

Supportive Care and Information Services



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, pamphlets, information sheets, website, 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 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 Centre	07 349 4556
Tauranga Centre	07 571 2035
Taranaki Centre	06 758 5644
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	06 378 8039
Nelson Centre	03 539 3662
Marlborough Centre	03 579 4379
Canterbury Division	03 379 5835
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	027 536 0066

Titles from the Cancer Society of New Zealand /Te Kāhui Matepukupuku o Aotearoa 2011

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

Booklets

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

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

Bowel Cancer and Bowel Function: Practical advice

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

Breast Cancer in Men
A guide for men with breast cancer

Cancer Clinical Trials

Cancer in the Family: Talking to your children

Chemotherapy/Hahau:
A guide for people having chemotherapy

Complementary and Alternative Medicine

Eating Well/Kia Pai te Kai:
A guide for eating well during treatment

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

Got Water?/He Wai?:
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

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

Sexuality and Cancer/Hōkakatanga me te
Matepukupuku: A guide for people with cancer
and their partners

Understanding Grief/Te Mate Pāmamae:
A guide for people dealing with the death
of someone close

Brochures

Being Active When You Have Cancer

Questions You May Wish To Ask

Talking To A Friend With Cancer

Information Sheets

Benefits and Entitlements

Cancer: Insurance, Legal and Employment Issues

Cancer and Spirituality

Cancer-Related Fatigue

Causes of Cancer

Chemotherapy

Complementary and Alternative Therapy

Constipation, Diarrhoea and Flatulence

Coping with Sore Mouth, Dry Mouth or Mouth Infections

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

Eating Well

Exercises after breast cancer surgery

Got Water?: A guide for people with a dry mouth

Hahau (Te Reo Māori translation of Chemotherapy
Information Sheet)

Helping Yourself

If you have Difficulty Sleeping

Titles from the Cancer Society of New Zealand /Te Kāhui Matepukupuku o Aotearoa 2011 *continued*

Information Sheets continued

Living with Lymphoedema
Managing Cancer in the Workplace
Managing Cancer Pain
Sexuality and Cancer
Side Effects of Chemotherapy and Radiation
Treatment: Fever, Nausea and Vomiting
Supporting your young adult children when you
have cancer
Radiation Treatment
The History of Cancer
Tips for Managing Hair Loss
Treatment of Cancer
Using the Internet for Cancer Information and Support
What is Cancer?
Words Commonly Used
Your Cancer Care Team

Skylight Information Sheets on CSNZ website (www.cancernz.org.nz)

Coping with holidays and special days through
times of bereavement
In touch times of serious illness:
Coping with holidays and special days

Site Specific

After Breast Cancer Surgery
Bowel Cancer/Matepukupuku Puku Hamuti
Cervical Cancer (Cancer of the Cervix)
Breast Cancer
Ductal Carcinoma in Situ
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)
Melanoma
Ovarian Cancer (Cancer of the Ovary)
Prostate Cancer
Prostate Problems
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)

Key Facts Sheets

Bowel Cancer
Lung Cancer
Testicular Cancer
Skin Cancer

These Key Fact Sheets are available from the Men's
Health Challenge website:
menshealthchallenge.org.nz

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.

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 Advisors in referring people to quitting smoking services.

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 remain 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 to other leading causes of death.

Smokefree Information Sheets

Cancer and Smoking

Cancer, Smoking and Passive Smoking

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

Sun Protection Resources

DL Card: Take Time to Spot the Difference

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

Poster: Take Time to Spot the Difference

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

Poster: Never let your 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

Skin cancer detection and diagnosis

Where can I get my skin checked?

How and when to check your skin

Signs of skin cancer

The costs of skin cancer to New Zealand

The prevention and early detection of melanoma

Position Statement on Screening and Early Detection of Skin Cancer

Protection

Undercover guidelines for shade planning and design

Shade structures

Hats – protecting your head, neck and face

Sun protective clothing

Eye protection

Sunscreen

Sun protection at beaches and swimming pools

Sun, babies and toddlers

Vitamin D

UV Radiation and vitamin D for people with dark skin

SunSmart Resources *continued*

General

The ozone layer and UV radiation

Sun altitude and snow

Sunbeds, solaria and sunlamps

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

Fake tan products

Resources about sun protection for outdoor workers and their employers

Booklet: SunSmart

A guide for employers about sun protection and outdoor work

Brochure: Cancer

Advice about sun protection for outdoor workers

Poster: Sunsmart

For the workplace

Take Time to Spot the Difference

A DL card about the detection of skin cancer

Sample policy for a SunSmart workplace

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
Food and Cancer: Myths and Facts
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
Bowel cancer awareness: Understanding your bowel
DLE card: Gynaecological cancers
DLE card: Thermography
Information Sheet: Mobile phones and cancer