

G4

**Breast & Prostate Cancer
Services and Resources Directory
Queensland**

**Breast & Prostate Cancer Association of
Qld Inc.**

**Breast & Prostate Cancer Assn of Qld Inc.
PO Box 970
SPRING HILL QLD 4004**





**TEL: (07) 3666 0614
Web: www.bcaq.com
Email: enquiries@bcaq.com**

First published 1996
By Breast Cancer Association of Qld Inc.
PO Box 970
Spring Hill Qld 4004
Reprinted 1997, 1998, 1999, 2003, 2006, 2009, 2013, electronic versions available

© Breast Cancer Association of Queensland Inc. now trading as Breast & Prostate Cancer Association of Qld Inc.
All rights reserved

Design & Formatting by:

Symbols used

-  Books, booklets
-  Telephone
-  Video
-  Internet material

Current Board Members as at October 2020

Chairman	Mrs Gina Fairfax
Vice Chairman	Mrs Sandy Cassidy (Fundraising Co-ordinator)
Secretary	Mr Michael Crouch LLB
Treasurer	Mr Luke Anderson

Brisbane Board Members

Tracey Plumridge	Adrian Seiffert	Jilanne Elliott
Dr Christopher Pyke	Mr Sydney Williams QC	Diane McConnel

Main Contacts for Sub-Committees

Emerald

Tiffany Pulford

St George

Emily Martin Amelia Sevil

Fraser Coast/Wide Bay

Penny Kilner

Toowoomba

Jayne Gentry

Barcaldine/Longreach

Heather Morton Sharon Rose Helen Barrett Westn' Breast Support Group

Mitchell

Jenny Hockey

Chinchilla and Miles

Joanna Embry and Ann Gibbons

Blackbutt

Nick and Laraine Aniftos

Goondiwindi

Gloria Cory

Rockhampton

Helen Gudmann

Mackay

Office Secretary

Tracey Plumridge (Mon, Tue, Thur 9:30am-3:00pm)

Patron

Dr Glenda Powell

Vice-Patron

Dr Marie-Frances Burke

Contents:

Introduction; How BPCAQ is helping

Breast Cancer Information

- 1 General information about breast cancer and surgery**
- 2 BreastScreen Queensland Services**
- 3 Breast Care Nurses in Queensland**
- 4 Counselling**
- 5 Additional Treatment**
 - 5.1 Radiotherapy**
 - 5.2 Chemotherapy and Hormone Therapy**
- 6 Continued Care**
 - 6.1 Breast Reconstruction**
 - 6.2 Lymphoedema**
 - 6.3 Genetic Counselling**
 - 6.4 Alternative Therapies**
 - 6.5 Respite care and home symptom relief**
 - 6.6 Palliative care**
- 7 Support**
 - 7.1 Education Programs**
 - 7.2 Support Groups and Services**
 - 7.3 Rural and Remote Area Services**
 - 7.4 Mobile Women's Health Service**
 - 7.5 Cultural and Ethnic Services**
 - 7.6 Older Women's Issues**
 - 7.7 Younger Women's Issues**
 - 7.8 Internet Sites**
- 8 Self-Help**
 - 8.1 Exercise**
 - 8.2 Diet**
 - 8.3 Self-image**
 - 8.3.1 Breast prostheses and lingerie**
 - 8.3.2 Wigs**
 - 8.4 Relaxation and stress management**
- 9 Practical Assistance**
 - 9.1 Transport and Accommodation**
 - 9.2 Home help/family and carer support**
 - 9.3 Financial Assistance**
- 10 Consumer services**

Suggested reading

Prostate Cancer Resources

- 1 Useful contacts for more information about Prostate Cancer**
- 2 Support Organisations**
- 3 Prostate Cancer Care Nurses in Queensland**
- 4 Support Groups – Queensland Chapter of Prostate Cancer Foundation of Australia**

Introduction

This Directory has been compiled as a guide to services and resources that may be useful for women diagnosed with breast cancer and men diagnosed with prostate cancer. It is not an exhaustive collection and should be used to complement the information given to you by your doctor, specialists and other health care providers.

How BPCAQ is helping...

In September 2011 our board members voted at the Annual General Meeting to expand our services to include Prostate Cancer. This was after many years of consultation and feedback from the nurses we fund, our sub-committees and Queensland Health. Indeed since 2006 our board have been discussing the benefit of providing a similar service for men living with prostate cancer that we have established for breast cancer patients. Approvals from Department of Fair Trading were received in February 2012 and Breast Cancer Association of Qld Inc changed the association name to Breast & Prostate Cancer Association of Qld Inc.

Since this Association was established, we have provided funding for training and placement of nurses in Rockhampton, Barcaldine, Mitchell, Emerald, Fraser Coast, Charleville, St George and Chinchilla. We have sponsored the education of many nurses in Breast Care studies via the La Trobe University. The BPCAQ have identified that typically, after diagnosis, a patient will require substantial support, and because nurses tend to provide high levels of patient support already, investment in the training and education of these nurses is crucial. Those living in rural and regional Queensland often do not have access to a specialist nurse when they return home, and quite often many concerns pre and post-operative are not addressed.

It is a well-known fact that early detection leads to increased survival rates. We believe that through community education and by funding research, we can continue to increase the survival rate after breast or prostate cancer, as well as to assist in better patient management through the education of community nurses.

The Association has conducted many rural seminars – we have been to Toowoomba, Nambour, Ipswich, Roma, Goondiwindi (2000 & 2010), Barcaldine, Emerald, St George, Mt Isa, Biloela, Charleville, Kingaroy, Blackall, Miles, Hervey Bay, Longreach, Rockhampton, Warwick and Mackay. We invite medical specialists to come and speak at seminars to give health information.

The Breast & Prostate Cancer Association has established the following nurses:

Breast Cancer Care Nurses

Christine Alick – Rockhampton Community Health (2000-2003) Wendy Piuselli (2013-2016)
Vivette White - Barcaldine Community Health Service (2004-2007)
Cathy Brumpton - Mitchell Hospital and Community Health (2005-2008)
Belinda Guernieri and Jenny Hallett - Emerald Hospital Central Highlands (2006-2016)
Megan Lynch – Fraser Coast – Allied Health Cancer Care Team – (2007-2015)
Penny Drysdale and Cheryl Hawkins – Charleville – South West Hospital & Health Service – (2009-2013)
Lana Russell – St George – (2013-2017)

Prostate Cancer Care Nurses:

Fiona Fuller – Fraser Coast (2014-2016)
Emerald - Annette Hinrichsen (2014-2015) Joann Oughton (2015-2017)

Breast & Prostate Cancer Care Nurse:

Goondiwindi – Antonia Jakins (2019- current)

BPCAQ is a voluntary organization, with members throughout Queensland. If you would like to support our initiatives, please forward donations:

Care of: Breast & Prostate Cancer Association of Queensland Inc.
PO Box 970 SPRING HILL QLD 4004

Contact us on: Ph: (07) 3666 0614 or Email: enquiries@bcaq.com

Although every care has been taken in compiling the directory, the Breast & Prostate Cancer Association of Queensland shall not be responsible or liable for any errors, omissions or misrepresentations made herein.

Dates and times shown for programs and support group meetings are correct at time of printing but may be subject to change. Support Groups listed are not affiliated with Breast & Prostate Cancer Association.

There are a number of different Breast Cancer charities and organizations operating within Australia, we are all separate entities. Various charities raise funds specifically for the programs and initiatives unique to each organisation. We recommend that you enquire as to the distribution of funds to ensure that any donations you make will go towards the programs and initiatives you agree with.

Other breast cancer organizations and charities are:

1. Cancer Council Queensland PH: 13 11 20 Website: www.cancerqld.org.au
2. Breast Cancer Network Australia (Pink Lady Silhouettes) PH: 1800 500 258 Web:www.bcna.org
3. Breast Cancer Institute (Diaries) PH: 1800 423 444 Website: www.bcia.org.au
4. National Breast Cancer Foundation: PH: 1300 708 763 (02) 8098 4800 Website: www.nbcf.org.au Email: info@nbcf.org.au Pink Ribbon Fundraising: PH: 1300 803 551
5. Wesley Breast Clinic (Choices Foundation) PH: 1800 227 271 or (07) 3253 4000 Website: www.uchealth.com.au/choices
6. Cancer Australia Centre : PH: 1800 624 973 Website: www.canceraustralia.gov.au
7. Chicks in Pink PH: 1800 440 155 or (07) 3163 6884 Website: www.materchicksinpink.org.au
8. Dragons Abreast PH: 1300 889 566 Website: www.dragonsabreast.com.au
9. McGrath Foundation PH: (02) 8962 6100 Website: www.mcgrathfoundation.com.au
10. Breast Cancer Australia PH: 1300 850 551 Website: www.breastcanceraustralia.org
11. Australasian Society for Breast Disease Ltd PH: 0477 330 054 Website: www.asbd.org.au

Frequently Requested Numbers:

Cancer Council Queensland: PH: 13 11 20

BreastScreen Queensland: PH: 13 20 50

National Breast and Ovarian Cancer Centre: 1800 624 973

National Breast Cancer Foundation PH: (02) 8098 4800 or 1300 708 763

Women's Health Queensland Wide PH: 3216 0376 or 1800 017 676 (toll free outside Brisbane)

Prostate Cancer Foundation of Australia – Queensland Chapter PH: 1800 220 099 PH: 07 3166 2140

**Early Detection
makes a BIG difference!**

Summary BPCAQ Services Provided:

- **Research:** *We provided funds towards the Sentinel Node Biopsy and Axillary Clearance Trial through Dr Neil Wetzig (SNAC 1 & 2 Trials). Provided funding towards “Life After Breast Cancer” study by Dr Geoffrey Beadle via QMIR. Dr Pamela Ellem’s project to identify sustainable support for breast care nurses titled: “Professional Challenges and Support Mechanisms for Breast Care Nurses in Rural and Regional Queensland”. QUT ihbi research into improving the PSA testing through DNA analysis*

- **Breast & Prostate Care Nurses:** *Training and placement of Regional Breast & Prostate Care Nurses. Currently funding nurses in Emerald and Fraser Coast, Charleville negotiating nurses for St George. Established nurses in **Rockhampton, Barcaldine, Mitchell, Emerald, Fraser Coast, Charleville, St George and Goondiwindi.***

- **Seminars:** *Seminars held annually. Seminars have been held in Brisbane, Townsville Toowoomba, Nambour and Ipswich, Roma, Barcaldine, Emerald, St George, Mt Isa, Biloela, Charleville, Kingaroy, Goondiwindi, Blackall, Miles, Hervey Bay, Longreach, Rockhampton, Warwick, Barcaldine and Mackay*

- **Newsletter:** *Produced twice yearly and sent to members and supporters*

- **Support:** *Offering support to women in isolated rural communities through the Rural Breast and Prostate Cancer Care Nurses.*

- **Subsidies**
• **Patient Assistance** *We subsidise travelling expenses for rural nurses to attend seminars and conferences on breast and prostate cancer. Through breast & prostate cancer care nurses and sub-committees, patients experiencing financial difficulties can apply for patient assistance grants for general and accommodation assistance*

- **Resource Directory:** *Lists relevant breast and prostate cancer services in Queensland.*

1. General Information about Breast Cancer and Surgery

See also section 5.2 'Internet sites'

Cancer Council Queensland PH: 13 11 20

The Cancer Council Queensland has a telephone support service that is available from 9am-5pm Monday to Friday. You can phone for the suggested resources listed below.

553 Gregory Terrace
FORTITUDE VALLEY QLD 4006
Ph: 13 11 20
Ph: (07) 3634 5100

Also regional offices:

Cairns Ph: (07) 4047 5500
169 Aumuller St, Bungalow Qld 4870
Mackay Ph: (07) 4842 2000
97 Victoria St, Mackay Qld 4740
Sunshine Coast Ph: (07) 5451 6000
Big Top Shopping Centre, Duporth Street, Maroochydore 4558
Townsville Ph: (07) 4796 8400
24 Warburton St, North Ward Qld 4810
Bundaburg Ph: (07) 4150 4500
Ground Floor, 312 Bourbong St, Bundaburg West Q 4670
Gold Coast Ph: (07) 5503 3700
Cnr Short St & Marine Parade, Southport Qld 4215
Rockhampton Ph: (07) 4932 8600
43 Upper Dawson Rd, Rockhampton Q 4700
Toowoomba Ph: (07) 4690 5800
52 High St, Rangeville, Toowoomba Qld 4350

www.cancerqld.org.au
helpline@cancerqld.org.au
info@cancerqld.org.au

See Cancer Council Queensland for available resources and health information services.

Cancer Australia (Australian Government service)

Level 14, 300 Elizabeth St, Surry Hills NSW 2012
Locked Bag 3, Strawberry Hills NSW 2010
Ph: (02) 9357 9400
Toll Free: 1800 624 973
Web: www.canceraustralia.gov.au

See Cancer Australia's website for available resources and health information services.

Women's Health Queensland

Level 1, 337 Water Street, Fortitude Valley QLD 4006
PO Box 195, Fortitude Valley Qld 4006
Health Information lines: (07) 3216 0376
Outside Brisbane Freecall: 1800 017 676
Email: health@womenshealth.org.au Web: www.womenshealth.org.au
Provides' women's health information, counselling, midwives, violence recovery.

Westmead Breast Cancer Institute

Westmead Hospital – Level 1, Block F, Hawkesbury & Darcy Roads
Westmead NSW 2145
Breast Cancer Clinic PH: 02 8890 8888
BreastNet: www.bci.org.au

Supported and funded by NSW Health. Involved in research, education, screening and treatment.

Logan Women's Health & Wellbeing Centre and Centre for Women

29 City Road
BEENLEIGH QLD 4118
Ph: (07) 3808 9233 or (07) 3050 3060
Email: LoganAdmin@centreforwomen.org.au
Website: <https://centreforwomen.org.au>

The Wesley Breast Clinic

PO Box 499
Toowong Qld 4066
Chasely Street, Sandford Jackson Bldg
AUCHENFLOWER QLD 4066
Ph: (07) 3232 7000 to make an appointment
Email: breastcl@unhealth.com.au
Web: www.unitingcareqld.com.au

A multi-disciplinary breast screening and diagnostic clinic. Will give advice or further opinion about diagnosis and management, support groups and education programs.

The Kim Walters CHOICES Program

451 Coronation Drive Auchenflower Qld 4066
Ph: Breast Care nurse: 07 3232 7068
Ph: Peer Support: 1800 227 271 Ph: (07) 3232 6548
Ph: Fundraising: 07 3232 6228
Email: choices@uhealth.com.au
Web: <http://wesley.com.au/services/the-wesley-hospital-choices-cancer-support-centre>

Choices Information Hotline

☎ Freecall nationally: 1800 227 271

An information service regarding any concerns or questions regarding breast cancer.

Breast Cancer Network Australia

293 Camberwell Road, Camberwell VIC 3124
Ph: (03) 9805 2500
Ph: 1800 500 258 (Toll Free)
Ph: 1300 785 562 (My Journey Kit) or Ph: 1300 887 340 (Hopes and Hurdles pack)
Email: contact@bcna.org.au

My Journey Kit & Hopes and Hurdles

An information resource developed by women who have had breast cancer. The kit is designed for women newly diagnosed with early breast cancer.

Web: www.bcna.org.au or Email: beacon@bcna.org.au or PH: (03) 9805 2500

2. BreastScreen Queensland Services

For appointments PH: 13 20 50

The BreastScreen Queensland Program provides free breast cancer screening and assessment services for eligible women. The target group for the program are women aged 50-69 who are most at risk of developing breast cancer.

Women aged 40-49 years and women over 70 can also attend.

☎ Tel: 13 20 50 Mon - Fri 8:00 am. to 5.00 pm. Appointments can be made online:

Website: www.health.qld.gov.au/breastscreen Email: bsqronlinesupport@health.qld.gov.au.

BreastScreen Queensland Bundaberg Service

Bundaberg Hospital Campus

273 Bourbong Street

PO Box 34, Bundaberg, Queensland, 4670

Bookings Phone: 13 20 50 or Ph: (07) 4150 2840

Satellite service available at Hervey Bay Hospital – Cnr Nissan St & Urraween Rd Pialba

BreastScreen Queensland Cairns Service

116 McLeod Street

CAIRNS, Queensland, 4870

Bookings Phone: 13 20 50 or Ph: (07) 4050 8155

BreastScreen Queensland Gold Coast Service

First Floor, 60 High Street

SOUTHPORT, Queensland, 4215

Bookings Phone: 13 20 50 or Ph: (07) 5537 0333

Satellite screening services; West Burleigh and Helensvale. Mobile Services: Beaudesert, Beenleigh, Mt Tamborine, Nerang, Robina and Palm Beach

BreastScreen Queensland Gladstone Service

Gladstone Base Hospital

Park Street, Gladstone

PH: 13 20 50

BreastScreen Queensland Ipswich Service

Ipswich Community Health Plaza

21 Bell Street, Ipswich, Queensland, 4305

Bookings Phone: 13 20 50 or Ph: (07) 3817 2530

Additional Services provided: A mobile service is available and currently visits Boonah, Esk, Goodna, Laidley, Redbank, Toogoolawah and Winston Glades.

BreastScreen Queensland Mackay Service

7-9 Wellington Street

MACKAY, Queensland, 4740

Bookings Phone: 13 20 50 or Ph: (07) 4968 3813

BreastScreen Queensland Nambour Service

Block 4, Nambour General Hospital,

Hospital Road, NAMBOUR, Queensland, 4560

PO Box 2519, NAMBOUR WEST LPO, 4560
Bookings Phone: 13 20 50 Ph: (07) 5470 5055

Permanent sites are also located at Caloundra Hospital, West Terrace Caloundra, Caboolture, Gympie, Noosaville.

Additional services provided- A relocatable (mobile) service is available and visits Noosa, Maroochydore, Gympie, Tin Can Bay, Chancellor Park, Maleny, Bribie Island, Kawana, Beerwah, Buderim, Burpengary, Coolum, Tewantin, Cooroy and Kilcoy.

BreastScreen Queensland Toowoomba Service

Level 1, Bernoth Centre
661 Ruthven Street, Toowoomba
Bookings Phone: 13 20 50 or Ph: (07) 4616 6140

Additional Services Provided: A mobile service is available and visits Stanthorpe, Inglewood, Texas, Mitchell, Injune, Roma, Tara, Taroom, Wandoan, Miles, Chinchilla, Crow's Nest, Dalby, Millmerran, Goondiwindi, Surat, St George, Mungindi, Dirranbandi, Bollon, Cunnamulla, Thargomindah, Quilpie, Augathella, Charleville, Oakey, Clifton, Gatton, Warwick, Nanango, Kingaroy.

BreastScreen Queensland Townsville Service

Domain Central
103/141 Duckworth Street, Garbutt Qld 4814
Bookings Phone: 13 20 50 Ph: (07) 4769 3300

Additional Services Provided: A mobile service is available and visits Ingham, Mt Isa, Cloncurry, Julia Creek, Richmond, Hughenden, Pentland, Charters Towers, Ayr, and Bowen. The mobile service also visits 6 urban areas in and around Townsville and Thuringowa.

BreastScreen Queensland North Brisbane Service

534 Hamilton Road, Chermside 4032
P O Box 227 Virginia BC, Virginia 4014
Bookings Phone: 13 20 50 or Ph: (07) 3350 6022

Satellite services are available at Taringa, Keperra, Kippa-ring and Brisbane City. A mobile mammography van regularly visits the Deception Bay, Banyo, Hamilton, Clayfield, New Farm, Brookfield, Samford, Strathpine, Brighton and Herston areas.

BreastScreen Queensland Brisbane Southside Service

Ground Floor
QEII Hospital, Kessels Road
COOPERS PLAINS, Queensland, 4108
P O Box 6105, Acacia Ridge, Queensland, 4110
Bookings Phone: 13 20 50 Ph: (07) 3275 6766

Satellite services are available at Redlands, Wynnum, Coorparoo, Logan Central and Inala.

BreastScreen Queensland Rockhampton Service

Rockhampton Hospital Campus
North Street, PO Box 4044, ROCKHAMPTON, Queensland, 4700
Bookings Phone: 13 20 50 Ph: (07) 4920 7200

Provides' mobile screening services to centres throughout Central and Central Western Queensland and Screening and Assessment Services in Rockhampton.

3. *Breast Care Nurses in Queensland*

Breast care nurses are available in most major hospitals plus there are many specialist community nurses in rural and regional Queensland who will be able to assist with support, appointment coordination and medical information from the time of diagnosis through treatment and recovery.

BPCAQ have previously funded the following nurses: Belinda Guerneiri in Emerald, Megan Lynch on the Fraser Coast, Cheryl Hawkins in Charleville, Chris Alick and Wendy Puiselli in Rockhampton, Lana Russell in St George, Toni Jakins in Goondiwindi, Joann Oughton in Emerald,

The McGrath Foundation fund many of the Qld Health breast care nurses throughout Queensland. A full list of the current McGrath funded nurses can be found on their website:

www.mcgrathfoundation.com.au.

Brisbane

Royal Brisbane and Women's Hospital
Centre for Breast Health
Butterfield Street, Herston Qld 4029
Contact: Gillian Thorley
Ph: 3636 1975 or 3636 8111 (pager 43160)

Princess Alexandra Hospital
199 Ipswich Road, Woolloongabba Qld 4102
Contact: Amanda Smith and Bindi Hill
Contact: Karen Miles (McGrath Funded nurse)
Ph: 3240 5409 or 3240 2111 (pager 069)
Contact: Melissa Gosper PH: 3176 5409 Email: Melissa.gosper@health.qld.gov.au
or Juanita Ryan PH: 3176 7602 Email: Juanita.ryan@health.qld.gov.au

Mater Adult Hospital
Raymond Terrace, South Brisbane Qld 4101
Contact: Maureen Gleeson and Carmel Gamble
Ph: 3163 8111 (pager 732)

Mater Private Breast Care Unit
Mater Private Clinic, Suite 6.03, Level 6, 550 Stanley Street, South Brisbane 4101
Contact: Sally Graham Email: sally.graham@mater.org.au
Contact: Lindy Cook Email: lindy.cook@mater.org.au
Ph: 3163 1166
Ashleigh Mondolo
PH: 0434 569 380 or 3163 1819 Email: ashleigh.mondolo@mater.org.au

QEI Hospital – Brisbane Southside
BreastScreen
Kessels Rd, Coopers Plains Qld 4108
Contact: Debra Lines
Ph: 3275 6784 Email: debra_lines@health.qld.gov.au

The Kim Walters Choices Program (Choices)

Wesley Hospital – 451 Coronation Drive Auchenflower Qld 4066
Contact: Janine Porter-Steele and Rachel Reid
Ph: (07) 3232 7064 or (07) 3232 6548

The Wesley Breast Clinic
Sandford Jackson Building
Wesley Hospital – 451 Coronation Drive Auchenflower Qld 4066
Contact: Marie Murdoch, Deb Bonney, Mary McPhee, Sue Cowie, Susan Ingelido
Ph: (07) 3232 7363 or Ph: 3232 7246 Email: TWHbreastclinicnurses@uhealth.com.au

Chermside Breast Cancer Family Clinic
BreastScreen 534 Hamilton Rd, Chermside Qld
Jennifer Koschel PH: 3350 7426 Email: Jennifer.koschel@health.qld.gov.au

St Vincents Hospital
Contact: Sonia Dann
PH: 0438 115 303 Email: bcnurse@svha.org.au

Holy Spirit Northside Private Hospital
627 Rode Road, Chermside
Contact: Carmel Gamble
PH: 0428 437 284 Email: carmel.gamble@hsn.org.au

St Andrews War Memorial Hospital
457 Wickham Terrace Spring Hill
Contact: Natasha Keir
PH: 0428 197 923 or 3834 4444
Janette Snowden
PH: 0428 635 132 or 3232 7805 Email: janette.snowden@uhealth.com.au

Greenslopes Private Hospital
99 Newdegate Street, Greenslopes Qld 4120
Contact: Kerri Phillips-Smith
PH: 0428 560 557 or 3394 7111 Email: breastcarenurse.gph@ramsayhealth.com.au

Barcaldine

Primary Health Care Centre
PO Box 190 Balrcaldine, Qld 4725
Contact: Anouk Jaaniste Email: Anouk.Jaaniste@health.qld.gov.au or
Irene Scott – Palliative Care/Cancer Care Coordinator
Ph: 4650 4082 Email: irene.scott@health.qld.gov.au

Blackall

Blackall Hospital
Hospital Road, Blackall Qld 4472
Contact:
Ph: 4650 7700 or 4650 7760

Bundaberg

Bundaberg Hospital
312 Bourbong St, Bundaberg Qld 4670
Contact: Margie Mears and Nancy Scott
Ph: 4150 2812 or 4150 2979

Email: Margaret.Mears@health.qld.gov.au or Nancy.Scott@health.qld.gov.au

Cairns

BreastScreen Qld Cairns Service
193-197 Lake Street, Cairns 4870
Contact: Sandra Gregg and Heather Rogers
Ph: 4050 8155 Email: heather_rogers@health.qld.gov.au

Benedicte Houfflain
116 McLeod Street, Cairns Qld 4870
Contact: PH: 0429 550 017 or 4226 5308 Email: benedicte.houfflain@health.qld.gov.au
Rikki Hopkins
Contact: PH: 0427 903 646 or 4226 3946 Email: Rikki.hopkins@health.qld.gov.au

Charleville

Mobile Women's Health Service,
South West Hospital & Health Service Western Sector
Ph: 4656 8109

Dalby

Dalby Hospital,
Hospital Road, Dalby Qld 4405
Contact: Dalby Community Health
Contact: Suzanne Fawkes
Ph: 4672 4000 or Mobile: 0429 120 889
suzanne.fawkes@health.qld.gov.au

Emerald

Emerald Community Health
Emerald Hospital, Hospital Road, Emerald Qld 4720
Contact: Carolanne Boland
Ph: 4983 9700 Email: carolanne.boland@health.qld.gov.au
Wednesday's

Gladstone

Gladstone Hospital
Park Street, Gladstone
Contact: Gaylene Weir
PH: 4976 3200 or 4976 3129 Email: McGrath_BCN_Gladstone@health.qld.gov.au

Sally Haley
McGrath Breast Care Nurse - Clinical Nurse Consultant - Gladstone
Mon – Weds
Ph: 07 49763129 Mobile: 0447 769 811
Email: sally.haley@health.qld.gov.au

Gold Coast

Gold Coast Hospital
108 Nerang St, Southport Qld 4215

Contact: Kathy Devantier
Ph: 5519 8211

Goondiwindi

Goondiwindi Hospital
4-18 Bowen Street, Goondiwindi Qld 4390
Contact: Antonia Jakins
Ph: 0400 198 937 PH: 07 4578 2440 Email: antonia.jakins@health.qld.gov.au
Tuesdays and every second Thursdays

Gayndah

Gayndah Hospital
69 Wharton St, Gayndah Qld
Contact Ph: 4161 3571

Greenslopes

Greenslopes Private Hospital PH: 3394 7111
99 Newdegate Street Greenslopes Qld 4120
Contact: Kerri Phillips-Smith
Ph: (07) 3394 7111 or 0428 560 557
Email: breastcarenurse.gph@ramsay.health.com.au

Gympie

Gympie Hospital,
Henry Street Gympie Qld 4570
Contact: Sharon Shelford
Ph: 5489 8456 or Ph: 0407 573 593 Email: Sharon.shelford@health.qld.gov.au

Hervey Bay

Allied Health Cancer Centre Care Team
Hervey Bay Hospital
Contact: Megan Lynch
Ph: 4325 6695 Email: megan.lynch@health.qld.gov.au

Ipswich

BreastScreen Qld Ipswich Service
21 Bell Street, Ipswich
Contact: Karen Miles
PH: 3817 2530 or 0418 731 561 Email: karen1.miles@health.qld.gov.au
Contact: Tamara Tomasev
Ph: 0400 956 971 Email: Tamara.tomasev@health.qld.gov.au

Kingaroy

Kingaroy Hospital
166 Youngman Street
KINGAROY QLD 4610
Contact: Sue Cox
Ph: 4162 9800 Email: Sue.Cox@health.qld.gov.au

Mackay

Mackay District Health Care Service, Cancer Services
Mackay Base Hospital, 475 Bridge Road, Mackay Qld 4741
Contact: Liz Drefke
Email: liz.drefke@health.qld.gov.au
Karen Linich
PH: 4885 5081 or 0427 768 248 Email: MKYBCN@health.qld.gov.au
Or 07 4885 7708 Mobile: 0427 768 248

Maroochydore

Cathy Apelt- Mc Grath Foundation BC Nurse
PH: 5479 0000 Email: cathy.apelt@schoc.com

Mount Isa

Mount Isa Hospital
30 Camoolweal St, Mt Isa Qld
Nicole Williams
Ph: 4744 7924 or 0429 772 639 Email: Nicole.Williams6@health.qld.gov.au

Murgon

Choices/BlueCare
Contact: Sue Davidson
Ph: (07) 4168 1240

Nambour

Nambour Hospital
Hospital Road, Nambour Qld 4560
Contact: Cecelia Preston Email: Cecelia.preston@health.qld.gov.au
Contact: Cathy Apelt Email: cathy.apelt@health.qld.gov.au
Ph: 5470 6542
Conact: Leonnie Deighton Email: leonnie.deighton@health.qld.gov.au
Contact: Elizabeth Statham email: Elizabeth.stantham@health.qld.gov.au
Ph: 5470 5044

BreastScreen Qld

Annette Mackney
PH: 5470 5042 Email: Annette.mackney@health.qld.gov.au
Sharon Stewart
PH: 5470 5042 Email: Sharon.Stewart@health.qld.gov.au

Robina

Robina Hospital
2 Bayberry Lane, Robina Qld
Glenda Mills, Kathryn Devantier, Susan Black
PH: 5668 6000
Email: Glenda.Mills@health.qld.gov.au, Kathryn.Devantier@health.qld.gov.au

Rockhampton

Rockhampton Hospital, Sandrock House
Canning Street, Rockhampton Qld 4700

Donna Wellington Email: Donna.Wellington@health.qld.gov.au
Ph: 4920 5562

Breast Care Nurse
Cancer Care Services
New Ward Block, Canning Street, Rockhampton 4700
Central Queensland Hospital and Health Service
Contact: Bromwyn Dalton
PH: 07 49325443 Mobile: 0418781468
Email: Bromwyn.Dalton@health.qld.gov.au

Choices/BlueCare
Contact: Kelli Partridge
Ph: (07) 4622 1434

Roma Hospital
197-234 McDowall St, Roma Qld 4455
Contact: Liz Bowman
PH: 4624 2798 Email: Elizabeth.bowman2@health.qld.gov.au

St George

Lana Russell
St George Hospital
PH: 0409 805 631 Email: Lana.Russell@health.qld.gov.au

Southport

Premion Place Breast Care Centre
Corner Queen St & High Street, Southport Qld
Jennifer De Viana
PH: 5532 3455 Email: info@breastcare.com.au

Toowoomba

Toowoomba Hospital
Pechey Street, Toowoomba 4350
Contact: Marion Strong
Ph: 4616 6194
Email: marion_strong@health.qld.gov.au

St Andrew's Toowoomba Hospital
280 North St, Toowoomba Qld 4350
Contact: Gaye Foote Ph: 4631 4626 Email: footg@sath.org.au
Contact: Susie Smith

St Vincents Hospital
Scott Street, Toowoomba Qld 4350
Contact: Bronwyn King
Ph: 4690 4183
Email: bcnurse@stvincents.org.au

Townsville

Townsville Hospital
The Townsville Cancer Centre
100 Angus Smith Drive, Douglas Qld 4814
Contact: Kathy Jones
Ph: 4433 3341 Email: Kathy_jones@health.qld.gov.au
Tania Bernhardt
Email: tania.bernhardt@health.qld.gov.au
Claire Smith
Email: Claire.smith@health.qld.gov.au
Karen Groves
PH: 4796 3341 Email: Karen.groves@health.qld.gov.au

Warwick

Warwick Hospital
56 Locke Street, Warwick Qld 4370
Contact: Ashlee Stirling
Breast Care Nurse Southern Cluster
PH 07 4660 3548 or 0408 244 720 Email: ashlee.stirling@health.qld.gov.au

4. *Counselling*

Assistance in coping with the emotional stresses of breast cancer can be helpful. Discuss counselling with your doctor and or breast care nurse who can refer you to a psychologist or medical specialist if appropriate.

The Wesley Breast Clinic PH: 1800 227 271

Chasely St, Sandford Jackson Building
Auchenflower Qld 4066
Ph: (07) 3232 7064 or 1800 227 271
Peer Support: PH: (07) 3232 7596

Breast Cancer Counselling Service

Cost: consultation fee (a significant part of the fee is refundable through private health funds). For women and their families. Consultation with a registered psychologist with special interest in breast cancer. Counselling may be short or long term. Telephone peer support also available.

Cancer Council Queensland PH: 13 11 20

553 Gregory Terrace
Fortitude Valley Qld 4006
Ph: (07) 3258 2200

Breast Cancer Support Service

Cost: free

Trained volunteers (not counsellors) who have had breast cancer will visit in hospital or at home. Provides practical and emotional support, and a resource kit. Pre-operative contact can be arranged. State wide service.

Cancer Counselling Service

Cost: free, available for patients, family and carers. Telephone counselling service or face-to-face with a registered psychologist trained to assist those dealing with the effects of cancer.

Advanced Breast Cancer Support Group

Mrs Mary O'Brien or Ms Pia Hirsch
First Floor, 205 Boundary St, West End Qld 4101
Ph: (07) 3217 2998 Email: thegroup@abcq.org.au
Web: www.abcq.org.au

A weekly professionally led group is offered both face to face and by telephone to enable women throughout Qld to participate. Support for partners and family is offered through twice yearly workshops. This service is funded by Queensland Health. Free DVD resources include: *You're not alone: living with secondary breast cancer*; *Walking Beside Her: A partner's journey with secondary breast cancer*; *Ask a Radiation Oncologist: Common questions about radiotherapy in the treatment of cancer*; and *Post Pink: living with advanced breast cancer* (available in DVD, USB formats and from the website at www.abcq.org.au/postpinkmovie)

Brisbane: Royal Brisbane Hospital

Clinic for people with high risk of breast cancer; services include testing and counselling for patients who have strong predisposition for breast cancer including hereditary indicators.

PH:

Mt Isa Base Hospital

Social Worker

P O Box 27, Mt Isa Qld 4825

Ph: (07) 4744 4499 Fax: (07) 4749 1775

Centacare

PO Box 819, 10 Bolsover Street

Rockhampton Qld 4700

Ph: (07) 4927 1700 Fax: (07) 4927 9209

5. *Additional treatment*

5.1 Radiotherapy

Always speak to your oncologist, doctor and breast care nurse if you have any concerns about your radiation or chemotherapy treatment first.

Cancer Council Queensland PH: 13 11 20

553 Gregory Terrace

Fortitude Valley Qld 4006


Ph: (07) 3258 2200

Understanding Radiation Therapy

 (booklet, 32 pages)

Cost: free. By the Cancer Council Queensland. Explains radiotherapy and what to expect; self-care suggestions; has a glossary of common terms.

Understanding Radiation Therapy

 (video, 17 minutes)

Cost: on loan (available free to oncology professionals)

By the Cancer Council Queensland; complements booklet. Includes interviews with health professionals and patients.

Wesley Cancer Care Centre


Premion First In Cancer Care

Wesley Medical Centre

Chasely St, Auchenflower Qld 4066

Ph: (07) 3870 4366

You and Radiotherapy

 (booklet, 12 pages, + 'breast' information card)

Cost: free. Briefly explains treatment, review, skin care, side effects and follow-up.

5.2 Chemotherapy and hormone therapy

Cancer Council Queensland PH: 13 11 20

553 Gregory Terrace

Fortitude Valley Qld 4006


Tel: (07) 3258 2200
Cancer information network: 1300 361 366

Understanding Chemotherapy

 (booklet, 24 pages)

Cost: free. By the Cancer Council Queensland. Explains therapy, common side effects and self-care advice. Includes appendix of medical terms.

Understanding Chemotherapy

 (video, 15 minutes)

Cost: on loan (free to health workers)

By the Cancer Council Queensland; complements booklet. Includes interviews with health professionals and patients.

Living with Cancer

 (booklet, 28 pages)

Cost: free. By the Cancer Foundation of Western Australia. Chemotherapy and hormone therapy listed in table format: how they are given, and possible side effects.

Tamoxifen

(information sheet)

Cost: free. Information about taking tamoxifen, how it works, benefits, and side effects.

6 *Continued Care*

6.1 Breast reconstruction

(see also section 7.3 'Breast Prostheses and lingerie')

Speak to your surgeon, GP and breast care nurse about the options available for reconstruction and if it is right for you.

Cancer Council Queensland **PH: 13 11 20**
553 Gregory Terrace
Fortitude Valley Qld 4006
Tel: (07) 3258 2200
Cancer information Network: 1300 361 366

Breast Reconstruction

📖 (booklet, 28 pages, by Cancer Council Queensland)

Cost: free. Explains advantages and disadvantages of reconstructive surgery. Before, in-between, and after photos show different types of procedures.

Breast Reconstruction : Is it for Me?

📺 Video or DVD by Cancer Council Queensland)

Free to loan for 2 weeks

Breast Cancer Support Service **PH: 13 11 20**

Cost: free. Trained volunteers who have had breast reconstruction are available to discuss their experiences.

The Kim Walters Choices Program (Choices)

PH: 1800 227 271

Wesley Hospital
451 Coronation Dr
Auchenflower Qld 4066
Tel: (07) 3232 7064 (Breast Care Nurse) or 3232 7596 (Peer Support)

All programs offered by Choices are free and are available to anyone irrespective of where surgery and treatment has been undertaken.

The Choices Library is accessible to all who access Choices. Books, Videotapes, and DVD's can be borrowed or used at the Choices Rooms. The books have been carefully chosen for reliability and accuracy and relate to breast cancer issues, its diagnosis, treatment and ongoing recovery.

Breast Reconstruction: Your Decision

📺 (video, 20 minutes)

Cost: on loan, free

Women discuss the issues, questions and concerns they had about reconstruction, and their result after surgery. General information about different methods of reconstruction, hospitalisation and cost.

Breast implant information nights

Cost: free

For women who have any concerns about their existing implants. Held regularly. Phone the Wesley Breast Clinic to register your interest.

Therapeutic Goods Administration

PO Box 100

Woden Act 2606

Tel: 1800 020 653 Email: info@tga.gov.au

Breast Implant Information Booklet

 (29 pages, by Commonwealth Department of Health and Family Services)

Cost: free

Information about implants, surgery, and complications that may arise. Includes Australian Government regulations, and answers to common questions. Electronic copy of booklet can be viewed and downloaded from: <http://www.health.gov.au/tga>

6.2 Lymphoedema

Cancer Council Queensland PH: 13 11 20


553 Gregory Terrace

Fortitude Valley Qld 4006

Ph: (07) 3258 2200

Cancer Information Network: 1300 361 366

Lymphoedema Treatment Facilities and Resources Directory

 (booklet, 65 pages) Compiled by Lymphoedema Association of Qld. Printed and distributed by Cancer Council Queensland. Directory to Lymphoedema Services and Support in Queensland and Northern NSW.

Cost: free

Guide to treatment programs, and other resources in Queensland.

Hematology & Oncology Clinics of Australasia

The Mater Private Centre for Haematology and Oncology Lymphoedema Clinic

Level 5, Mater Private Clinic

293 Vulture Street

South Brisbane Qld 4101

Ph: (07) 3737 4500

Fax: (07) 3737 4701

Email: info@hoca.com.au

Clinics also at Mater, Wesley, Chermside and Gold Coast.

Services: assessment, prevention and early intervention, intensive treatment and maintenance programs

Mater Cancer Care Centre

Duncombe Building Level 2

Raymond Terrace, South Brisbane Qld 4101

Phone **07 3163 5200** / Fax **07 3163 5250**

Email info.mccc@mater.org.au

Mater Cancer Care Centre Springfield

30 Healthcare Drive
Springfield Central Qld 4300
Phone **07 3098 5410** / Fax: **07 3098 3940**
Email mccc.springfield@mater.org.au

Mater Private Hospital Redland

Mater Medical Centre
Weippin Street
Cleveland Qld 4163
Phone **07 3163 7444**
Email mphradmissions@mater.org.au

Lymphoedema Association of Queensland

PO Box 3068
Bracken Ridge Qld 4051
Ph/Fax: (07) 3269 1498 Ph: 0403 782 795
Email: info@lymphqld.org Web: www.lymphqld.org
Resource Directory available.

Regional Support Groups

Brisbane: Co-ordinator Nerida Smith Ph: 0403 782 795. See website for dates of meetings, Library Meeting Room, 1st Floor, Toowong Village Shopping Centre or June (07) 3865 1195

Bundaberg: Co-ordinator, Olga (07) 4152 8507. Meets Bi-Monthly, 3rd Monday at 10am. Recreation Room, Mater Hospital (from Hope St) Bundaberg

Maryborough/Hervey Bay/Pialba – Rachel Tassotti or Hayley St Ledger at Maryborough Hospital PH: (07) 4325 6300

Sunshine Coast: Margaret Ph: (07)5492 4437. Meets socially in Maroochydore

Toowoomba: QCF PH: 13 11 20 or Alyce PH: 4690 5900 if you wish to be informed of upcoming educational activities with others on a regular basis.

Townsville: Contact Libby Ph: 0439 745 716 Email: libby.timmins@westnet.com.au – No formal meetings, occasional get togethers organised, phone for more information.

Cancer Australia

Ph: 1800 624 973

Information about breast and ovarian cancer and lymphoedema on website: www.nbocc.org.au

Australasian Lymphology Association Ph: 03 9895 4486

Information on website: www.lymphology.asn.au Email: admin@lymphology.asn.au

Rockhampton Base Hospital

Occupational Therapy Department
Canning Street
ROCKHAMPTON, QLD 4700
Ph: (07) 4920 6269

Public and private patients accepted for Lymphoedema treatment. Medical referral required.
Contact: Struan Ferguson Occupational Therapist

Oz Care Clontarf Community Services

153 King Street
CLONTARF QLD 4019
Ph: (07) 3480 4404

Oz Care Nursing North Lakes

5 Endeavour Blvd, North Lakes
PH: (07) 3482 1800

Di Williams is a registered nurses trained in Lymphoedema management. Service provided in your home or at their rooms. Available from Pine Rivers, Caboolture, Redcliffe. Referral by hospital or GP.

Blue Nursing Service Cairns

15 Short St
RED LYNCH Q 4870
Cairns Ph: (07) 4039 9177

Lymphoedema management available by doctor's referral. Donation towards costs appreciated

Blue care Nurses Mt Isa

PO Box 2535
MT ISA QLD 4825
Ph: (07) 4743 2041

Townsville General Hospital

Physiotherapy Department
PO Box 670
TOWNSVILLE, QLD 4810
Physiotherapy Department
Ph: (07) 4796 2370

Services Provided - Lymphoedema Treatment

Mater Hospital Bundaberg

Lymphoedema Clinic
313 Bourbong Street
PO Box 715
BUNDABERG, QLD4670
Ph: Helen Skippen (07) 4153 9404

Services Provided: Post-operative treatment and prevention and self-management advice.
Private patients only.

The Bundaberg Lymphoedema Support Group

3a Avoca Street
Bundaberg Qld 4670
Hope Street, BUNDABERG, QLD 4670
Ph: Olga Beath (07) 4152 8507

Meetings held at Mater Hospital Meeting Room, Hope Street. Offering support and advice for post-operative patients. Meets every second month on the third Monday of the month.

6.3 Genetic Counselling

In a very small number of cases, breast cancer runs in families. Women with these genes are likely to have at least two or three close relatives affected (either mother, sister or daughter). If you are concerned about a family history of breast cancer, talk to your doctor who will refer you for genetic counselling if it is appropriate.

6.4 Alternative Therapies

(see also section 6.2 'Diet', 3.2 Qld medication help line')

Some women use alternative therapies in conjunction with, or instead of conventional medicine. Unlike scientifically based treatment, many of these methods have not been tested in clinical trials to establish their benefits and risks. Always seek as much information as possible about unproven remedies and advise your doctor of all therapies you are pursuing.

Australasian College of Nutritional and Environmental Medicine Inc.

10/23-25 Melrose Street,
Sandringham Victoria, 3191
PO Box 298, Sandringham Vic 3191
Ph: (03) 9597 0363
Email: mail@acnem.org

Provides post-graduate training in nutrition to medical doctors and will refer you to a practitioner in your area; book sales.

Cancer Council Queensland Ph: 13 11 20

553 Gregory Terrace
Fortitude Valley Qld 4006
Ph: (07) 3258 2200
Cancer Information Network: 1300 361 366

Unproven Remedies

📖 (booklet, 28 pages, by the Anti-Cancer Council of Victoria)
Cost: free. Question and answer format.

6.5 Respite care and home symptom relief

Community Health Nurse

Transitional Care Programme
Adult Health Services (Hospital liaison)
Health Plaza
Bell Street, Ipswich, Qld 4305
Ph: (07) 3817 2367

Services provided: Plan for care and identification of services required when released from hospital after surgery. Should be discussed with the nurses when in hospital.

St Vincent's Community Nursing Service

Fortitude Valley Ph: (07) 3246 2770
Clontarf Ph: (07) 3480 4400

St Vincent's Hospital Mt Olivet Hospice Home Care Unit

411 Main Street
Kangaroo Point Qld 4169
Ph: (07) 3240 1111

Caritas

35 Cambridge St
Red Hill Qld 4059
Ph: (07) 3355 8151

Respite and home palliative care. Hospice doctor available for consultation if requested by your general practitioner.

Karuna Hospice Service Ltd

27 Cartwright St,
PO Box 2020
Windsor Qld 4030
Ph: (07) 3632 8300

Sally Dudgeon, Project Manager

6 Summer St, Deception Bay 4508

Ph: (07) 3293 1655 or 1800 772 273

Volunteer respite care. Palliative care by hospice nurses in consultation with your general practitioner.

Mater Day Respite Centre

Potter Building
Level 1, 39 Annerley Rd, South Brisbane, Qld 4101
Ph: (07) 3163 8692
Mon-Fri 8.00am to 5:00pm

Cittamani Hospice Service

230 Woombye Palmwoods Road
PO Box 327
Palmwood Qld 4555
Ph: (07) 5445 0822

Sunshine Coast in-home service. Symptom control by nurses in consultation with your general practitioner.

Commonwealth Respite & Carelink Centre, Brisbane North

10 Walkers Way
Nundah Qld 4012
PO Box 1374
Toombul Qld 4012
Ph: (07) 3256 8033 or 1800 059 059 Australia Wide

6.6 Palliative Care

Enquire with your cancer care provider or at your local hospital for available palliative care options.

Brisbane

St Vincents Hospital Mt Olivet
411 Main Street, Kangaroo Point Qld 4102
Ph: (07) 3240 1111

Wesley Hospital
Chasely Street, Auchenflower Qld 4066
PH: 1800 227 271

Redcliffe Hospital
Anzac Ave, Redcliffe Qld

Holy Spirit North Side
627 Rode Road, Chermside Qld

Cairns Nursing Agency

42 Grafton St
Cairns Qld 4870
Ph: (07) 4031 0377

A private service with registered and enrolled nurses, and home carers.

Hospice Movement of Bundaberg Inc.

Bluecare Bundaberg
341 Bourbong St
Bundaberg Qld 4670
Ph: (07) 4131 8777

Palliative care advice. Assistance and support for carers.

Ipswich Hospice Care Inc.

37 Chermside Road
Eastern Heights Qld 4305
Ph: (07) 3812 0063

Focus on palliative care and family support.

Palliative Care Unit

Mackay Mater Misericordias Hospital
St Catherine's Ward
PO Box 214
MACKAY, QLD 4740
Ph: (07) 4965 5666

Mt Isa District Palliative Care Service

c/ Mt Isa Base Hospital
30 Camooweal Street, MOUNT ISA CITY, QLD, 4825
Ph: (07) 4744 4479 Mon-Fri 8am-5pm

Provides chemotherapy, Blue Nurses home service, counselling. Support available for home and hospital care throughout Central Western Queensland.

Karuna Hospice Service Ltd

27 Cartwright St, PO Box 2020, Windsor Qld 4030

Ph: (07) 3632 8300 or Email: karuna@karuna.org.au

Palliative care by hospice nurses in consultation with your general practitioner.

7. *SUPPORT*

7.1 Education Programs and support programs

YWCA 'Encore' Program

147 Wharf St

Brisbane Qld 4000

Ph: (07) 1800 305 150 (Free call on fixed landlines) or for calls from mobiles please use 0449 904 011 or (02)92856264

Email: encore@ywca.org.au Visit Website for locations: www.ywcaencore.org.au

Free Service. Program of gentle floor and pool exercises designed especially for women who have had breast cancer surgery at any point in their lives. Session also includes time for discussion and presentation for external speakers are also included. Program co-ordinated by physiotherapist.

'More Choices'

The Kim Walters Choices Program (Choices)

Wesley Hospital

451 Coronation Drive

Auchenflower Qld 4066

Ph: 1800 227 271 or Clinical Nurse: Ph: 07 3232 7064 Mobile: 0417 622 652

Peer Support: 07 3232 7596

Email: choices@uhealth.com.au Website: <http://wesley.com.au/services/the-wesley-hospital-choices-cancer-support-centre/contact-us>

Cost: free. Support service of the Kim Walters Choices Programs. Weekly and monthly events, families and friends welcome. A social meeting group with monthly educational speakers and specialised support services (e.g. younger women; partners group; women with advanced disease). Access to individual psychological counselling, and the STRETCH post-operative exercise and support program.

See website for up to date meeting times and locations:

Choices Younger Women's Group – Group meets 1st Tuesday of each month at 6:30pm

Choices Support Group – mixed group, facilitated by a specialist counsellor. Group meets weekly for eight weekly sessions and is available to any woman at any stage of her journey.

Sisters after Stretch – arts and craft social group – Meet 4th Tuesday of each month.

Choices for Women with Secondary Breast Cancer – Group meets monthly. Offers supportive care and resources, individualised exercise programs including hydrotherapy pool supervised by physiotherapists.

7.2 Support groups and Services

Please note that many of the support contacts listed below are not trained counsellors and may be providing peer and social group support only. Please contact your breast care nurse for your nearest support group or call the Cancer Council Queensland for accredited support groups. All questions relating to your health and well-being should be directed to your medical health professionals who are qualified to give you the best advice and/or refer to you to trained counsellors.

Cancer Council Queensland PH: 13 11 20

To find out your nearest support group phone the Cancer Council Queensland Telephone information and support Helpline PH: 13 11 20.

Web: www.cancerqld.org.au

Cancer Council Qld has outlets

Brisbane Ph: 13 11 20 or (07) 3635 5100

Bundaberg Ph: 4150 4500

Cairns Ph: (07) 4047 5500

Gold Coast Ph: (07) 5503 3700

Mackay Ph: 4842 2000

Rockhampton Ph: 4932 8600

Sunshine Coast Ph: 5451 6000

Toowoomba Ph: 4690 5800

Townsville Ph: 4796 8400

Women's Health Queensland

Health Information & Counselling PH: 1800 017 676

General Enquiries: PH: (07) 3216 0976

Email: health@womenshealth.org.au

Website: www.womenshealth.org.au

Women's health information service, counsellors, midwives and domestic violence counselling and information.

Centacare

Provider of a broad range of community and pastoral services including counselling and chaplaincy services and domestic violence help – Catholic Support Services:

PH: 1300 236 822 (07) 3324 3100 Email: centacare@bne.catholic.net.au

Website: <https://centacarebrisbane.net.au/>

Level 1, 229 Elizabeth St, Brisbane Qld 4000

Frontier Services

Provides health, community and children's services. Remote Family Care Service provides short term in-home childcare for families who do not have access to mainstream childcare services

PH: 1300 787 247 Email: enquiries@frontierservices.org

Web: <https://frontierservices.org/>

Kids Help Line

Confidential telephone counselling for 5-25 year old's 24hrs 7 days
PH: 1800 551 800 Website: <https://kidshelpline.com.au/>

Lifeline

24 hour crisis counselling and suicide prevention help
PH: 13 11 14 Website: <https://www.lifeline.org.au/>

Look Good Feel Better

National
Ph: 1800 650 960 Web: www.lgfb.org.au

QCWA Accommodation

Low cost accommodation in Brisbane and at many centres in Queensland, available to all.
PH: (07) 3026 1219 Email: stateoffice@qcwa.org.au

The Bush Connection Advice

Information, referrals, on going support for rural and remote families
PH: 0409 681 897 Pam Bryce

National Council of Women of Queensland Inc

Help when coming to Brisbane for medical or family matters, also advocates for immigrants.
Ph: (07) 3846 4418 Email: president@ncwq.org.au
Web: www.ncwq.org.au

Hereditary Breast and Ovarian Cancer Support Group

Ph: 0421 056 741 (Loryn Einstein) Email: HBOCsupport@aol.com
PO Box 8, Geebung Qld 4034

Breast Cancer Network Australia – www.bcna.org.au has information on their website about Hereditary Breast & Ovarian Cancer

Aitkenvale - North Qld Combined Women's Services Inc. (Women's Centre)

50-52 Patrick Street
Aitkenvale, Townsville Qld 4814
Ph: (07) 4775 7555
Fax: (07) 4779 2959

Email: nqcws@thewomenscentre.org.au Web: www.thewomenscentre.org.au

Monday to Friday, open from 9:00 am – 4:45 pm, Thursdays - open from 9:00 am – 12.45 pm.
24 hour support line – 1800 675 501 (free call)

Alexandra Hills – Redlands Breast Cancer Support Group

Ph: 0437 729 188 (Wendy King)

Meets 1st Friday of each month at the CWA Hall Cleveland – Cnr Waterloo & Shore St Cleveland.

Ayr

Ayr/Home Hill Breast Cancer Support Group (NQ)
Meetings last Thursday of each month - 22 Moss St Ayr 4807

Ph: (07) 4783 1950 Shirley Gilmore

Beaudesert Breast Cancer Support Group

Beaudesert and Boonah Breast Cancer Support Group

Ph: (07) 5544 3132 Joan Moloney - 11183 Mt Lindsay Hwy, Rathdowney Qld 4287

Ph: (07) 5541 2035 Irene May - 186 Brooklands Dr Beaudesert Qld 4287

Meets every 3rd Monday of each month at various venues.

Biloela

Mrs Kaye Crerar – Ph: 0427 677 940 or (07) 4992 3330

Survivor and trained counsellor

Biggenden Bosom Buddies

Community Health

Ph: 4127 6400 Contact: Lyn Heaton

Bribie Island Cancer Support Group

Last Monday of each month – connected to Dragons Abreast Bribie Island

Ph: (07) 3410 0303 Contact: Marie Bell

Ph: (07) 3408 8824 Contact: Dawn Worley

Ph: (07) 3408 1567 Contact: Lorraine Martin

Brisbane Advanced Breast Cancer Support Group

First Floor, 205 Boundary Street, West End Qld 4101

PH: 3217 2998 Email: thegroup@abcbg.org.au

Web: www.abcbg.org.au

Moderated online forum): www.bcaus.org.au

Mary O'Brien or Pia Hirsch

Weekly professionally led group offered Face to Face and by telephone throughout Queensland.

Brisbane – Kim Walters Choices Program – Support Groups

The Wesley Hospital, Choices Room. Variety of groups for various stages.

Ph: 1800 227 271

Ph: (07) 3232 7596 Peer Support

Brisbane Metro North BC Support Group (Chermside)

Ph: (07) 3049 1411

Contact: Nadja Ibrahim Email: nadja_ibraham@health.qld.gov.au

3rd Wednesday each month at Chermside Library Hamilton Rd Chermside.

Brisbane South 'Taking Control'

Leukaemia Foundation of Qld

ESA Village, 64 Raymond Terrace, South Brisbane Qld 4101

Ph: (07) 3840 3844 (Thursdays 6-9pm)

Contact: Support Services manager

Cost: free. Various programmes and support available.

Brisbane East - Manly West

Ph: (07) 3393 5251 Julie Siebuhr (Breast cancer survivor)

Bundaberg B'Rest Friends

1st Monday of every month
9.30-11.30am and
QCWA Rooms, Quay St, Bundaberg
Ph: Anne (07) 4151 1278
Ph: Maxine Burrage (07) 4153 1447

Caboolture Breast Cancer Support Group

Caboolture Hospital
Meet 1st Tuesday every month
Ph: (07) 3284 6274 Jurina Demaine Email: jdemaine@bigpond.com
Ph: (07) 5496 3787 Trina Fenton Email: ruspet@bigpond.com

Cairns BB Girls

Fortnightly meetings for coffee and a chat. Informal group provide support by giving each other the time to talk about experiences, concerns and frequently to have a laugh.
Various locations – usually a café
Ph: (07) 4055 0694 (Sue Mudge) or 0414 313 348 ()

Caloundra

Breast Cancer Support Circle
Free: Meeting Holy Trinity Anglican Church, Kawana Waters, every 4th Thursday 7:15pm, disabled persons access
Ph: (07) 5444 0281 (Heather Fazldeen) Email: fazah@flexinet.com.au

Chermside

Chermside Community Health Centre
Hamilton Road, Chermside Qld 4032
Ph: (07) 3636 1975 (Breast Care Nurse)
Breast Screen Brisbane North for details of support groups in the area
Ph: (07) 3350 6022
534 Hamilton Rd, Chermside Qld 4032

Metro North BC Support Group - Chermside

3rd Wednesday each month at Chermside Library (Metro North BC support group)
Ph: 3049 1411 Nadja Ibrahim Email: nadja_ibraham@health.qld.gov.au
Or contact Doreen Orchard (BreastScreen – www.breastscreen.qld.gov.au)

Coorparoo Breast Cancer Self-help Support Group Southside

Informal support group
Ph: (07) 3843 4910 Contact: Margaret Bright

Dragons Abreast Queensland

Ph: 0408 001 907 Contact : Jo Parry Email: jo.parry@bigpond.net.au
Website: www.dragonsabreast.com.au

Encore

National program: Ph: 1800 305 150 Email: encore@ywca.org.au

Gayndah

Breast Cancer Support Service
Contact: Melinda or Sylvia
Blue Care, 105 Meson St, Gayndah
Ph: (07) 4161 1787
Wide Bay Community Health
Contact: Nancy Scott Breast Care nurse
69 Warton St, Gayndah
Ph: (07) 4161 3571

Gladstone

Breast Buddies
Womens' Health Centre, 9 Derby St, Gladstone
Ph: (07) 4972 5366 (Lesley)
Ph: (07) 4979 1780 (Kim) Email: kimwarner64@yahoo.com.au

Gladstone Breast Cancer Friends Group
Women's Health Centre
PO Box 8219, South Gladstone Qld 4680
9 Derby Street, Gladstone Qld 4680
Ph: (07) 4979 1456
Fax: (07) 4979 1901
Email: info@gladstonewomenshealth.org.au

Gold Coast Cancer Self Help Group

CWA Hall
43 Ventura Road
Mermaid Beach Qld 4218
Ph: (07) 5533 5331 Contact: Rick King

Goondiwindi Cancer Support Group

PH: (07) 4676 3108 Contact: Gloria Cory
Email: gpcory1@bigpond.com

Greenslopes Cancer Care Group

Greenslopes Private Hospital PH: 3394 7111
Newdegate Street Greenslopes Qld 4120
Contact: Cancercare co-ordinator
Ph: (07) 3394 7111 Email: breastcarenurse.gph@ramsay.health.com.au

Gympie

Bosom Buddies Breast Cancer Support Group
Gympie & District Women's Health Centre
21 Alfred St, Gympie
Ph: (07) 5483 6588 (Mon, Tue, Thur & Fri) Email: gwhealth@spiderweb.com.au

Hervey Bay Breast Cancer Support Group

Community Health Centre, The Village
34 Torquay Rd, Pialba Qld 4655
Ph: (07) 4325 6695 (Megan Lynch) BPCAQ funded BC Nurse
Ph: (07) 4325 6695 (Angela Wotherspoon) McGrath funded BC Nurse

Young women & Mothers Cancer Support Group meets 6 weekly and alternates between the Hervey Bay Hospital and social venues

Ph: (07) 4125 2086 (Ellen Duncan)

Hervey Bay BC support group meets on the 2nd Tuesday of each month at 2pm.

Ipswich Breast Cancer Support Group

BreastScreen Queensland – Ipswich Service

Ipswich Health Plaza, Bell Street

PO Box 878, Ipswich Qld 4305

Ph: (07) 3817 2537

Ph: (07) 3817 2530 (Tanya Trost)

Contact: Tanya Trost Health Promotions Officer. Cost: free. Offering friendship, information and support. Phone for meeting times.

Laidley

Laidley Community Health Service

Laidley Hospital, William Street, Laidley

Ph: 5466 8170

Longreach

West n' Breast Support Group

Contact: Heather Morton Ph: (07) 4658 5312

Maureen Scott Ph: (07) 4656 3193

Helen Barrett Ph: (07) 0428 581 388

Mackay Breast Cancer Support Service

BreastScreen Queensland – Mackay Service

7-9 Wellington Street, Mackay Qld 4740

Contact Ph: (07) 4968 3813

Mackay Women's Health and Information Centre Inc

418 Shakespheare Street

PO Box 444, Mackay, Queensland, 4740

Ph: (07) 4953 1788 Email: manager@mackaywomenscentre.com.au

Web: www.mackaywomenscentre.com.au

Mackay Breast Cancer Support Group

Breast Care Nurse Mackay Margaret Stapleton PH: 4968 6936 can help coordinate support services if required.

Ph: (07) 4957 3518 (May Rolfe)

2nd Thursday of month

Manly West – Brisbane

Julie Siebuhr PH: 3393 5251

Survivor - telephone support

Maryborough Breast Cancer Support Service

Maryborough Community Health Centre

PO Box 301, 167 Neptune St, Maryborough Qld 4650

Ph: (07) 4123 5138

Ph: (07) 4122 8733

Moranbah Cancer Support Group

Moranbah Hospital
Elliott St, Moranbah Q 4744
Ph: (07) 4941 4600

Moreton Region Breast Cancer Support Group

PO Box 240, Petrie Qld 4502
Gayle Anderson Email: gayle@lawnandgardencare.com.au Ph; 0422 885 008
Meetings held in Redcliffe and Caboolture each month

Mt Isa & North West Qld Breast Cancer Support Group

Irish Club 19th Avenue, Mt Isa, 3rd Tuesday evening each month
Ph: 0401 516 110 (Kay Hardy)

Nambour and District Breast Cancer Support Group

St John's Anglican Church Hall
Ph: (07) 5441 7231 (Dawn Reed)

Noosa & District Breast Cancer Support Group

Ph: (07) 5441 7231 (Dawn Reed)
Phone support.

Pine Rivers Breast Cancer Telephone Support Service

PO Box 188
Kallangur Qld 4503
Ph: (07) 3204 4854
Ph: (07) 3886 1567 (Kay Forester)

Cost: free. Telephone support offered by experienced support group leader

Redlands Breast Cancer Support Group

Ph: 0437 729 188 (Wendy King)
Meets 1st Friday of each month at the CWA Hall Cleveland – Cnr Waterloo & Shore St
Cleveland.

Rockhampton Women's Health Centre

225 Bolsover Street
Rockhampton Queensland, 4700
Ph: (07) 4932 6585 Email: info@womenshealthrockhampton.com
Freecall statewide: 1800 017 382

Cancer Council Queensland (Rockhampton)
43 Upper Dawson Road
Rockhampton, Qld, 4700
Ph: (07) 4932 8600

Rockhampton Breast Cancer Support
Ph: (07) 4927 7088 (Cathy)

Stanthorpe

CWA Rooms Victoria Street. 1st Thursday of each month

Ph: (07) 4681 1151 (Dell Wells)

Strathpine

Contact: Lynne Dorreen PH: 0400 793 831

Meets every second Wednesday either at 10am or 5pm at the Pine Rivers Bowls Club –
Cnr Francis Rd & Sparkes Rd Lawnton

Toowoomba

Uplift Breast Cancer Support Group

St Vincent's Hospital, Scott Street, Toowoomba Qld 4350

Ph: 0438 115 303 (Ruth Glanville)

Ph: 4690 4180 (Bronwyn King)

Toowoomba Young Women's Network Group

Cancer Council Qld – Toowoomba 1st Saturday each month

Cancer Council Rooms, Herries Street Toowoomba

Ph: 4638 4799

Email: bcnurse@stvincents.org.au

Townsville

Livin' Laughin' and Lovin' It Group

1st Wednesday of each month Townsville Coffee Shop

Contact: Kelly Dean Ph: 0429 436 240

Twin Titties (Dragons Abreast Townsville Inc)

Townsville/Thuringowa

Gaye Costello PH: Email dati.coordinator@live.com.au Mobile: 0404 678 060

Tweed-Brunswick Breast Cancer Support Group

Ph: (02) 6672 0102 Lianne Johnston Group Facilitator/Co-ordinator

7.3 Rural and Remote Area Services

Advanced Breast Cancer Support Group

First Floor, 205 Boundary Street, West End Qld 4101

PH: 3217 2998 Email: thegroup@abcg.org.au

Web: www.abcg.org.au

Moderated online forum): www.bcaus.org.au

Mary O'Brien or Pia Hirsch

Queensland wide service funded by Queensland Health. Weekly professionally led group offered Face to Face and by telephone throughout Queensland.

Cancer Council Queensland PH: 13 11 20

Cancer information Network: 1300 361 366

Contact for regional details of cancer support visitors, and 'Living with Cancer' Programs; or to establish support networks in your area.

BreastScreen Queensland PH: 13 20 50

Mon-Fri 8.00am to 3.45pm

For referral to the nearest public breast screening centre that covers your district. Medical officers will be able to answer questions or refer you to relevant services.

Q DIAL PH: (07) 3224 2111

Outside Brisbane Freecall: 1800 803 788

Queensland Government information line for referral to appropriate health and practical assistance services within the state.

Country Link Freecall: 1800 026 222

Commonwealth Government information line for services throughout Australia.

NQ Combined Women's Service Inc

Contact: Amanda Watson The Women's Centre

PH: 4775 7555 Email: nqcws@thewomenscentre.org.au

Qld Bush Nursing Association Branch numbers:

Bollon: (07) 4625 6105

Cecil Plains: (07) 4668 0210

Jerricho: (07) 4651 4235

McKinlay (07) 4746 8412

North West Isolated Care – Frontier Services

PO Box 990

Royal Flying Doctor's Base

11 Barkly Highway

Mt Isa Qld 4825

Ph: 1800 179 919

Fax: (07) 4749 1523

Qld Bush Nursing Centre

BOLLON, QLD 4488

Ph: (07) 4625 6105

Fax: (07) 4625 6180

Services Provided: Primary health care, and referral to a doctor for more detailed medical examination. Trained in the teaching of Breast Self Examination.

Qld Bush Nursing Centre

CECIL PLAINS, QLD 4407

Contact: Pammie Ellem Ph: 0438 115 303 Email: bcnurse@stvincents.org.au

Ph: (07) 4668 0210

Fax: (07) 4668 0446

Services Provided: Primary health care, and referral to a doctor for more detailed medical examinations. Trained in the teaching of Breast Self Examination. General referral service for women post breast cancer surgery.

Qld Bush Nursing Centre

JERICHO, QLD 4702

Contact: Nurse Patricia Upton

Ph: (07) 4651 4235

Fax: (07) 4651 4208

Services Provided: Primary health care, and referral to a doctor for more detailed medical examinations. Trained in the teaching of Breast Self Examination. General referral service for women post breast cancer surgery.

Qld Bush Nursing Centre

MCKINLAY, QLD 4823

Ph: (07) 4746 8412

Fax: (07) 4746 8483

Services Provided: Primary health care.

Qld Bush Nursing Centre

MT SURPRISE, QLD 4871

(Operates Fridays only)

Ph: (07) 4062 3171

Services Provided: Primary health care.

North West Isolated Care - Frontier Services

PO Box 990

Royal Flying Doctor's Base

11 Barkley Highway

Mt ISA, QLD 4825

Ph: 1800 179919

Ph: (07) 4743 8362

Fax: (07) 4749 1523

Service Provided: in home care, carer respite, personal care, transport, social and emotional support, client assessment case management, minor home modifications,

Corporate Angel Network of Australia

Works in co-operation with doctors, hospitals and cancer and leukaemia support services right across Australia to organise FREE air transport between home and treatment centre for cancer and leukaemia patients, bone marrow donors and members of their immediate families or their carers.

PH: (07) 5496 8854

Email: angelnet@brisnet.org.au

7.4 Mobile Women's Health Service

Mobile Women's Health Service, Queensland Health

The Mobile Women's Health Service is a network of specially trained women's health nurses who provide a free and confidential outreach service to women in rural and remote areas. In some locations an Indigenous Woman's Health Worker works with the nurse to assist in meeting the needs of local Indigenous women.

Topics can include:

- Cervical Screening (Pap smears)
- Breast Care
- Information about menopause and hormone replacement therapy
- Osteoporosis
- Continence management
- Family planning and contraception
- Menstrual concerns

- Sexual health screening
- Puberty
- Counselling and support on women's health issues
- Information and support relating to domestic violence and sexual assault
- Healthy lifestyles including nutrition, weight and stress management
- Health Promotion and education on a range of topics

Mobile Women's Health Services are based in the following locations and travel throughout the listed Queensland Health Service Districts.

Cairns

Mobile Women's Health Service
Smithfield Community Health
PO Box 1010, Smithfield Qld 4878
Ph: (07) 4226 4812 (Dee Wallis)
HSD: Cairns/Tablelands/Innisfail

Roma

Mobile Women's Health Service
c/-Roma Hospital, 95 Ann Street
PO Box 124, Roma Qld 4455
Ph:(07) 4623 1277 (Cathy Brumpton)
HSD: Roma

Charleville

Mobile Women's Health Service
South West Public Health Unit
18 Wills Street, Charleville Qld 4470
Ph: (07) 4656 8100 (Lyn Natrass)
HSD: Charleville

Toowoomba

Mobile Women's Health Service
Unara Health Village
Pechey Street, Toowoomba 4350
Ph: (07) 4616 6809 (Kathryn Anning)
HSD: Toowoomba/Southern Downs

Central West

Mobile Women's Health Service
18 Duck Street, Longreach 4730
Ph: (07) 4658 3344 (Vivette White)
HSD: Central West

Townsville

Mobile Women's Health Service
138 Thuringowa Dr, Thuringowa Qld
Ph: (07) 4729 9368 (Jan Gale)
HSD: Townsville/Charters Towers/ Bowen

Mackay

Mobile Women's Health Service
7-9 Wellington Street
Ph: (07)4968 3917 (Belinda van Hees)
HSD: Mackay/Moranbah

Rockhampton

8 Canning St, Rockhampton Q 4700
Child and Family Health Team
Ph: (07) 4920 5555 (Robyn Stoddart)
HSD: Rockhampton/Central
Highlands/Banana/Gladstone

Northern Downs (Dalby)

Mobile Women's Health Service
C/- Dalby Hospital
Ph:(07) 4669 0517 (Barbara Milne)
HSD: Northern Downs

South Burnett (Goomeri)

Mobile Women's Health Service
Moore Street Goomeri 4601
Ph: (07) 4168 4025 (Dene Campbell)
HSD: Fraser Coast/North Burnett/South
Burnett/Bundaberg

Mt Isa

Mobile Women's Health Service
26-28 Camooweal Street
Mt Isa Qld 4825
Ph: (07) 4744 7154 (Liz Kennedy)
HSD: Mt Isa

Torres Strait & Northern Peninsula

Mobile Women's Health Service
Primary Health Care Centre
PO Box 624 Thursday Island Q 4875
Ph: (07) 4069 0413 (Gaynor Hampel)
HSD: Torres

Cape (Weipa)

Mobile Women's Health Service
Northern Avenue
Weipa Qld 4874
Ph: (07) 4082 3646 (Helen Withers)
HSD: Cape York

Fraser Coast/Bundaberg

34 Torquay Rd
Pialba Qld 4650
Ph: 4122 8726 (Frances Robertson)
Mobile: 0417 626 906
HSD: Fraser Coast

Edmonton (Cairns & Hinterland)

10-12 Robert Rd,
Edmonton Qld 4865
Ph: (07) 4226 4958 (Mavis Christensen)
Mobile: 0428 781 421

Thuringowa

138 Thuringowa Dr,
Thuringowa Central Qld 4817
Ph: (07)4729 9368 (Jan Gale)
Mobile: 0427 894 481

Indigenous Women's Health Workers – Mobile Women's Health Service**Thursday Island**

Ph: (07) 4069 0413 (Sue Gibuma)

Weipa

Ph: (07) 4082 3646 (Yvonne Mandie)

7.5 Cultural and Ethnic Services

(see also section 1 'Women's Health Centres')

☎ Telephone Interpreter Service PH: 13 14 50

Multicultural Breast Cancer Information Service (MBCIS)

National Breast Cancer Centre

Bi-lingual information workers provide breast cancer information in Arabic, Cantonese, Mandarin, Greek and Italian.

Contact details for bilingual information workers:

Arabic (Mon & Tues) Ph: 1300 301 625

Cantonese & Mandarin (Mon, Tue, Wed, Thur) Ph: 1300 300 935

Italian (Thur & Fri) Ph: 1300 301 431

Greek (Thur & Fri) Ph: 1300 301 449

Diversicare

Ethnic Communities Council and Migrant Services

PO Box 5916, West End Qld 4101

Email: administration@eccq.com

253 Boundary Street

West End Qld 4101

Ph: (07) 3844 9166

Fax: (07) 3846 4453

Aboriginal and Torres Strait Islander Health

Contact the Health Services Info Line for local branch.

Ph: (07) 3236 4833

Magani Malu Kes

Magani House

457-458 Flinders St

Townsville Qld 4810

Ph: (07) 4771 5740

Fax: (07) 4772 6909

www.maganimalukes.com.

Email: magani@optus.net.com.au

Services provided: Breast screening training sessions upon request. Can organise group bookings with interpreter service for mammograms with BreastScreen, as well as general referrals, support and information.

Aboriginal and Torres Strait Islander and South Sea Islander Unit

Mackay Community Health Services

PO Box 688

12-14 Nelson Street, Mackay Qld 4740

Ph: (07) 4968 3858

Liaison with BreastScreen and other health services provided.

Ph: (07) 4968 3813

Aboriginal and Torres Strait Islander Community Health Service Mackay

31-33 Victoria St, Mackay Qld 4744

Ph: (07) 4951 2833

Provide primary health care services to Aboriginal and Torres Strait Islander people living in Mackay, Sarina, Proserpine and Bowen.

Aboriginal and Torres Strait Islander Corporation for Women

5 Charles Street

Aitkenvale, Townsville Qld 4814

Ph: (07) 4725 2216

Fax: (07) 4728 2893

7.6 Older Women's Issues

Older Women's Network (OWN Qld)

c/- New Farm Neighbourhood Centre, 967 Brunswick St, New Farm Qld 4005

Ph: (07) 3358 2301 (Marg Burgess) Email: ownqld@bigpond.com

Web: www.ownqld.net.au

Promote self-help activities that suit needs of older women. Several groups exist in and around Brisbane, or contact OWN to form a group in your area.

Women Growing Older Program

Cost: free. Content includes: social and physical aspects of ageing, loss and grief, decision-making, housing, health and relaxation.

7.7 Younger women's issues

Younger women with breast cancer may find that support groups do not address all the issues relevant to their age group, e.g. pregnancy, breastfeeding, personal relationships, future breast-screening. For referral to support groups that recognise the needs of younger women with breast cancer, publications, agencies and services that may be of assistance, contact:

Younger Women's Network

Cancer Council Queensland PH: 13 11 20

Tel: 1300 361 366

Toowoomba

Ph: 4638 4799 (Marion Strong)

Cost: free. A support program for young women with breast cancer. Includes monthly educational and support meetings, telephone support and newsletter.

'More Choices'

Choices Younger Women's Group

Tel: 1800 227 271

A support service for the Kim Walters Choices Programs. Calls for details of the Younger Women's Group meetings, social activities and monthly educational speakers. The group meets on the first Tuesday of each month at 6:30pm.

7.8 INTERNET SITES

For on-line 'support groups' and information about treatment, research, resources. Information on the Internet must be considered as a guide only, and health care providers should always be

consulted when medical decisions are being made. When searching for information, ensure the site has been recently updated and is by a reputable source.

The Breast Cancer Net Newsletter (USA)

Email subscription is free to this weekly newsletter for consumers and health professionals. It provides links to each week's breast cancer stories (journal publications, news report, clinical trials, product releases) worldwide.

www.breastcancer.net

National Cancer Institute (USA)

Provides information on all cancer and treatment for both doctors and patients. www.cancer.gov

Cancer Australia has amalgamated with NHMRC National Breast and Ovarian Cancer Centre (NBCC), Sydney

The Cancer Australia and NBOCC home page has information on Australian breast cancer statistics, services and resources, clinical trials, consumer viewpoints, events, and links to other useful sites.

www.nbocc.org.au

Other Women's Health Services

Mackay Women's Centre

418 Shakespheare St, Mackay Q 4740

PH: 4953 1788 Email: admin@mackaywomenscentre.com.au

Web: www.mackaywomenscentre.com.au

Main Activities: Health information and referral. Free counselling, education, support groups and maternity health nurse

Gympie & District Women's Health Centre

21 Alfred Street, Gympie Q 4570

PH: 5483 6588 Email: gwhealth@spiderweb.com.au

Main Activities: Counselling, group work, health information and referral. Support groups, education, health promotion, visiting health professionals.

North Queensland Combined Women's Services

50 Patrick St, Aitkenvale Q 4812

PH: 4775 7555 Email: nqcws@thewomenscentre.org.au

Web: www.thewomenscentre.org.au

Main Activities: Counselling, group work, health information and referral, education, health promotion. Emergency relief – 24hr phone line to women in crisis – including sexual assault.

Wide Bay Women's Health Centre Inc

8 Truro St, Torquay Q 4655

PH: 4125 5788 Email: wbwhc@bigpond.net.au

Main Activities: Counselling, group work, health information and referral. Visiting health professionals; pap smear clinic, meditation and relaxation group, yoga & tai chi.

Logan Women's Health and Wellbeing Centre

1 Mary St, Kingston Qld 4114

PH: 3808 9233 Email: admin@loganwomen.com.au

Web: www.loganwomen.com.au

Main Activities: Counselling, emotional and mental health programs. Health information and resources, female doctors, self-help programs and social groups.

Women's Health Awareness Group Gladstone

9 Derby St, Gladstone

PH: 4979 7456 Email: whealth@bigpond.net.au

Main Activities: Face to face and telephone counselling, group work. Health information and referral, visiting health professionals, support and advocacy. Venue and support for self help groups.

Women's Health Centre Rockhampton

225 Bolsover St, Rockhampton

PH: 4922 6585 Free Call: 1800 017 382

Email: info@womenshealthrockhampton.com

Web: www.womenshealthrockhampton.com

Main Activities: Women's Health and Wellbeing service, Rockhampton Rape, Incest & Sexual violence centre, Domestic and family violence court assistance service.

West Moreton Women's Health Service

Level 2, Ipswich City Square, Ipswich

PH: 3812 0138 Freecall (rural): 1800 065 454

Email: womenshealth@health.qld.gov.au

Main Activities: counselling including for survivors of childhood sexual abuse, 24hr on-call acute sexual assault program, extensive rural program. Groups – therapeutic, educational, support and social, reference library.

Children by Choice

237 Lutwyche Rd, Windsor

PH: 3357 5570 Email: info@childrenbychoice.org.au

Main Activities: provides referrals for all unplanned pregnancy options – including abortion, adoption and parenting. Advocacy on issues relating to women's reproductive health choices.

Women's Health Queensland Wide Free Call: 1800 017 676

165 Gregory Trc, Spring Hill Qld 4000

PH: 3839 9988 Email: admin@womhealth.org.au Web: www.womhealth.org.au

Main Activities: not for profit health promotion, information and education service for women and health professionals throughout Queensland. Telephone health information service for many women's health issues.

Queensland Women's Health Network Inc

PO Box 1855, Thuringowa BC Qld 4817

PH: 4789 0665 Email: coordinator@gwhn.asn.au Web: www.gwhn.asn.au

Main Activities: aims to strengthen links between women, women's services, the health sector and key decision makers in Qld by assisting with information, support and advocacy.

8. Self-Help

8.1 Exercise

(See also 5.1 education programs and support groups)

Multidisciplinary Lymphoedema Assessment Clinic

Royal Brisbane and Women's Hospital
Level 2, Ned Hanlon Building, Herston Qld 4029
Ph: (07) 3636 2586

DVD Ups & Downs, Life with Lymphoedema.

Lymphoedema Association of Queensland Inc

PO Box 3068
BRACKEN RIDGE QLD 4017
Ph: (07) 3269 1498

Kim Walters Choices Program (Choices)

Wesley Hospital
451 Coronation Drive
Auchenflower Qld 4066
PH: (07) 3232 7064, (07) 3232 7596 or Free call: 1800 227 271

All programs offered by Choices are free and are available to anyone irrespective of where surgery and treatment has been undertaken. Offering a variety of complementary programs, exercise and rehabilitation programs plus support programs. Website:

www.uhealth.com.au/choices

STRETCH

(Strength Through Recreation, Exercise, Togetherness, Care and Health)

Eight-week exercise/support program – 2 hours

Cost: free. STRETCH is designed to meet the specific needs of women following breast cancer surgery utilising exercises to improve range, motion, flexibility, and strength particularly in upper body. Each session also incorporates an information segment on issues specifically related to breast cancer, eg: lymphoedema, nutrition, prosthesis, and reconstruction etc. There are opportunities for discussion concerning the many aspects of maintaining good health and meeting other women who have had a similar experience.

STRETCH

📺 (VIDEO, 60 MINUTES)

Cost: \$10

Based on the above program. Exercises are designed to meet the specific needs of women following breast cancer surgery utilising exercises to improve range, motion, flexibility and strength particularly in the upper body.

Other Stretch/Choices Programs

Water Stretch – Eight Week water therapy program – 1 hr

Gym – Six week gym program – 1 hr

Yoga – Eight week program - 1.5hr

Tai Chi – Six week program - 1hr

Breast Cancer Support Service

Cancer Council Queensland PH: 13 11 20

Tel: (07) 3258 2200

May have information about support groups and activities in your area.

Australian Physiotherapy Association (Qld Branch)

Unit 4A, 2404 Logan Road

Eight Mile Plains Qld 4113

Ph: (07) 3423 1553

Provides details of local physiotherapists with special interest in women's health.

8.2 Diet

Also contact your local public hospital to confirm if a dietician/nutritionist is available in your area.

Cancer Council Queensland PH: 13 11 20

553 Gregory Terrace

Fortitude Valley Qld 4006

Tel: (07) 3258 2200

Understanding Nutrition

 (booklet, 48 pages, by the Cancer Council Queensland)

Cost: free

Explains the importance of a well-balanced diet and suggests strategies to overcome common problems associated with cancer treatment.

8.3 Self Image

Look Good - Feel Better

Ph: 1800 650 960

Ph: (07) 3272 3878

Cost: free. Workshops currently held in Brisbane, Southport, Toowoomba, Maroochydore, Hervey Bay, Bundaberg, Rockhampton, Mackay, Townsville, Cairns, Tweed Heads. Provides advice on maintaining appearance and self-image during cancer treatment. Learn skin care, make-up, hair styling, and take home your own kit. Sponsored by the Cosmetics, Toiletry and Fragrance Association of Australia Inc.

For women living in remote areas only:

Look Good - Feel Better

Ph: 1800 650 960 (kit and self-help booklet)

Designed for women who cannot participate in a 'hands-on' workshop.

8.3.1 Breast Prostheses & Lingerie

Breast Cancer Support Service

Cancer Council Queensland PH:13 11 20

Ph: (07) 3258 2200

A Women's Guide to Breast Prostheses and Bra Fittings after Breast Surgery

📖 (book, 30 pages, by Breast Cancer Support Service)

Cost: free. Guide to bra and prosthesis fitting. Government and other financial assistance explained. All Queensland retail outlets and trained fitters listed.

Swimwear information.

Debra Taylor Spirit of Life Boutique

682 Sandgate Rd

CLAYFIELD QLD 4011

Ph: (07) 3262 9144 Email: info@spiritoflifeboutique.com

Contact: Debra Taylor

For further information about stockists of prosthesis. Also available are biographies and videos on breast reconstruction and implants.

Website: www.spiritoflifeboutique.com

What Every Woman Who Has Had a Mastectomy Should Know

(brochure, by Coloplast) Contact Debra Taylor Spirit of Life Boutique

Cost: free. What to expect when being measured and fitted for a bra and prosthesis. How a good fitting is achieved. Importance of the correct prosthesis.

As Beautiful as Ever

📺 (video, 15 minutes, by Coloplast) Contact Debra Taylor Spirit of Life Boutique

Cost: on loan, or \$8 each

One woman's personal experience, and steps to selecting a prosthesis.

Purely Venus Rockhampton

143 East St, Rockhampton Q 4700

PH: 4927 9999 Email: purelyvenus@bigpond.com.au

Mastectomy care, prosthesis and garments.

Linda's Lingerie

51 Owens Crescent, Regents Park Qld 4118

Ph: (07) 3800 2776 Email: lindajobson@optusnet.com.au

Bra Specialist, she can design, fit and make a Bra for your individual figure requirements.

Wellness With Deb – Mackay Region

Fittings for breast prostheses & bras, both in-clinic & mobile, servicing Mackay Qld 4740 and surrounding areas.

Deb Lebsanft

Danmmar Drive, Habana Qld 4740

P: 0434 940 300 E: wellnesswithdeb@bigpond.com W: www.wellnesswithdeb.com.au

Connections – Newsletter from Colorplast/Amoena

Prosthesis and Lingerie

Anne Gledson Ph: 1800 656 555

Connections

Newsletter of the Petrea King Quest for Life Centre

Ph: (02) 4883 6599

Cost: free

8.3.2 Wigs

Wig fitting usually takes place if/when hair loss starts, to match colour and style. Short/medium length, synthetic wigs range in price from \$150 to \$500. You may be entitled to supply of a wig or be eligible for financial assistance if:

- you have a Health Care card or seniors card
- you receive Veteran's Affairs benefits
- you are in a private health fund

Cancer Council Queensland PH: 13 11 20

553 Gregory Terrace
Fortitude Valley Qld 4006
Tel: 3258 2200

QCF Wig Loan Service

Cost: free. For people not eligible for financial assistance. Has a large selection of wigs and turbans. Regional services also available.

Web: breastcancer.org

The Kim Walters Choices Program (Choices)

Wesley Hospital
451 Coronation Drive, Auchenflower Qld 4066
PH: (07) 3232 7064, 3232 7596, 3232 7092

Choices has a library of wigs for loan as well as a collection of turbans.

Cost: \$20 hire fee for wigs

Lynne James Wig Consultancy

Ph: (07) 3890 1449

Hospital and home fitting service. Covers Brisbane metropolitan area and surrounding region.

Suzanne's Wigs

Ph: (07) 3210 0453

Ph: (02) 9233 4029

Home, hospital and office fittings available. Over 200 styles to choose from. 10% discount available.

Hellen Teys Hair Fashions

247 Margaret Street, Toowoomba

Ph: (07) 4639 6115

Home, Hospital Visits. Private Wig Fitting Room

Wigs Online

Ph: 1300 797 579

Lorraine's Wigs

Mobile Wig consultant

Ph: 0412 121 748 (Lorraine McConnell)

Pacific Hair Studio

Shop 6/223 Calam Road, Sunnybank Hills Q 4109
PH: 3711 5423 Web: www.pacifichairstudio.com

Other Aides

PortaSupport – Car Seatbelt Cushion –

Support cushion elevating seatbelts away from portacath or wound

Contact Joanne Kelly

PH: 0402 989 552 Email: portasupport@live.com www.portasupport.com.au

8.4 Relaxation and Stress Management

[see also section 5.1 'Education programs and support groups', 2 'Counselling']

Relaxation Centre of Queensland Inc.

15 South Pine Rd, Alderley Qld 4051

PO Box 21, Alderley Qld 4051

PH: 3856 3733 Email: relaxcentreofqld@powerup.com.au

Web: www.relaxtioncentreqld.org

Contact: Lionel Fifield

Cost: from \$5/session upward, varies according to course

Offers short courses and continuing programs to improve confidence, self-esteem, stress management. Meditation and lifestyle skills taught. Library books, tapes, videos. Centre shop.

Australian Academy of Tai Chi

169 Arthur Street, New Farm Qld 4005

PO Box 2475

Fortitude Valley Qld 4006

Ph: (07) 3358 1955

For relaxation, improved muscle tone, balance and co-ordination. Phone for details of local classes.

Australian Association of Massage Therapists Inc.

Ph: 1300 138 872

Will refer you to a qualified massage therapist in your area.

The Kim Walters Choices Program (Choices)

Wesley Hospital

451 Coronation Drive, Auchanflower Qld 4066

PH: (07) 3232 7064, 3232 7596, 3232 7092 Free Call: 1800 227 271

All programs offered by Choices are free and are available to anyone irrespective of where surgery and treatment has been undertaken.

Yoga – Eight week program – 1.5hrs - Accredited Yoga instructor facilitates group.

Tai Chi – Six week program – 1hr – Accredited Tai Chi instructor facilitates group.

Introduction to Meditation and Relaxation – Six week program – Facilitated by specialist counsellor, opportunity to experience a variety of breathing visualisation and meditation

techniques. **Complementary Therapies** – Reiki and Reflexology – One-on-One appointments – 45 minutes. Encourages the body to work naturally to restore its own healthy balance.

9 *Practical Assistance*

9.1 Transport and Accommodation

[see also section 7.2 ‘Home and Community Care Program’]

Patient Travel Subsidy Scheme (PTSS)

Non-means-tested scheme through Queensland Health. Financial assistance for travel and accommodation for patients living over 50km from specialist medical treatment. Includes private and public patients. Application must be made before travelling. Forms available from local public hospitals.

Cancer Council Queensland PH: 13 11 20

553 Gregory Terrace
Fortitude Valley Qld 4006
Ph: (07) 3258 2200

Cancer Information network: 1300 361 366

Volunteer transport pick-up service from airport or Transit Centre. Arrangements should be made in advance. Enquire about accommodation lodges in Townsville, Rockhampton and Brisbane.

Wesley Hospital Accommodation Services

Contact Wesley Accommodation Service Manager
Serge Nachtergaele
Ph: (07) 3377 2177

Transport is available on an availability basis and needs to be discussed with individual managers.

CODI –Coordinating Organization for the Disabled in Ipswich Inc

PH:(07) 3282 7877 Web: www.codi.org.au
Non urgent medical transport from Ipswich to Brisbane hospitals

9.2 Home help/family and carer support

[see also section 7.3 ‘Queensland Council of Social Service Inc.’]

Carers Queensland

15 Abbott Street
Camp Hill Qld 4152
Tel: (07) 3843 1401 (Administration)

Information and Support Line Freecall: 1800 242 636

Website: www.qcc.org.au

Resource centre and information on statewide services. Community development officers set up support groups, provide information, improve carer education. A free Carer Support Kit available (in English, Arabic, Chinese, Croation, Filipino, Greek, Italian, Polish, Spanish, Turkish and Vietnamese) with information including financial assistance, respite care, medication use.

For information on Home and Community Care program (HACC) and aged care services

Ph: (07) 3843 1398 Outside Brisbane Freecall: 1800 017 223

Southern Cross Community Service

62 Saunders Rd, Upper Mt Gravatt Qld 4122

Ph: (07) 3340 3200

Freecall: 1800 899 300

Cost: fee for services. Private in-home care and nursing service for domestic and personal care.

Queensland Country Women's Association

89-95 Gregory Terrace

Brisbane Qld 4000

Ph: (07) 3026 1219

Fax: (07) 3026 1222

Email: stateoffice@qwca.org.au

Provides emergency housekeeping services. Contact state office on above number, or local branches.

The National Council of Women of Queensland inc

Harris Terrace, 46 George St, Brisbane

Ph: 3379 1318 (Pat)

Queensland Rural Womens Network

Ph: 1300 795 571 Email: admin@qrwn.org.au

9.3 Financial Assistance**Department of Social Security**

☎ Teleservice: 13 24 68

Non-English languages: 13 12 02

For information on assistance, such as sickness allowance, carer pension, disability support pension.

Cancer Council Queensland PH: 13 11 20

553 Gregory Terrace

Fortitude Valley Qld 4066

Ph: (07) 3258 2200

Cancer Information Network: 1300 361 366

QCF Patient and Community Service Section

Offers a wide range of free services to people with cancer, their families and carers. Personal and family support, practical and financial assistance programs.

Queensland Council of Social Service Inc. (QCOSS)

Ground Floor, 20 Pidgeon Close, West End Qld 4101

PO Box 3786, South Brisbane Qld 4101

PH: 3004 6900 Web: www.qcoss.org.au

A community advisory service, regarding availability and eligibility to services within the community.

10. *Consumer Services*

Health Rights Commission

Level 19, 288 Edward Street
Brisbane Qld 4001
Ph: (07) 3234 0272 (Enquiries/complaints)

Queensland Aged & Disabled Advocacy Service

121 Copperfield St, Geebung Qld, 4034
Ph: (07) 3637 6000
Outside Brisbane Freecall: 1800 818 338

Breast Cancer Network Australia

293 Camberwell Rd
Camberwell Vic 3122
Ph: 1800 500 258
Email: beacon@bcna.org.au
Web: www.bcna.org.au

A national voice on breast cancer issues; aims to improve services for women and their families, and support research. Visit the website for further information and to receive their quarterly newsletter "The Beacon". Provides breast cancer care kits available through breast care nurses; Hopes and Hurdles and My Journey Kit.

Suggested Reading

The National Breast Cancer Centre's Catalogue of resources lists selected general books about breast cancer and associated topics. For further reading, explore your local book store and library, ask for recommendations from other women, and talk to your health care providers.

Cancer-related titles are stocked by the majority of large book stores in their 'Health and well-being' and 'Self-help' sections. These cover literature on physical, emotional and spiritual issues.

EveryCloud.com – incorporating the Breast Cancer Book Service

PO Box 426
Sunnybank Qld 4109
Ph: (07) 3341 7570
E-mail: sales@everycloud.com
Contact: Leonie Young

Specialising in books and gift lines relating to cancer and associated issues – general health, fitness and diet. Contact for a catalogue, see website: www.everycloud.com

Cancer Council Queensland

Report on Female Breast Cancer in Queensland April 2009
www.cancerqld.org.au/pdf/breast_report.pdf