

# Supportive Care and Information Services 2019



The Cancer Society offers a range of support and information services for those affected by cancer, and education programmes for health professionals.

The following client services are provided by the Cancer Society:

- Cancer Information Helpline - 0800 CANCER (226 237)
- Cancer information resources - booklets, leaflets, information sheets, website, and videos
- Community Support Staff/volunteers/liaison Nurses
- Facilitated support groups/programmes/seminars
- Self-help support networks
- Counselling and Psycho-social services
- Volunteer driving service
- Accommodation for people undergoing cancer treatment at regional Cancer Centres
- Cancer Connect - telephone linking service
- Cancer Chat - computer-based discussion group ([www.cancerchatnz.org.nz](http://www.cancerchatnz.org.nz))
- Cancer Information Directory (web-based - [www.cancernz.org.nz](http://www.cancernz.org.nz))
- Library service
- Lymphoedema support and information services
- Financial support - short-term
- Advocacy

**Additional client services are available in some divisions and centres.**

The Cancer Society also provides education programmes for health professionals. To find out more about any of the services available in your area, contact your local Cancer Society or call the Cancer Information Helpline 0800 CANCER (226 237).

## Divisions and Centres

Location	Phone
Auckland Division	09 308 0160
Northland Centre	09 437 5593
Waikato/BOP Division	07 838 2027
Rotorua	07 349 4556
Tauranga Centre	07 571 2035
Taranaki Centre	06 757 3006
Manawatu Centre	06 356 5355
Gisborne Centre	06 867 1795
Hawke's Bay Centre	06 876 7638
Wanganui Centre	06 348 7402
Wellington Division	04 389 8421
Kapiti Centre	04 298 8514
Wairarapa Centre (Masterton)	06 378 8039
Nelson Centre	03 539 1137
Marlborough Centre	03 579 4379
Canterbury Division	03 379 5835
Mid-Canterbury Centre	03 307 7691
South Canterbury Centre	03 688 0124
West Coast Centre	03 768 9557
Otago/Southland Division	03 477 7447
Southland Centre	03 218 4108
Central Otago Centre	03 4424281

For support and cancer information call the Cancer Information Helpline 0800 CANCER (226 237). The titles below are available through your local Cancer Society office or through our website:

[www.cancernz.org.nz](http://www.cancernz.org.nz)

# Cancer Information

## Booklets

Advanced Cancer/Matepukupuku Maukaha: A guide for people with advanced cancer

Advanced melanoma/ Tonapuku maukaha o te kiri

Blood Cancers and Conditions (Leukaemia and Blood New Zealand). This resource is available on our website [www.cancernz.org.nz](http://www.cancernz.org.nz)

Bowel Cancer/Matepukupuku Puku Hamuti: A guide for people with bowel cancer

Breast Cancer/Te Matepukupuku o ngā Ū: A guide for women with breast cancer

Breast Prostheses and Reconstruction (Cancer Council Australia)

Cancer Clinical Trials: A guide for people considering taking part in a clinical trial

Cancer in the Family: Talking to your children

Cancer of the Head and Neck (Cancer Council Australia)

Cancer of the Uterus: A guide for women with cancer of the uterus

Cervical Cancer (Cancer Council Australia)

Chemotherapy, Immunotherapy and Targeted treatments Ngā Maimoa Hahau, Haumanutaunga, me te Whakahāngai

Complementary and Alternative Medicine: A guide for people affected by cancer

Coping with cancer: Your guide to support and practical help

Early-stage melanoma/ Tonapuku o te kiri

Eating well during cancer treatment / Kia pai te kai i te wā maimoatanga matepukupuku: A guide for eating well during cancer treatment

Emotions and Cancer: A guide for people with cancer, their families/whānau and friends

Getting on with life after treatment: A guide for people after cancer treatment

Liver Cancer (Cancer Council Australia)

Living with a dry mouth: A guide for people with dry mouth

Lung Cancer/Matepukupuku Pūkahukahu: A guide for people with lung cancer

Neuroendocrine Tumours: A Guide for Patients (Unicorn Foundation). This resource is available on our website [www.cancernz.org.nz](http://www.cancernz.org.nz)

Ovarian Cancer (Cancer Council Australia)

Prostate Cancer/Matepukupuku Repeure: A guide for men with prostate cancer

Radiation Treatment/Haumanu Iraruke: A guide for people having radiation treatment also audio file and ebook

Secondary Breast Cancer/Matepukupuku Tuarua ā Ū: A guide for women with secondary breast cancer

Sex and Cancer/Hōkakatanga me te Matepukupuku: A guide to managing the impact of cancer on your sex life

Stomach & Oesophageal Cancer (Cancer Council Australia)

Supporting someone with cancer: A guide for partners, family/whanau and friends

Talking about grief and loss: A guide for people dealing with the death of someone close

Understanding Bladder Cancer (Cancer Council Australia)

Understanding Brain Tumours (Cancer Council Australia)

Understanding Head and Neck Cancers (Cancer Council Australia)

Understanding Kidney Cancer (Cancer Council Australia)

Understanding Pancreatic Cancer (Cancer Council Australia)

Understanding Stomach and Oesophageal Cancer (Cancer Council Australia)

Understanding Testicular Cancer (Cancer Council Australia)

Understanding Thyroid Cancer (Cancer Council Australia)

Understanding Vulva and Vagina Cancers (Cancer Council Australia)

## Brochures and leaflets

Being Active When You Have Cancer

Being Breast Aware

Bowel Cancer Awareness (leaflet)

Gynaecological Cancers: Information for all Women

Questions You May Wish To Ask (Available in Arabic, Chinese Simplified, Chinese Traditional, Cook Island Maori, English, Gujarati, Hindu, Korean, Maori, Niuean, Samoan, and Tongan)

Taking control: Living well with prostate cancer

Talking to a Friend with Cancer

## Supportive Care services publications

Cancer Chat NZ

Cancer Connect

Support Services DL Brochure

## Information Sheets

### Cancer Type Information Sheets

Advanced melanoma

Bowel Cancer/Matepukupuku Puku Hamuti

Breast Cancer

Cervical Cancer

Ductal Carcinoma in Situ

Early stage melanoma

Matepukupuku Repeure (Te Reo Māori translation of Prostate Cancer Information Sheet)

Matepukupuku Tuarua ā-Ū (Te Reo Māori translation of Secondary Breast Cancer Information Sheet)

Mesothelioma

Ocular melanoma

Ovarian Cancer (Cancer of the Ovary)

Prostate Cancer

Secondary Breast Cancer

Secondary Cancer in the Bone

Secondary Cancer in the Brain

Secondary Cancer in the Liver

Secondary Cancer in the Lung

Uterine Cancer (Cancer of the Uterus)

A Guide for Women with Breast Cancer

## Treatment Information Sheets

Chemotherapy

Complementary and Alternative Medicine

Hahau (Te Reo Māori translation of Chemotherapy Information Sheet)

Making decisions about your cancer treatment

Radiation Treatment (also available in Māori, Samoan, Tongan, Simple and traditional Chinese)

## Living with Cancer Information Sheets

After Breast Cancer Surgery

Benefits and Entitlements

Benefits and Entitlements: What happens when you apply for Work and Income support?

Breast Prosthesis and Bra Information

Breathlessness (being short of breath)

Cancer, Wairuatanga and Spirituality

Cancer: Insurance, Legal and Employment Issues

Cancer-related Fatigue

Continence management following surgery for prostate surgery (New Zealand Continence Association). Available on our website [www.cancernz.org.nz](http://www.cancernz.org.nz)

Coping with Sore Mouth, Dry Mouth or Mouth Infections

Coping with holidays and special days through times of bereavement (Skylight). This resource is available on our website [www.cancernz.org.nz](http://www.cancernz.org.nz)

Coping with the Side Effects of Chemotherapy and Radiation Treatment; Fever, Nausea and Vomiting

Coping with waiting

Constipation, Diarrhoea and Flatulence

Early Menopause and Cancer

Exercises after breast cancer surgery (Cancer Council Queensland)

Helping Yourself

If You Have Difficulty Sleeping

In tough times of serious illness: Coping with holidays and special days (Skylight). This resource is available on our website [www.cancernz.org.nz](http://www.cancernz.org.nz)

Living with Lymphoedema

Long-term and late effects of cancer

Managing Cancer in the Workplace

Managing Cancer Pain

Sex and cancer

Supporting Your Young Adult Children When You Have Cancer

Taste changes with chemotherapy and radiation treatment

Telling Other People About Your Diagnosis

Tips for Managing Hair Loss

Understanding Lymphoedema

Using the internet to search for cancer information and support

What is Cancer?

Your Cancer Care Team

## Health Promotion

### SunSmart Resources

#### SunSmart Learning Programme

##### Be Safe in the Summer Sun

A learning programme for Year 1 and 2

##### I'm SunSmart This Summer

A learning programme for Year 3 and 4

##### Be SunSmart

A curriculum resource for years 5 and 6

##### Act SunSmart This Summer

A curriculum resource for year 7 and 8

**Sunsmart Fact Pack: Doing what New Zealanders do in a sunsmart way**

For further information, refer also to SunSmart Schools Website: [www.sunsmartschools.co.nz](http://www.sunsmartschools.co.nz)

## Sun Protection Resources

DL Card: Take Time to Spot the Difference on skin cancer in Te Reo and English

Sun Safety for under five year olds

Undercover Guidelines for Shade Planning and Design

## Sun Protection Information Sheets

### Skin Cancer

Detecting and diagnosing skin cancer

Where can I get my skin checked?

How and when to check your skin

Signs of skin cancer

The prevention and early detection of melanoma

### Sun Protection

Built shade is a good form of sun protection

Eye protection

Hats - protecting your head, neck and face

Sun altitude and snow

Sun protection at beaches and swimming pools

Sun protection for babies and toddlers

Sun protective clothing

Sunscreen

Undercover guidelines for shade planning and design

Planning SunSmart Outdoor Events

Why Early Childhood Centres Need Sun Protection Policies

Why Secondary Schools Need a SunSmart Policy

UV Radiation and the School Timetable

Vitamin D and SunSmart

Vitamin D Q & A's

Sunbeds, solaria and sunlamps

Fake tan products

The costs of skin cancer to New Zealand

The ozone layer and UV radiation

## **Resources about sun protection for outdoor workers and their employers**

**Booklet: Sun Protection and Outdoor Work - A guide for employers**

**Brochure:** Are you protected from the sun? (Information for outdoor workers)

**Poster:** If you work outdoors you are at risk of skin cancer: Work with your employer to protect yourself from the sun

**Sample policy for a SunSmart workplace:** A Workplace Sun Protection Policy

## **Nutrition and Physical Activity**

### **Information Sheets and Resources**

Alcohol and Cancer Risk

Beta-carotene and Cancer Risk

Food Chemicals and Cancer

Dairy Foods and Cancer Risk

Folate and Reducing Cancer Risk

Fibre, Wholegrain Cereals and Cancer Risk

Healthy Weight and Cancer Risk

Meat and Cancer Risk

Physical Activity and Cancer Risk

Salt and Cancer Risk

Tea and Cancer Risk

Vegetables, Fruit and Cancer Risk

Reducing Your Risk of Bowel Cancer

Plastics and Cancer

Fish Oils, Omega 3 and Cancer

## **Screening and Early Detection**

DLE card: Being Breast Aware: Early detection can make a difference

Leaflet: Bowel cancer awareness: Understanding your bowel

## **Cancer risks in your environment**

Mobile phones and cancer

Fluoride and Osteosarcoma

Understanding chemicals

## **Cancer Society of New Zealand**

### **Position Statements**

Alcohol and Cancer Risk

Breakthrough therapies and the introduction of a New Zealand Early Access to Medicines Scheme

Breast Awareness

Companion Statement on Vitamin D & Sun Exposure in Pregnancy and Infancy in New Zealand

Electronic Cigarettes

Folate and Reducing Cancer Risk

Guidance on Overweight, Obesity and Cancer Risk

Guidance on Physical Activity and Cancer Risk

Risks and Benefits of Sun Exposure in New Zealand

Screening and Early Detection of Skin Cancer

Screening for Colorectal (Bowel) Cancer

Thermography and Breast Cancer

Testing for Prostate Cancer

Tobacco Control