



## Supporting the community

At Cancer Council Western Australia, we understand that a cancer diagnosis can have an enormous impact on anyone affected by cancer. This brochure outlines the range of practical and emotional support, professional services and information we offer to those affected by cancer.

For more information about any of our support services please call our cancer nurses on 13 11 20 or visit our website [cancerwa.asn.au](http://cancerwa.asn.au).

## Cancer Council 13 11 20 – for information and support

Anyone affected by cancer can call 13 11 20 and speak to one of our cancer nurse. Our nurses can provide you with accurate information and support for any cancer-related concerns you may have, and can also inform you of services and programs.

Calls are confidential and available statewide Monday to Friday during business hours.



If you need information in a language other than English, an interpreting service is available. Call 13 14 50.

If you are deaf, or have a hearing or speech impairment, you can contact us through the National Relay Service by phone 1800 555 660. [www.relayservice.gov.au](http://www.relayservice.gov.au)

## Dietetics service

For information about appropriate diets before, during and after treatment, along with tips on managing the side effects caused by treatment, call 13 11 20 to enquire if you are eligible to access a dietitian.

## Cancer information and resources

We provide a range of resources including booklets, brochures, fact sheets, videos, podcasts, webinars, and CDs on cancer types, cancer treatment, living with cancer and living well after cancer. Our resources are available to view or download via our website [cancerwa.asn.au](http://cancerwa.asn.au) or copies requested by calling 13 11 20.

## Life Now Exercise and Meditative Courses

Mind body activities are an important part of supportive cancer care. These activities provide a range of mental and physical health benefits. Research shows these activities can help reduce stress and anxiety and improve quality of life for people affected by cancer.

The Life Now Program offers introductory evidence-based mind body courses including exercise, meditation, mindfulness, tai chi and yoga. These courses are provided by experienced facilitators for cancer patients and their primary carer. Life Now courses are offered in Perth metro and regional WA, both face-to-face and online.

## Wellbeing after Cancer

Our Wellbeing after Cancer program offers support to people for the time after their cancer treatment has finished. This may include complete recovery from cancer, or perhaps now living with cancer.

A Registered Nurse who is specialised in the Wellbeing after Cancer program, will assist you in identifying your specific needs and support you to achieve them through a series of coaching phone calls and useful tools, including developing an individualised wellbeing care plan.

For further information call 13 11 20 or visit the Wellbeing after Cancer page on our website [cancerwa.asn.au](http://cancerwa.asn.au) where you can also complete the 'Request a Wellbeing after Cancer callback' form.



## Regional support services

Our Regional Cancer Support Coordinators are located across Western Australia. They can provide information, offer emotional support and connect anyone affected by cancer to local services and support groups in their area. For more information or to check what services are available in your area call 13 11 20 or visit [cancerwa.asn.au](http://cancerwa.asn.au)

## Accommodation in Perth

Our two self-catering Lodges offer a comfortable home away from home for eligible regional cancer patients and their carers, who need to travel to Perth for assessment and treatment.

Our Lodges provide a supportive environment and offer free transport to and from treatment for Lodge guests (conditions apply).

## Complementary therapies

Complementary therapies are supportive therapies that can be used alongside conventional treatment. They aim to improve general wellbeing, quality of life and help people to cope with the side effects of cancer. Complementary therapies are used in conjunction with conventional medical treatments and are increasingly considered an important part of supportive care, which helps people address a wide range of challenges beyond medical treatment or cancer. These are provided free of charge by qualified therapists who volunteer their time.

## 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. We offer short-term face-to-face or telephone counselling services which are available in metropolitan and regional WA through our Counselling Network. Patients, family and carers who have been affected by a cancer diagnosis can attend. This service is provided at no or minimal cost.