

Cancer counselling

If you or someone close to you has been diagnosed with cancer, you may find it helpful to talk to a professional counsellor who has experience in dealing with cancer-related issues. Our counselling service is available face-to-face or over the telephone and is provided at no or minimal cost.

Accommodation in Perth

We offer comfortable home-away-from-home accommodation for eligible regional cancer patients and their carers, who need to travel to Perth for assessment and treatment. Crawford Lodge and Milroy Lodge provide a supportive environment close to treatment centres in Perth, and offer free patient transport to and from treatment (conditions apply).



Patient Assisted Travel Scheme (PATS)

If you live in a WA Country Health Service region, and need to travel more than 100kms to access the nearest eligible medical specialist service, you may qualify for a subsidy towards the cost of travel and accommodation through the Patient Assisted Travel Scheme (PATS). PATS assistance must be approved before you travel. To find out how to access this service, speak to your local Regional Cancer Support Coordinator or call one of our Cancer Nurses on 13 11 20.

Cancer Council 13 11 20 - for information and support

For information and support you can call 13 11 20 to speak to one of our Cancer Nurses. Our nurses can provide you with confidential, accurate information and support for any cancer-related concerns you may have. Calls to 13 11 20 are available statewide Monday to Friday during business hours, except for public holidays. Local call costs apply, except for mobiles. If you require an interpreter please call 13 14 50 during business hours and ask for 'Cancer Council 13 11 20'. If you have a speech or hearing impairment please contact the National Relay Service on 13 36 77 and ask for 'Cancer Council 13 11 20'.

How we fund our work

As a non-government, not for profit organisation, we rely on the generous support of the WA community to fund our programs and services. Funds are raised through donations, bequests, fundraising and events.

Volunteering

We have an amazing team of volunteers located across the state, who assist us with all areas of our work. Volunteers can get involved in a range of local activities including:

- fundraising
- providing administrative support
- participating in community education
- supporting those affected by cancer

If you are interested in volunteering please visit our website at cancerwa.asn.au to view current vacancies, or contact your local Regional Cancer Support Centre.

We're your compass through cancer, call us on 13 11 20.



- Cancer information
- Regional support service
- Cancer education programs
- Statewide counselling
- Accommodation for country patients
- Wig service
- Legal and financial service
- Emotions and cancer
- Connecting with others
- Practical support
- Caring for someone with cancer
- Staying well during and after cancer



For support and information on cancer and cancer-related issues, speak to a Cancer Council Nurse on **13 11 20**. Calls are confidential and available statewide Monday to Friday during business hours. Local call costs apply, except for mobiles.

04/19 - C1680

Dot's Place South West Cancer Support Centre.



Information
and support

South West Regional Support Service

Dot's Place
08 9382 9370

13 11 20
Cancer Council



Supporting the South West community

At Cancer Council Western Australia, we understand that a cancer diagnosis can have an enormous impact on anyone affected by cancer.

Dot's Place, our South West Cancer Support Centre, provides a range of services, information, practical and emotional support to people affected by cancer. Dot's Place offers a welcoming environment for you to access services and free programs, find information about cancer or simply relax in a friendly space to enjoy a cup of tea and a chat.

This brochure outlines the range of practical and emotional support, professional services and information we offer.

Dot's Place is open:

Monday - Friday 9.00am to 4.30pm



For more information call **08 9382 9370**
or visit us at **62 Forrest Avenue, Bunbury.**

What's available at Dot's Place?

Regional cancer support

Your local Cancer Council WA Cancer Support Coordinator can provide information, emotional support and can connect anyone affected by cancer to local services and support groups in the region.

Transport to treatment

Through the generous support of volunteer drivers, we offer free transport for eligible local patients to and from their cancer-related medical treatments or appointments.

Cancer support groups

Cancer support groups bring people together who have been affected by cancer, including partners, carers and family members, in a confidential and supportive environment.

They provide a place to obtain information and to discuss ways of coping with the challenges of life after a cancer diagnosis. Cancer support groups can be face-to-face in your local community, online, or via the telephone, and all support groups have trained facilitators.

Wig service

Located at Dot's Place, our free wig service includes an extensive range of wigs in the latest styles and colours. You may borrow a wig for as long as you like, and exchange it as many times as you need. A range of turbans, hats, and scarves are also available.

Our wig service is run with the help of trained volunteers who assist with selection, fitting and management of our products.

Life Now Exercise, Yoga, Mindfulness and Meditation classes

Exercise, yoga, mindfulness and meditation can benefit your overall emotional and physical health. Our Life Now programs are led by trained facilitators and are available to cancer patients and their primary carer free of charge.



Complementary therapies

Complementary therapies are supportive therapies that can be used alongside cancer treatments to improve general well-being and quality of life and may help you to cope with the side effects of cancer treatments. These are provided free of charge by qualified therapists who volunteer their time at Dot's Place.

Financial and practical assistance

Cancer treatment can put enormous strain on your resources and sometimes a little help can go a long way. We offer financial assistance to patients undergoing cancer treatment who meet our financial hardship criteria. We can also provide short-term practical assistance such as in-home childcare, light domestic cleaning and gardening for eligible patients who have limited support or resources.

Legal, financial and employment support

Cancer can change many things, including how you manage financially and how you plan to provide for your family into the future.

If you need assistance with financial planning, debt consolidation, access to superannuation, planning your Will, power of attorney or other matters legal or financial, we may be able to connect you to a lawyer or financial planner. You will need to pass a means test in order to qualify for free assistance.

We also offer a Workplace Advisory Service and Small Business Advisory Service, which links patients and carers with specialist professionals, who provide advice and support on workplace and self-employment issues before and during treatment.

Regional Education Officer

Our South West Regional Education Officer is based at Dot's Place. Regional Education Officers work within their local communities to raise awareness on cancer prevention and early detection, to help reduce the incidence of cancer in regional WA.

Peer support

Cancer Connect is a telephone based peer support program which can link you to a trained volunteer who has had a similar experience to yours. This can be accessed by speaking to one of our Cancer Nurses on 13 11 20.

There is also a professionally moderated online support community where people living with, and affected by cancer can find, receive and provide support by participating in groups, discussions, blogs and webinars. This can be accessed at **cancercouncil.com.au/oc**