

# Supportive Care and Information Services February 2017

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



# Cancer Society

Te Kāhui Matepukupuku  
o Aotearoa

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	03 356 5355

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 2016

## Booklets

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

After breast cancer: Looking ahead (Cancer Council Australia)

A guide for caregivers (Totara Hospice South Auckland)

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

Bowel cancer and bowel function: A guide for people with bowel cancer

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

Breast cancer in men: One man to another

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 uterus: A guide for women with cancer of the uterus

Chemotherapy/Hahau: A guide for people having chemotherapy

Complementary and alternative medicine: A guide for people affected by cancer

Coping with cancer: Your guide to support and practical help

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

Kanesa o le susu: A guide for women with early breast cancer (in Samoan)

Liver cancer (Cancer Council Australia)

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

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

Melanoma/Tonapuku: A guide for people with melanoma

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

Prostate cancer/Matepukupuku repeure: A guide for men with prostate cancer

Radiation treatment/Haumanu iraruke: A guide for people having radiation treatment

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

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 cancers of the head and neck (Cancer Council Australia)

Understanding cervical cancer (Cancer Council Australia)

Understanding head and neck cancers (Cancer Council Australia)

Understanding kidney cancer (Cancer Council Australia)

Understanding ovarian 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

Gynaecological cancers: Information for all women

Helpful hints for caregivers (Totara Hospice South Auckland)

Helpful hints for caregivers - Samoan translation (Totara Hospice South Auckland)

Helping children grieve - A guide for parents (Totara Hospice South Auckland)

Helping children grieve - Te Reo Māori translation (Totara Hospice South Auckland)

Helping children grieve - Samoan translation (Totara Hospice South Auckland)

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

What happens as we are dying (Totara Hospice South Auckland)

What happens as we are dying - Te Reo Māori translation (Totara Hospice South Auckland)

When your grandparent dies (Skylight)

When Mum or Dad dies (Skylight)

## Supportive Care services publications

Cancer Chat NZ

Cancer Connect

Support Services DL brochure

## Information Sheets

### Cancer type information sheets

A guide for women with breast cancer

Bowel cancer/Matepukupuku puku hamuti

Breast cancer

Cervical cancer

Ductal carcinoma in situ

Matepukupuku repeure (Te Reo Māori translation of Prostate cancer Information Sheet)

Matepukupuku tarua ā-Ū (Te Reo Māori translation of the Secondary breast cancer information sheet)

Mesothelioma

Ocular melanoma

Ovarian cancer

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)

### 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

### 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 and spirituality

Cancer: Insurance, legal and employment issues

Cancer-related fatigue

Constipation, diarrhoea and flatulence

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 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 sore mouth, dry mouth or mouth infections

Coping with the side effects of chemotherapy and radiation treatment; fever, nausea and vomiting

Coping with waiting

Early menopause and cancer

Exercises after breast cancer surgery (Cancer Council of Australia)

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 2014

### Smokefree resources

DVD: 'Out of sight out of mind: Protect our children from tobacco marketing'

*This DVD explores the way tobacco is marketed through tobacco displays, and their impact on children and smokers trying to overcome their addiction.*

### Leaflets

'Out of sight out of mind' fact sheet

*This resource contains information about the reasons for banning cigarette displays.*

Postcard: 'Out of sight out of mind'

DL card: Smoking causes cancer in a lot of places (including the butt). Seven things you need to know about smoking and cancer

*This resource alerts people to the links between smoking and a variety of cancer and encourages non-smokers to help the smokers they love to quit.*

Location, location, location - Smokescreen

*This issue of 'Smokescreen' contains information about cigarette displays.*

No health benefit from 'light' cigarettes - Smokescreen

*This issue of 'Smokescreen' contains information about the light and mild deception.*

NZ lags behind world trend - Smokescreen

Quit smoking for better life

*This resource provides personal accounts of the*

*benefits of quitting smoking, positive steps to keep your family smokefree and referrals to quit smoking services.*

A budget advisors guide - Providing options for your smoking clients

*This resource answers some commonly asked questions about the 'Quit Smoking for a Better Life' resource and project, and the role of Budget Advisers in referring people to quitting smoking services.*

Large leaflet: Quit smoking for the ones you love

Small leaflet: Quit smoking for the ones you love

Smokefree for a cleaner and healthier community

*This resource outlines some of the benefits of expanding smokefree zones in promoting healthy smokefree lifestyles. It includes information on international experiences.*

Quitting smoking

*This resource contains information about the health benefits of quitting smoking as well as some tips on preparing to quit and remaining smokefree.*

Dying for a smoke

*This resource contains information about the health effects of smoking, with particular emphasis on Lung Cancer and Emphysema.*

Poster: life or death

*This resource provides a ready reminder of the mortality rates from smoking compared with other leading causes of death.*

## **Smokefree information sheets**

Cancer and smoking

Cancer and other serious harms from second-hand smoke

Cancer, smoking and inequalities

Cigars and cancer

Cannabis and cancer

## **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

*This DL card features photos and descriptions of the most common types of skin cancers.*

Poster: Take Time to Spot the Difference

*This A2 poster features photos and descriptions of the most common types of skin cancers.*

Poster and DL: Never let your child get sunburnt

*This poster features the SunSmart rules to follow.*

DL Card: Never get sunburnt

*This DL card explains how to slip slop slap and wrap.*

Poster: Never get sunburnt

*This poster explains how to slip slop slap and wrap.*

## **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

How do I take a balanced approach to sun exposure?

UV Radiation and vitamin D for people with dark skin

## Sunbeds

Sunbeds, solarium and sunlamps

## General

Fake tan products

How to make sense of the mixed cancer messages in the media

The costs of skin cancer to New Zealand

The ozone layer and UV radiation

Position statement on screening and early detection of skin cancer

## 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 resources

## Nutrition and physical activity information sheets and resources

Alcohol and cancer risk

Beta-carotene and cancer risk

Chemicals and cancer

Dairy foods and cancer risk

Folate and reducing cancer risk

Food and cancer: Questions and answers

Food, nutrients and additives and cancer risks

Fibre, wholegrain cereals and cancer risk

How to make sense of the mixed messages in the media

Healthy weight and cancer risk

Healthy eating and physical activity: Ten tips to reduce your cancer risk

Meat and cancer risk

Physical activity and cancer

Recipe cards

Salt and cancer risk

Tea and cancer risk

Vegetables, fruit and cancer risk

## Screening and early detection

DLE card: Being breast aware: Early detection can make a

difference

Thermography and breast cancer

Leaflet: Bowel cancer awareness: Understanding your bowel

Testing for prostate cancer

DLE card: Gynaecological cancers

Tobacco control

DLE card: Thermography

## **Screening for specific cancers**

Information on testing for prostate cancer

Screening for bowel (colorectal) cancer

Cancer screening - new and evolving technologies

## **Cancer risks in your environment**

Mobile phones and cancer

## **Screening and early detection**

DLE card: Being breast aware: Early detection can make a difference

Leaflet: Bowel cancer awareness

# **Policy**

## **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

End of life

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