshine
9300 8600

Springvale Indo-Chinese Mutual Assistance Association

sicmaa.tripod.com
9547 7939

United – Spanish Latin-American Welfare Centre

united.org.au
9318 2949

Victorian Arabic Social Services

vass.org.au
9359 2861

Victorian Transcultural Mental Health

vtmh.org.au
Provides links to find bilingual mental health professionals.

Vietnamese Women's Association

avwa.org.au

Braybrook
9396 1922

Richmond
9428 9078

Springvale
9546 2699

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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
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