

Barwon South Western Cancer Service Directory

Head and Neck Cancer – Seeking Support

Cancer may you, and your family, to face a number of challenges and experience a range of emotions. It is important to access support if or when you need it.

Click on the titles below for services that can assist you with managing side effects.

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Cancer Support Groups

A cancer support group is a group of men and women who have been affected by cancer. They are often dealing with a current diagnosis, are survivors of cancer or are living with metastatic cancer. They meet on a regular basis to help each other, discuss shared experiences, and learn more about the disease and how to manage it. The group may be chaired by a member trained in support group facilitation or by a health professional.

Hamilton

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Hamilton Cancer Support Group	Frances Hewett Community Centre 2 Roberts Street Hamilton 3300	03 5551 8476		You do not need a referral to access this service	Small fee charged to cover refreshments	The group is open to people with cancer and their families. It offers support and understanding and the opportunity to discuss feelings and concerns. Group meets 2nd Tuesday of each month from 2pm - 4pm.

Portland

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Portland District Cancer Support Group		03 5521 0674		You do not need a referral to access this service	This is a public service. There are no out-of-pocket costs associated with this service	An informal gathering to have coffee and a chat with others who are on a cancer journey. Facebook Group: Portland District Cancer Support Group Email: PCancerSupportNurse.pdh@swarh.vic.gov.au

Region Wide

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Cancer Council Online Community	N/A		Cancer Council - Online Community	You do not need a referral to access this service	There are no out-of-pocket costs associated with this service.	
Cancer Council Victoria - Support Groups	N/A	13 11 20	Cancer Council Victoria - Support Groups	You do not need a referral to access this service	There are no out-of-pocket costs associated with this service.	

Emotional Support

Counsellors, psychologists, and psychiatrists specialise in providing emotional support and can help manage depression and anxiety which may be associated with a diagnosis of cancer.

Colac

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Colac Area Health - General Counselling	2-28 Connor Street Colac, VIC 3250	03 5232 5100	Colac Area Health - General Counselling	You do not need a referral to access for counselling services. A GP mental health plan may be required for appointments with a psychologist	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry. There is no fee for counselling services.	

Geelong

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Barwon Health - Psycho-oncology Clinic	Andrew Love Cancer Centre 70 Swanston St Geelong, 3220	03 4215 2700	Barwon Health - Psycho-Oncology Clinic	You will require a referral from a medical practitioner to access this service	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	
Bellarine Community Health - Counselling Service	Nelson Road, Point Lonsdale VIC 3225	1800 007 224	Bellarine Community Health - Mental Health & Wellbeing	You do not require a referral from a medical practitioner to access this service	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	

Hamilton

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Western District Health Service - Counselling Service	Frances Hewett Community Centre 2 Roberts Street Hamilton 3300	03 5551 8222	WDHS - Counselling Service	You do not need a referral to access this service	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	

Portland

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Portland District Health -Counselling and Support Service	Health Services Building, Portland District Health Bentinck Street Portland VIC 3305	03 5521 0333 or 03 5521 1410	Portland District Health - Counselling & Support	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with a no cost/low-cost fees policy. There is no cost to access the counselling and support service.	

Warrnambool

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
South West Healthcare - Counselling and Support Service	Warrnambool Community Health, Koroit St, Warrnambool VIC 3280	03 5563 4000	https://southwesthealthcare.com.au/services/social-work-counselling/	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with a no cost/low cost fees policy. Please check potential costs with the health service when making your enquiry.	Service also offered at: Warrnambool Hospital, Camperdown Hospital, Lismore Community Health, Macarthur Community Health

Phone Support

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Cancer Council Victoria - Contact a Cancer Nurse		13 11 20	Cancer Council Victoria - Contact a Cancer Nurse	You do not require a referral to access this service	There are no out-of-pocket costs associated with this service.	
Cancer Connect (Cancer Council Victoria)		13 11 20	Cancer Council Victoria - Cancer Connect	You do not require a referral to access this service	There are no out-of-pocket costs associated with this service.	

Region Wide

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Managing Cancer (Cancer Council Victoria)		13 11 20	Cancer Council Victoria - Managing Cancer Program	You do not require a referral to access this service	There are no out-of-pocket costs associated with this service.	
Australian Counselling Association		1300 784 333	Australian Counselling Association	Providers may require a referral from a medical practitioner to access their service.	Out-of-pocket costs may apply for private service providers.	With over 11,000 members, The Australian Counselling Association is Australia's largest single registration body for counsellors and psychotherapists. Visit the website to search for providers of counselling services.

Region Wide...

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Australian Psychological Society		1800 333 497	Australian Psychological Society	Providers may require a referral from a medical practitioner to access their service.	Out-of-pocket costs may apply for private service providers.	A professional association for psychologists in Australia, The Australian Psychological Society represents over 27,000 members. Visit the website to search for providers of psychological services.

Life After a Cancer Diagnosis

Life after being told you have cancer can present its own challenges. You may be dealing with early phases of treatment after the diagnosis. You may be having more investigations. You may be dealing with late effects of the disease and treatment, or you may be living with metastatic disease. Whatever your personal experiences are, these services aim to optimise the health and wellbeing of people diagnosed with cancer and their carers.

Colac

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Colac Area Health - Clinical Nurse Consultant	Colac Area Health 2-28 Connor Street Colac, VIC 3250	03 5232 5100	Colac Area Health - Frank Minchinton Centre	You do not need a referral to access this service.	This is a public service. There are no out-of-pocket costs associated with this service	

Geelong

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Barwon Health - Andrew Love Cancer Centre Wellness Lounge	Andrew Love Cancer Centre 70 Swanston St Geelong, 3220	03 4215 3831	Andrew Love Cancer Centre - Wellness Lounge	You do not need a referral to access this service	This is a public service. There are no out-of-pocket costs associated with this service	The lounge provides support, care and community for people with cancer, and their families, in the Geelong region. A monthly calendar of events is published on the website above.
St. John of God Geelong Hospital - Oncology Case Coordinators	St. John of God Geelong Hospital, 80 Myers Street, Geelong VIC 3220	03 5226 8888	SJOG Geelong Hospital - Cancer Care	If you are a patient of St. John of God Geelong Hospital you will not require a referral.	This is a private service. Some out-of-pocket costs may apply.	

Geelong continued...

Barwon Health - Cancer Nurse Care Coordinator - Lung Cancer & Brain Tumours	Andrew Love Cancer Centre 70 Swanston St Geelong, 3220	03 4215 2788	Barwon Health - Cancer Nurse Coordinators	If you are a patient at Barwon Health, you will not require a referral to access this service.	This is a public service. There are no out-of-pocket costs associated with this service	
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Hamilton

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Western District Health Service - Clinical Nurse Consultant	20 Foster St Hamilton VIC 3300	03 5551 8222	Western District Health Service - Cancer & Dialysis Centre	If you are a patient at Western District Health Service, you will not require a referral to access this service.	This is a public service. There are no out-of-pocket costs associated with this service	

Portland

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Portland District Health - Cancer Support Nurse	Portland District Health Bentinck Street, Portland VIC 3305	03 5521 0333	Portland District Health - Cancer Support Nurse	If you are a patient at Portland District Health, you will not require a referral to access your service.	This is a public service. There are no out-of-pocket costs associated with this service	

Warrnambool

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
South West Regional Cancer Centre - Cancer Survivorship Program	28-30 Ryot Street, Warrnambool VIC 3280	03 5565 2000	South West Regional - Support Services	You do not require a referral to access this service	This is a private service however there are no out-of-pocket costs associated with this service.	

Warrnambool continued...

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
South West Regional Cancer Centre - Peter's Project Room	28-30 Ryot Street, Warrnambool VIC 3280	03 5565 2000	-	You do not need a referral to access this service	There are no out-of-pocket costs associated with this service.	The room is designed for anyone in the community to visit and find out information about cancer and support services in the South West region.
SouthWest Healthcare Cancer Link Nurse	South West Regional Cancer Centre, Ryot Street, Warrnambool VIC 3280	03 5564 4186	South West Healthcare - Cancer Link Nurse	If you are a patient at South West Healthcare, you will not require a referral to access this service.	This is a public service. There are no out-of-pocket costs associated with this service	

Region Wide

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Cancer Council Victoria - Cancer Wellness Program	N/A	13 11 20	Cancer Council Victoria - Cancer Wellness Program	You do not require a referral to access this service	There are no out-of-pocket costs associated with this service.	
Cancer Council Victoria - Contact a Cancer Nurse	N/A	13 11 20	Cancer Council Victoria - Contact a Cancer Nurse	You do not require a referral to access this service	There are no out-of-pocket costs associated with this service.	

Occupational Therapy

An occupational therapist can assist with physical rehabilitation and practical solutions for physical limitations that may occur because of having cancer.

Colac

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Colac Area Health Occupation therapy	2-28 Connor Street Colac, VIC 3250	03 5232 5100	Colac Area Health - Occupational Therapy	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	

Geelong

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Barwon Health - Occupational Therapy	Allied Health, Level 2, Bellarine St, Geelong 3220	03 4215 0826	Barwon Health - Occupational Therapy	You may require a request form from a medical practitioner to access this service	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	
Epworth Geelong - Occupational Therapy	1 Epworth Place, Waurin Ponds VIC 3216	03 5271 7055	Epworth - Rehabilitation, Allied Health	You may require a request form from a medical practitioner to access this service	This is a private service. Some out-of-pocket costs may apply	
St John of God Geelong Hospital - Occupational Therapy	80 Myers Street Geelong VIC 3220	03 5226 8888	SJOG - Occupational Therapy	You may require a request form from a medical practitioner to access this service	This is a private service. Some out-of-pocket costs may apply	

Hamilton

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Western District Health Service - Occupational Therapy	Hamilton House Allied Health Centre Tyers Street Hamilton Vic 3300	03 5551 8351	WDHS - Occupational Therapy	You may require a referral from a medical practitioner to access this service	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	

Portland

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Portland District Health - Occupational Therapy	Health Services Building Bentinck Street Portland VIC 3305	03 5521 0333	Portland District Health - Occupational Therapy	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	

Warrnambool

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
South West Healthcare Occupational Therapy	Warrnambool Community Health Koroit St, Warrnambool VIC 3280	03 5563 4000	South West Healthcare - Occupational Therapy	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	Service also offered at: Warrnambool Hospital Camperdown Hospital Warrnambool Mental Health Service

Warrnambool continued...

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
St John of God Warrnambool Hospital - Occupational Therapy	St John of God Warrnambool Hospital 136 Botanic Rd Warrnambool, VIC 3280	03 5564 0600	SJOG Warrnambool Hospital - Occupational Therapy	You may require a referral from a medical practitioner to access this service	This is a private service. Some out-of-pocket costs may apply	

Region Wide

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Occupational Therapy Australia		1300 682 878	Occupational Therapy Australia	Providers may require a referral from a medical practitioner to access their service.	Out-of-pocket costs may apply for private service providers.	Occupational Therapy Australia is the peak professional body for Occupational Therapists across Australia. They enable evidence-based practice, lifelong learning and promote the future of Occupational Therapy. Visit the website to find an Occupational Therapist.

Social Work

Social workers can provide emotional support and advise you on other support services that may be useful to you and your family.

Colac

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Colac Area Health - Hospital Social/Welfare Worker	2-28 Connor Street Colac, VIC 3250	03 5232 5100	Colac Area Health - Social Welfare Worker	You may require a request form from a medical practitioner to access this service	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	

Geelong

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Barwon Health - Oncology Social Work	Andrew Love Cancer Centre 70 Swanston St Geelong, 3220	03 4215 0777	Barwon Health - Oncology Social Work	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	
St. John of God Geelong Hospital - Social Work	80 Myers Street, Geelong VIC 3220	03 5226 8888	SJOG Geelong Hospital - Social Workers, Allied Health	You may require a referral from a medical practitioner to access this service.	This is a private Service. Some out-of-pocket costs may apply.	

Hamilton

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Western District Health Service - Social Work	Hamilton House Allied Health Centre Tyers Street Hamilton Vic 3300	03 5551 8222	WDHS - Social Work	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	

Portland

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Portland District Health - Counselling & Support Service	Bentinck Street Portland VIC 3305	03 5521 0333	Portland District Health - Counselling & Support	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with a no cost/low-cost fees policy. There are no out-of-pocket costs to access this service.	

Warrnambool

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
SouthWest Healthcare - Counselling and Support Service	Warrnambool Community Health, Ryot Street, Warrnambool VIC 3280	03 5563 4000	South West Healthcare - Social Work & Counselling	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	This service is available at: Warrnambool Hospital Macarthur Community Health Camperdown Hospital There is a men's group that meet once per month.

Warrnambool continued...

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
St. John of God Warrnambool Hospital - Social Work	136 Botanic Road, Warrnambool VIC 3280	03 5564 0600	SJOG Warrnambool Hospital - Allied Health	You may require a referral from a medical practitioner to access this service.	This is a private service. Some out-of-pocket costs may apply.	

Region Wide

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Australian Association of Social Workers		1800 630 124	Australian Association of Social Workers	Providers may require a referral from a medical practitioner to access their service.	Out-of-pocket costs may apply for private service providers.	The AASW is the professional representative body of social workers in Australia, with more than 16,000 members. Visit the website to search for social work providers.

Spiritual Care

Spiritual care, sometimes known as pastoral care, aids people with cancer, and their families, who are seeking to strengthen their personal resilience to support themselves through their cancer experience. Support may be available as formal religion specific, secular, and personal.

Geelong

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Barwon Health - Spiritual Care	Bellarine Street, Geelong VIC 3220	03 4215 0627	Barwon Health - Spiritual Care	You do not need a referral to access this service.	This is a public service. There are no out-of-pocket costs associated with this service.	
St. John of God Geelong Hospital - Pastoral Services	80 Myers Street, Geelong VIC 3220	03 5226 8888	SJOG Geelong Hospital - Pastoral Services	If you are a patient of St. John of God Geelong Hospital you will not require a referral.	This is a private service. Pastoral Care services are free for patients and their families/carers.	

Warrnambool

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
St. John of God Warrnambool Hospital - Pastoral Services	136 Botanic Road, Warrnambool VIC 3280	03 5564 0600	SJOG Warrnambool Hospital - Pastoral Services	If you are a patient of St. John of God Warrnambool Hospital you will not require a referral.	This is a private service. Pastoral Care services are free for patients and their families/carers.	

Support for Carers

Support for carers is important to ensure they can fulfill their role as carer while still maintaining their own wellbeing. Services are available to provide emotional support and respite to people who care for others with cancer.

Region Wide

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Barwon Health Carer Support		03 4215 7600	Barwon Health - Carer Support	You do not need a referral to access this service	This is a public service. There are no out-of-pocket costs associated with this service	Available across the Barwon & South West region.

Phone Support

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Carer Gateway		1800 422 737	Carer Gateway			Emotional, practical, and financial support for carers.
Carers Victoria		1800 514 845	Carers Victoria			

South West Victoria

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Warrnambool City Council - Home and Community Services	PO Box 198 Warrnambool VIC 3280	03 5559 4801	Warrnambool City Council - Home & Community Services	Referrals are accepted, but you can also self-refer.	Nominal fees are charged for some services, whilst others are free.	

Portland

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Portland District Health Cancer Support Nurse	Bentinck Street, Portland	03 5521 1410	Portland District Health - Cancer Support Nurse	You do not require a referral from a medical practitioner to access this service.	There are no out-of-pocket costs associated with this service.	Contact the Portland District Health cancer Support Nurse to discuss local programs for carers.

Travel Assistance

Transport services are designed to assist cancer patients who may have difficulty travelling to medical appointments or treatment.

Geelong

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Barwon Health - Volunteer Patient Transport Service	University Hospital Geelong, Bellarine Street, Geelong VIC 3220	03 4215 0000		You do not need a referral to access this service	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the service when making your enquiry.	Transport by volunteer drivers for eligible clients

Hamilton

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Western District Health Service - Community Transport	Community Liaison 20 Foster Street Hamilton 3300	03 5551 8284	WDHS - Community Transport	You do not need a referral to access this service	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the service when making your enquiry.	Transport by volunteer drivers for eligible clients

Portland

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Portland District Health - Community Transport	141 - 151 Bentinck Street Portland VIC 3305	03 5522 1402	Portland District Health - Community Transport	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the service when making your enquiry.	Transport by volunteer drivers for eligible clients

Warrnambool

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
South West Regional Cancer Centre - Peter's Project	Level 1, 28-30 Ryot Street, Warrnambool, VIC	03 5565 2000		You do not require a referral to access this service	This is a public service. Some out-of-pocket costs may apply	Assistance is available for local travel only to and from South West Regional Cancer Centre
Connect U	1 Wannon Street	03 5561 4958	Connect U	You do not require a referral to access this service	This is a public service. There are no out-of-pocket costs associated with this service	Transport by volunteer drivers for eligible clients

Region Wide

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Red Cross Patient Transport		03 8327 7868	Australian Red Cross - Patient Transport, Victoria	You will require a referral from a medical practitioner to access this service	This is a public service. There are no out-of-pocket costs associated with this service, however donations to cover the cost of the service are welcome.	May not be available in all areas
Victorian Patient Transport Assistance Scheme (VPTAS)		1300 737 073	Victorian Patient Transport Assistance Scheme	You do not need a referral to access this service		For eligible patients