

Understanding Cancer

Free one-day community education program.

Working Beyond Cancer

Free one-day program for people balancing work and cancer treatment.

Cancer Council Information Centre

The Cancer Council Information Centre is located at the Cancer Care Centre at Wollongong Hospital. Come along to find answers to questions, link into support services or simply take some time out in a comfortable and relaxed environment. Call 4223 0200 to arrange your visit.

Cancer Information Library

Books, journals, DVDs and CDs about cancer-related topics for consumers and health professionals.

Cancer Council

Contact Community Engagement Manager
Tina Hunt via
e: tinah@nswcc.org.au
p: 4223 0215

General and Practical Support Service (GAPS)

Our friendly trained volunteers can provide support for cancer patients including companionship, transport, carer respite and more. To make a booking or for further information, please contact our Volunteer Coordinator on 0467743821 or igaps@nswcc.org.au

Cancer Services Directory

The directory is distributed across the Illawarra and allows residents to have better access to information and services related to cancer.

Cancer Directory

A national database of trusted Australian cancer care resources.
www.cancerdirectory.com.au

SunSmart

SunSmart is a primary school based program that encourages children to practice sun safety at school in order to prevent skin cancer. Did you know that 82% of Illawarra primary schools are SunSmart?

Community Speaker Program

Cancer Council trained volunteers that provide community education programs of various types. To become or organise a speaker or to volunteer for this program, please contact our Coordinator on 42230200

Cancer Transport Helpline

Helps patients trying to find transport to treatment and for general domestic tasks. Monday to Friday, please call (02) 4223 0217 for more information.

Your donations making a difference

in the Illawarra



Saving Life 2015

Our Vision for Change outlines five opportunities for the next NSW Government to reduce the number of people who hear the words 'you've got cancer', and ensure that those who have cancer get the care they need. Visit CanAct.com.au to find out more.

Sun Sound

Visit your local pool this summer to hear a catchy, short jingle played every hour between 11am and 3pm. It's a friendly reminder to protect your skin from the sun.

Cancer Council Connect

One-to-one, telephone-based peer support for patients before, during and after treatment.

Cancer Connections

Online conversations between people affected by cancer.
www.cancerconnections.com.au

Telephone Support Groups

Bi-monthly support groups via teleconference for people affected by cancer who cannot meet in person.

Cancer Counselling

Subsidised one-to-one sessions with a professional counsellor experienced in cancer issues, for people affected by cancer.

Supporting Support Groups

Support and training for support group leading in establishing and maintaining a group.

Helpline 13 11 20

Central point of contact for all cancer questions and services. Staffed by oncology professionals.

Financial Assistance

One-time financial assistance for cancer patients in need.

No Interest Loans

For patients and carers with temporary financial stress who demonstrate capacity to repay once their health returns.

Financial Planning Referral Service

Free assistance from financial planners for eligible cancer patients and carers.

Legal Referral Service

Free professional legal assistance for eligible cancer patients and carers.

Cancer in the Illawarra

Prostate Cancer

The most common cancer in the Illawarra. Approximately 169 new cases are diagnosed each year. Most prostate cancers occur in men over 65 – and most are not life threatening particularly when diagnosed early.

Breast cancer

The third most common cancer in the Illawarra region. Approximately 120 new cases each year. Men and women over 50 should be screened each year.

Australia has the highest rates of Melanoma in the world.

Melanoma is also one of the most common cancers in the Illawarra area with approximately 93 new cases per year. Protection for you and your family is easy – stay in the shade, slip on a shirt, slop on sunscreen, slap on a hat, wear sunglasses and avoid the sun during the high UV times of 10am to 3pm.



Colorectal cancer

The second most common cancer in the Illawarra region with approximately 137 new cases each year. You can reduce your risk of bowel cancer by eating a balanced diet high in fruits and vegetables and exercising regularly. Men and women over 50 should be screened each year – you can buy a kit at your local chemist or ask your GP for more details.

Lung cancer

The fourth most common cancer in the Illawarra area with approximately 103 new cases each year. The most effective way to reduce your risk is to give up smoking.