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
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
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](http://www.cancerscreening.gov.au)

**National Bowel Cancer Screening Program**  
Information Line  
Phone: 1800 118868  
Website: [www.cancerscreening.gov.au](http://www.cancerscreening.gov.au)

**NSW Cervical Screening Program**  
Phone: 131 556  
Website: [www.cancerscreening.gov.au](http://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](http://www.13quit.org.au)

**Nowra Skin Cancer Clinic**  
Phone: 4422 7484

**Milton Skin Cancer Centre**  
Phone: 4455 5755
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 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  
Meets on the 4th Thursday of every month  
1.00pm - 3.00pm
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](http://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
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 dependent 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
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](http://www.bladderbowel.gov.au)

Continence Foundation of Australia
Peak body for continence promotion, management and advocacy
Phone: 1800 330066
Website: [www.continence.org.au](http://www.continence.org.au)

EnableNSW
Provides equipment to assist people with a permanent or long-term disability
Phone: 1800 363253

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](http://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 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

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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](http://www.fionalodge.org.au)
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](http://www.campquality.org.au)

**Cancer Children’s Holiday Accommodation (Retreat)**  
Ulladulla  
Phone: 4454 1700  
Website: [www.yuranahomes.org.au](http://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](http://www.canteen.org.au)

**Holiday Retreat for Families of Children with Chronic Illness**  
Shoalhaven Heads  
Phone: 4448 7231

**Kids Helpline**  
Phone: 1800 551800  
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 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](http://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](http://www.canceroutpatientsappeal.org.au)
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.*
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](http://www.anglicare.org.au)

**Unifam Counseling and Mediation Service**
Phone: 42299863
Website: [www.unifamcounselling.org](http://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
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
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](http://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](http://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](http://www.lgfb.org.au)
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:*
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 hematological 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
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