

# bosom buddies

## newly diagnosed checklist

### support and information services



### Breast Care Nurses

- Calvary Public Hospital 6201 6102. There is a walk in clinic every Wednesday 12noon – 4pm.  
**Please call 6201 6102 to confirm if clinic is open.**
- Queanbeyan McGrath nurse 02 6150 7167
- Goulburn McGrath nurse 02 4827 3944

### Support

- Bosom Buddies ACT • 0406 375 500 • [admin@bosombuddies.org.au](mailto:admin@bosombuddies.org.au) • [www.bosombuddies.org.au](http://www.bosombuddies.org.au)
- Breast Cancer Network Australia (BCNA) • 1800 500 258 • [www.bcna.org.au](http://www.bcna.org.au)
- Cancer Council ACT • 13 11 20 • [www.actcancer.org](http://www.actcancer.org)
- Rise Above (financial support) • 6297 1261 • [www.riseabovvecbr.org.au](http://www.riseabovvecbr.org.au)
- Carers ACT • 6296 9900 • [carers@carersact.org.au](mailto:carers@carersact.org.au)
- Canteen - support for yourself and your children • 6101 2207 • [www.canteen.org.au](http://www.canteen.org.au)
- Advice on talking to your children or family • [www.bcna.org.au](http://www.bcna.org.au)

### Prosthesis/wig information

- Speak to your Breast Care Nurse
- Colleens specialises in garments following breast surgery @ Garran Shopping Centre 6285 1311 • [www.colleens.com.au](http://www.colleens.com.au)
- HeadsUp Supporting Women with Hair Loss @ Kippax Shopping Area 6254 4403 • [www.headsup.net.au](http://www.headsup.net.au)
- Cancer Council ACT, wig library @ Unit 1 (The Annex), 173 Strickland Cres, Deakin 13 11 20 or 6257 9999 • [www.actcancer.org.au](http://www.actcancer.org.au)
- Look Good Feel Better Workshops phone 1800 650 960 • [www.lgfb.org.au](http://www.lgfb.org.au)

### Lymphoedema treatment and garments

- Calvary Physiotherapy Department • 6201 6190
- Liz Charlton, Physiotherapist • 6260 8244
- Capital Chemist Charnwood • 6258 4949
- **Support Group:** ACT Lymphoedema Support Group - [www.facebook.com/CanberraLymphies/](http://www.facebook.com/CanberraLymphies/)

### Assistance attending treatments, appointments or child care

- Bosom Buddies • 0406 376 500 • [admin@bosombuddies.org.au](mailto:admin@bosombuddies.org.au)
- Belconnen Community Services • 6264 0200 • [www.bcsact.com.au](http://www.bcsact.com.au)
- Southside – Community Services #1 • 6124 4700 • [www.communityservices1.org](http://www.communityservices1.org)



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### Physical Health Matters

- Fertility & Menopause matters – speak to your GP/Specialist/Breast Care Nurses
- Vital Yoga • 6281 0335 • [pam@vitalyoga.com.au](mailto:pam@vitalyoga.com.au)
- Supervised Exercise Programme via YMCA Chifley • 6281 0124
- Nutrition – Nutrition Australia • 6162 2583 • [www.actnss.org](http://www.actnss.org)
- UC Exercise program

### Psychological Support

- Counselling, Cancer Counselling Service • 5124 9977 • [crcscancerpsychosocial@act.gov.au](mailto:crcscancerpsychosocial@act.gov.au)
- BCNA Helpline 1800 500 258; [www.bcna.org.au](http://www.bcna.org.au)
- Cancer Council Helpline • 131 120
- Lifeline • 131 114 • [www.lifeline.org.au](http://www.lifeline.org.au)
- Beyond Blue • 1300 224 636 • [www.beyondblue.org.au](http://www.beyondblue.org.au)
- Relationship Australia • 6122 7100 • [enquiries@racr.relationships.org.au](mailto:enquiries@racr.relationships.org.au)

### Support/Social Groups

- Bosom Buddies – peer support; information sessions; morning teas; social functions
- Dragons Abreast • 1300 889 566 • [www.dragonsabreast.com.au](http://www.dragonsabreast.com.au); [canberra@dragonsabreast.com.au](mailto:canberra@dragonsabreast.com.au)
- Cancer Council ACT • 13 11 20
- BCNA • 1800 500 258 • [www.bcna.org.au](http://www.bcna.org.au)
- Otis Foundation, free breast cancer retreats phone 03 5444 1184; [www.otisfoundation.org.au](http://www.otisfoundation.org.au)

### Work Matters

- Return to work programme via your HR Department
- You can obtain a Disabled parking sticker, whilst undergoing treatment • [Access Canberra](#)
- What do I tell the workplace, work colleagues, supervisor • [BCNA Work Matters](#)

### Financial

- Superannuation matters/ATO – contact your Super Fund
- Income Protection – contact your Super Fund
- Financial Assistance – Rise Above • 6297 1261
- Sickness Benefits – contact Centrelink • 132 717
- Defence Force – contact Department of Veterans Affairs
- Medicare • 132 011, 24 hours a day, 7 days a week



**bosom  
buddies** ACT  
Inc.

facing breast cancer together

Call 0406 376 500 Monday - Thursday  
[admin@bosombuddies.org.au](mailto:admin@bosombuddies.org.au)  
**[bosombuddies.org.au](http://bosombuddies.org.au)**