

# GROUPS IN .15 FOR SUPPORT & INFORMATION

**THE MANY AND VARIED BREAST CANCER SUPPORT GROUPS IN NEW ZEALAND PROVIDE AN EXTENSIVE RANGE OF SERVICES, SUPPORT, INFORMATION AND ENCOURAGEMENT FOR WOMEN (AND MEN) WHO ARE NEWLY DIAGNOSED, HAVING SURGERY OR TREATMENT, RECOVERING OR IN REMISSION – EVERYONE WHO IS DIAGNOSED WITH BREAST CANCER NEEDS SUPPORT – IT MUST COME IMMEDIATELY, AND BE THERE WHENEVER IT IS REQUIRED. SUPPORT MEANS ADVICE, THE PRESENTATION OF OPTIONS, EDUCATION, UPDATES, ENCOURAGEMENT AND POSITIVE MESSAGES.**

**DUE TO FEEDBACK WE WILL CONTINUE TO PROVIDE** you with the contact details of these groups. Of course, there are various wonderful groups and fundraiser initiatives set up to support local women, but which also need to be recognised and acknowledged. Breast cancer services in New Zealand are under-funded and under-resourced, and that is why you will see constant fundraising activities in your town put on by various support groups at any time of the year. The two major public fundraising initiatives are The New Zealand Breast Cancer Foundation's Pink Ribbon Street Appeal in October, (October is international breast cancer awareness month), and the Breast Cancer Research Trust's (BCRT's) Glassons T-Shirt campaign that is launched in February each year.

The **NEW ZEALAND BREAST CANCER FOUNDATION** is a non-government funded charitable trust that aims to reduce the number of New Zealanders dying from breast cancer, and to improve outcomes of the disease and the quality of life for those affected by breast cancer. The Foundation educates women and the wider community about breast cancer with various initiatives, roadshows and workshops throughout New Zealand. The Foundation's symbol is the 'pink ribbon', the international symbol of breast cancer awareness and this symbol is trademarked to the Foundation in New Zealand. The Foundation's major fundraising event, which is held in October, is supported by an extensive multi-media campaign, an education programme, the sale of pink ribbons through retailers nationwide, and the Pink Ribbon Day Street Appeal. The 2008 Pink Ribbon Day is on Friday, 10 October. Visit [www.nzbcf.org.nz](http://www.nzbcf.org.nz). Phone 0800 902 732.

Breast cancer research does not receive priority funding in New Zealand. Ongoing local research into the causes of our critical breast cancer rate in New Zealand is essential to reduce the death rate. The **BREAST CANCER RESEARCH TRUST** proactively addresses the huge problem of breast cancer in this country and by funding and undertaking research projects it endeavours to find a cure in our lifetime with various research initiatives in place now, and being planned for the future. Visit [www.bcrf.co.nz](http://www.bcrf.co.nz). Phone 0800 227 828.

The **AUSTRALIAN NEW ZEALAND BREAST CANCER TRIALS GROUP** is dedicated to the control of breast cancer through quality research in New Zealand and Australia. It runs clinical trials for the treatment of all stages of breast cancer and trials for the prevention of breast cancer. The research programme involves multi-centre clinical trials and collaboration with over 80 institutions and over 450 researchers. New Zealand's main Oncology centres are participating centres for clinical trials coordinated through the group. The ANZ Breast Cancer Trials Group works collaboratively with other international breast cancer research groups. Visit [www.anzbcctg.org](http://www.anzbcctg.org)

**BREASTSCREEN AOTEAROA – THE NATIONAL BREAST SCREENING PROGRAMME** aims to reduce deaths from breast cancer among New Zealand women by detecting cancers when they are small. The programme offers free screening mammograms to women aged 45 – 69 who have not been diagnosed with breast cancer in the last five years. Screening is done every two years using two x-ray views of each breast to ensure the most accurate results are obtained. If something suspicious is found on a mammogram, women are referred to special assessment teams for diagnosis. Women can receive an invitation to take part in the programme directly from their GP, or women can make their own appointment with the programme. Ph 0800 270 200 or visit [www.neu.govt.nz](http://www.neu.govt.nz)

The **CANCER SOCIETY OF NEW ZEALAND** has an extensive information service set up to provide information and support to cancer patients and their families. They rely solely on the generosity of the public for financial and volunteer support in order to provide these services. The Society has an extensive library of resource books that can be lent out, and various support programmes, including counselling and therapeutic programmes, to help patients through treatment and thereafter. Visit [www.cancernz.org.nz](http://www.cancernz.org.nz)

**CANCER TRIALS NEW ZEALAND** was established in 2003 to assist clinical researchers, and existing Cancer Research Units by providing an infrastructure to facilitate cancer research in New Zealand. The main focus of the group is to encourage and support phase 1 and phase 2 cancer trials. Visit [www.ctnz.auckland.ac.nz](http://www.ctnz.auckland.ac.nz)

The **BREAST CANCER AOTEAROA COALITION (BCAC)** is an umbrella organisation representing 23 breast cancer related groups nationwide. BCAC has extensive networks providing women with a range of support and information services. Guided by a Steering Committee of breast cancer survivors, BCAC is a united consumer voice working to improve detection, treatment, care and understanding of breast cancer in New Zealand. Visit [www.breastcancer.org.nz](http://www.breastcancer.org.nz)

Looking good, in spite of the knowledge you have cancer gives you control at a time in your life when you need it most. **LOOK GOOD FEEL BETTER** is a free service offered to women undergoing treatment for cancer. The aim is to help restore and enhance the appearance of cancer patients both during and after treatment. Look Good Feel Better offers guidance, information and make-over expertise at beauty workshops throughout New Zealand. Visit [www.lgfb.co.nz](http://www.lgfb.co.nz). Phone 09 308 0245.

The **LYMPHOEDEMA SUPPORT NETWORK**, part of the Cancer Society's voluntary support structure, supports people who have lymphoedema and raises awareness of the condition in the community. Visit [www.nzard.org.nz](http://www.nzard.org.nz)

The **BREAST CANCER NETWORK (NZ) INC** is a New Zealand wide organisation for survivors of breast cancer and their supporters. The Network aims to promote increased efforts to prevent and cure breast cancer by advocacy, education, information and networking. Visit [www.breastcancernetwork.org.nz](http://www.breastcancernetwork.org.nz). Phone 09 526 8853.

The **BREAST CANCER SUPPORT (BCS) INC** is a group of seven support groups that cover the greater Auckland area from Pukekohe to Whangaporoa. These are groups of women who have had breast cancer and who volunteer encouragement, support and information. If you have been diagnosed with breast cancer and feel the need to talk to others who have had a similar experience, Phone 09 835 1890 (Marie) or 09 834 0208 (Nola)

The **WAIKATO BREAST CANCER TRUST** is a charitable trust that supports research and education on breast cancer diagnosis, prevention and treatment in the Waikato area. The Waikato is one of the most active centres for breast cancer research in New Zealand, and the Trust currently supports many local studies and clinical trials. Visit [www.wbcd.co.nz](http://www.wbcd.co.nz). Phone 07 834 3665.

**WOMEN'S HEALTH ACTION** is a charitable trust that aims to provide women with high quality information and education services to enable them to maintain their health and make informed choices about their health care. The group has a health promotion and disease prevention focus, with a special interest in screening, and approaches health using a holistic framework that considers the whole life of a woman. Visit [www.womenshealth.org.nz](http://www.womenshealth.org.nz). Phone 09 520 5295.

## SUPPORT SYSTEMS

**NEED SOMEONE TO TURN TO? YOU'LL FIND SUPPORT AT THE END OF THESE PHONELINES:**

**Cancer Information Service**  
Phone 0800 800 426

**Otago/Southeast Division**  
PO Box 6258, Dunedin  
Phone 03 477 7447

**Hospice New Zealand**  
PO Box 1248 1, Wellington  
Email [hospicenz@xtra.co.nz](mailto:hospicenz@xtra.co.nz)  
[www.hospice.org.nz](http://www.hospice.org.nz)

**Breast Cancer Support Tauranga Trust**  
PO Box 618, Tauranga  
Phone 07 571 3346  
[www.breastcancer.org.nz](http://www.breastcancer.org.nz)

**Pink Pilates**  
Exercise programme  
Phone 09 361 1078

**YWCA Encore**  
Exercise programme  
Free phone 0800 362 673

**Mamazon Club**  
Support for lesbian women with breast cancer  
Email [bccac@breastcancer.org.nz](mailto:bccac@breastcancer.org.nz)

**Sweet Louise Foundation**  
Provides support services for women in the Auckland area with advanced breast cancer  
[www.sweetlouise.co.nz](http://www.sweetlouise.co.nz)

**WEBSITES TO NOTE:**

**Breast Associates Ltd**  
[www.breastassociates.com](http://www.breastassociates.com)

**Breast Health New Zealand**  
[www.breast.co.nz](http://www.breast.co.nz)

**Cancer Society of New Zealand Inc National Office**  
PO Box 12145, Wellington  
Phone 04 494 7270

**Auckland Division**  
PO Box 1724, Auckland  
Phone 09 308 0160

**Waikato/Bay of Plenty Division**  
PO Box 134, Hamilton  
Phone 07 838 2027

**Central Districts Division**  
Covers: Taranaki, Wanganui, Manawatu, Hawkes Bay & Gisborne  
PO Box 5096, Palmerston Nih  
Phone 06 364 8989

**Wellington Division**  
Covers: Marlborough, Nelson, Wairarapa & Wellington  
52 Riddiford St, Wellington  
Phone 04 389 8421

**Nelson Centre**  
(Cancer Society Wellington Division)  
32 Manuka Street, Nelson  
Ph 03 546 3920

**Canterbury/West Coast Division**  
PO Box 13450, Christchurch  
Phone 03 379 5835

If you are a small local group or service offering support to the breast cancer cause in New Zealand, please feel free to contact *pink* magazine to have your details listed in our directory.

**FREE FREE FREE**

If you would like a free **breast health booklet** or **CD** call The New Zealand Breast Cancer Foundation on

**0800 902 732**

