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)
- Cancer Information Directory (web-based - 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 office or call the Cancer Information Helpline 0800 CANCER (226 237).

Locations and Centres

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

Bowel Cancer / Matepukupuku Puku Hamutu: 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 Pūkahakahu: 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

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/whānau 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, Hindi, 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
- 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
- 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

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

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