

Living with Cancer Education Program

A six or eight-week course for people with cancer and their carers dealing with all aspects of living with cancer.

Contact: 6233 2088

Cancer Plus: Helps Tasmanian families of children with cancer during treatment and recovery. It can provide financial assistance to reunite families who have been separated because of treatment.

Contact: 6233 4762

External Breast Prosthesis

Reimbursement Program: Medicare ensures equitable access for those requiring breast prostheses following breast cancer surgery by reimbursing up to \$400 per prosthesis.

Contact: Medicare - 132 011

transport 2 treatment

Provides a range of transport options and travel assistance for cancer patients and their carers. Treatment centres organise transport when booking treatment program.

Contact: 6233 2030

Cancer Council Nurse:

Offers support for those diagnosed with cancer and their family, to deal with the distress of diagnosis and management of treatment

Contact: 6233 2030

Cancer Council Supported Programs:

Look Good ... Feel Better

A Cosmetic Industry Community Service program for women having treatment for cancer. Morning workshops are held every six weeks.

Contact: WP Holman Clinic
Social Worker – 6222 8354

Encore

An exercise program designed specifically for women who have experienced a mastectomy or breast reconstruction. Safe, fun and therapeutic, it helps boost self-esteem and regain a positive outlook.

Contact:
Hobart Women's Health Centre 6231 3212

Health Care Professionals/Organisations

WP Holman Clinic	6222 8610
Community Breast Care Nurse	6222 7602
Palliative Care (Whittle Ward)	6220 2400

Quick Guide to Cancer Support Services in Southern Tasmania

General Support and Information

Cancer Support Centre
180 - 184 Collins St Hobart 7000
Phone: 03 6233 2088

The **Cancer Support Centre** maintains an extensive library of information resources that are available for loan. Trained Support Workers can provide emotional support and relevant information.

No appointment is necessary and the Centre is open between **9:00 am and 5.00 pm**, Monday to Friday.

The SunSmart Shop offers an excellent range of well-priced hats, sunscreen and sunglasses as well as other protective products. The Shop is open **9:30 – 4:30** Monday to Friday.

Cancer Council Helpline

Information about cancer and support services for the cost of a local call
Phone: 13 11 20

Cancer Connect

Provides personalised peer support for people with Cancer by matching them as closely as possible with a specially trained Support Worker who has been through a similar experience.

Contact – 6233 2088

Cancer Council Support Groups

For meeting times, dates and further information, please phone the contact numbers given below.

Prostate Cancer Support Group.

Meets 3rd Tuesday of each month from 2:00 to 4:00pm at the Cancer Council

Contact Cancer Council – 6233 2088

Living with Cancer Support Group.

Meets 4th Wednesday every month from 11:00am to 2:00pm at the Cancer Council.

Contact – 6233 2088

The Semi Colons: Tasmania's Bowel Cancer Support & Information Group

Meets monthly

Contact - 6233 2088

East Coast Cancer Care Support Group.

Meets 1st Wednesday every month from 1:30 – 3:30pm. The venue alternates between Spring Bay Community Centre, Triabunna and East Coast Health & Wellbeing Centre, Wellington Street, Swansea.

Contact – 6233 2088

Support Group for Caregivers

Meets monthly at the Cancer Council

Contact - 62332088

Other Cancer Support Groups

Can Hope Support Group: New Norfolk Cancer Support Group (Affiliated)

Meets monthly on Wednesday at the New Norfolk (State) Library
Contact – 6261 3272

Patient Education & Support Program

For those dealing with leukaemia, lymphoma, myeloma etc. Meets twice a month at Leukaemia Foundation, 38 Cromwell St, Battery Point

Contact – Jane Anderson 6223 6177

Breast Cancer Support Group

Meets 11.45am – 1.15pm on 3rd Tuesday of every month

Contact – Hobart Women's Health Centre 6231 3212

Tasman Cancer Support Group

Meets 3rd Monday of every month at 2pm

Contact – Alison Shoobridge: 6250 2173 or Elaine Ball: 6250 2427 as venue changes each meeting

Breast Cancer Support Service

Personalised support from trained Support Workers who have themselves experienced breast cancer. Visits are, by individual request, either at home, in hospital or at the Cancer Support Centre.

Contact – 6233 2088