

NEEDING MORE SUPPORT?

- **My Aged Care**

My Aged Care is the entry point to access care services for everyone 65 years and over.

Go to: <https://www.myagedcare.gov.au>
or Call 1800 200 422

There you will find information about the many different services, your eligibility and referrals to access services such as transport, physiotherapy, personal care, as well as other services.

A small cost is required except if experiencing financial hardship.

The website is the entry point for you to research.

- **Meals and cleaning when home**

There are other options if you do not qualify for any Aged Care services. Commercial services are available for delivered meals and domestic cleaning care at a fee for service cost.

- **Community Transport**

The Community Transport Company is there to assist with transport to medical and social appointments, including cancer treatment.

There is also a door to door bus service to drive you and assist you with your shopping and monthly social outings.

Call **The Community Transport Company**
Phone: 1300 875 895

- **Cancer Council Transport Service**

Transport to Treatment (T2T) is a free service for people who can't access Community Transport Services or have other transport barriers.

Call **Cancer Council NSW 13 11 20**

To enquire about local transport services available



13 11 20

Cancer Council NSW provides evidence-based information about Cancer, as well as practical and emotional support programs to help people cope better with cancer.

13 11 20 The team can assist you.

Call and ask all your questions. This is a confidential service where you can ask about anything to do with cancer, including caring for someone with cancer, or end of life issues, understanding a new cancer diagnosis or how to prevent cancer.

This service is often the first point of call for practical and emotional support. Our 13 11 20 Consultants are experienced health professionals who will listen and support you.

- How to cope with treatment and its side effects, including Counselling
- Link you with information and resources
- Link you with practical support services; such as financial support, assistance with legal, accommodation assistance, survivorship programs or transport to treatment
- Connect you with peer support groups with people going through similar experiences, whether that be online, by telephone, or through local support groups

Cancer Council Information & Support
13 11 20

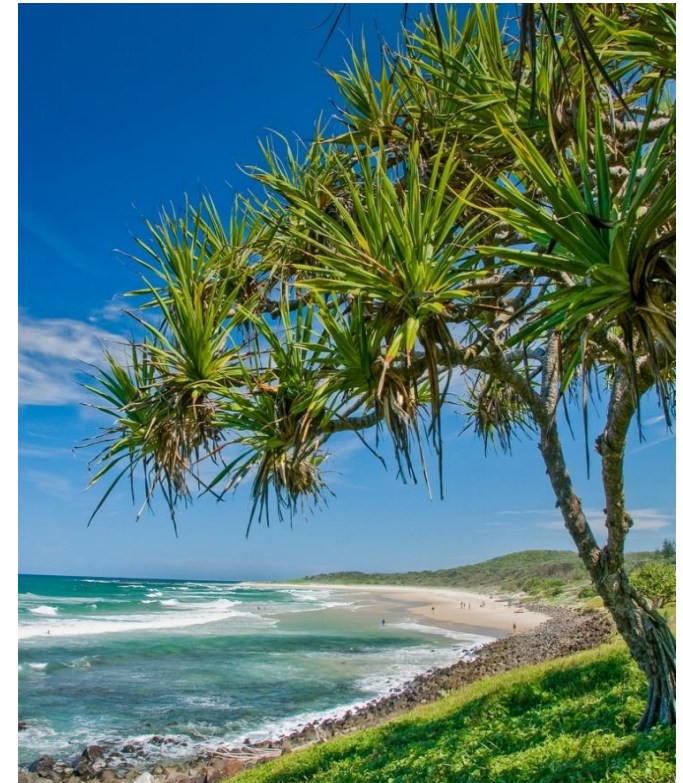
Visit www.cancercouncil.com.au

Revised November 2023

Printing sponsored by Ballina RSL Club



NORTHERN RIVERS CANCER SUPPORT SERVICES



**Produced and Prepared by
Ballina Cancer Advocacy Network**



'CANCER'

What a shock when we hear that word.

You might be overwhelmed right now. You've been given so much information all at once, and maybe you have some questions to ask.

The good news is that many services within and outside the health system are there to help you, and this brochure will assist you in finding them.

Many medical and allied health personnel you will see during your treatment. Remember that your GP is the person who knows you best and will be there to support you for your entire cancer journey.

You might want assistance with cleaning, meals, transport and more. It can be difficult to ask for help. Know that public and commercial services are available for you to access.

Social Workers are a source of information when you are visiting the hospital. Ask about the range of support services available.

When at the hospital, be an advocate for your needs. Ensure that you receive a Discharge Planner to assist you in setting up services at home.

We wish you well in your journey.

Support groups are a safe place where you can join others. There are many services to help guide and help support you. Do not feel afraid to ask.

Ballina Cancer Advocacy Network

We are a grassroots committee that advocates for local people affected by Cancer.

for more information

Contact Maureen at 0411 702 586

LOCAL SUPPORT GROUPS

ALSTONVILLE

PROSTATE & CARERS 2nd Wed. 10.00 am Bob 0493 075 612

BALLINA

BREAST SUPPORT GROUP - Ballina Bosom Buddies
3rd Thurs. 10.00 am Debbie 0401 301 413

GENERAL CANCER 1st Wed. 10.30 am Gabi 0402 104 193

BYRON BAY

GENERAL CANCER 1st Tues. 10.00 am

Ken: 0411 233 755 or David: 0428 187 025

BREAST SUPPORT: 3rd Thurs. 10.00 - 3.00 pm Byron Bay Hospital
Ring for an appointment with Breast Nurse 0427 101 858

GRAFTON

BREAST SUPPORT 1st Fri. 11.00 am Janette 0405 122 028

NGERRIE (ABORIGINAL) MEN'S CANCER GROUP

3rd Wed. 10.00 am Bob 0419 610 917

PROSTATE SUPPORT GROUPS

2nd Wed. 11.00 am Bob 0419 610 917

PROSTATE PARTNERS SUPPORT contact Glad 0415 350 974

KYOGLE

BREAST GROUP -4th Tues. 10.00 am Robyn 6633 5116

LISMORE

GENERAL CANCER 1st Mon. 10.30 am Sue 0400 280 500

PROSTATE & CARERS 1st Wed. 7.00 pm Bob 6622 5792

MURWILLUMBAH

ALL CANCERS: Cancer Liaison Nurse 02 6670 9400

TWEED HEADS

GENERAL CANCER: Wendy 07 5506 7734

PROSTATE SUPPORT 4th Thurs. 5.00 pm Phil 0447 293 217

YAMBA

BREAST SUPPORT 1st Thurs. 10.00 am Gloria 0408 721 544

OTHER SERVICES

LEUKEMIA FOUNDATION: 1800 620 420

LUNG FOUNDATION: 1800 654 301

PROSTATE TELENURSE 1800 220 099

CANTEEN [Children's Cancer] 1800 835 932

LIFELINE 13 11 14

BEYOND BLUE 1300 224 636

WEDGETAIL RETREAT(palliative support) (02) 6672 8161

YOUR GP IS THE GATEWAY TO ACCESSING Emotional and Mental health support

Your GP

You may find it helpful to talk to someone outside the family about how you are feeling. It is not unusual to feel overwhelmed at a time like this.

Your GP can refer you to a psychologist who can listen to the many challenges you are experiencing.

Ask for a longer appointment to talk with your GP, who can provide a mental health plan now and following your treatment.

Ask about the importance of exercise during and post-treatment. A referral for specific exercises could assist your recovery.

Remember to ask for a longer appointment.

Social Worker

The social worker can be contacted when you are in the hospital, or you can self-refer when at home to assist you with the changes in your personal life. You will need a referral to access community nurses for home care.

Contact your Local Community Health Network

Ballina: Ph: 6620 6200 Lismore: Ph: 6620 2967

Lismore: Ph: 07 5506 7734

Special Support Nurses

BYRON AREA

BREAST NURSE 3rd Thurs. 10.00 - 3.00 Byron Hospital
Ring for an appointment 0427 101 858

GRAFTON AREA

BREAST NURSE 0401 994 138

LISMORE / BALLINA AREA

BREAST NURSE 0439 438 576

PROSTATE NURSE Jess 0407 502 280

TWEED AREA

BREAST NURSE 0427 101 858

PROSTATE NURSE Phil 0447 293 217