

# NSW and ACT

The services, programs and resources highlighted in the **My Journey Information Guide** are relevant to people living in all States and Territories. The following resources are specific to those living in New South Wales and the ACT.

## State-wide Services and Information

### **Breast Cancer Action Group (BCAG) NSW** [www.bcaagnsw.org.au](http://www.bcaagnsw.org.au)

BCAG have developed a *Breast Cancer Treatment and Services Directory*, which has been compiled to help women and their GPs find appropriate specialist/s.

Available online [www.e-strategy.net.au/bci/directory/default.asp](http://www.e-strategy.net.au/bci/directory/default.asp)

### **Breast Cancer Treatment and Services Directory NSW** [www.bci.org.au](http://www.bci.org.au)

Developed by the Breast Cancer Action Group NSW, this directory has been compiled to help women and their GPs find appropriate specialist/s.

### **Cancer Council NSW** 13 11 20 [www.cancercouncil.com.au](http://www.cancercouncil.com.au)

In addition to the services listed in the *My Journey Information Guide*, Cancer Council NSW also provides a range of services including;

- *Cancer Answers* - on-line guide containing more than 160 questions and answers relating to cancer.
- *Support and Information Pack* - detailing state-wide and local support services.
- *Lending library* - over 3000 resources located in Woolloomooloo.
- *NSW Cancer Trials Registry* - on-line database listing all 'collaborative group' cancer trials supported by Cancer Council NSW and open to patients in NSW.

### **Cancer Institute NSW, Accommodation Guide**

[www.cancerinstitute.com.au](http://www.cancerinstitute.com.au) – click on Patients and Carers > Cancer Services Directory > Accommodation

This Accommodation Directory has been designed to help people discover, at a glance, details of accommodation providers near all major cancer treatment centres in NSW.

### **Familial (Genetic) Cancer Centres**

These centres offer genetic counselling, medical advice and psychological support for individuals and families who are concerned about their family's history of cancer.

Familial Cancer Service (02) 9845 6947 Westmead	Hereditary Cancer Clinic (02) 9382 2577 Randwick
Cancer Care Centre (02) 9113 3815 Kogarah	Family Cancer Clinic (02) 8382 3395 Darlinghurst
Family Cancer Service (02) 4985 3132 Waratah	Molecular & Clinical Genetics (02) 95155015 Camperdown

### **Quest for Life Foundation** (02) 4883 6599 [www.questforlife.com.au](http://www.questforlife.com.au)

Founded by Petrea King and located in Bundanoon in the Southern Highlands of NSW, this Australian foundation provides a range of residential programs and services that encourage, empower and educate people living with cancer. Also offers a range of meditation CDs for purchase on the website.

## **Local Services and Information**

### **Cancer Services - Northern Sydney Central Coast Health** [www.cancercare.org.au](http://www.cancercare.org.au)

An interactive website that provides information about the treatment facilities available in Northern Sydney and Central Coast in addition to providing some general information about cancer.

### **NSW Breast Cancer Support Groups**

Please go to [www.bcna.org.au](http://www.bcna.org.au) or call 1800 500 258 to find the details of local support groups.

## **ACT**

### **ACT Cancer Council** 13 11 20 [www.actcancer.org](http://www.actcancer.org)

Cancer Council ACT provides a range of services including;

- *Lending library* - over 1000 resources
- *Wig Service* - available to purchase at minimal cost
- *Cancer Services Directory* - available to download
- *Breast Cancer Support Group*

### **ACT Health, A-Z Health Services**

[www.health.act.gov.au](http://www.health.act.gov.au) – click on Health Services

Provides details of cancer services, women's health services, hospitals, and health centres.

### **Cancer Community Support** (02) 6205 2600

Community Cancer Support caters for the psychosocial needs of people dealing with cancer, their families and carers living in the ACT and surrounding areas. The service provides information, support, education, a referral service and networking with relevant organisations to assist people with cancer and their carers in better managing the psychosocial issues that may arise when diagnosed, awaiting treatment or after active treatment for cancer.

### **Familial (Genetic) Cancer Centres**

This centre offers genetic counselling, medical advice and psychological support for individuals and families who are concerned about their family's history of cancer.

Canberra Genetic Counselling Clinic, Woden Valley  
(02) 6244 4042 or email [Katie.Battese@act.gov.au](mailto:Katie.Battese@act.gov.au)

### **Otis Foundation** (03) 5444 1184 [www.otisfoundation.org.au](http://www.otisfoundation.org.au)

A network of accommodation retreats available free of charge for women with breast cancer. Located in Victoria, NSW and SA, they offer a place to take time out to relax, contemplate and regroup. Each retreat is located in a beautiful environment, allowing guests to draw on nature for strength and comfort.

### **ACT Eden Monaro Cancer Support Group** (02) 6297 1261 [www.actemcsg.org.au](http://www.actemcsg.org.au)

This group provides financial assistance and emotional support to cancer patients and their families, dealing with all ages and all cancers.

### **ACT Breast Cancer Support Groups**

Please go to [www.bcna.org.au](http://www.bcna.org.au) or call 1800 500 258 to find the details of local support groups.

**Services listed have been mentioned to us by others who have experienced breast cancer. Breast Cancer Network Australia neither endorses nor recommends the services listed. We are happy to be informed about other services to include on this sheet. Last Updated - February 2010**