

PROSTATE CANCER INFORMATION EVENINGS DETAILS:

WHERE: Cancer Support Centre Jacaranda Lodge or via Zoom

TIME: 6:45pm to 8:00pm

DAY: Monday (Bi-monthly)

DATES:

Month	Date
February	23 rd
April	27 th
June	22 nd
August	24 th
October	26 th

PROSTATE CANCER COFFEE CATCH-UP:

WHERE: Cancer Support Centre Jacaranda Lodge

TIME: 2:30 pm to 3.30 pm

DAY: 1st Wednesday of the month

DATES:

Month	Date
February	4 th
March	4 th
April	1 st
May	8 th
June	3 rd
July	1 st
August	5 th
September	2 nd
October	8 th
November	4 th
December	2 nd

ENQUIRIES: (02) 9480 9061

cancersupport@sah.org.au

PARKING: \$10 flat rate – in hospital visitor's car park with validation of parking ticket at the Cancer Support Centre.

CONTACT US

Jacaranda Lodge

Sydney Adventist Hospital
185 Fox Valley Road, Wahroonga NSW 2076

Phone: (02) 9480 9061

Email: cancersupport@sah.org.au



DIRECTIONS:

Enter via Entry 2 (Ludowici Way). Entry closest to Comenarra Parkway. For those with mobility restrictions, there are a few car parks directly outside Jacaranda Lodge.

For those who are mobile, please park behind Jacaranda Lodge. To access parking, turn left at the roundabout (just before Beattie Complex), drive to the bottom of the hill, and turn right. Continue along to the end of this driveway and you can park behind Jacaranda Lodge.

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185 Fox Valley Road, Wahroonga NSW 2076

Ph: 02 9480 9111 | Fax: 02 9480 9266 www.sah.org.au

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San
Cancer Support
Centre



Patient information



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Prostate Cancer
Foundation of Australia

ABOUT US

Prostate Cancer Support includes information evenings and afternoon coffee catch-up at the San Cancer Support Centre in Jacaranda Lodge.

This group is available to all men with prostate cancer, irrespective of where they are undergoing treatment.

WHY SUPPORT?

Many men find attending such a group assists them in their cancer journey through:

- Meeting others 'in the same boat' and finding you are not alone
- Information about your cancer
- Finding out more about your cancer treatment, the side effects and what you can do
- Learning how others have dealt with some of the challenges you may have been facing
- Relaxing in a safe place with others who understand how you may be feeling, the hopes and the fears
- A supportive, non-threatening environment where humour is often the best medicine!

A Prostate Cancer Patient Navigator attends meetings to answer your questions. Guest speakers are occasionally invited on a range of topics, such as current clinical information and health and wellbeing topics i.e., nutrition, exercise, mindfulness, and stress management.

The San Cancer Support Centre was established in 1993 and offers support to anyone affected by cancer diagnosis.

Services are FREE to both public and private patients, regardless of where the treatment has been provided.

The San Cancer Support Centre runs 2 Prostate Support Groups. All patients are welcome to attend one or both of the groups.

The Evening Support Group has an educational format with a guest speaker on specific topics at each meeting. The Evening Support Group is held bi monthly via zoom.

The Afternoon Support Group is founded on emotional well being, patients share support, form bonds and discuss experiences. The afternoon group is held on alternate months to the evening group and is onsite at the San Cancer Support Centre.

EDUCATION FORUMS

Forums are held throughout the year on a variety of relevant topics. Please enquire at the Cancer Support Centre.

Family members, friends and carers are welcome to attend support groups and education forums.

PERSONAL & FAMILY COUNSELLING

- At diagnosis
- During and after treatment
- Associated family stress
- Telephone counselling
- Ward visits

PHONE OR DROP IN

- For support and information
- During crisis
- A quiet place to sit in a non-clinical atmosphere between appointments
- A place for carers or family members to wait for patients undergoing treatment

INFORMATION & RESOURCES

- Cancer Council booklets
- Books, DVD's & CD's
- Brochures and printed materials on a variety of topics

BEREAVEMENT SUPPORT

- For families who have lost a relative through cancer
- Bereavement support group and grief workshops

WELLBEING PROGRAMS

- Look Good Feel Better workshops
- Exercise & Yoga classes
- Life Story Writing
- Art Therapy

WIG CORNER

A range of wigs, headwear, and scarves in a variety of styles and colours, for loan at no cost.

ACUPUNCTURE

ONCOLOGY MASSAGE

REFLEXOLOGY

Available by appointment.

VOLUNTEER TRANSPORT

To Radiation Therapy appointments at Sydney Adventist Hospital when family and friends are unable to assist



The Cancer Support Centre is assisted by Adventist Health Care Ltd and the NSW Health NGO Grant Program.