

15. GENERAL RESOURCES

15.1 Support Groups

The Cancer Council

Breast Cancer Network Australia

Local Support Groups

15.2 Partners and Children

15.3 Resources

The Cancer Council

Please see [Section 14 Practical Resources](#) for information on the Cancer Council.

Breast Cancer Network of Australia (BCNA)

293 Camberwell Rd
Camberwell VIC 3124
Phone: (03) 9805 2500
Fax: (03) 9805 2599
Email: beacon@bcna.org.au
Website: www.bcna.org.au

Free Call: 1800 500 258

The BCNA produces *The Beacon*—a newsletter for women with breast cancer. For Tasmanian State representatives please see below.

Karen Forster

1a Elf Avenue

Glenorchy Tas 7010

Tel: (03) 6273 4422

Mobile: 0439 734 422

Email: dforster@vtown.com.au

Pauline Watson

90 Quarantine Rd

Kings Meadows

Tel (3) 6344 8968

Tasmanian Breast Cancer Network

The Cancer Council of Tasmania [Support Centres](#)

Related Topics

[15.2 Partners and Children](#)

[15.3 Resources](#)

Support Groups

Local Breast Cancer Support Groups

Cancer support groups offer a safe place for people to share experiences and emotions with others who have been affected by cancer. The group setting fosters discussion and sharing of ideas and is also an opportunity to explore coping strategies, stress management and issues relating to an individuals' cancer. Support group membership is offered to people with cancer as well as their family members. Groups generally meet monthly.

For more information on support groups in your area contact your nearest Cancer Support Centre.

| Town | Name | Contact details |
|---------------------------------------|---|------------------------|
| Beaconsfield "Cancer Change" | Jane Chapman | 63831494 6383 1104 |
| Campbell Town Cancer Support Group | Anna Lovett | 6381 3300 |
| Cygnets | Margaret Batchelor | 6229 5206 |
| Cygnets Younger Women | Angela McDonald | 6267 1409 |
| Devonport | Sherrian O'Connor | |
| Devonport Younger Women | Zarna Mace | 6429 3233 |
| East Coast Group | Judi Hastie | 6257 1530 |
| Flinders Island | | |
| Hobart | Hobart Women's Health Centre Nola Polmear | 6231 3212 6222 7602 |

Related Topics

[15.2 Partners and Children](#)

[15.3 Resources](#)

Local Breast Cancer Support Groups cont'd

| Town | Name | Contact details |
|--|---------------------------------|------------------------|
| King Island | Anna de la Rue | 6462 1311 |
| Kings Meadows | Marg Tassell Pauline Watson | 6331 2280 6344 8968 |
| New Norfolk / Ouse "CANHOPE" | Margaret Clark | 6261 3272 |
| Pittwater / Midway Point "Meeting with Friends" | Susie Edwards | 6265 1155 |
| Rosebery | Norma Hudson | 6431 6470 |
| St Helen's | | |
| St Marys | | |
| Swansea | | |
| Tasman Group | Elaine Ball Alice Shoobridge | 6250 2173 |
| Triabunna | | |
| Ulverstone | Helen Rockliff | 6425 1568 |

Related Topics

[15.2 Partners and Children](#)

[15.3 Resources](#)

Partners and Children

Publications:

[I want to help: when cancer has been diagnosed in a relative, friend, workmate or neighbour](#) The Cancer Council Tasmania

[‘My Mum’s got cancer’](#) The Cancer Council Tasmania

[Information for partners](#)—National Breast Cancer Centre

[What the woman you love will be feeling, and how to understand—and help—](#)
National Breast Cancer Centre

[How do you feel?](#) —National Breast Cancer Centre

[A carer’s toolkit](#)—National Breast Cancer Centre

[Boys do cry](#) Community Kit —National Breast Cancer Centre

[Impact on children](#) —National Breast Cancer Centre

[Kidscope](#)

[Myparentscancer](#) —National Breast Cancer Centre

Resources for friends or colleagues

[Helping a friend or colleague with breast cancer](#) (2002) (Australian)

Author/ publisher: Breast Cancer Network Australia

Available from: Breast Cancer Network Australia 1800 500 258

In this brochure, women who have had breast cancer share with you the things they found helpful and unhelpful.

Related Topics

[15.1 Support Groups](#)

[15.3 Resources](#)

Resources

There is a huge range of resources available for free or at a cost. This resource has listed for each Section, where to obtain those specific resources.

If you want to investigate further resources, the following websites are good starting points:

[National Directory of Hospital Based Services](#)—National Breast Cancer Centre

[NBCC Resources](#) National Breast Cancer Centre

[My Journey Kit](#) Breast Cancer Network Australia (BCNA)

[Resource order forms](#) The Cancer Council Tasmania

[NHMRC Breast Cancer Publications](#) National Health and Medical Research Council

[Tips for finding reliable breast cancer resources online](#)—Breast Cancer Network Australia (BCNA)

Newsletters

[Clinical Update](#)

For surgeons, medical oncologists and radiation oncologists. A quarterly newsletter which reviews recent research articles with immediate significance to clinical practice.

Related Topics

[15.1 Support Groups](#)

[15.2 Partners and Children](#)

Resources

Newsletters

Breastfax

Monthly newsletter of the National Breast Cancer Centre, with the latest in the Centre's activities and projects. This one-page update includes information about the Centre's launches and new projects. Sent as a fax or can be sent as an email and viewed with Acrobat Reader.

Related Topics

[15.1 Support Groups](#)

[15.2 Partners and Children](#)