



Brain Tumour Support Service

Edition 3, 2017

Practical concerns

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Dear Friends

Welcome to the second edition of 2017.

Welcome to the third Brain Tumour Support and Information Newsletter for 2017. This edition raises a difficult subject which needs to be talked about.

As the year begins to wind down and we prepare for end of year festivities, we're highlighting a new service being piloted in Brisbane, which may be useful to those having treatment for a brain tumour. We take a look at practical websites to help carers find the information and support they need and for those who might have some trepidation about this time of year, our article on coping with cancer during the holidays may be useful. Lastly, we have details of the Australian Brain Cancer Survivorship Study, and how you can get involved.

Brisbane Transport to Treatment

Transport to Treatment is a new home-to-treatment transport service in Brisbane. The service is for anyone struggling to attend their cancer treatment appointment due to:

- Not having access to their own or public transport.
- Not being able to afford the cost of transport.
- Not being well enough to drive themselves or to use public transport.

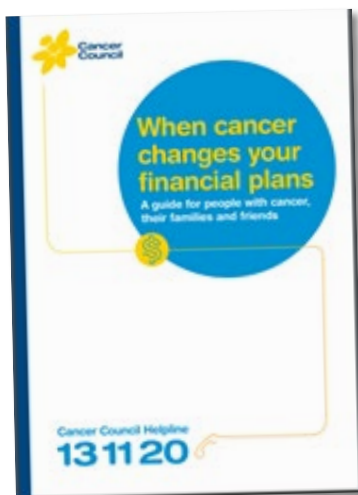
The service is currently providing transport for patients receiving treatment at the Royal Brisbane Women's Hospital, and will continue to expand at the end of the pilot.

We're proud to pilot this new service in Brisbane, offering a practical solution to those who need assistance getting to and from treatment.

To find out more about Transport to Treatment visit cancerqld.org.au or call 13 11 20.

Brain Tumour Support Service Newsletter Editing Team

For more information contact btss@cancerqld.org.au



When cancer changes your financial plans

We have a wide variety of resources available online at cancerqld.org.au, including easy-to-read information about specific types of cancer, treatments, and emotional and practical issues for people with cancer, their families and friends.

<http://www.actcancer.org/assets/Publications/Files/Whencancerchangesyourfinancialplans.pdf>

Donate now

Your donations help fund our research and support services for Queenslanders affected by brain cancer and benign brain tumours, including provision of the Brain Tumour Support Service. Donate online at www.cancerqld.org.au or call our Donor Hotline **1300 66 39 36**.

13 11 20

Call 13 11 20 for cancer and brain tumour support information, emotional and practical support. Our Information and Support Coordinators can also refer you to Cancer Council Queensland support programs and other community services.

This free and confidential service is available Monday to Friday 9am–5pm (excluding public holidays) and is provided thanks to the generous donations and support of Queenslanders.

Brisbane Brain Tumour Support Group

First Thursday of the month



Watch this space!

We will be evaluating the Brain Tumour Support Service shortly, and we want to hear from you. At Cancer Council Queensland our goal is to provide you with a service that is informative and supportive, but to do that, we need your feedback. Stay tuned for information on how you can have your say.

Carer Gateway

A great place to start for support and services

www.carergateway.gov.au

Carer Gateway is a national online and phone service that provides practical information and resources to support carers. The interactive service finder helps carers connect to local support services. You can get help finding the right advice, services and support; call their Hotline (1800 422 737) or request a callback, as well as accessing information in other languages.

Head to Health

This website can help you find free and low-cost, trusted online and phone mental health resources.

Head to Health can help you:

1. Find resources
2. Discover four types of digital resources:
 - a. Websites
 - b. Apps and programs
 - c. Forums
 - d. Phone, chat and email
3. Help you if you don't know where to begin (via Chat bot)
4. Get immediate support
5. Find out how to support someone else
6. See the bigger picture

This excellent and informative site is ideal for those in need of or providing care.



Cancer during the holidays

www.cancer.org/latest-news/cancer-during-the-holidays

Article Courtesy of the American Cancer Society (see below for approval to use process).

Holiday time may seem like just about the worst time to have cancer in the family. Even the jolliest of traditions lose their lustre when you're worried about your health care needs or those of someone you love.

If you or someone close to you has cancer or another serious illness this year, use these tips and resources to help lift your holiday spirits:

Do

Give yourself permission to feel and express your feelings, whether of joy, fear, sadness, or pain. Let yourself laugh or cry.

Take care of yourself. Eat balanced meals and make time for some exercise. Physical activity is a good way to release tension.

Allow yourself simple pleasures -- hot baths, naps, favourite foods -- that will help lift your mood.

Find distractions like going to a movie, dinner, or a sports game; spending time with friends; or other activities you enjoy.

Prepare for the holidays. Decide if you want to continue certain traditions or create new ones. Plan in advance how you want to spend your time, with whom, and for how long.

Enlist support for organising holiday gatherings, meal preparation, and cleanup.

Learn to say no. You don't have to participate in everything. People will understand if you can't do certain activities.

Don't

Don't pressure yourself with unrealistic expectations or try to do everything yourself.

Don't overindulge in alcohol. Because alcohol is a depressant, it can 'bring out' or heighten bad feelings.

Don't try to force yourself to be happy just because it's the holiday season.

Don't shop 'til you drop. Stick to a budget if you are going shopping. Buying things will not make up for any negative feelings you are having. Decide how much money you can afford to spend on gifts and other items. Then stick to your budget.

Don't try to do too much in one day. Plan ahead, setting aside specific days for specific tasks.

Don't abandon healthy habits. Eat and drink in moderation. Get plenty of sleep.

If you're grieving over the holidays

For people who have lost a loved one, the holidays can be even more difficult. Allow yourself to feel pain and whatever other emotions come along. Try following some of the tips above, and remember that although working through grief is important, it's okay to give yourself a break from grieving by distracting yourself with activities you enjoy. Try to use this time to forgive yourself for all the things you did or didn't say or do.

Remember that you don't have to handle your grief alone. Talk with your family and friends about your loss, or find others who have lost a loved one. Contact Lifeline on 13 11 14, Beyond Blue on **1300 22 4636** or Cancer Council **13 11 20**.

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13 11 20

All Queenslanders, all cancers.
cancerqld.org.au



What is it like to be a long term survivor of brain cancer?

Or to support someone who is?

Who Can Participate?

Adult 18 years & over living in Australia who:

- Has been diagnosed with any type of glioma (e.g. glioblastoma, astrocytoma) at least 2 years ago
- OR
- Is a family member or friend and the main provider of physical, practical or emotional support to an adult diagnosed with any type of glioma at least 2 years ago

Australian Brain Cancer Survivorship Study

Participate in our research study to understand the issues affecting people who have or have had brain cancers and their families.

Complete our survey online or by mail.

For more information, go to

survey.qut.edu.au/f/184646/7c13/

or phone Dr Danette Langbecker on (07) 3176 5356.



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About the Brain Tumour Support Service

Cancer Council Queensland's Brain Tumour Support Service provides free information, support and referral to people diagnosed with a benign or malignant brain tumour, their families and friends.

The service provides:

- Information about brain tumours, treatment, support agencies and rehabilitation services.
- Referral to Cancer Council Queensland's practical support program and counselling service.
- Regular information sessions in our Brisbane office, providing opportunities to meet with other people who have been impacted by a brain tumour and hear guest speakers discuss topics of interest.
- Regular newsletters offering up-to-date information, stories and support.
- For further details on the Brain Tumour Support Service, visit: www.cancerqld.org.au/get-support/cancer-emotional-support/brain-tumour-support.



Further information and support is available at cancerqld.org.au or by calling Cancer Council 13 11 20.