



Shoalhaven Cancer Services Directory

**Developed by
Shoalhaven Community Cancer
Network**

October 2018

Introduction

This brochure has been developed by the Shoalhaven Community Cancer Network as a resource for the people of the Shoalhaven in all aspects of cancer.

Whether your interest is in cancer prevention or education or to assist you and your family to access support and information if you are diagnosed with cancer, you will find information to help you here.

If you want to make suggestions for information to be included in this booklet please contact;

Shoalhaven Community Cancer Network sccninfo1@gmail.com
Cancer Nurse Coordinators in Nowra on (02) 4428 7400.

NOT SURE WHERE TO START?

Cancer Nurse Coordinators (02) 4428 7400
Oncology Social Worker

Cancer Council 13 11 20

Palliative Care Clinical Nurse (02) 4464 6983
Consultant
Palliative Care Counsellor

All this information is also available online on the Shoalhaven Community Cancer Network website.

You can find this at;

www.shoalhavencommunitycancernetwork.com.au

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Aboriginal Services

The Shoalhaven has services which assist in cancer prevention, transport and providing assistance to Indigenous people along the cancer journey.

Aboriginal Advice Services

Phone: 1800 808 488

Aboriginal Community Transport

Phone: Under 50 yrs. (02) 4423 6044

50 years and over (Register with My Aged Care) 1800 200 422

South Coast Medical Services Aboriginal Corporation

Phone: (02) 4448 0200 or 1800 215099

Aboriginal Medical Services, Berry Street Nowra

Transport can be arranged with 2 days' notice.

Clinics at Jerrinja and Wreck Bay

Aboriginal and Torres Strait Islander Specific Project

Case Management and Home Care Packages

Phone: (02) 4428 9400

Aboriginal and Torres Strait Islander Specific Social

Support Program

Phone: (02) 4428 9400

Illawarra Aboriginal Cooperative.

Illaroo Cooperative Aboriginal Corporation

Phone: (02) 4428 9400

Integrated Team Care: Care Coordination and Supplementary Services for Aboriginal People

Phone: (02) 4448 2203

Care coordination for Aboriginal people with chronic conditions. This includes; arranging and getting to appointments, taking medication and understanding the disease

Waminda

Phone: (02) 4421 7400

Support for Aboriginal women and their families in the Shoalhaven

Website: www.waminda.org.au

Accommodation Services

Accommodation is available in Nowra and Wollongong for cancer patients and their carers when they are required to travel for treatment.

Shoalhaven Cancer Care Centre Patient and Carers Accommodation

Phone: (02) 4428 7400
Cnr Scenic Drive and North Street Nowra NSW 2541

Cancer Patients and Carers Accommodation

Phone: (02) 4222 5484
Alkira Lodge, Dudley Street Wollongong NSW 2500

Women's Crisis Accommodation (S.A.H.S.S.I.)

Phone: (02) 4421 8276
Accommodation for women and children who are homeless/at risk of homelessness or escaping domestic violence

Link2Home

Phone: 1800 152 152
Information and referral telephone service for people who are homeless or at risk of becoming homeless

Leukaemia Foundation

Phone: 1800 620 420
Access to accommodation for individuals and families from regional areas

Bereavement Services

These services provide practical and emotional support following the loss of a family member or friend for people in the Shoalhaven.

Anglicare Counselling Service

Phone: 1300 651 728

Website: www.anglicare.org.au

National Centre for Childhood Grief (and Adult)

Phone: 1300 654 556

CanTeen – Bereavement Counselling Services for Young People

Phone: 1800 835 932

Website: www.canteen.org.au/young-people/bereavement/getting-support-after-loss/

CatholicCare Nowra

Phone: (02) 4421 8248

Lifeline 24 hour Counselling Service

Phone: 13 11 14

Palliative Care Social Worker

Phone: (02) 4464 6983

Unifam Counselling and Mediation

Phone: (02) 4423 7782

Email: unifamnowra@uniting.org

Website: www.uniting.org

National Association for Grief and Loss

Phone (Sydney): 0448 084 792

Provides support and guidance for individuals, organizations and communities in dialogue about grief.

Website: www.nalag.org.au

Cancer Prevention

Detecting early signs of illness and practicing a healthy lifestyle may help reduce the risk of developing some cancers. There are a variety of services which provide information on cancer prevention as well as screening programs for early detection of cancer.

Breast Screen NSW

Phone: 13 20 50

33 Berry Street, Nowra

Website: www.breastscreen.nsw.gov.au

National Bowel Cancer Screening Program Information Line

Phone: 1800 118 868

Website: www.bowelcanceraustralia.org

National Cervical Screening Program

Phone: 1800 627 701

Website: www.cancerscreening.gov.au or www.ncsr.gov.au

Shoalhaven Women's Health Centre

Phone: (02) 4421 0730

Breast checks and PAP smears

Quitline

Phone: 13 78 48

Website: www.quitnow.gov.au

Australian Skin Cancer Clinic Shellharbour

Phone (Shellharbour): (02) 4260 0300

South Coast Skin Cancer Clinic

Milton

Phone: (02) 4454 4555

Cancer and Young People

There are a variety of services which provide support networks for youths diagnosed with cancer. These services also cater for young people who have family members with cancer. The services range from direct contact to over the phone support.

Camp Quality Sydney National Office

Phone: 1300 662 267
(02) 9876 0500

Illawarra Office (02) 4256 0127

Support for children aged 0-13 years old with cancer, their siblings (0-13 yrs) and their families.

Website: www.campquality.org.au

Yurana Cancer Kid's Holiday Homes

Phone: (02) 4454 1700

Website: yuranahomes.com.au

CanTeen

Phone: 1800 835 932

Support organisation for 12 - 25 year olds who are living with cancer or who have people in their lives with cancer.

Website: www.canteen.org.au

CanTeen Online

Provide a supportive, informative and inclusive online community for young people living with cancer.

Website: www.canteen.org.au

The Shack Holiday Retreat for Families of Children with Chronic Illness

Phone: 0402 287 547

Shoalhaven Heads

Kids Helpline

Phone: 1800 551 800

Private and confidential phone counselling service

Website: www.kidshelpline.com.au

Red Kite

Phone: **1800 733 548**

Red kite provides information, counselling and financial support to children and young people (0-24) with cancer, and their whole family.

Website: www.redkite.org.au

Young Carers

Phone: **1800 242 636**

Practical and emotional assistance for people under 25yrs old who provide care in a family affected by illness, disability and terminal illness.

Website: www.youngcarersnsw.org.au

Carer Support Services

Caring for a family member affected by cancer can be a challenging experience. There are a variety of services available in the Shoalhaven offering practical, financial, emotional and respite support.

Illawarra Commonwealth Respite and Carelink Centre

Phone: **(02) 4295 5532 or 1800 052 222**

A central access point for emergency respite and short-term flexible respite.

National Carers Association Carer Line and National Carer Counselling Program

Phone: **1800 242 636**

Information, support and advocacy

Website: www.carersnsw.org.au

Centrelink – Financial Support for Carers

Phone: **13 24 68**

Website: www.humanservices.gov.au

Carer Education Programs

Phone: (02) 4424 6300
Carer Program Coordinator, Nowra Community Health Centre.

Bay and Basin Carer Support Group

Phone: BBCR South Coast
Community Centre (02) 4443 3434

Location: St George's Basin Community Health Centre,
130 MacLean's Point Road Sanctuary Point

Time: 1.00pm

When: Last Thursday of every month

Useful websites for carers: www.carersaustralia.com.au
www.youngcarersnsw.org.au

Counselling Services

The diagnosis of cancer and its treatment can cause emotional distress for the individual and those around them. There are a variety of services available in the Shoalhaven offering counseling and emotional support.

Oncology Social Worker Service

Shoalhaven Cancer Care Centre (02) 4428 7492
(02) 4428 7491
Milton Ulladulla Community Cancer Centre (02) 4454 9168

Anglicare

Phone: (02) 4424 7100
Generalist Counselling Service to families, couples and individuals.
47 West St Nowra.

Cancer Council

Phone: 13 11 20
Subsidised one-to-one sessions with a professional counsellor experienced in cancer issues, for people affected by cancer.

Headspace

Phone:

(02) 4421 5388

Counselling and psychology services for young people 12-25yrs.
51 North St Nowra.

Shoalhaven Women's Health Centre

Phone:

(02) 4421 0730

Holistic health services for women including: counselling, massage, alternative therapies and women's health nurse.

5 McGrath Ave Nowra.

Website: www.shoalhavenwomenshealthcentre.org.au

Private Counsellors (See yellow pages phone directory)

A Medicare rebate for private counseling is available through your GP.

Exercise and Fitness

Physical activity can improve the quality of life for people affected by cancer. Exercise can help reduce fatigue, improve emotional wellbeing and increase fitness and reduce the risk factors for some cancers.

Cancer Outpatients Appeal "Back on Track" Program

Phone:

(02) 4454 9168

Exercise and wellbeing program for people who have completed cancer treatment.

Milton Ulladulla Community Cancer Services Centre.

Milton Ulladulla Hospital, Milton.

Website: www.canceroutpatientsappeal.org.au

Healthfit

Phone:

(02) 4455 3063

Exercise center and home-based programs. Accredited exercise physiology service offering exercise and rehabilitation for individuals and groups.

Croobyar Road, Milton.

Website: www.healthfit.com.au

Shoalhaven Hospital Physiotherapy Department

Phone: (02) 4423 9272

Shoalhaven District Memorial Hospital Physiotherapy Outpatients Department.

Grand Pacific Health Centre Nowra

Phone: (02) 4448 2255

Advice and support regarding chronic disease management, rehabilitation and general health and fitness.

Grand Pacific Health, Scenic Drive, Nowra.

YWCA Encore-After Breast Cancer Exercise Program

Phone (Nowra): (02) 4454 0244

Phone (Ulladulla): (02) 4454 0244 or 0417 447321

Additional Exercise and Fitness Resources

Further information about exercise programs and opportunities in the Shoalhaven Region can be found from the following sources.

- **Shoalhaven Council:**

www.shoalhaven.nsw.gov.au/MyCommunity

- **Health Promotion Services at Community Health Centres**

- **Your local GP**

Financial Support

A diagnosis of cancer can place a severe strain on a person's and family's financial resources. There are a number of areas where you can seek financial advice and support.

CanAssist Shoalhaven

Phone: 0401 253 259

Email: canassistshoalhaven@gmail.com.au

Provides financial support to families in the Shoalhaven affected by cancer. For more information contact:

Oncology Social Worker (02) 4428 7492

(02) 4428 7491

Website: www.canassist.com.au

Cancer Council Financial Planning Referral Service

Assistance is free for eligible clients and can help with applying for Centrelink benefits, budgeting, transitioning to retirement, debt management, superannuation and insurance.

For more information contact:

Oncology Social Worker

(02) 4428 7492

(02) 4428 7491

Cancer Council

13 11 20

Cancer Council Financial Assistance

A one off payment of \$350 can be paid towards either, an unpaid utility account, petrol card or food vouchers. For assessment and application form, contact Oncology Social Worker or Cancer Nurse Co-ordinators:

(02) 4428 7492 or (02) 4428 7491

IPTAAS (Isolated Patient Travel and Accommodation Assistance Scheme)

Phone:

1800 478 227

Subsidy scheme helps with financial assistance for travel and accommodation costs for people in rural and regional areas.

To apply for assistance under IPTAAS download form from the internet or ask at Shoalhaven or Milton Cancer Care Centres.

Life Line South Coast Financial Counselling Service.

Phone:

(02) 4421 5365

Provide financial advice, advocacy and support when dealing with creditors and help with personal and family budgeting. Appointments required.

National Debt Hotline

Phone:

1800 007 007

Walter and Eliza Hall Trust

Phone:

(02) 4428 7491 or (02) 4428 7492

Financial assistance for individual's health and wellbeing, when all other avenues have been tried. Applications can only be accepted through a Social Worker.

Financial Support from Local Charitable Organisations

St Vincent de Paul Nowra:	(02) 4421 0390
St Vincent de Paul Ulladulla:	(02) 4455 5666
All Saints Community Care	(02) 4423 1099
Salvation Army:	1300 371 288

Multicultural Resources

Provides information and assistance to people from non-English speaking backgrounds.

Illawarra Multicultural Services Nowra

Phone: (02) 4421 5077

Multicultural Communities Council of Illawarra

Phone: (02) 4229 7566

Website: www.mcci.org.au

Not-for-profit organisation which represents the interests of people from Culturally and Linguistically Diverse (CALD) backgrounds in the Wollongong, Shellharbour, Kiama and Shoalhaven Local Government Areas.

Health Care Interpreter Service

Phone: 1800 247 272

24 Hours a day, 7 days a week

Palliative Care

Palliative care aims to provide assistance for people with cancer whose illness can no longer be cured. However treatment can still be offered in order to make the patient as comfortable as possible. This may be within their own home or in hospital.

Shoalhaven Palliative Care Service

Phone: (02) 4464 6983

David Berry Hospital, Berry

Karina Palliative Care Unit (02) 4464 6928

Community/ Palliative Care Nurses

Nowra Community Health Centre (02) 4424 6300

Ulladulla Community Health Centre (02) 4455 5366

Palliative Care Clinical Nurse Consultant (02) 4464 6983

Palliative Care Social Worker (02) 4464 6983

Palliative Care Volunteer Coordinator (02) 4464 6985

Palliative Care Allied Health (02) 4464 6983

(Physiotherapy, Speech Therapy, Dietician, Occupational Therapy)

Palliative Care NSW

Phone: (02) 9206 2094

Website: www.palliativecarensw.org.au

CareSearch

Palliative care information and resources.

Website: www.caresearch.com.au

Practical Support Services

There are a variety of services which assist in the management of day-to-day activities. This gives patients and their carers more time to spend on their recovery process.

My Aged Care

Phone:

1800 200 422

8am-8pm Monday –Friday, 10am-2pm Saturday

Website: www.myagedcare.gov.au

There are different types of aged care services to support you, whatever your needs. If you are 65 or older or 50 years and older for Aboriginal and Torres Strait Islander People and need assistance with daily living to remain living independently at home, or you are a **Carer** you may be eligible for Commonwealth Home Support.

To access these services you will need to register with My Aged Care.

My Aged Care provides you with information about the following:

- Different types of aged care services
- Eligibility for services
- How they understand your aged care needs and help you find local services to meet your needs. You are able to select your own service provider
- Costs of your aged care services including fee estimators

Individual Aged Care Community Services are not located in this directory. My Aged Care assessors will recommend the availability of services at the time of the assessment.

Contact the Oncology Social Worker for further information.

Oncology Social Worker

(02) 44287492

(02) 44287491

Cancer Council Home Help

Phone: 13 11 20

To the value of \$350, Cancer Council NSW will cover the cost of professional cleaning and gardening services for people diagnosed with cancer, or anyone caring for someone with cancer.

Community Gateway

Phone: 1300 657 473

Provides individual case management, support and information. In-home support, domestic assistance and personal care for people under 65 years with disability support pension or over 65 yrs. NDIS registered.

(Register with My Aged Care if over 65yrs old)

Continence Aids Payment Scheme (CAPS)

Phone: 13 20 11

Medicare Australia (Select Option 1): 1800 239 309

Provides people who have permanent and severe incontinence to meet some of the costs of their incontinence products.

Website: www.bladderbowel.gov.au

Continence Foundation of Australia

Phone: 1800 330 066

Peak body for continence promotion, and advocacy and products.

Website: www.continence.org.au

Enable NSW

Phone: 1800 362 253

Provides equipment to assist people with a permanent or long term disability.

Website: www.enable.health.nsw.gov.au

Illawarra Commonwealth Respite and Carelink Centre

Phone: 1800 052 222

Emotional support and emergency respite.

Leukemia Foundation

Phone: **1800 620 420**

Provide general counselling, transport, accommodation and information services for people with hematological malignancies such as leukaemia and lymphoma.

Meals on Wheels

Phone: **(02) 4422 5111**

Northern Shoalhaven (Berry to Basin View)

Website: www.northshoalhavenmeals.org.au

Phone: **(02) 4455 2861**

Southern Shoalhaven (Sussex Inlet to North Durras)

(Register with My Aged Care if over 65yrs old)

Shoalhaven Neighbourhood Services Social Support Program

Phone: **(02) 4421 5205**

Provide social support, i.e. Home visits/companionship, assisted outings, assisted shopping, paying bills, attending groups and appointments (conditions apply). NDIS registered.

Website: www.sns.org.au

(Register with My Aged Care if over 65yrs old)

SCOPE Access

Phone: **1300 765 887**

Occupational Therapy Home Assessment, home modification and home and yard maintenance services to enable people who are frail aged, people with a disability and carers to continue living safely and independently.

(Register with My Aged Care if over 65yrs old)

Veterans Homecare Assessment Agency

Phone: **(02) 4950 7100 or 1300 550450**

Assessment, coordination and home care services for eligible veterans and war widows/widowers to enable them to remain in their own homes for longer.

Support Groups

Support groups offer people with cancer, their carers and families assistance during all stages of the cancer journey.

Bay & Basin Cancer Support Group

Phone: (02) 4443 3275

Location: St Georges Basin Country Club, Sanctuary Point

Time: 10.00am -12.00pm

When: 2nd Thursday of every month

Milton Ulladulla Breast Cancer Support Group

Phone: (02) 4454 0244 or 0417 447 321

(02) 4455 2551 or 0412 212 129

Location: Milton Ulladulla Community Cancer Services Centre,
Milton Ulladulla Hospital, Milton

Time: 10.00am -12.00pm

When: 3rd Thursday of every month

Milton Ulladulla Men's Health and Cancer Support Group

Phone: 0448 545 652

Location: Milton Ulladulla Bowling Club, Ulladulla

Time: 6.00pm

When: 2nd Tuesday of every month

Shoalhaven Blood Cancer Information and Support Group

Phone: (02) 4465 1244 or (02) 0409 651 244

Location: Bomaderry Bowling Club, Bomaderry

Time: 10.00am-12.00pm

When: 2nd Monday of every month

Shoalhaven Breast Cancer Support Group

Phone: Christa: 0418 441 105

Pauline: 0401 452 447

Location: Shoalhaven Ex-Serviceman's Club, Nowra.

Time: 10:30am -12:30pm

When: 1st Thursday of every month

Shoalhaven Prostate Cancer Support Group

Phone: Colin Kennedy: 0408 406 892

Location: Bomaderry Bowling Club, Bomaderry

Time: 10.00am -12.00pm

When: 4th Thursday of every month (Except December)

Sussex Inlet Cancer Support Group

Phone: Kay: (02) 4441 2026

Robyn: (02) 4441 0155

Location: Sussex Inlet Neighbourhood Centre, Sussex Inlet

Time: 10.00am-12.00pm

When: 2nd Friday of every month

Young Women's Breast Cancer Support Group

Phone: Meredith: (02) 4428 7522

Location: Peckish in the Park Cafe

Time: 10.30 am - 12.00pm

When: 3rd Friday of every 2nd month

Transport Services

Transport services are available for cancer patients to access for treatment, medical appointments and assist in daily duties.

Shoalhaven Community Transport Service

Phone (Nowra): (02) 4423 6044

Phone (Ulladulla): (02) 4454 0840

Provide door to door transport for medical appointments, hospital, shopping, and social activities. Priority is given to medical and hospital treatment. (Medical trips to Sydney, Wollongong, Nowra, Batemans Bay, Canberra and covers St. Georges Basin). Eligibility criteria and contribution costs apply.

Website: www.scts.org.au

(Register with My Aged Care if over 65yrs old or over 50 yrs if you are of Aboriginal or Torres Strait Island descent)

Cancer Council Shoalhaven Transport to Treatment Service

Provides Transport to Treatment for patients in the Shoalhaven area, patients must be able to walk unaided to and from the vehicle, and unable to access any other form of transport.

Phone (Nowra): 0428 681 936

Bay and Basin Patient Transport Service

Phone: Monday to Friday 9am to 5pm 0491 227 000

Volunteer Drivers provide transport from various Bay and Basin pick-up points for treatment in the Shoalhaven Cancer Care Centre.

Community Health Buses

Phone (Culburra): (02) 4447 2382

Phone (Sussex Inlet): (02) 4441 2003

A small fee may be charged to help cover costs.

Community Transport Aid (CTA) Ulladulla

Phone: (02) 4455 4415

Provides door to door transport for residents of the Southern Shoalhaven to attend medical and health related appointments, both locally and long distance. Client contributions vary dependent on kilometres travelled. There are subsidies available to clients undergoing cancer treatment in Nowra or Wollongong.

Cancer Outpatient Appeal/CTA Free Transport Service

Phone: (02) 4455 4415

For people with cancer in the Southern Shoalhaven Region attending the Milton Ulladulla Cancer Centre.

Website: www.canceroutpatientsappeal.org.au

Department of Veterans-Affairs Wollongong Veterans Affairs Network (VAN)

Phone: 133 254 or 1800 555 254

Eligible veterans, war widows/widowers can claim travel and accommodation expenses relating to visits to a health provider for medical treatment.

IPTAAS (Isolated Patient Travel and Accommodation Assistance Scheme)

Phone: 1800 478 227

Subsidy scheme helps with financial assistance for travel and accommodation costs for people in rural and regional areas.

To apply for assistance under IPTAAS download form from the internet or ask at Shoalhaven or Milton Cancer Care Centres.

Leukaemia Foundation

Phone: 1800 620 420

Provide transport assistance for people with hematological malignancies such as leukaemia and lymphoma.

Treatment Services

Illawarra Shoalhaven Cancer and Haematology Network

Website: www.islhd.health.nsw.gov.au/Cancer_Services

Shoalhaven Cancer Care Centre Nowra

Phone: (02) 4428 7400

Specialist cancer services, including radiotherapy, chemotherapy and support services.

Milton Ulladulla Community Cancer Services Centre

Phone: (02) 4454 9168

Specialist cancer services, including chemotherapy and support services.

Illawarra Cancer Care Centre Wollongong Hospital

Phone: (02) 4222 5200

C7 West Haematology/Oncology Inpatient Unit

Phone: (02) 4253 4700

Wollongong Hospital, Wollongong

Southern Medical Day Care

Phone: (02) 4228 6200

410 Crown Street, Wollongong

McGrath Breast Care Nurse

Shoalhaven Cancer Care Centre (02) 4428 7522

Milton Ulladulla Community Cancer Centre (02) 4454 9168

Oncology Social Worker

Shoalhaven Cancer Care Centre (02) 4428 7492

Milton Ulladulla Community Cancer Centre (02) 4454 9168

Cancer Nurse Coordinators and Nurse Practitioner

Shoalhaven Cancer Care Centre (02) 4428 7400

Milton Ulladulla Community Cancer Centre (02) 4454 9168

Other Resources

There is a variety of resources available to assist people with cancer along their journey.

Cancer Council

Phone: 13 11 20

Monday-Friday: 9am - 5pm

National Relay Service for Deaf or Hearing Impaired

Phone: 1800 555 660

Phone solution for people who are deaf or have a hearing or speech impairment.

Shoalhaven Wig Lending Library

Phone: 0438 429 736

Shoalhaven Cancer Care Centre, Nowra

Milton Ulladulla Cancer Outpatients Appeal Wig Lending Library

Phone: (02) 4454 9168

Milton Ulladulla Community Cancer Services Centre, Milton

Website: www.canceroutpatientsappeal.org.au

The Cancer Outpatients Appeal Cancer Information Library

Phone: (02) 4454 9168

Milton Ulladulla Community Cancer Services Centre

Milton Ulladulla Hospital, Milton

Website: www.canceroutpatientsappeal.org.au

The Cancer Outpatients Appeal Complimentary Mowing Service

Phone: 0427 613 669

Available to local cancer patients while receiving treatment at the Milton Ulladulla Community Cancer Service Centre. Service area is from Lake Conjola in the north to Lake Tabourie in the south.

Look Good, Feel Better

Phone NSW Office: 1800 650 960

Website: www.lgfb.org.au

Mental Health Line – 24 Hour telephone service

Phone: 1800 011 511

Health Direct

Phone: 1800 022 222

Practical health information and advice

Drug and Alcohol Helpline 1300 652 226

Wollongong Office: (02) 4254 2700

Shoalhaven Office: (02) 4422 9662

Shoalhaven Community Cancer Network

Website: www.shoalhavencommunitycancernetwork.com.au

Breast Prosthesis and Mastectomy Bra Suppliers

Casa Mia Lingerie

Phone: (02) 4283 8422 or (02) 4296 7485

Email: warilla@casamialingerie.com.au

Website: www.casamialingerie.com.au

David Jones Department Store

By appointment only

Wollongong:

(02) 4240 3800

Knickerboxers

Phone (Nowra): (02) 4422 8335

Phone (Kiama): (02) 4232 1196

Lily Bliss to You

Phone: 0421 034 531

Website: lilyblisstoyou.com or Free call: 1800 779 893

Myers Department Store

By appointment only

Shellharbour

Phone: (02) 4223 6111

External Breast Prostheses Reimbursement Programme

Available under Medicare. Up to a maximum of \$400.00 for each prosthesis.

Website:

www.humanservices.gov.au/customer/services/medicare/external-breast-prostheses-reimbursement-program

Useful Websites

The following websites provide information and resources for people with cancer, their families and carers.

EviQ—NSW Cancer Institute Online Cancer Treatment

www.eviq.org.au

Provides patients, carers and families with up to date treatment about cancer treatments, resources and useful web sites.

Cancer Council

www.cancercouncil.com.au

Information about cancer prevention, treatment, services, support groups and research.

Cancer Directory

www.cancerdirectory.com.au

Cancer Directory provides the community and health professionals with a useful, comprehensive online directory of trusted Australian cancer care resources.

Cancer Australia

www.canceraustralia.gov.au

Information for people affected by cancer, health professionals and researchers.

Canrefer

www.canrefer.org.au

Referral information on cancer diagnosis, treatment and multidisciplinary care options in NSW for general practitioners, patients and carers.

Leukaemia Foundation

www.leukaemia.org.au

Information about Leukaemia, lymphoma and other hematological malignancies, treatment, services, support groups and research.

Kylie Johnson Lung Cancer Network

www.lungcancernetwork.com.au

Myeloma Foundation of Australia

www.myeloma.org.au

Prostate Cancer Foundation of Australia

www.prostate.org.au

Ovarian Cancer

www.ovariancancer.net.au

Breast Cancer

www.bcna.org.au

Bowel Cancer

www.bowelcanceraustralia.org

Lung Cancer

www.lung-cancer.canceraustralia.gov.au

Brain Cancer

www.curebraincancer.org.au

The Cancer Outpatients Appeal of Milton Ulladulla

Website: www.canceroutpatientsappeal.org.au

Support the needs of people with cancer, their families and carers in the Southern Shoalhaven.

Shoalhaven City Council

www.shoalhaven.nsw.gov.au/My-Community/Community-Directory

Provides community services, advice and information for the residents of the Shoalhaven Region.

PHN South Eastern NSW

www.coordinare.org.au

Formerly the Division of General Practice, Illawarra Shoalhaven Medicare Local supports local GP practices and works towards improvements in coordination and communications between health services.

Planning Ahead/Advanced Care Directives

www.planningaheadtools.com.au

The Shoalhaven Community Cancer Network is a community-lead organisation with the goal of improving all aspects of support, care and education for the community to reduce the impact of cancer.

This directory has been printed by



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