

BEREAVEMENT

The Bereavement Counselling Service at Sacred Heart Health (www.svhs.org.au/our-services/list-of-services/bereavement/bereavement-counselling-service)

For Bereavement support including support groups contact 8382 9594.

JewishCare Bereavement Counselling & Support Service (www.jewishcare.com.au/family/bereavement-support)

Bondi Junction 9302 8017 or 1800 133 660 or grief@jewishcare.com.au

Leukaemia Foundation Grief Support Services
(www.leukaemia.org.au/our-services/grief-services)

Available to anyone affected by blood cancer.
1800 620 420 or info@leukaemia.org.au

Want to Start Your Own Cancer Support Group
Contact the Supportive Care team on 1300 755 632
or supportivecare@nswcc.org.au

Current and Up To Date Info

Please note limited information is provided on this brochure. Meeting dates, times & activities may vary from those advertised. For further details & up to date information see website & contact individual groups.

Please note this is not an all-inclusive list. For information on other cancer supports please contact:

- Cancer Council 13 11 20 www.cancercouncil.com.au
- Your treating team at the Oncology dept. at your hospital or with your Social Worker, Psychologist or Oncology Nurse.
- The Cancer Information Centre at Prince of Wales Hospital on 9382 5059

Updates and additions

Please contact dpinder@tpg.com

Eastern Suburbs Cancer Supports



Do you have cancer?
Carer of someone with cancer?
Looking for support?
Want to know what is available in
the East?

For Info On

- One off and ongoing all cancers inclusive groups
- Carers groups
- General groups
- Survivorship programs
- Cancer specific groups
- Demographic groups

ONGOING GROUPS

Life Force (www.lifeforce.org.au)

Cancer patients & survivors. Weekly support groups (evening) via Zoom

Carers of cancer patients weekly support groups (evening) via Zoom

Workshops, retreats, face to face groups

Jilly on 0408 610 362 or Jane on 0412 643 751

Canhelp Cancer Support Group Inc. Sydney CBD
Cancer patients, survivors & carers who follow the lifestyle beliefs of the Gawler Foundation. Meditation practice & share mutual support. Evening meetings twice a month. Sue 0408 442 030 smith.se@bigpond.com

CLASSES

Meditation & mindfulness, Art Therapy, Yoga and other classes The Wellness Centre, 4th Floor, Kinghorn Centre, Darlinghurst. Contact 9355 8071 or tkcc.wellness@svha.org.au

ONE OFF GROUPS

Look Good..Feel Better (www.lgfb.org.au) Face to face and online workshops including at Kinghorn Cancer Centre. Also feel better Fridays online health classes. 1800 650 960

TELEPHONE SUPPORT GROUPS

For those with advanced cancer, difficult to treat cancers, carers, Life After Loss. All groups run over the phone & are facilitated by health professionals. 13 11 20 or 1300 755 632 tsg@nswcc.org.au or <https://www.cancercouncil.com.au/get-support/connect-with-others/>

Ovarian - 1300 660 334 Lung - 1800 654 301

CANCER COUNCIL SURVIVORSHIP PROG

After your cancer treatment ends, you may feel unsure how to adjust to a new way of living and any physical, emotional and practical challenges.

- **Webinars** - Survivorship and Workplace issues
- General information

www.cancercouncil.com.au/get-support/cancer-survivors or call 13 11 20

OTHER HELP

The Wellness Centre

(www.tkcc.org.au/i-am-a-cancer-patient/wellness-centre)

Complementary health care & info to reduce stress, pain & anxiety, relieve symptoms, promote physical & mental well-being. Exercise, acupuncture, physiotherapy, lymphodema treatment, oncology massage, mindfulness, art therapy, yoga.

4th Floor, Kinghorn Centre, Darlinghurst
Contact: 9355 8071 or tkcc.wellness@svha.org.au

Prince of Wales Cancer Hospital Information Centre

L2, Nelune Comprehensive Cancer Centre, Bright Alliance Building, Cnr High & Avoca Sts, Randwick. A walk in, friendly space for cancer patients, carers & their friends/family for cancer info & support. Mon-Fri 9-3.30pm.

Trained volunteers guide to resources, provide social support, connect to support. Free booklets, web resources. Cancer Council Info & Support line 13 11 20 POWH Cancer Info Centre 9382 5059

CANCER TYPE/DEMOGRAPHIC

CanRevive (www.canrevive.com)

Cantonese and Mandarin speaking cancer support service. Info@canrevive.com or 9212 7789

Laryngectomy Support Group

(www.stilltalking.org)

Sydney CBD, AM 3rd Wed of month, LANSW@bigpond.org

Support for those with Blood Cancers/Carers

For those with leukaemia, lymphoma, myeloma & related blood disorders & their families & carers

For more information 1800 620 420 info@leukaemia.org.au or check out their website at <https://www.leukaemia.org.au/how-we-can-help/>

Spanish Speaking Cancer Community

Network Inc. Mon 11am-1pm Daceyville. Support, lectures, seminar, trips. Free Spanish cancer patient trans-port POWH Randwick area. Manuel 9313 6374 or 0405 407 713 or spanishcancer@hotmail.com

Ovarian Cancer (www.ovariancancer.net.au)

Ovarian or gynaecological cancer + friends/carers. Face to face and online support groups. Younger women network information sessions. Also groups for carers. Telehealth support by oncology nurses. See <https://www.ovariancancer.net.au/page/96/support-groups>

For further details please call. 1300 660 334 or support@ovariancancer.net.au

Gay, Bisexual & Trans Men's Cancer Support Group SHINE A LIGHT

Meets monthly at Surry Hills.

Contact John Wenborn – 0414 727 060, Dr Kalli Spencer – 0491 066 406 or shinealightaus@gmail.com

DRAGON BOATING 4 MALE CANCER SURVIVORS

Dragons Abreast Sydney seeking male cancer survivors. Female survivors also welcome.

Contact: assistant.coordinator@dragonsabreastsydney.org.au

BREAST CANCER

Dragons Abreast Sydney

(<https://dragonsabreastsydney.org.au>)

All breast cancer survivors, regardless of age, gender, sporting ability or fitness are welcome. Paddle a dragon boat for fitness & fun or take it to the next level & compete at regattas. Social occasions. Pyrmont near fish markets.

Contact: assistant.coordinator@dragonsabreastsydney.org.au

Regular Newbies sessions.

YWCA Encore (www.ywcaencore.org.au) Weekly for 8 wks - day or evening. Land & water based exercises, Guest speakers - Sydney, Eastern Suburbs. Contact 0449 904 011 or email encore@ywcaensw.com.au