



Helpful Resources in the ACT region

CARE SERVICES		
Northside Hospital (ACT Breast Care)	6201 6944	calvarycare.org.au
Bruce Mary Potter Circuit, Bruce ACT	6201 6943	
	0409 533 467	
Monday to Friday: (Appt only) Breast Care Walk-In Clinic	8.00am to 4.30pm Wednesday (most weeks) 12.00pm – 4.00pm	
Email: bcn@calvary-act.com.au		
ACTHealthCarecoordinators@act.gov.au		
www.calvarycare.org.au/public-hospital-bruce/services-and-clinics/cancer-services		
<p>Specialist Breast Care Services</p> <ul style="list-style-type: none"> The Specialist Breast Care Nurses Team provides care in a range of settings for breast cancer patients at all stages of their diagnosis, treatment and recovery. ACT Breast Care Nurses (BCN) are registered nurses who specialise in the care of patients with breast cancer, providing support and information to patients and their family during treatment. A medical referral is not required. <p>Specialist Breast Care Services</p> <ul style="list-style-type: none"> The Specialist Breast Care Nurses provide care in a range of settings for breast cancer patients at all stages of their diagnosis, treatment and recovery. ACT Breast Care Nurses (BCN's) are registered nurses who specialise in the care of patients with breast cancer, providing support and information to patients and their family during treatment. A medical referral is not required. BCN's are a member of the multidisciplinary team caring for breast cancer patients. The team includes: surgeons, medical and radiation oncologists, radiologists, radiation therapists, geneticists, pathologists, physiotherapists, occupational therapists, dieticians, social workers, specialist nurses and your GP. The BCN will assist in your care throughout treatment as part of this team. Wednesday Drop-in-clinic: At times the Breast care Nurse Service may operate a drop-in clinic to discuss your diagnosis, treatment, wound management, side effects from treatment, or psychosocial concerns. Please call 6201 6943 prior to coming to inquire about the next date the clinic is available. <p>Lymphoedema Service</p> <ul style="list-style-type: none"> Calvary Public Hospital manages the ACT-wide Lymphoedema Service, providing a coordinated model of service delivery across the continuum of care – from hospital to community-based care, palliative and home-based care. 		
Northside Public Hospital	calvarycare.org.au	
Bruce Mary Potter Circuit, Bruce ACT		
<ul style="list-style-type: none"> Cancer Care services at Calvary Public Hospital Bruce include: Cancer related surgery Medical Oncology Consultation Clinical Haematology Consultation Zita Mary Clinic 		

- ACT Specialist Breast Care Nurses Team
- Lymphedema Clinic and specialist support services
- Calvary Public Hospital Bruce is a part of the ACT Health Cancer Services and Support Network.
- Our expert team work with you to decide the best course of treatment and care and the most suitable setting for your treatment. Your treatment plan may require you to attend the Canberra Region Cancer Centre at the Canberra Hospital for some of the services you require.
- Cancer Care services at Canberra Region Cancer Centre
- If you need to attend the Canberra Region Cancer Centre the Calvary care team will make your appointments and provide you with instructions and advice. We will also assist if you need to take any medical information or records with you.

Canberra Region Cancer Centre Breast Care MDT

Canberra Region Cancer Centre Breast Cancer MDT is a team of doctors, nurses and other healthcare professionals that coordinate care for people with breast cancer. It is best practice for people with cancer to be overseen by a specialist who is a member of a multidisciplinary cancer care team.

McGrath Breast Care Nurses

6201 6102

www.mcgrathfoundation.com.au/get-support/find-a-nurse

<https://www.mcgrathfoundation.com.au/get-support/other-breast-care-services>

Capital Region Cancer Service
Canberra Hospital Bldg 3, Level 1
Yamba Drive GARRAN

0403 187 067
5124 5637

Monday to Friday

Marissa Schembri
Marissa.a.schembri@act.gov.au

- I support patients and their families in the ACT region.
- I have been a registered nurse since 2014 and became a McGrath Breast Care Nurse in 2022, I hold a Bachelor of Nursing from University of Canberra and a Master of Clinical Nursing, Oncology and Cancer Biology. I have worked with all cancer streams in medical oncology and haematology and have provided breast care nursing support for patients since 2014
- The most important thing I do as a McGrath Breast Care Nurse is to provide supportive care through seeing the patient's innate worth, actively listening to the patient's needs and providing care throughout their disease journey
- Every day the difference I hope to make is fostering and empowering my patients, their families and support persons to ensure their needs are heard and met.

Cooma
Cnr Victoria & Bombala Street

0409 874 558
(02) 6455
33201

Tuesday to Thursday

Fiona Cooper
Fiona.cooper1@health.nsw.gov.au

- I support patients and their families in Southern NSW, across Cooma Monaro, Snowy River and Bombala regions.
- I've been a McGrath Breast Care Nurse since 2013, a registered nurse since 1984 and I also have a Associate Diploma in Community Health Nursing and a Graduate Certificate in Breast Cancer Nursing
- The most important thing I do for my patients is provide education, information and support for a person experiencing breast cancer and their families
- Every day I make a difference by being readily available to discuss treatment and symptom management issues. This leads to informed decision making and coordination of care.

Queanbeyan
Queanbeyan Community Health
Centre

0400 936 042
(02) 6150 7150

Tuesday to Thursday

Collett & Erin Street		
Bel Unicomb Belinda.unicomb@health.nsw.gov.au	<ul style="list-style-type: none"> I support patients and their families in Queanbeyan and surrounds including Braidwood. I've been a registered nurse since 2012 and became a McGrath Breast Care Nurse in 2022. I hold a Graduate Certificate in Palliative Care, and a Graduate Certificate in Acute Care Nursing The most important thing I do for my patients is acknowledging and adapting care needs to patients and their circumstances. I consider this to be an imperative part of my role, identifying their needs as an individual and maintaining a patient centred focus Every day I make a difference by displaying a calm and personable approach to nursing care and being a point of contact or liaison between services. I find this can be reassuring and make a real difference to a patient's experience. 	
Goulburn Goulburn Community Health Centre Corner Goldsmith & Faithful Street	0407 131 281 (02) 4825 4729	Monday to Wednesday
Christine Walterlin Christine.walterlin@health.nsw.gov.au	<ul style="list-style-type: none"> I support patients and their families in Goulburn. I've been a McGrath Breast Care Nurse since 2016 and a registered nurse since 1984. The most important thing I do for my patients is listen. Every day I make a difference by helping someone experiencing breast cancer. 	
Queanbeyan Hospital 107 Collett Street	6150 7000 6244 3896	https://www.snswhd.health.nsw.gov.au/our-facilities/queanbeyan-hospital-and-health-service
BreastScreen Australia	13 20 50	https://www.health.gov.au/our-work/breastscreen-australia-program?language=en
<ul style="list-style-type: none"> A joint initiative of state and federal governments that aims to reduce illness & death from breast cancer by detecting the disease early. Women over 40 can have a free mammogram every 2 years and we actively invite women aged 50-74 to screen. We aim to improve the survival rates of people with breast cancer by providing free screening mammograms to people aged 50-74. People aged 40-49 & 75+ are also eligible to attend with a doctor's referral. We are a part of the national BreastScreen Australia program, which is jointly funded by the Commonwealth, and state & territory governments. This service aims to detect breast cancer early, before it has a chance to spread. Early detection of cancer increases the treatment options available and improves the chance of survival. 		
Canberra Region Cancer Centre (in Canberra Hospital) Yamba Drive, Garran ACT 2605	(02) 5124 8444	https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/cancer-supportive-care-service#:~:text=Phone%3A%20Canberra%20Region%20Cancer%20Access,on%20(02)%205124%208444
Monday to Friday: Breast Care Walk-In Clinic (no appointment required):		8.00am to 4.30pm Wednesday (most weeks) 12.00pm – 4.00pm
<ul style="list-style-type: none"> Our team includes Cancer Specialist Nurses (known as Cancer Care Coordinators) & our Cancer Psychosocial Specialists (Social Workers & Psychologists). Cancer specialist nurses have in-depth knowledge about specific cancers and provide support, education and information to you and your family. Our Cancer Psychosocial Team provides counselling and social work. 		
Cancer Supportive Care Service Canberra and Surrounds	(02) 5124 8444	https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/cancer-supportive-care-

		service#:~:text=Phone%3A%20Canberra%20Region%20Cancer%20Access,on%20(02)%205124%208444
Peer Support and Regional Cancer Services	(02) 5124 8444	https://www.health.act.gov.au/sites/default/files/2018-09/Guide%20to%20patient%20support%20and%20regional%20cancer%20services.pdf



Helpful Resources in the ACT region

FINANCIAL & SUPPORT SERVICES		
Rise Above	6297 1261	https://riseabovecbr.org.au/
<ul style="list-style-type: none"> Capital Region Cancer Relief provides financial assistance and support to cancer patients and family residing with them within the ACT, Queanbeyan and surrounds. A charitable organisation, the group relies on fundraising, community partners, the generosity of businesses and the local community, to meet the needs of the increasing number of families that require our assistance. Provision of the financial assistance specifically addresses the cancer patient's medical prognosis/treatment program. Each case is treated on its merits at the time of application. 		
CanAssist	0437 973 027	www.canassist.org.au
GOULBURN CanAssist	https://canassist.org.au/branches/goulburn-district/	
Funds are raised to provide financial assistance to people in our local community who are undergoing cancer treatment.		
YASS CanAssist	https://canassist.org.au/branches/yass-valley/	
Funds are raised to provide financial assistance to people in Yass town, nearby villages and surrounding rural areas who are undergoing cancer treatment. Typically each year the twenty five or so members and supporting organisations raise and distribute in the order of \$60,000 to approximately fifty patients.		
Care Inc 2 Akuna Street, Canberra ACT	(02) 6257 1788	www.carefcs.org
A not-for-profit organisation that provides resources and support for financial counsellors, and links Australians to financial counsellors in their state or territory. Financial counsellors are qualified professionals who provide free information, advice and advocacy to people in financial difficulty. Financial counsellors are available in each state and territory		
Cancer Council ACT	13 11 20	https://actcancer.org/support/
The Cancer Council has identified some common costs associated with cancer and the importance of informed financial consent. If you or someone you care about has been diagnosed with cancer you may have many questions or concerns. Cancer Council ACT can help to answer many of these questions and assist with your concerns as well as linking you to relevant services in the ACT area.		
https://www.cancercouncil.com.au/cancer-information/legal-work-and-financial-issues/cancer-care-and-your-rights/health-care-in-australia/paying-for-treatment/ www.cancercouncil.com.au/cancer-information/legal-work-and-financial-issues/finances/finding-other-income/centrelink-benefits/ https://www.cancer.org.au/support-and-services/practical-and-financial-assistance https://actcancer.org/support/practical-support/legal-and-financial-planning-advice/		
Cancer Hub	1800 431 312	https://cancerhub.org.au/?gclid=Cj0KCQjwT_qgBhDFARIsABcDjOejks9pqKlmxoHLVhrb5csqLEhpxPUW8ppi2iHt4cyjDVIH5_BBfKMaAqigEALw_wcB&gclid=aw.ds
Cancer Hub is a collaboration between Canteen, Camp Quality and Redkite to help families impacted by cancer more easily access the different practical and emotional support services they need.		

Central Health Intake	02) 5124 9977 (02) 5124 2415	https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/central-health-intake-chi
The purpose of this system is to provide information on what services you may or may not be eligible for.		
Breast Cancer Network Australia	1800 500 258	https://www.bcna.org.au/health-wellbeing/financial-and-practical-support/
Breast cancer brings about a range of practical issues that need attention. From how you manage your finances, through to employment and what to do about childcare, there's a lot to think about and organise during an already difficult time.		
Cancer Institute NSW (CanAssist & Salvos)	13 11 20 13 72 58	https://www.cancer.nsw.gov.au/general-cancer-information/cancer-support/finding-support/money-legal-and-work-issues
There will be times when cancer patients need help with money issues. Those who are working may also have questions about their employment rights. It helps to know your options and who to contact.		
Cancer Australia Locked Bag 3, Strawberry Hills NSW	1800 624 973 (02) 9357 9400	https://www.canceraustralia.gov.au/research-data/grants-and-funding/supporting-people-cancer-grants
The <i>Supporting people with cancer</i> Grant initiative is an annual grants program that aims to support people affected by cancer through the provision of grants to community organisations and Aboriginal and Torres Strait Islander organisations.		
McGrath Foundation	(02) 8962 6100	https://www.patients.org.au/patient-support/help-line/ https://www.mcgrathfoundation.com.au/get-support/other-breast-care-services/
Provides links to a number of other services that support breast cancer across the country including Wigs and Men's Health support. The foundation also provides an enduring commitment: to ensure every family experiencing breast cancer has the support of a Breast Care Nurse – for free.		
The National Debt Helpline	1800 007 007	https://ndh.org.au/
Professional, free financial counsellors that offer independent and confidential services. A not-for-profit service that helps people tackle their debt problems. Professional financial counsellors are available, and offer free, independent and confidential services.		
Australian Patient's Association	(03) 9274 0788	
Located in Melbourne, The Australian Patients Association undertakes various campaigns to raise awareness of issues affecting patients and to lobby corporations, organisations and government to improve the patient experience and the Australian healthcare system. Has developed a guide for patients about doctors fees		
MoneySmart	https://moneysmart.gov.au/dealing-with-illness	
Looking after yourself and your finances. <i>Government advice</i> on managing money during illness		
Braidwood Life Centre 1 Keder St, Braidwood	0437 989 983	https://braidwoodlifecentre.org.au/overview
As a registered charity with deductible gift recipient status, the primary objects of Braidwood Life Centre are the relief of poverty, distress, suffering, misfortune, disability, isolation and homelessness and to work for the benefit of health and wellbeing of the community within the Braidwood (and villages) community		
IPTAAS (Isolated Patients Travel and Accommodation Assistance Scheme)	1800 IPTAAS (1800 478 227)	https://www.iptaas.health.nsw.gov.au/
IPTAAS is the Isolated Patients Travel and Accommodation Assistance Scheme. A NSW Government scheme providing financial assistance towards travel and accommodation costs when a patient needs to travel long distances for treatment that is not available locally.		

Community Services #1	1800 960 938 (02) 6126 4700	https://communityservices1.org/
Providing assistance and care to people at all stages of life.		
Services Australia	13 27 17	https://www.servicesaustralia.gov.au/centrelink https://www.servicesaustralia.gov.au/special-benefit https://www.servicesaustralia.gov.au/breast-cancer?context=23021
Every Australian is entitled by law to a range of potential benefits and payments. Having cancer can make you eligible for more benefits.		
Bosom Buddies	0406 376 500	https://bosombuddies.org.au/ admin@bosombuddies.org.au
Sharing support, fun and laughter are all important elements of your treatment. That's why Bosom Buddies exists. We offer friendly support at a critical time for patients, their families and friends.		
Cancer Australia		www.canceraustralia.gov.au/impacted-cancer/cancer-support-organisations https://www.canceraustralia.gov.au/cancer-types/breast-cancer/overview
Established to benefit all Australians affected by cancer, and their families and carers.		
Access Canberra	1800 422 737	https://www.accesscanberra.act.gov.au/s/article/parking-permits-tab-overview
NILS (No Interest Loans Scheme)	(02) 6241 0518	https://goodshep.org.au/nils-provider-finder/
<p>What can NILS be used for?</p> <p>Loans are available for essential goods and services including the categories below:</p> <ul style="list-style-type: none"> • Household Essentials like whitegoods and furniture • Car Repairs and Registration • Assistance devices • Medical & Dental expenses • Technology like a phone or laptop • Bond and moving expenses • Education expenses <p>What can't NILS be used for?</p> <ul style="list-style-type: none"> • NILS cannot be used for rent, utility bills, food, clothing, debt and purchasing a car. • NILS it is not a cash loan. We pay directly to supplier/company. <p>PLEASE NOTE: Our loan process can take up to 2-3 weeks but sometimes we have a surge of loan enquiries, and it may take extra time to process applications. If this timing is not suitable other NILS loan provider might be able to process your loan faster than us. Please check other NILS loan provider in your area on.</p> <p>To apply, please complete the Application Form and submit with the supporting documents. https://salvosnils.snapforms.com.au/form/salvos-nils-application-form</p> <p><u>Minimum Supporting Documents to upload to application:</u></p> <ul style="list-style-type: none"> • Bank Statements (3 months up to date) • Centrelink Statement (most recent) • Rental Ledger (from realtor/landlord) if not shown on your bank/Centrelink statements • Elec/Gas Bills (most recent) if not shown on your bank/Centrelink statements • 100 points of ID • Quote (from supplier/company) 		

If you are experiencing financial difficulties and require emergency relief, please call **Salvos Phone Assistance Line** on your state/territory:

ACT: (02) 8775 7987 – NSW: (02) 8775 7988

Helpful Sites & Information		
Sickness Benefit	Centrelink 132 717	
Medicare	132 011	
Superannuation & Income Protection	Contact your superannuation fund	
Tax issues	Contact the Tax Office	
Defence Force	Contact the Department of Defence or Veterans Affairs	
Cancer Institute NSW	https://www.cancer.nsw.gov.au/	
The Institute has identified some common costs associated with cancer and the importance of informed financial consent.		
Can Refer	6101 2207 / https://www.canrefer.org.au/cancer-types/breast-cancer/cooma-nsw	
Department of Health	https://www.health.gov.au/topics/private-health-insurance	
Explains private health insurance out-of-pocket-costs in detail		
Cancer.org.au	https://www.cancer.org.au/support-and-services/practical-and-financial-assistance/what-will-i-have-to-pay-for-treatment	
Cancer Council's Pro Bono Program	https://www.cancer.org.au/support-and-services/practical-and-financial-assistance/pro-bono-program	
Can help people with legal issues, financial planning, small business accounting, workplace (HR or recruitment) advice.		
The Department of Health	https://www.health.gov.au/topics/private-health-insurance	
Explains out-of-pocket costs in detail		
Radiation Oncology	https://www.ranzcr.com/our-professions/faculty-of-radiation-oncology	
A medical speciality that involves the controlled use of radiation to treat cancer either for cure, or to reduce pain and other symptoms caused by cancer. As part of their Targeting Cancer initiative, the Faculty of Radiation Oncology have developed a factsheet about the costs associated with radiation therapy.		
Belconnen Community Services	6264 0200	www.bsact.com.au
Southside Community Services	6124 4700	www.communityservices1.org
Breast Cancer Network Australia	1800 500 258	https://www.bcna.org.au/health-wellbeing/financial-and-practical-support/
Cancer Council ACT	13 11 20	www.actcancer.org
Canteen	6101 2207	www.canteen.org.au



Helpful Resources in the ACT region

GARMENT SERVICES

SERVICES AUSTRALIA:

<https://www.servicesaustralia.gov.au/waiting-periods-and-exemptions-for-external-breasts-prostheses-reimbursement-program?context=21976>

Items the program doesn't cover:

- Bras
- Post breast surgery swimwear
- Internal prostheses
- Prosthetic nipple inserts

If you get certain Centrelink income support payments, you may be eligible for an advance payment. You can use this to help cover the upfront cost before you claim from Medicare. You need to do the following:

- Check if you meet the advance payment rules
- Apply for the advance
- Agree to the repayment schedule

If you're successful, you can use the advance payment to buy your prosthesis. Then claim reimbursement from us. You can use this money to pay back your advance or keep repaying it based on your agreed schedule.

NO INTEREST LOANS (NILS)

Breast prostheses qualify for a No Interest Loans (NILS)

Refer to information under Financial & Support Services

NILS@salvationarmy.org.au

Post-Surgery Garments		
Colleen's Garran Shopping Centre, Garran ACT	(02) 6285 1311	https://www.colleens.com.au/
Breast prostheses fittings, mastectomy bras and fittings. Provides fittings for women who have had surgery for breast cancer.		
Alive and Well 86 Jackie Howe Crescent MacArthur	0402 188 361	
Specialist mobile breast prosthesis and bra fitting service for breast cancer patients. Provides fittings in your home. Bulk billing available.		
Stephanie's Boutique 24 Jardine Street, Kingston ACT	6295 0469	
Provides a range of bras and swimwear to order for women who have undergone breast surgery.		
Knitted Knockers		http://knittedknockersaustralia.com/
Erilan		https://www.erilan.com.au/
Breast Cancer Network Australia		https://www.bcna.org.au/understanding-breast-cancer/treatment/breast-prostheses/
Online store		https://www.themastectomystore.com.au/
Post-Surgery Garment helpful sites & information		
https://www.cancer.org.au/assets/pdf/breast-prostheses-and-reconstruction#_ga=2.264413711.1625847849.1683056702-805147915.1671305656		
www.canceraustralia.gov.au/cancer-types/breast-cancer/treatment/surgery/breast-reconstruction/types-breast-reconstruction/comparing-different-types-breast		
https://www.cancer.org.au/cancer-information/cancer-side-effects/breast-prostheses-and-reconstruction		
https://www.cancercouncil.com.au/cancer-information/managing-cancer-side-effects/breast-prostheses-and-reconstruction/breast-prostheses/buying-one/		
https://www.bcna.org.au/understanding-breast-cancer/treatment/breast-prostheses/		
https://www.servicesaustralia.gov.au/external-breast-prostheses-reimbursement-program		
https://www.servicesaustralia.gov.au/how-to-claim-external-breast-prosthesis-reimbursement-program?context=21976		
https://www.servicesaustralia.gov.au/waiting-periods-and-exemptions-for-external-breasts-prostheses-reimbursement-program?context=21976		
https://www.servicesaustralia.gov.au/how-much-you-can-get-for-external-breast-prostheses-reimbursement-program?context=21976#a1		
https://www.servicesaustralia.gov.au/who-can-get-external-breasts-prostheses-reimbursement-program?context=21976		

<https://www.servicesaustralia.gov.au/items-external-breast-prosthesis-reimbursement-program-doesnt-cover?context=21976>

Lymphoedema Garments

ACT Lymphoedema Group	6201 6190	https://www.calvarycare.org.au/public-hospital-bruce/services-and-clinics/cancer-services/
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Positive Motion Physiotherapy 4/62 Jardine Street Kington	6147 1355	http://www.positivemotion.com.au/ admin@positivemotion.com.au
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Massage, garment measuring, exercise

Clinic 88 Deakin & Belconnen	6253 2388	https://www.clinic88.com.au/services/cancer-rehab/ https://www.clinic88.com.au/services/lymphatic-drainage/
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Manual lymphatic drainage (MLD), **Energise!** Group exercise classes are offered at Clinic 88 Macquarie for patients recovering from cancer. Classes run Monday and Wednesday nights 6-7pm for 8 week terms, \$15 per class paid upfront in full at the commencement of the term. Classes are limited to 8 participants and an initial consultation with Exercise Physiologist is required before starting classes.

University of Canberra Cancer Wellness Centre	6201 5843	https://www.canberra.edu.au/health-clinics/clinics-on-offer/cancer-wellness-centre healthclinic@canberra.edu.au
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ACT Lymphoedema Group	https://www.facebook.com/CanberraLymphies/canberralymphies@gmail.com
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A support group for people living with lymphoedema and lipoedema in Canberra and the surrounding region.

Various Capital Chemist Outlets	Charnwood, Mawson, Goulburn, Braidwood
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Lymphoedema helpful sites & information

<https://www.health.act.gov.au/sites/default/files/2019-02/ACT%20Lymphoedema%20Service.pdf>

https://www.canceraustralia.gov.au/system/tdf/publications/lnkc-lymphoedema-what-you-need-to-know_504af02fe04d6.pdf?file=1&type=node&id=2930

<https://www.bcna.org.au/health-wellbeing/physical-wellbeing/lymphoedema>

<https://mycarespace.com.au/resources/lymphoedema-my-ndis-funding>

<https://www.cancercouncil.com.au/cancer-information/managing-cancer-side-effects/lymphoedema/treatment-and-management/>

<https://www.bcna.org.au/metastatic-breast-cancer/coping-with-metastatic-breast-cancer/where-to-find-support/lymphoedema-compression-garments/>

<https://www.enable.health.nsw.gov.au/prescribers/forms/compression-garments>

<https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/lymphoedema-physiotherapy-service>

<https://www.accelr8rehab.com.au/exercise-physiology/breast-cancer-and-exercise-in-canberra>

<https://www.lymphedonna.com.au/>

Wig & Head Garments

- Paying for a wig or hairpiece You may be able to get assistance with the cost of your wig or hairpiece.
- Treatment in a public hospital - you may be eligible for financial assistance towards the purchase of a wig. Ask your nurse or social worker for information.
- • Health insurance funds - some funds will cover part of the cost of a wig if you lose your hair due to disease or treatment. You will need a letter from your doctor to accompany a claim. Before you buy your wig, check what your fund will pay.
- Department of Veterans' Affairs - veterans may be eligible to have the cost of a wig covered.

Cancer Council ACT - Unit 1, 173 Strickland Crescent, DEAKIN

5124 9977

<https://actcancer.org/support/wig-service/>

Open Wednesdays and Thursdays 10am to 3pm. Specialises in assisting women who have hair loss by helping to make their headwear more attractive as well as tying headscarves in a variety of ways.

Heads Up

2/12-16 Hardwick Crescent, HOLT

6254 4403

www.headsup.net.au

Open Tuesday to Friday 10am to 4pm. Specialises in assisting women who have hair loss by helping to make their headwear more attractive as well as tying headscarves in a variety of ways.

Look Good, Feel Better

1800 650 960

www.lgfb.org.au

Wig & Head Garment helpful sites & information

<https://www.easiwigs.com.au/Wigs-Financial-Assistance-s/2389.htm>

https://www.curlysues.com.au/contents/en-us/d414481_Financial_Assistance.html

https://www.wigemporium.com.au/shop/?gclid=EAlaIQobChMIIsPeV2-q5_AIVjgkrCh21pAvyEAAAYASAAEgLVdfD_BwE



Helpful Resources in the ACT region

HEALTH & WELLBEING SERVICES		
Exercise		
Canberra University Canberra Wellness Centre	6201 5843	healthclinic@canberra.edu.au www.canberra.edu.au/health-clinics
This group exercise session focuses on improving fitness and functional ability for cancer patients and survivors. Each person will be assessed and given an exercise program based on their abilities and treatment level.		
Supervised Exercise Programme via YMCA Chifley	6281 0124	
Exercise During Cancer Group Exercise Physiology Department Canberra Hospital GARRAN	(02) 5124 2573	Medical services - Canberra Health Services (act.gov.au)
A free individualised, exercise program run by exercise physiologists for people undergoing cancer treatment or who have completed treatment. Referral can be made by a GP or specialist		
Yoga		
Vital Yoga	0427 810 335	pam@vitalyoga.org.au www.vitalyoga.com.au
Runs gentle yoga for recovery after serious illness or cancer treatment classes, to regain strength, flexibility and peace of mind.		
Oncology Yoga Unit 6, 26 Francis Forde Boulevard FORDE	0439 406 577	https://change yoga.com.au
A yoga program for people diagnosed with cancer, designed to improve mobility, stability strength and calm. Run by an accredited exercise physiologist and yoga teacher.		
Nutrition		
Nutrition Australia	6162 2583	www.actnss.org
Community Care Nutrition Service	(02) 5124 9977	Community Care Nutrition Service - Canberra Health Services (act.gov.au)
A community based service for adults 25 years and over that offers dietary assessments, advice or counselling for a range of medical conditions.		
Nutrition and Dietetics Clinic Faculty of Health Clinic, University of Canberra BRUCE	02 6201 5843	
A student led clinic that provides a range of dietary services including for people with cancer at a minimal cost.		
Counselling		

Andreea Ardeleanu 4/2 Phipps Close DEAKIN	0434 169 741	aacounselling@inet.net.au
BCNA Helpline	1800 500 258	www.bcna.org.au
Beyond Blue	1300 224 636	www.beyondblue.org.au
Canberra Cancer Counselling	www.canberrahealthservices.act.gov.au/services-and-clinics/services/cancer-counselling	
Cancer Counselling Service	5124 9977	crcscanberpsychosocial@act.gov.au
Cancer Council Helpline	13 11 20	https://www.cancerCouncil.com.au/get-support/?utm_source=&utm_content=&utm_medium=cpc&gclid=Cj0KCQjwt_qgBhDFARIsABcDjOf1a-_mgXjFUNS--QEZtikJle1_DuOJH2vWx81vX2Bw5oMxCbxDAaAr22EALw_wcB&gclsrc=aw.ds
Free confidential telephone information and support service. Specially trained staff are available to answer questions about cancer and offer emotional or practical support		
Community Health Intake	6207 9977	
Lifeline	131 114	www.lifeline.org.au
Relationships Australia	6122 7100	enquiries@racr.relationships.org.au



Helpful Resources in the ACT region

RETREATS & RESPITE SERVICES		
Leo's Place Braddon	6171 2290 0402 822 170	stay@pallcareact.org.au leosplace.org.au
Non-clinical respite in a homeaway-from-home for people with a life-limiting illness and their families/carers. There is a direct self-referral form link at https://www.pallcareact.org.au/leos-place-referral-form/		
The Otis Foundation Shop 24, Bendigo Bank Centre VIC	(03) 544 1184	Bookings@otisfoundation.org.au Otisfoundation.org.au
Casting for Recovery Canberra	0430 450 060	info@castingforrecovery.org.au
Provide a free fly fishing weekend retreat for women recovering from breast cancer treatment.		
Carers ACT	1800 242 636 (02) 6296 9900	carers@carersact.org.au
Provides support, unpaid care and information for unpaid/family carers in the Canberra region. Provides respite care services to any carer of a child or adult with an illness.		
Carer Gateway	1800 422 737	carergateway.gov.au
A national online & phone service providing practical information/resources to support carers & on respite services.		
Palliative ACT	https://pallcareact.org.au/daisy/for-patients-families-and-carers/support-groups/	
Hearty Center	0488 809 292	Natural Alternative Cancer Retreat NSW - Hearty Center
Before or after undergoing any type of cancer treatment such as chemotherapy, radiation therapy or surgery, relax at Hearty Center where we will use all the weapons in our arsenal such as meditation, mindfulness, nutrition, and natural therapies to help you combat the treatment side effects and manage the stress and emotional devastation caused by cancer.		



Helpful Resources in the ACT region

HELPFUL ARTICLES & INFORMATION

Canberra Community Pantries		https://www.facebook.com/groups/858427967848867/
• Ngunnawal		• Richardson Community Pantry
• Spence Community Pantry		• Kambah Community Pantry
• Percy Begg Street Pantry -Dunlop		• Little Yellow Street Pantry – Hackett
• Chapman Street Pantry – Braddon		• Ainslie Community Pantry
• Mawson		• Tuggeranong Lakeside Leisure Centre Food Pantry
https://www.bcna.org.au/media/2152/bcn849-easy-english-resource-support-that-may-help-final-030215lr.pdf		
https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/act-equipment-scheme-actes		
https://www.servicesaustralia.gov.au/revised-arrangements-for-efficient-funding-chemotherapy-medicines?context=22861		
Breast Cancer Network Australia	https://www.bcna.org.au/understanding-breast-cancer/treatment/	
Breast-cancer-in-young-women.canceraustralia.gov.au		
BSV_Trans_and_Gender_Diverse_People.pdf		
www.bcna.org.au/media/2152/bcn849-easy-english-resource-support-that-may-help-final-030221lr.pdf		
www.canceraustralia.gov.au/cancer-types/breast-cancer/overview		
https://www.canceraustralia.gov.au/publications-and-resources/cancer-australia-publications/guide-women-early-breast-cancer		
https://www.cancer.org.au/cancercareguides/breast-cancer		
https://www.cancer.net/blog/2017-06/why-peer-support-important-people-coping-with-cancer		
https://www.cancer.net/blog/2017-06/why-peer-support-important-people-coping-with-cancer		
https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/act-equipment-scheme-actes		
https://www.servicesaustralia.gov.au/revised-arrangements-for-efficient-funding-chemotherapy-medicines?context=22861		
https://www.curecancer.com.au/comfort-pack-donation		
https://www.beuplifted.org.au/we-care-hampers/		