



## A Bit About Bosom Buddies and What We Do

We are the only charity in the ACT dedicated solely to providing personalised support to those affected by breast cancer.

### Helping People Get the Support They Need

Bosom Buddies is proudly an independent ACT based charity that relies solely on the generosity of the community to keep the lights on! Established in 1995, we have actively provided free personalised support to people diagnosed with breast cancer and their loved ones in Canberra and the surrounding NSW region for nearly 30 years. We provide a **community, support** and **resources** to help you and your loved ones.

Unlike a lot of our cancer counterparts, our organisation relies on donations and doesn't receive funding from the government or the larger national cancer organisations. That's right, we can only continue to operate as long as our lovely community joins us in our goal to support those affected by breast cancer in the region.

**People Not Research:** We're not a research organisation; our mission is to provide free on the ground support to those diagnosed with breast cancer. In comparison with other cancer organisations, the Bosom Buddies team is small with one person working behind the scenes administering our programs and our volunteers, who donate their time to keep this local charity ticking over. We really can only continue to help the community with the aid of our wonderful volunteers, supporters, and donors. **All donations stay local and directly support people in the community.**

**ACT and NSW Regional Support Groups:** Our support team volunteers are various ages and are at different stages in their lives; but they have one thing in common – they are all survivors who understand what it is like to have breast cancer. They provide one-on-one peer support to people from when they are diagnosed, during treatment and following their treatment; and facilitate regular support groups for those going through their cancer journeys – all in their own time and in a safe and supportive setting. These support groups provide a sense of belonging and allow participants to share how they are feeling and connect with people who *get it* – who are going through or have gone through a breast cancer diagnosis.

**Breast Awareness and Early Detection Information Sessions:** Bosom Buddies provides information on the services available in the region and conducts breast awareness and early detection sessions to the community on how to self-check to support themselves.

**Oncology (Neoadjuvant) Packs:** We provide packs to oncology nurses for patients being treated with chemo or hormone therapy before their surgery. This ensures that they don't miss out on the information given post-surgery to patients. We also gift knitted items created by volunteers to give a "warm hug" during treatment.

**Helping People Get the Support They Need:** We help those diagnosed with breast cancer who are unable to afford post-surgery garments due to financial constraints.

**Buddy Bags:** Ever heard of a Buddy Bag? Our Buddy Bags are full of helpful items made by our volunteers, information on post-surgery care and the services available in the region. These bags are given to patients' post-surgery in Canberra's public and private hospitals by the Breast Care Nurses and to patients in the NSW region by the McGrath Breast Care Nurses.

In 2023 more than 850 Buddy Bags were assembled and included over 2,500 patient aids/items made by our volunteers for breast cancer patients. Sounds a lot, right?

If you are interested in volunteering, or can donate or contribute in any way to a local independent charity that does big things – **we'd love to hear from you!**

## Connecting people to support.

**Bosom Buddies ACT inc**

ABN 59 262 617 782

YOUR LOCAL BREAST  
CANCER SUPPORT CHARITY

0406 376 500 | 02 6290 1984

Pearce Community Centre  
Collett Place PEARCE ACT 2607

admin@bosombuddies.org.au

**[bosombuddies.org.au](http://bosombuddies.org.au)**

