



CANCER SUPPORT SERVICES

CANCER COUNCIL QUEENSLAND

Counselling Service 131120 Talking to someone who has had a similar Cancer experience can be an incredibly positive experience. The Cancer Connect program connects patients with fully trained volunteers who can offer emotional support. It is a free and confidential service that can be accessed Monday to Friday between 9 am and 5pm (excluding public holidays)

Call 131120 (This is a toll free landline call from anywhere in Queensland) or visit <http://www.cancerqld.org.au>

Look Good ... Feel Better This is a free workshop conducted in a friendly and relaxed environment where participants learn how to manage the changes that can occur in their skin, hair and appearance as a result of Cancer treatment. The program is available to women, men and teens diagnosed with Cancer and undergoing or about to commence treatment.

Call 131120 This service is also available at Caboolture Private Hospital on 07 5495 9429

Wigs and Turbans Service Hair loss can be one of the most distressing side effects faced when undergoing Cancer treatment. Dealing with hair loss is a very individual experience. Some people like to wear a wig while others find hats, scarves or turbans more comfortable and attractive. Deciding what is right for you is the most important thing.

The ESA Wig and Turban Service is free and aims to assist women deal with the side effects of hair loss from Cancer treatment. All Cancer Council Queensland offices and accommodation lodges have a Wig Loan library with a selection of wigs and turbans. Fully trained volunteers staff the Wig Loan libraries.

To book an appointment or to find out more about the service call 131120

C-Vivor is a regular, free physical activity program for Queenslanders affected by Cancer. It includes a diverse range of low intensity; highly social activities that are designed to enhance quality of life by helping Cancer survivors stay healthy. The program brings together people who have been affected by Cancer on a regular basis. It is led by volunteers who are themselves Cancer survivors so that all participants share a common connection and understanding.



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www.beuplifted.org.au

PO Box 446, Aspley Q 4034

Telephone 0408 751 577

info@beuplifted.org.au

To register your interest as a volunteer, group leader or member visit <http://www.c-vivor.org.au>

Transport Volunteers provide transport to collect patients and their companions from the Brisbane Airport and Brisbane Transit Centre in Roma Street for transfer to treatment appointments or accommodation. At least two or three working days' notice is required.

This service can be accessed by calling 131120

Cancer Council Queensland Carers has urged carers of Queenslanders with Cancer to reach out for help. Research shows that in some cases, higher levels of Cancer related distress occurs in carers, than it does in Cancer patients.

The program offers support, information, referrals and resources to the carers of those diagnosed with Cancer or simply a listening ear. Patients and loved ones can also get referrals to its Cancer Counselling service from their Doctors.

Call 131120 to access information, resources and connection to support programs.

REDKITE

Redkite is an Australian charity that supports children and young people, together with their families through the Cancer experience by providing emotional support; financial assistance; and educational services.

Call 1800 733 548 or email support@redkite.org.au

CAMP QUALITY

Camp Quality believes in bringing optimism and happiness to the lives of children and families affected by Cancer through fun therapy.

Call 02 9876 0500 or visit <https://www.campquality.org.au>



THE KIM WALTERS CHOICES PROGRAM

This program offers women diagnosed with Breast Cancer; their families; and friends; access to a network of professionals, volunteers and others affected by Breast Cancer or Gynaecological Cancers. Programs aim to improve quality of life and are free of charge to everyone, regardless of where they are receiving treatment.

Everyone is different, so members of the program work with individuals to help them select which aspects of the program are best suited to them. The program includes

- helping to make important decisions about surgery and treatment
- connecting with Breast Care nurses, Women's Health nurses and Peer Support
- coordinating support groups to bring together others with similar personal experiences
- complementary therapies designed to counteract stress and provide relaxation
- post-surgery exercise classes designed to improve the range of motion and strength
- advice about broader life related topics such as
 - Stress management
 - Sexuality and Fertility
 - Survivorship
 - Menopause
 - Exercise
 - Nutrition
- a diverse range of additional support services such as rural and regional workshops; wig and turban library; and community education presentations to schools, clubs, and businesses

Call 3232 6548 or Free Call 1800 227 271 to make an appointment; find out more; or share your concerns. No referral is needed. Visit <http://www.Cancer.wesley.com/au/services/choices>

LIME PHYSICAL THERAPY

The team at Lime Physical Therapy provides relief and rehabilitation for many of the side effects of Cancer treatment. It offers ongoing L-Dex monitoring for the peace of mind of those at risk of developing Lymphedema as well as a comprehensive management programme for those needing



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it. None of their services are mutually exclusive which is a unique feature of the clinic. Medicare rebates may be available as well as rebates from some private health funds.

Its services include

- PINC Pilates and STEEL Cancer Rehabilitation
- Clinical Psychology
- Lymphedema management
- Ubalancer
- Oncology and Remedial Massage
- Bowen Therapy

Call 3188 9308 or visit <https://www.limetherapy.com.au>

HOPE AND HURDLES

Hopes and Hurdles is designed for women diagnosed with Secondary Breast Cancer and has been developed through extensive consultation with women living with Secondary Breast Cancer as well as those who treat and care for them.

The Resource includes quotes, photos, advice, recommendations and encouragement from women who have been living with Secondary Breast Cancer.

Call 1800 500 258 or visit <https://www.bcna.org.au>

MY JOURNEY KIT

The *My Journey Kit* is a free, comprehensive information resource for women newly diagnosed with Breast Cancer. It contains

- *My Journey Information Guide* A handy book that shares information, advice and recommended resources from women who have experienced Breast Cancer
- *My Journey Personal Record* A handbag sized book for recording personal details, treatments, appointments, medical expenses and questions to ask your medical team



- *Guide for women with early Breast Cancer* A great guide produced by Cancer Australia to help women understand their diagnosis and treatment
- *Resource for partners 'I wish I could fix it'* A booklet for supporting your partner through Breast Cancer
- *State information sheet* A list of services and resources available in Australian States and Territories
- *Helping a friend or colleague with Breast Cancer* A booklet written by women who have had Breast Cancer. It is for friends and colleagues and gives an insight into the things many women find helpful and unhelpful
- a subscription to BCNA's free quarterly magazine *The Beacon*

Call 1800 500 258 or visit <http://www.Cancerqld.org.au> > resources

MATER CHICKS IN PINK – MAKING A DIFFERENCE

Each year more than 1,000 women at Mater hear the words “you have Breast Cancer” Here are just a few ways that *Mater Chicks in Pink* help these women

- **Mastectomy bras** Specially fitted Mastectomy bras for women who undergo the loss of one or both Breasts
- **Art Therapy** *Creative Arts Therapy* and *Creative Express* programs provide women with a chance to celebrate their milestones; share difficulties and past experiences; and help each other move forward, despite being at different stages of Breast Cancer treatment. The creative, arts based style of therapeutic intervention facilitates self-expression and communication by helping women to explore their Cancer journey and develop strategies for moving forward
- **Counselling programs** for women undergoing treatment
- **Financial Support** on a needs basis. It can also include items such as parking vouchers and house cleaning
- **Gift Packs** containing socks; water bottle; candy; Wet Wipes and a *Mater Chicks in Pink* pen
- **Chicks Flicks** DVDs for patients to watch in bed and help reduce anxiety and relax
- **Mum, Memories and Me** helps terminally ill patients put together memory boxes for their children with the support of a qualified Counsellor



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- **Yoga Therapy** at Mater Redlands holds regular Yoga therapy sessions to assist women regain movement after surgery and teach relaxation methods to help improve emotional well being

Call 07 3163 6884 or visit <http://www.BreastCancer.mater.org.au>

MY CARE KIT

My Care Kit is available free of charge to women in Australia who undergo surgery for Breast Cancer and is distributed via Health Professionals enrolled in the My Care Kit Program. It contains a specially designed Berlei bra and soft form/s provided through a partnership between BCNA and Berlei. The bra features seams and lining that avoid pressure; extra hooks and eyes in the back to allow for any swelling; and soft form inserts that can be modified to size in a style that caters for support and comfort. It is designed to cover post-surgery up to 12 weeks and can be worn during radiation treatment.

Each *My Care Kit* includes

- DVD *Strengthen your recovery, a Pilates program following Breast Cancer surgery*
- copy of the latest edition of *The Beacon*
- information on how to order a *My Journey kit*
- Medicare *External Breast Protheses Reimbursement Program* flyer

Queries can be directed to your Health Professional, the BCNA's Service team on 1800 500 258; by emailing mycarekit@bcna.org.au or visiting <http://www.bcna.org.au/resources>

MY PARENTS CANCER

My Parents Cancer is an interactive site to help families communicate about Cancer by giving teenagers information and advice. The site features an emotion barometer to help young people understand the emotions they may be experiencing. It carries the important message "you are not alone." This site was developed by the National Breast Cancer Foundation in conjunction with CanTeen Australila.



Visit <http://www.myparentCancer.com.au>

CENTACARE COMMUNITY TRANSPORT PROGRAM

Centacare offers community transport services for the aged, frail and younger people with disabilities to get around the community. The service is flexible with qualified drivers who respect clients and offer dignified assistance when needed. It operates a pre-booked shared community transport model service which promotes friendship among its clients. It caters for personal transport needs and may include transport to

- Medical and other appointments
- Hospital treatment
- Shopping
- Social outings
- Movies
- Clubs
- Respite centres
- Church services

Subsidised fares are available to HACC and QCCS eligible persons with zone fares applying. General transport services are also available. Please note that bookings need to be made three days in advance

Transport fleets are based at

Caboolture

Services are provided to Kilcoy, Beerburrum, Toorbul, Redcliffe, Deception Bay, Narangba, Mt Mee, Woodford and Brisbane residents in the Moreton Bay Regional area.

Centacare Community Services Transport Program

Unit 1/49 Lear Jet Drive

CABOOLTURE QLD 4510



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Phone (07) 5490 6830 between 8.00am and 4.40pm Monday to Friday or contact

After Hours Pager Service 3835 9554 or email ccs.caboolturetransport@bne.centacare.net.au

Gympie/Sunshine Coast

Centacare Jessie Witham Memorial Centre

1 Church Street

GYMPIE QLD 4570

Phone (07) 5482 6268 or email sunshinecoastadmin@bne.centcare.net.au

Beaudesert

St Mary's Community Services Beaudesert

6-12 Petersen Street

BEAUDESERT QLD 4285

Phone (07) 55441 1653 or email ccs.beaudesert@bne.centacare.net.au

Kingaroy

Kingaroy Community Transport Service

14 Mary Street

KINGAROY QLD 4610

Phone (07) 4162 5096 or email centacarestmarys@bne.centacaare.net.au

CO.AS.IT COMMUNITY SERVICES

Co.As.It. Community Services is involved with the delivery of a range of community, health, educational and recreational services. Its role is the identification of the needs of the community and the planning and implementation of appropriate programs and services for the culturally and linguistically diverse (CALD) communities throughout Queensland.



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It has kept pace with the changing needs of the Italian community since its establishment in Brisbane in 1978. In 2006 it expanded its services to incorporate other CALD communities. Trained professional staff assesses the needs of the community and plan the delivery of a variety of programs and services. These include support programs for individuals in crisis; advocacy; Community Education; counselling; and support for frail elderly people with disabilities and their carers. Staff is bi-lingual and committed to providing quality services.

Call 1800 262 748 or visit <http://www.coasit.asn.au>

BURNIE BRAE CENTRE

The Burnie Brae Centre is a Not-for-Profit, Incorporated organisation which opened in Chermside in March 1984. It offers a wide range of social, educational and recreational activities to the Over 50's. There is a joining fee of \$5.00 with membership options of \$5.00 and \$20.00 per year.

The organisation auspices a range of government funded community services for seniors, frail aged persons and younger people with disabilities. It is managed by a team of dedicated professionals striving to provide the highest possible standard of service to clients and their families. It is located at

60 Kuran Street

CHERMSIDE QLD 4032

Call 07 3264 2100 between 8.00am and 4.30pm Monday to Friday or visit

<http://www.burniebrae.org.au/about>

PRESCARE

Prescare provides care services such as residential in-home community care; and Chaplaincy and Pastoral care; in Metropolitan and Regional areas throughout Queensland. Its Day Therapy team provides a range of services including -

- Podiatry



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- Physiotherapy
- Occupational therapy
- Speech therapy
- Exercise classes
- Work Cover and Health Assessments

Call 1800 773 722 or visit <http://www.prescare.org.au>

PEAR EXERCISE PHYSIOLOGY

Exercise Physiology is the study of the acute responses and chronic adaptations to a wide range of physical activity and exercise conditions. Many Exercise Physiologists study the effect of exercise on Pathology and their mechanisms by which exercise can reduce or reverse disease progression. For example, how exercise can influence Blood Glucose without the need for Insulin and help Type II Diabetics manage their disease.

Research has proved that exercise during and after treatment has significant benefits to recovery. Exercise is Medicine! Appropriately prescribed exercise for Cancer patients can increase their strength, physical function and range of motion. It has also been shown to reduce Cancer related fatigue and Chemotherapy completion rates.

Esme Soan

305/395 Hamilton Road

CHERMSIDE QLD 4032

Call 0478 116 700 or email info@pearpregnancy.com.au