

Barwon South Western Cancer Support Groups

This brochure provides information on support groups in the region, grouped by area and type of cancer. The groups are run independently.

We encourage you to access support, whether via these groups, other supports listed on our website (www.vics.org.au/bswrics) or beyond.

We encourage you to contact support group leaders to ensure the group is right for your needs.

Note: meeting dates and/or locations may have been impacted by COVID.

GEELONG, SURFCOAST & BELLARINE PENINSULA

ALL CANCERS

Cancer After Care Group Geelong

Contact: Libby (Ph. 5282 1936)

Service: Raise funds to provide equipment for the Andrew Love Cancer Centre. Assist and support people affected by cancer and their families.

When: 3rd Thursday of each month at 1.30pm.

Venue: The Andrew Love Cancer Centre
Wellness Lounge,
70 Swanston Street, Geelong.

BLOOD CANCER

Geelong Myeloma Information & Support Group

Contact: Laura (Ph. 0416 129 267)
Emma (Ph. 0451 404 203)

Service: The group offers an opportunity for those living with myeloma and their carers to have discussion, social activities, support and education sessions.

When: Visit www.myeloma.org.au or contact Laura/Emma for meeting dates.

Venue: Waurm Ponds Hotel,
1154 Princes Highway,
Waurm Ponds.

Geelong Blood Cancer Social Breakfast Group

Contact: Carolyn (Ph. 0438 695 127)

Service: This is a friendly, social group for people affected by blood cancer, carers and survivors.

When: Breakfast meetings are held on the last Sunday of each month at 9.00am.

Venue: Café RnR,
Barrabool Road, Belmont.

BRAIN CANCER

Geelong Brain Cancer Support Group

- Contact: Kevin (Ph. 0419 946 330 or kevin@peaceofmindfoundation.org.au)
- Service: Hosted by the Peace of Mind Foundation, this group provides an opportunity to connect with other people affected by brain cancer and their families.
- When: 2nd Tuesday of each month. Contact Kevin for meeting dates and times.
- Venue: 142 Myers Street, Geelong.

BREAST/GYNAECOLOGICAL CANCER

Geelong Region Activity Care & Education (G.R.A.C.E)

- Service: McGrath Breast Care Nurse, Andrew Love Cancer Centre (Ph. 0409 780 296)
Breast Care Nurse, St. John of God Geelong Hospital (Ph. 0418 342 947)
- Service: A socially active group that supports those affected by breast and gynaecological cancers, as well as friends and families. Group meets monthly for morning tea.
- When: 1st Friday of each month at 11am.
- Venue: The Bellarine Living & Learning Centre, 20 Worden Court, Whittington.

Beyond Pink Metastatic (Advanced) Breast Cancer Support Group

- Contact: Jenny (Ph. 0408 139 552)
- Service: Support, information and resources for people with metastatic (advanced) breast cancer. Share experiences and encouragement in a friendly, private setting or connect with Beyond Pink via Facebook, Zoom or email (support@beyondpink.com.au),
- When: Contact Jenny for meeting dates.
- Venue: Contact Jenny for venue details.

PROSTATE CANCER

Geelong Prostate Support Group

- Service: Bill – Secretary (Ph. 0414 524 155 or info@geelongpsg.net)
Alan – Mentor (Ph. 0429 438 673)
- Service: Provides the opportunity for people affected by prostate issues to meet for discussion, support and to hear guest speakers. Partners welcome.
- When: Last Friday of each month (excl. Dec) at 10.00am.
- Venue: Refer to website for details
<https://prostate-cancer-support-geelong.net/>

HAMILTON REGION

Hamilton Support Group

- Contact: Ph. 5551 8476
- Service: This group is open to people with cancer and their families. It offers support and understanding and the opportunity to discuss feelings and concerns.
- When: 2nd Tuesday of each month from 2.00pm – 4.00pm.
- Venue: Frances Hewett Community Centre, 2 Roberts Street, Hamilton.

PORTLAND REGION

Portland District Cancer Support Group

- Contact: Cancer Nurse Coordinator, Portland District Health (Ph. 5522 1410)
Email portlandcsg@gmail.com
- Service: It is an informal gathering to chat with others who are on a cancer journey.
- When: 1st Friday of each month.
- Venue: Various Portland venues – email support group for details.

Portland Myeloma Information and Support Group

Contact: Laura (Ph. 0416 129 267)
Emma (Ph. 0451 404 203)

Service: The group offers an opportunity for those living with myeloma and their carers to have discussion, social activities, support and education sessions.

When: Visit www.myeloma.org.au or contact Laura/Emma for meeting dates.

Venue: Staff Training Room,
Portland District Health,
141-151 Bentinck Street, Portland.

Portland Respiratory Support Group

Contact: Lung Foundation Australia
(Ph. 1800 654 301 [select option 3])

Service: The group is for people living with any chronic lung and their families/carers.

When: Last Wednesday of the month from 1:30pm – 3:00pm.

Venue: RSL Sub Branch,
21 Percy Street, Portland.

WARRNAMBOOL REGION

Southwest Young Women's Cancer Support Group

Contact: Rebecca, South West Healthcare
(Ph. 0458 833 584)
Sharna, South West Healthcare
(Ph. 5564 4186)

Service: A friendly, welcoming peer support group for women aged approx. 18-50 years who have, or continue to experience, a cancer diagnosis. Group meets for lunch and a chat to share thoughts and experiences, respecting privacy & confidentiality.

When: 1st Monday of each month at 12pm.

Venue: Various Warrnambool venues – contact Rebecca/Sharna for details.

Warrnambool Myeloma Information & Support Group

Contact: Laura (Ph. 0416 129 267)
Emma (Ph. 0451 404 203)

Service: The group offers an opportunity for those living with myeloma and their carers to have discussion, social activities, support and education sessions.

When: Visit www.myeloma.org.au or contact Laura/Emma for meeting dates.

Venue: AL Foundation at Sinclair Wilson,
275 Timor Street, Warrnambool.

BREAST CANCER

Warrnambool & District Breast Cancer Support Group

Contact: Phyllis (Ph. 0419 622 046)
Marilyn (Ph. 0418 529 811)

Service: Support and information for those affected by breast cancer.

When: 3rd Monday of each month at 12.00pm.

Venue: Warrnambool Bowls Club,
75 Timor Street, Warrnambool.

Warrnambool Social Breast Cancer Support Group

Contact: Jan (Ph. 0467 840 745)

Service: Group meets for lunch and offers support for women with breast cancer and survivors.

When: 1st Tuesday of each month.

Venue: Various venues around Warrnambool - call or text Jan for details.

Warrnambool South C Dragons

Contact: Judy (Ph. 0435 739 370)
Victoria (Ph. 0427 659 796)

Service: A dragon boat club for women where a significant number are breast cancer survivors.

Venue: Contact Judy or Victoria for details.

PROSTATE CANCER

Warrnambool Prostate Support Group

Contact: Prostate Cancer Support Nurse, South West Healthcare (Ph. 0435 391 278)

Service: A safe and confidential opportunity for men to share their prostate cancer journey. To subscribe to newsletters with upcoming events and articles of interest, please email prostatewarrnambool@gmail.com

When: Meetings held on a quarterly basis.

Venue: Contact Support Nurse for details.

MOUNT GAMBIER (SA)

Mt. Gambier Cancer Support Group

Contact: Lorraine (Ph. 0419 826 559)

Service: This group provides support to people living with cancer and their families.

When: 2nd Monday of each month at 1:30pm.

Venue: Naval Association Clubrooms, Birdwood Avenue, Mount Gambier.

Limestone Coast Prostate Cancer Support Group

Contact: Malcolm (Ph. 0402 589 708)

Service: Group meets for discussion, support, information & to hear guest speakers.

When: 3rd Wednesday of each month at 2:00pm. Partners welcome.

Venue: Mount Gambier RSL, Sturt Street, Mount Gambier.

Disclaimer:
BSWRICS do not facilitate these support groups. Each individual member will be expected to cover their own travel costs.



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