



**St Ives Junior AFL Club**  
**Cansupport**

Major Sponsor



**A Message from Amanda O'Reilly**  
 (Manager, Cansupport, Department of Oncology)  
 (Royal North Shore Hospital)

Cansupport is an information and support service for all cancer patients which is based at Royal North Shore Hospital and is available to all cancer patients in the Northern Sydney Health region.

Cansupport has grown from very small beginnings at RNSH 30 years ago. We are still a small unit but our capacity is greatly extended by our 80 volunteers who demonstrate survivorship and offer one on one help to others in finding hope and encouragement in the early days of diagnosis.

In terms of breast cancer support work we offer 4 six week information and support programs each year. These meetings cover the medical and lifestyle aspects of dealing with diagnosis and are always well attended. There are regular "Life after Breast Cancer" workshops for those dealing with the longer term impact of survivorship and a bi-annual Breast Cancer seminar for past patients and their families and supporters. We also run a very special group for women with advanced breast cancer and also weekly relaxation and meditation groups

Patient and community donations have gone into such projects as producing a book of volunteer stories called One Thing In Common. Funds also pay for the meditation leader to conduct weekly sessions and for occasional specific guest speakers. Sometimes, rarely but importantly, they are used to make access to support possible.

One example is for a Northern Beaches young woman with 2 young children, diagnosed with advanced breast cancer. She has had several lines of difficult treatment and throughout this has been very active in patient support and advocacy work. Recently, under the strain of disease progression her marriage has broken down and she has had to move to her parents' home for care and support.

She has been a founding member of the advanced group and attended regularly for the last 5 years but traveling from out of area to the advanced breast cancer group is too much of demand to place on to her already much stretched family. This group has been very important to her, to the extent that she has broken her holidays to fly back and attend the funerals of one of the members and has been at the bedside of others as their health has deteriorated.

Something simple like making a cab charge quickly and easily available to her for the return trip to the group, can be a bureaucratic nightmare in the health system. It is wonderful if we can keep her attached to her support system at a difficult time and return to her some of the thoughtful contribution she has made to others. So funding such as yours gives us a flexible tool to work with in such situations.

Breast Cancer recovery is for most a good news story these days but still not without its challenges and I thank you for your support of our work. We Need Your Support for Pink Socks For Mother's Day

<b>When:</b>	<b>Round 4, 8th May, Mother's Day</b>
<b>Where:</b>	All St Ives Teams and Auskick
<b>Cost:</b>	A donation on the day (donations can also be receipted for tax purposes)