

Making Connections

Talking to others who have also been affected by the diagnosis of a brain tumour can sometimes help. Depending on what suits your needs and what you're most comfortable with you can meet people over the telephone, online or face-to-face through a brain tumour support group. Some of these options are:

Cancer Connect (telephone)

Cancer Connect is a free and confidential service provided by the Cancer Council, which can put a person who has been diagnosed with a brain tumour, their partner, carer or family members in telephone contact with a support volunteer who has had a similar diagnosis. People are matched based on similar circumstances such as type of tumour, age and treatment.

Volunteers are trained to provide practical information and emotional support, complementing the care provided by the patient's health care team. They do not give medical advice or provide professional counselling.

For more information call 13 11 20.

Brain Tumour Patients Telephone Support Group (telephone)

Cancer Council New South Wales' Brain Tumour Telephone Support Group provides the opportunity for you to talk with other people living with a brain tumour. Group members range from those who are newly diagnosed, to those who have been living with a brain tumour for some time. Being telephone-based, you can join the group from anywhere in Australia. All you need is an hour, a telephone and a quiet, private space. Participation is free and confidential. Two trained

co-facilitators co-ordinate the groups, which run for one hour. Any adult who has been diagnosed with either a benign or malignant brain tumour can join.

Brain Tumour patients telephone support group meetings are held on the FIRST and THIRD Monday of each month.

For more information or to join:
Free call 1300 755 632 Monday - Friday 9am - 5pm or email: tsg@nswcc.org.au

Cancer Connections (online)

You can talk online with other people about your experience with a brain tumour diagnosis. Cancer Connections is an online community set up by Cancer Council New South Wales that links people with cancer, their friends and families in all states. Registration is free and your contact details will remain confidential. The site is supervised and the administrator is available on-line during business hours. For more information visit website: www.cancerconnections.com.au

Cancer Council Queensland's Brain Tumour Information Sessions (face-to-face)

You can meet people informally at our Brain Tumour Information Sessions, which are held five times a year for patients, carers and their families in Brisbane. A presentation from a health professional on

a brain tumour related topic is followed by a relaxed morning tea where you can meet others.

For more information call 13 11 20.

United Brain Tumour Support – Gold Coast support group (telephone or face-to-face)

United Brain Tumour Support is an independent support group based on the Gold Coast. The group meets in a relaxed atmosphere and is for all brain tumour patients and their families. "We connect people together through talking, listening and understanding their day to day issues with having a brain tumour and how it affects them and their families. If you are interested in joining our group, please do not hesitate to contact us".

The group meets at Tugun Surf Life Saving Club, 29 O'Connor Street, Tugun at 10:30am on the THIRD Wednesday of each month.

For more information contact Peter 0422 784 885, visit their website at www.braintumourhelp.com.au or find them on Facebook.