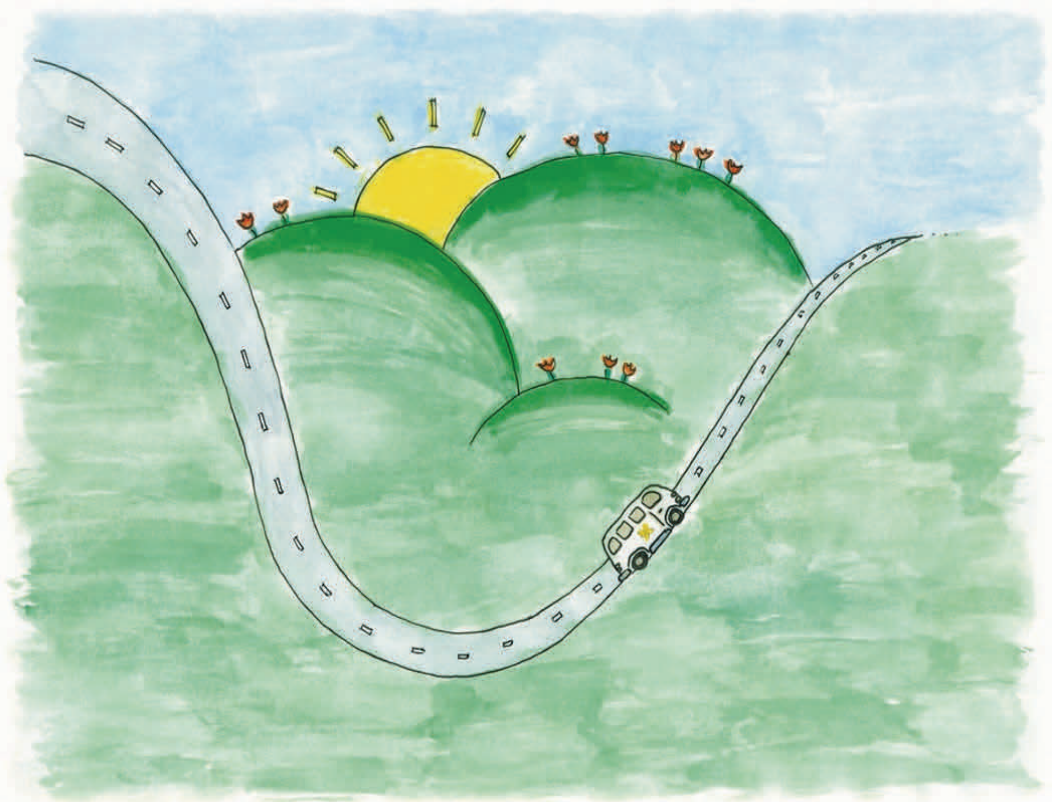


Shoalhaven Cancer Services Directory 2012

Developed by
The Shoalhaven Community
Cancer Network in partnership with





Introduction

This brochure has been developed by the Shoalhaven Community Cancer Network to guide 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 along your journey with cancer, you will find information to help you here.

If you want to make suggestions for information to include in this booklet please contact the Cancer Nurse Coordinators in Nowra on 4423 9411.

Thank-you to Ella Purvis for her gorgeous picture

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NEED HELP? START HERE

Cancer Nurse Coordinators

Oncology Social Worker

Phone: 4423 9411

Cancer Council Helpline

Phone: 131120

Palliative Care Clinical Nurse Consultant

Palliative Care Counsellor

Phone: 4424 6300

Cancer Prevention

Detecting early signs of illness and practising 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

33 Berry Street, Nowra

Phone: 13 20 50

Website: www.cancerscreening.gov.au

National Bowel Cancer Screening Program Information Line

Phone: 1800 118868

Website: www.cancerscreening.gov.au

NSW Cervical Screening Program

Phone: 131 556

Website: www.cancerscreening.gov.au

Shoalhaven Women's Health Centre

Breast checks and PAP smears

Phone: 4421 0730

Quitline

Phone: 13 78 48

Website: www.13quit.org.au

Nowra Skin Cancer Clinic

Phone: 4422 7484

Milton Skin Cancer Centre

Phone: 4455 5755

Treatment Services

Treatment for cancer is available within the Shoalhaven. However travel to Wollongong or Sydney may be required.

Shoalhaven Oncology Day Care Unit
Shoalhaven District Memorial Hospital, Nowra
Phone: 4423 9411

Milton Ulladulla Community Cancer Services Centre
Milton Ulladulla Hospital, Milton
Phone: 4454 9168

Illawarra Cancer Care Centre
Wollongong Hospital, Wollongong
Phone 4222 5200

C7 Haematology/Oncology Inpatient Unit
Wollongong Hospital, Wollongong
Phone 4253 4700

Southern Medical Day Care
410 Crown Street, Wollongong
Phone: 4228 6200

McGrath Breast Care Nurse
Shoalhaven District Memorial Hospital and
Milton Ulladulla Hospital
Phone: 4423 9411

Cancer Nurse Coordinators and Nurse Practitioner
Shoalhaven District Memorial Hospital and
Milton Ulladulla Hospital
Phone: 4423 9411

Oncology Social Worker
Shoalhaven District Memorial Hospital and
Milton Ulladulla Hospital
Phone: 4423 9411

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: Dianne Dummet 4443 3275

Lorraine Davis 4443 8572

Venue: St Georges Basin Country Club, Sanctuary Point

Meets on the 2nd Thursday of every month

10.00am -12.00pm

Milton/Ulladulla Breast Cancer Support Group

Phone: Janet Holland 4454 0244 or 0417 447321

Margaret Wilford 4455 2551

Margaret Bourke 4455 3358

Venue: Milton Ulladulla Community Cancer Services

Centre, Milton Ulladulla Hospital, Milton

Meets on the 3rd Thursday of every month

10.00am -12.00pm

Multiple Myeloma Support Group

Phone: Brian Law 4423 4205

Leonie Fallon 4457 3006

Venue: Bomaderry Bowling Club, Bomaderry

Meets on the 2nd Monday of every month

10.00am-12.00pm

Shoalhaven Bowel Cancer Support Group

Phone: Bronwyn Freeman/Anne Fanning 4423 9411

Venue: Bomaderry Bowling Club, Bomaderry

Meets on the 3rd Wednesday of every month

2.00pm - 3.00pm

Support Groups

Shoalhaven Breast Cancer Support Group

Phone: Pauline Cox 4464 2555
Phyllis Kendall 4421 3575

Venue: Shoalhaven Ex-Serviceman's Club, Nowra.
Meets on the 1st Thursday of every month
10:30am -12:30pm

Shoalhaven Gynae-Oncology Support Group

Phone: Helen Breen 4423 9411
Venue: Bomaderry Bowling Club, Bomaderry
Meets on the 3rd Tuesday of every month
10.00am -11.30am

Shoalhaven Prostate Cancer Support Group

Phone: Pat and Nerida Ryan 4421 2543
Venue: Bomaderry Bowling Club, Bomaderry
Meets on the 4th Thursday of every month
10.00am -12.00pm

Sussex Inlet Cancer Support Group

Phone: Betty Webb 4441 3552
Robyn Lang 4441 0155
Venue: Sussex Inlet Neighbourhood Centre, Sussex Inlet
Meets on the 2nd Friday of every month
10.00am-12.00pm

Triple C Club - Cancer, Compassion and Confidence

Phone: Lynette Cockerill 4455 3583
Margaret Sommerin 4456 1915
Pauline Proctor 4454 4494.
Venue: Milton Ulladulla Community Cancer Services
Centre, Milton Ulladulla Hospital, Milton
Meets on the 4th Thursday of every month
1.00pm - 3.00pm

Carer Support

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

A central access point for information on all practical, personal, financial and emotional support services in your area including emergency respite and ongoing respite needs.

Phone: 1800 052222

National Carer Advisory and Counselling Service (Free)

Phone: 1800 242636

NSW Carers Association – Free Carer Support Kit

Information, support and advocacy.

Phone: 1800 242636

Centrelink – Financial support for carers

Phone: 13 27 17

Website: www.centrelink.gov.au

Home Care Service

Practical support at home and in-home respite

Phone: 1300 881144 Central Intake and Assessment

“Your Time” Carer Counselling and Support

Advocacy & Support: 1800 052222

Counselling & Support: 4423 1018

Counselling Services are also available through

Community Health

Phone: 1300 792755

Private Counsellors (see yellow pages phone directory)

A Medicare rebate for private counseling is available through your GP

Carer Support

Carer Education Programs

Carer Program Coordinator
Shoalhaven Hospital
Phone: 4423 9372 (Mon - Tues)

Useful Websites:

www.carersaustralia.com.au

www.careresnsw.asn.au

www.youngcarers.net.au

www.workingcarers.org.au

Carer Support Groups

The following groups provide support for all carers in the Shoalhaven.

Bay and Basin Carer Support Group

Venue: St George's Basin Community Health Centre

Meriton Street, St George's Basin

Phone: Deborah Butler 4443 7681

Meets on the last Thursday of every month 1.00pm

Nowra Carer Support Group

Venue: Salvation Army Hall, cnr St Anne St. and Salisbury Drive, Nowra

Phone: 4423 1018

Meets on the 2nd Tuesday of every month

10.00am – 12.00pm

Sussex Inlet Carer Drop-In

Venue: Sussex Inlet Neighbourhood Centre

Phone: 1800 052222

Meets on the 1st Friday of every month

10.00am-12.00pm

Financial Support

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

CanAssist

Provides financial support for country families affected by cancer

Phone: 0401 253259

For more information contact Oncology Social Worker.

Phone: 4423 9411

Cancer Council Financial Assistance

A one off payment of \$250 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.

Phone: 4423 9411

Cancer Council NSW No Interest Loan Scheme

This has been developed to help with the high cost of cancer and can provide a loan of up to \$1200 to some people who have been affected by cancer and financial disadvantage. There is a strict eligibility and assessment criteria with loans granted to pay for eligible items.

For more information contact the following;

Oncology Social Worker

Phone: 4423 9411

Cancer Council

Phone: 131120

Financial Support

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

Phone: 4423 9411

Cancer Council

Phone: 131120

Financial Counselling

Mission Australia. Confidential, community based service for consumers who are experiencing financial difficulties.

Phone: 4422 0455

Life Line South Coast Financial Counselling Service.

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

Phone: 4421 5365

Life Line South Coast Financial Telephone Counselling:

Phone: 1800 808488

Financial Support from Local Charitable Organisations

- St Vincent de Paul – Nowra: 4421 0390
- St Vincent de Paul – Ulladulla: 4455 5666
- All Saints: 4423 1099
- Mission Australia: 4422 0455
- Salvation Army: 4421 5365
- Waminda: 4421 0390

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.

All Care In Home Services

Provides low level personal care, domestic, and in home respite services

Phone: 4272 2622

Baptist Community Care

Offers personal care assistance to clients in their homes

Phone: 4428 9500

CanAssist

Provides financial and practical support for country families affected by cancer

Phone: 0401 253259

Careways Community

Provide community services to disadvantaged and marginalised people

Phone: 4262 1918

CatholicCare

Assistance for people with a disability who may be dependant on an ageing carer

Phone: 4424 5600

Community Options

Case management to ensure that individuals with complex and/or multiple problems and disabilities receive the services that they need in a timely fashion

- **Nowra: 4421 4234**
- **Milton: 4454 1701**

Practical Support Services

Continence Aids Payment Scheme (CAPS)

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

Phone: 13 20 11 (Medicare Australia - select option 1)

Website: www.bladderbowel.gov.au

Continence Foundation of Australia

Peak body for continence promotion, management and advocacy

Phone: 1800 330066

Website: www.continence.org.au

EnableNSW

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

Phone: 1800 363253

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

Illawarra Domestic Assistance

Provides domestic assistance for people who are frail aged, young people with disabilities and their carers

Phone: 4232 0475

Leukaemia Foundation

Phone: 4226 9199

Meals on Wheels

Northern Shoalhaven (Berry to Basin View)

Phone: 4422 5111

Website: www.northshoalhavenmealsco-op.org

Southern Shoalhaven (Sussex Inlet to North Durras)

Phone: 4455 2861

Practical Support Services

Nowra Neighbour Aid

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

Phone: 4421 5205 - Maureen Davies

Fax: 4421 6872

Website: nna@bigpond.net.au

Shoalhaven Home Care Service

Support to enable the frail aged and young people with disabilities to continue to live independently in their own homes

Phone: 1300 331144

Shoalhaven Volunteer In Home Support Volunteers

Providing caring and practical support for cancer patients and their carers

Phone: 0428 681936

Southern Cross Community Healthcare

Program designed to assist people who are frail aged, young people with disabilities and their carers

Phone: 1800 989000

Uniting Care

Domestic assistance service

Phone: 4274 2320

Veterans Homecare Assessment Agency

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

Phone: 1300 550450

Contact the Shoalhaven City Council for more information regarding home and community care.

Phone: 4429 3411

Accommodation Services

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

Cancer Patients and Carers Accommodation

Alkira Lodge and Alkira Lodge Annex

Dudley Street Wollongong NSW 2500

Phone: 4222 5484

Holiday Accommodation for people with cancer and their carers

Fiona Lodge—Ronald McDonald House

Free holiday for families of people with a life threatening illness

Rosedale, NSW (south of Bateman's Bay)

Phone: 1300 135848

Email: info@fionalodge.org.au

Website: www.fionalodge.org.au

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

Support for children and families with cancer

Sydney National Office

Phone: 1300 662267

Illawarra Office

Phone: 4256 0127

Website: www.campquality.org.au

Cancer Children's Holiday Accommodation (Retreat)

Ulladulla

Phone: 4454 1700

Website: www.yuranahomes.org.au

CanTeen

Support organisation for 12 - 24 year olds who are living with cancer or who have people in their lives with cancer

Phone: (02) 6262 8133 or 1800 226833

Website: www.canteen.org.au

Holiday Retreat for Families of Children with Chronic Illness

Shoalhaven Heads

Phone: 4448 7231

Kids Helpline

Phone: 1800 551800

Website: www.kidshelp.com.au

Cancer and Young People

Now What?

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

Website: www.nowwhat.org.au

Red Kite

Provides real support to children, young people and their families through the cancer experience.

Phone: 9219 4000 or 1800 334771

Website: www.redkite.org.au

Young Carers

Wide range of practical and emotional assistance to those for people under the age of 26 who provide care in a family affected by illness

Website: www.youngcarersnsw.asn.au

MUD Kids Appeal

Assists families with sick children who have to travel outside the Milton Ulladulla area to receive medical assistance.

Phone: 0409 447597 for details on how to apply for assistance.

Website: www.mudkids.org.au

Transport Services

Transport services have been made available for cancer patients in order for them to access treatment. These services are also available for shorter journeys within the Shoalhaven.

Cancer Council Shoalhaven Patient Transport Service

Phone: 4223 0200

Email: info.southern@nswcc.org.au

Website: www.cancercouncil.com.au

Provides transport from Nowra to the Illawarra Cancer Centre at Wollongong Hospital and other cancer specialist appointments.

Community Health Buses

- **Culburra:** 4447 2382
- **Sussex Inlet:** 4441 2003
- **St George's Basin:** 4423 6044

A small fee may be charged to help cover costs.

Community Transport Aid (CTA) – Ulladulla

Phone: 4455 4415

Provides transport door to door 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. Subsidies available to clients undergoing cancer treatment.

Cancer Outpatient Appeal/CTA Free Transport Service

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

Phone: 4455 4415

Website: www.canceroutpatientsappeal.org.au

Transport Services

Department of Veterans' Affairs

Wollongong Veterans' Affairs Network (VAN)

Phone: 133 254 or 1800 555254

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

IPTAAS (Isolated Patient Transport and Accommodation Assistance Scheme)

This subsidy scheme assists people in isolated and rural communities to gain access to medical specialists and treatment not available locally.

To apply for assistance under IPTAAS download form from the internet or ask Social Worker or CNC

Phone: 1800 800511

Leukaemia Foundation

Phone: 1800 620420

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

Shoalhaven Community Transport Service Inc

• **Nowra:** 4423 6044

• **Ulladulla:** 4454 0840

Provides door to door transport to attend medical appointments across local area and to metropolitan centres

South East Sydney and Illawarra Area Health Transport

Phone: 4223 8146

Transport assistance may be provided to attend doctors, medical centres, community health, hospital service, dentists etc.

Multicultural Resources

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

Illawarra Multicultural Services Shoalhaven

Phone: 4422 5933

Fax: 4422 8916

Illawarra Multicultural Services

Wollongong

Phone: 4229 6855

Fax: 4226 3634

Multicultural Cancer Information Service (MCIS)

- Arabic: 1300 301625
- Cantonese & Mandarin: 1300 300935
- Greek: 1300 301449
- Italian: 1300 301431

Translating Interpreting Service

Phone: 131 450

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

David Berry Hospital, Berry

Phone: 4464 6924

Karinya Palliative Care Unit

Phone: 4464 6928

Community/Palliative Care Nurses

- Nowra Community Health Centre: 4424 6300
- St Georges Basin Community Health Centre: 4443 7646
- Sussex Inlet Community Health Centre: 4441 2373
- Ulladulla Community Health Centre: 4455 5366

Palliative Care Clinical Nurse Consultant

Phone: 4424 6300

Palliative Care Counsellor

Phone: 4424 6300

Palliative Care Volunteer Coordinator

Phone: 4424 6300

Palliative Care Australia

Phone: 6232 4433

Website: www.palliativecare.org.au

For a copy of the “Shoalhaven Palliative Care and Oncology Service Directory” contact the Illawarra Shoalhaven Medicare Local. Phone: 4423 6233

Bereavement Services

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

Australian Centre for Grief and Bereavement
Phone: 1800 642066

Bereavement CARE Centre
Phone: 1300 654556

CatholicCare Nowra
Phone: 4421 8248

Palliative Care Counsellor
Phone: 4424 6300

Anglicare Counseling Service
Phone: 42289612
Website: www.anglicare.org.au

Unifam Counseling and Mediation Service
Phone: 42299863
Website: www.unifamcounselling.org

Aboriginal Services

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

Aboriginal Community Transport Coordinator
Phone: 4423 6044

Adult Health Check
Aboriginal Medical Service, Berry Street Nowra
Phone: 4428 6666 or 1800 215099
Transport can be arranged with 2 days notice.

Aboriginal and Torres Strait Islander Specific Community Options Project
Phone: 4228 9400

Aboriginal and Torres Strait Islander Specific Neighbour Aid and Social Support Program
Phone: 4428 9400

Illaroo Cooperative Aboriginal Corporation
Phone: 4428 9400

Weia Aboriginal Home Care
Phone: 1800 837 999

Waminda
Support for Aboriginal women in the Shoalhaven
Phone: 4421 7400
Email: contact@waminda.org.au

Exercise

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

8 week exercise and wellbeing program for people who have completed cancer treatment

Milton Ulladulla Community Cancer Services Centre

Milton Ulladulla Hospital, Milton

Phone: 4454 9164

Website: www.canceroutpatientsappeal.org.au

Heart Foundation Heartmoves

Gentle exercise program run by accredited exercise professionals specifically trained in managing safe, low to moderate intensity physical activity programs.

Shoalhaven Ex-Servicemen's Club

Junction Street, Nowra

Phone: 4421 6855

Shoalhaven Heads Bowling & Recreation Club

Shoalhaven Heads Road, Shoalhaven Heads

Phone: 4448 7154

Website: www.heartmoves.heartfoundation.org.au

Healthfit

Exercise physiology service offering exercise and rehabilitation for individuals and groups

Croobyar Road, Milton

Phone: 4455 3063

Website: www.healthfit.com.au

Exercise

Shoalhaven Hospital Physiotherapy Department
Shoalhaven District Memorial Hospital Exercise classes
Phone: 4423 9272

Shoalhaven Wellness Centre
Individual and group exercise programs
Bomaderry Bowling Centre, Bomaderry
Phone: 4423 6716

YWCA Encore-After Breast Cancer Exercise Program

- **Nowra:** 4454 0244
- **Ulladulla:** 4454 0244 or 0416 447321

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

- **Shoalhaven City Council**
(www.shoalhaven.nsw.gov.au/MyCommunity)
- **Health Promotion Services at Community Health Centres;**
Nowra: 4424 6300
Ulladulla: 4455 5366
- **Your local GP or Illawarra Shoalhaven Medicare Local**

Other Resources

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

The Cancer Helpline

Phone: 13 11 20 or 1800 422760

Monday-Friday: 9am - 5pm

Deaf or hearing-impaired

Phone: 9334 1865

Shoalhaven Wig Lending Library

Shoalhaven District Memorial Hospital, Nowra

Phone: 0438 429 736

The Cancer Outpatients Appeal Wig Lending Library

Milton Ulladulla Community Cancer Services Centre

Milton Ulladulla Hospital, Milton

Phone: 4454 9168

Website: www.canceroutpatientsappeal.org.au

The Cancer Outpatients Appeal Cancer Information Library

Milton Ulladulla Community Cancer Services Centre

Milton Ulladulla Hospital, Milton

Phone: 4454 9168

Website: www.canceroutpatientsappeal.org.au

Look Good, Feel Better

National Office

Phone: 9659 8559

NSW Office

Phone: 1800 650960

Email: joanne@lgfb.org.au

Website: www.lgfb.org.au

Other Resources

Breast Prosthesis and Mastectomy Bra

- **Lily Bliss to You Mobile Bra Fitting Service**
Phone: 0421 034531
- **Knickerboxers, Nowra**
Phone: 4422 8335
- **David Jones Department Stores**
by appointment only
- **Boudoir Milton, Milton**
Phone: 4455 2519

External breast prostheses reimbursement programme available under Medicare:

www.medicare.australia.gov.au/public

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 Australia www.canceraustralia.gov.au
Information for people affected by cancer, health professionals and researchers

Leukaemia Foundation www.leukaemia.org.au
Information about leukaemia, lymphoma and other haematological malignancies, treatment , services, support groups and research

National Breast and Ovarian Cancer Network
www.canceraustralia.nbocc.org.au

Prostate Cancer Foundation of Australia
www.prostate.org.au

Bowel Cancer Australia
www.bowelcanceraustralia.org/bca

Kylie Johnson Lung Cancer Network
www.kjlcn.org.au

Useful Websites

Myeloma Foundation of Australia

www.myeloma.org.au

National Association for Loss and Grief (NALAG)

www.nalag.org.au

Provides support and guidance for individuals, organisations and communities in dealing with grief and bereavement

The Cancer Outpatients Appeal of Milton Ulladulla

www.canceroutpatientsappeal.org.au

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

Shoalhaven City Council

www.shoalhaven.nsw.gov.au/MyCommunity

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

Illawarra Shoalhaven Medicare Local

www.isml.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



A cancer diagnosis is a time of anxiety and stress for patients, their families and carers. It brings with it many questions and concerns not just about treatment options and potential outcomes, but also about the practicalities of accessing that treatment, the range of support services that may be available, and where to find solutions to the problems a cancer diagnosis may have on a family's life.

The Shoalhaven Community Cancer Network identified this as a significant community need and has worked to produce this directory as an important resource to help patients, families and carers navigate the maze of organisations and agencies available to provide that needed support.

The Cancer Outpatients Appeal is proud to sponsor the production of this directory for the benefit of the Shoalhaven community.

The Cancer Outpatients Appeal of Milton Ulladulla Inc.
PO Box 900 Milton NSW 2538

www.canceroutpatientsappeal.org.au