



The Beacon

Breast Cancer
Network Australia
newsletter



Are these women all at sea? Find out what they have been up to in the Northern Territory on page 3.

Women press for access to breast care nurses

The Action Plan has been compiled which lists the recommendations from women attending the First National Breast Cancer Conference for Women held in Canberra in October 1998.

At the top of the list is a call for specialist breast care nurses.

Some women, particularly those who have been diagnosed through BreastScreen, have had access to a breast care nurse, but this seems to be the exception, not the rule.

A breast care nurse is in the perfect position to help women – with information, support, advocacy, continuity of care, and as a link to the rest of her treatment team.

While looking for causes and ways to prevent breast cancer, we should also be working to make life easier for those who have the disease. Women have said this *will* make a difference.

Over the past 12 months, the National Breast Cancer Centre has been conducting a national breast care nurse demonstration project across Australia, involving more than 240 women with breast cancer. We are awaiting the results of this study.

Last year, the Federal Health Minister, **Dr Michael Wooldridge**, announced an extra \$4 million over four years to help women, especially those in the country. Hopefully, some of these funds will go towards giving rural women access to their own breast care nurses.

There are many issues to be considered, some of which are raised in this issue of *The Beacon*.

The role of the breast care nurse does not come without its challenges. It's

often difficult and, some feel, threatening to change traditional medical practice.

On the other hand, many clinicians, especially those who work with specialist nurses, support our call, recognising the vital role breast care nurses can play. The cost, in the public and private sectors, is an issue for us all.

Richard Sainsbury, a breast surgeon from the UK, where breast care nurses have been in place for years, said during a recent Australian trip, "I'd rather have two breast nurses any day, than one registrar!"

It is time to press the decision makers to consider these issues, with a view to incorporating specialist nurses in treatment teams, and for women to request their own breast care nurse.

This is a real chance for us to help the more than 10,000 Australian women who will be diagnosed with breast cancer in the coming year.

– Lyn Swinburne

Copies of the Action Plan are available by writing to the BCNA office. Please include a stamped, self-addressed A4 envelope.

Congratulations

Congratulations to Network member, **Beverley Hunt**, who has been awarded an Order of Australia for her service to community health, particularly breast cancer support.

Since her diagnosis 15 years ago, Beverley has devoted time as a BCSS volunteer and co-ordinates the NSW Cancer Council's Breast Cancer Support Services in the Western Sydney region.

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State round-up

NEW SOUTH WALES



In the lead-up to March's state election, members of the Breast Cancer Action Group have been putting our views to politicians, concentrating on the need for more comprehensive treatment and care for NSW women diagnosed with breast cancer (more than 3500 each year).

See 'Upcoming Events' on page 8 for details of future meetings.

Contact: Sally Crossing (02) 9436 1755.

SOUTH AUSTRALIA



SA's main focus remains the psycho-social needs of women, particularly the need for supportive care when a woman is diagnosed.

In keeping with last year's state forum, we are especially interested in the benefits of support groups. At present, we are gathering information about the range of support groups within SA.

Once this information is available, we plan to establish a linking mechanism, because there are few connections between these groups at the moment.

Contact: Carlene Butavicius (08) 8272 2895.

TASMANIA



When the Tasmanian Breast Cancer Network met in November, quite a lot of time was spent discussing the Canberra Conference and the Field of Women.

Those of us who went to Canberra came home with fire in our bellies and a renewed determination to work towards making a difference.

There was also some discussion about having a state conference this year, with either the weekend before or after Australia's Breast Cancer Day being the preferred time.

Locations and costs are being investigated, with a decision likely to be made at our next meeting on March 13.

Contact: Pat Mathew (03) 6492 3257.

QUEENSLAND



'Breast Cancer – Queensland' members are looking forward to 1999 with renewed energy after a considerable end of year break.

We had our first meeting on February 9, where it was decided that future meetings would be held on Tuesday evenings from 6.30-8.30pm.

The next meetings will be on March 9 and May 11, at Kedron on the Brook Conference Room, 700 Lutwyche Road, Kedron, Brisbane. All are welcome.

Contact: Janelle Gamble (07) 3353 4141 (bh) or Leonie Young (07) 3341 7570 (ah).

NORTHERN TERRITORY



The women in the NT have been incredibly busy ... even through the hot, wet summer months. See the stories about the NT dragon boat team (page 3) and the 'My Journey' folder (page 6) in this issue of *The Beacon*.

Contact: Susan Tully (08) 8927 3327.

VICTORIA



The Action Plan from the Canberra Conference provides many opportunities for women to work to make changes.

In Victoria, we are looking at setting up a modified version of the Science & Advocacy Training Course which was run by the National Breast Cancer Centre some time ago.

We are re-designing some bits of the course, seeking sponsorship, working out how to make the course accessible to rural women and how to ensure that everyone has a great time!!

Contact: Sue Lockwood (03) 9878 0736.

If your group would like to highlight an activity or a project, contact your state representative to have it included in the next 'State Round-Up'.

THE ACT



Thanks to everyone for their feedback about the Bosom Buddies fashion event and dinner.

This year's fashion event will be on Wednesday, October 13.

We are thrilled with the news that one of our models, **Libby Hogg**, gave birth to twin daughters, Laura and Maddison, on December 11, and is breast-feeding. Libby had a lumpectomy three years ago, followed by radio-therapy and chemotherapy.

Crispin Hull organised his second annual walk to the Snowy Mountains on the weekend of January 23, to honour his late wife, Lyn. Funds raised will again go to the ACT Cancer Society's wig service.

Contact: Anna Wellings Booth (02) 6247 8470.

WESTERN AUSTRALIA



An enthusiastic group has met regularly since Action on Breast Cancer began in August 1998.

Our initial focus was on fundraising, to get as many women as possible to the Canberra Conference. Ten ladies attended, including two from rural WA.

The group has developed a leaflet and written our aims and objectives. Some members are writing the constitution, to be followed by incorporation.

Breast nurses from two hospitals will be attending our February meeting, to explain their role, how they are funded and how we can help them.

Meetings will be held on a Saturday morning at 10am, alternating with a Tuesday evening at 7pm, to accommodate members' needs. They will be at Crawford House, 15 Bedbrook Place, Shenton Park, Perth, on:

- Saturday, March 6;
- Tuesday, April 6;
- Saturday, May 1;
- Tuesday, June 1; and
- Saturday, July 3.

Contact: Carol Bishop (08) 9381 2070.

All aboard the (dragon) boat

At the inaugural National Breast Cancer Conference for Women in October 1998, Sharon Batt said the Canadian ladies had a dragon boat team.

This caught our imaginations and resulted in NT Breast Cancer Voice entering a team in the Dragon Boat Open Day on December 6 at Lake Alexander in Darwin.

We entered for two reasons:

1. It sounded like fun!
 2. We saw it as a positive, public promotion for breast cancer.
- The ladies' response was fantastic. We

easily filled the boat with 20 paddlers!

It was wonderful to see so many breast cancer survivors and their families participate. It also showed the public that breast cancer has many faces, as we were such a diverse age group, with families (who were all present) ranging from as young as four years through to teenagers and adult daughters.

We had T-shirts printed and looked like a professional team – even though most of us had little or no prior practice. We even managed to win our race!

As for publicity, it was extremely successful for our group. SBS Television

sent a crew up from Sydney to film and interview us for the program, 'Tutti', which goes to air on Thursday nights.

We were pleased with the coverage NT Breast Cancer Voice received when the program was shown in January. We have since had positive feedback from the local community in general.

Some Victorian women are also starting a dragon boat racing team. Perhaps the Victorians will be able to take on the Northern Territorians at their own game. How about a national championship one day?



Why dragon boat racing? Because it sounded like fun and a positive promotion for breast cancer, according to the women from NT Breast Cancer Voice.

Hunting for warrior women

The Warrior Women Project is the initiative of a group of women who have experienced breast cancer. The 18-month project recently received funding from the Australia Council to provide an opportunity for Victorian women to work with photographers, videographers and writers to create photographic essays, visual imagery and oral histories about their feelings during the emotional turmoil and isolation after diagnosis. The images and oral histories will be developed into a multi-media exhibition, which will be exhibited in metropolitan and rural Victoria. We hope the project will not only inform and build awareness about breast cancer, but also offer hope,

inspiration, strength and courage. Women who are interested in the project do not have to be artistic or have artistic experiences. We are hoping that women from a broad range of backgrounds will be interested in becoming involved with

Sue Smith is producing a short video of the October launch of Breast Cancer Network Australia, featuring *The Field of Women*.

She is putting the finishing touches on it, so it should be available soon. Full details of availability and cost will be in the next issue of *The Beacon*.

I've seen the first version and it's terrific. If you can't wait that long, give me a ring.

– Lyn Swinburne

the project. Interpreters will be available for women from non-English speaking backgrounds.

The project's activities will include:

- project information sessions;
- workshops (where women will work with photographers and writers to develop ideas and images);
- fundraising;
- advertising;
- the development of an exhibition space; and
- the production of a newsletter.

If anyone is interested in being involved in any of the above activities or receiving the project newsletter, phone Sue Smith or Jacqui Ward on (03) 9411 4030.

Issues of concern ...



What needs to be done about Breast Care Nurses?

In 1994, I visited the Cancer Relief Macmillan Fund, which developed the successful role of breast care nurses (BCN) in the UK.

When I returned to NSW, I recommended that a role appropriate to the Australian scene be developed, trialed for one year and evaluated.

Unfortunately, that proposal had to wait four years, until 1998, before the National Breast Cancer Centre could initiate a BCN demonstration project.

The role of BCNs in the UK is broad, encompassing support from diagnosis to palliative care. They are attached to the regional health service and women access them by attending hospital under the National Health Scheme.

Mavis Wing, a BCN specialist in Southampton, has defined the role of UK BCNs as:

- providing information, discussion and support to women throughout the investigation, diagnosis and treatment of breast cancer;
- enabling the patient and her family to question and discuss treatment options;
- working as the patient's advocate if necessary;
- liaising with or for the patient with members of the health care team;
- promoting a team approach to the patient's care;
- ensuring adequate prosthesis fitting; and
- being an educator and resource person.

(Wing, M. 1993, 'Breast care nursing: a developing speciality', *Cancer Topics*, vol 19, no 7, Lederle Labs).

This seems to encompass all the aspects we would like to see operating within Australia.

What happens now?

Some development work is taking place on the role of BCNs in Australia, but there are questions we as consumers should be asking as that development takes place.

What is the role to be?

Nurses in hospitals and the community currently provide care within varying specialties at the diagnostic, treatment and palliation stages.

They may be known as BCNs, but this title does not equate with the role that is being suggested. This lack of a



Robyn Wicks says Australia should have a Breast Care Nurses scheme based on a similar one operating in the UK.

designated and accepted role causes confusion for the nursing profession and patients alike.

Will consumers have input into the development of the role to ensure it meets women's needs?

How will breast care nurses operate in the Australian health scene to allow access for women treated in either the private or Medicare system, regardless of their geographical location?

There are problems of implementation in Australia that are not seen in the UK.

Most Australian women diagnosed with breast cancer are initially referred to a breast specialist, only a minority are diagnosed through the BreastScreen program or at outpatient breast clinics where one might expect a BCN.

How can we ensure all women have access to a BCN from the time of diagnosis? Are we prepared to bear the overhead costs to surgeons of employing BCNs in their private practice?

How can BCNs and trained volunteer support visitors work together to ensure optimal support for women by providing co-ordinated professional medical support and practical experience-based support?

Successful volunteer support services, such as the Breast Cancer Support Service, should not be overlooked in the rush to instigate case management and co-ordinated professional support.

Both types of support are beneficial to women and should be offered as part of a breast care management plan. Co-operation between services needs to be built into the role, with BCNs perhaps acting as team leaders and having input into the training of volunteers.

Consumer involvement is necessary at the planning stages for BCNs.

Challenging the present system, perseverance in developing new initiatives and working in a joint co-operative effort will eventually enable us to benefit from a vastly improved, workable system of supportive care.

However, it will require patience and persistence to achieve the best outcome.

– Robyn Wicks

Consumer and BreastScreen counsellor,
NSW

Being abreast of the best!

Being a breast care nurse and interested in everything 'breast' has my spouse thinking I'm obsessed.

I scour bookshops for resources that might be good for me to read or could prove a useful resource for women and their families.

The role of breast care nurse is well established and supported at Maroondah Hospital in Victoria.

My time is my own. However, time is expensive.

This is recognised by the nursing division, which trusts me to be where I am needed for the time that it takes. They appreciate that my priority is to be accessible and available to women with breast concerns. This means being part of consultations, going onto the surgical wards, into chemotherapy areas, outpatient clinics and even home visits, if requested.

Moving across traditional boundaries like this is, I believe, an invaluable asset to a breast care nurse.

Clinicians do spend time with women, but it is often after the consultation that discussion can put into perspective (for that woman) what the news or the suggested treatment regime is going to mean for her and her family.

Each woman is an individual and has unique needs. When these needs are met by our discussion, I hope the woman can see her own way forward with greater clarity.

A challenge is to demonstrate to the team that I have a useful role that it is more than tea and sympathy (heaven forbid!), and more than warm and fuzzies. My aim is continuity of care.

When women telephone or visit out of the blue because, "Mum has to have surgery for breast cancer and my neighbour tells me you might be able to help me with some questions I have" or "Two of my girlfriends have just been diagnosed and I don't know what to say," I feel I have been useful enough to be recommended.

I am aware that many of the women I



Breast care nurse, Christine Gray, was among the women who joined the Network in Canberra for our first conference and the Field of Women.

meet as a result of their diagnosis never thought about breast cancer. Others have become aware because of mothers, aunts or friends who have been diagnosed.

Most women tell me everything around them shrieks 'breast cancer' after they have been diagnosed, when before they noticed little.

Information needs to be interpreted

Meet our representatives ... Helen Wiltshire

Late last year, **Helen Wiltshire** from South Australian was appointed to the board of the National Breast Cancer Foundation (previously the Kathleen Cunningham Foundation), the major Australian organisation supporting breast cancer research and projects.

The Beacon asked Helen to tell us a little about herself.

Helen is 53 years old and underwent her mastectomy in 1989 and reconstruction 1992. She works as a midwife at a local community hospital and as a BCSS volunteer.

She has three children, aged 25, 21 and 19 years, and describes herself as a "walker, talker, sewer, painter, gardener and reader".

"Balance is one of my favourite words," Helen says. "As women, we have excelled in balancing – work, home life, time for others, time for

and put into perspective. Constantly, I try to stay informed and to let others know I have this information and am able to pass it on with discussion, if that is what is wanted.

My satisfaction in this work lies in being with women and their families through the hard times, the uncertain times and often into the good times.

There is a humour (often black) that others would be shocked to share and there is the sharing of fears and anxieties. I am happy to be there when needed and ignored when there is more to life than breast cancer.

I believe I can make a difference, and having freedom and flexibility is part of this. The women I work with keep me listening and learning, and my breast care nurse colleagues (and work colleagues) give me the support I need.

To be working in an environment which supports and values what I do as a nurse gives me great personal and professional satisfaction.

– **Christine Gray, breast care nurse, Maroondah Breast Clinic, Victoria**

ourselves and budgets! Balancing our budget is always a challenge: What is essential? What is a luxury?

"As a result, women, wiser than Solomon, have

balanced their lives and money. "I keep all this in mind as I join the National Breast Cancer Foundation's Board of Trustees, with the task of making wise decisions about the distribution of research dollars.

"I need your help. Your directions are important to me, because I am representing women with breast cancer.

"Via *The Beacon* and forums such as our Canberra conference women's voices, wisdom and passion will help guide the Foundation's decisions."



– *Helen Wiltshire*

Training for breast cancer nurses

The Anti-Cancer Council of Victoria, in conjunction with La Trobe University, has designed and developed the first national, tertiary-level training program for breast care nurses (BCNs).

We recognise that trained BCNs can provide essential support and information to empower a woman with breast cancer to participate in treatment decisions and take control over her health and life.

The Breast Cancer Distance Education Program has graduates from all states of Australia and accreditation from the Royal College of Nursing.

At the course's completion, BCNs are competent in a range of effective communication skills, and are able to address complex issues related to grief, loss, sexuality and breast cancer.

More than 150 accredited BCNs work in hospitals, private practice, the community, palliative care units and other agencies, such as BreastScreen and genetic testing centres.

There is a growing recognition in Australia of the vital role accredited BCNs play in supporting breast surgeons, oncologists, radiologists and other members of the inter-disciplinary team.

More recently, BCN positions have been created because members of the medical profession have sought a BCN in their practice.

These BCNs conduct pre-admission clinics and provide support to the woman for as long as she requires it. This service ensures that adequate information, support and referral to

appropriate inter-disciplinary team members occurs along the continuum of care.

BCNs accredited with the Anti-Cancer Council of Victoria use accurate and up-to-date knowledge, advanced communication skills and refer to other members of the multi-disciplinary team. This ensures that women with breast cancer receive the individualised support and continuity of care they deserve.

Consequently, it is important for all women to not only have access to an accredited BCN, but to demand that BCNs are in a position to provide this type of care.

– Amanda Hordern
and Doreen Akkerman,
Anti-Cancer Council of Victoria

Recording the Journey

My Journey is a folder where breast cancer patients can store their test results, as well as recording their progress and treatment.

This will be useful for their future care and as a family history for their children.

My Journey was developed by **Jenny Reilly, Michelle Hanton** and **Kate King** following the National Breast Cancer Centre's Breast Cancer Advocacy and Science Training Program in Darwin during July 1998.

It was the first project of **NT Breast Cancer Voice**, which was established after the NT Consumer Workshop in Darwin during August.

My Journey was inspired by one participant's passing comment that doctors would not give patients copies of their test results. It had been our experience that doctors would supply copies if asked.

Thus, we designed a mechanism to encourage patients to ask for test results by giving them somewhere to store them.

We also added other basic data that



The creators of the My Journey folder, Michelle Hanton, Kate King and Jenny Reilly.

we felt was useful during our journey through breast cancer and its treatment, as prompts to help others.

Discussions with staff of NT BreastScreen and the Cancer Council of the Northern Territory led us to reproducing **Di Skelly-Heron's** inspirational design from the Cancer Council's posters.

This saved considerably on the

production costs.

The posters were trimmed down, printed and folded by Quickprint to produce *My Journey*.

The Rotary Club of Darwin-Nightcliff, the official organiser of the Third World Congress on Cancer held in Darwin in 1997, funded the production of *My Journey* with a successful wine and cheese tasting evening.

My Journey will be offered to patients in the NT who have been diagnosed with breast cancer, through the mailing lists of the Cancer Council's Breast Cancer Support Groups.

It will be made available to future patients at public and private specialists' surgeries, Cancer Council offices and NT BreastScreen throughout the NT.

There will be no cost to patients.

Prototypes of *My Journey* have been offered to breast cancer organisations throughout Australia, to develop the concept for their patients. Copies have also been sent to patients in the US, the UK and Canada.

– Jenny Reilly

New Resources

Multi-cultural information and support

The Multi-cultural Breast Cancer Information Service is a new telephone service which provides information and emotional support about breast health, breast cancer and other breast problems in five languages – Arabic, Mandarin, Cantonese, Greek and Italian.

The service, which operates from 9am to 5pm, can be accessed from anywhere in Australia for the cost of a local telephone call.

It operates as follows:

- Arabic – ph 1300 301 625

(Monday and Tuesday).

- Greek – ph 1300 301 449 (Thursday and Friday).
- Italian – ph 1300 301 431 (Thursday and Friday).
- Cantonese and Mandarin – ph 1300 300 935 (Monday, Tuesday, Wednesday and Thursday).

For more information, contact Sarah Rossiter at the Anti-Cancer Council of Victoria on (03) 9635 5351, fax (03) 9635 5360 or e-mail rossiter@accv.org.au

Open-sided shirt

Nan Lockyer from Belair, SA, has sent in a photo of the open-sided shirt she designed and found useful.

“I had great difficulty wearing any tops after my breast surgery and designed one to get into more easily, as I had a frozen shoulder and stiff arm. I used a soft velcro on the side fastenings, so as not to chafe the skin,” Nan says.

“During my radiotherapy, I made these shirts as washable cotton tops and they really helped. I hope this idea is of some use to readers of *The Beacon*.”



BCNA's web site ... volunteers needed

Breast Cancer Network Australia would like to thank **Brenda Meyers** for working hard to create our home page.

As a result, readers of *The Beacon* will be able to read the many great articles sent to us after we have filled our newsletter.

Brenda's work is almost finished and we are now looking for someone to take on the task of maintaining and upgrading the information on our home page.

Unfortunately, The Network can't afford to pay, but we're hoping that someone with an interest in and experience with computers (and a couple of free hours a week) will see

this as a challenging and rewarding venture.

If this sounds like the job for you, please phone Lyn Swinburne on (03) 9660 6865 or contact your state representative.

If you would like to share your story with others, send it to Lyn Swinburne, who will have it included with our other women's stories on the Internet. (If you like, there is no need to include your surname). The Internet address is www.nbcc.org.au

Fighting Flushes with Phytos

This booklet, described as a “simple approach to reducing symptoms of menopause using phytoestrogens” was written by Tasmanian, **Marilyn Kremmer**, who describes herself as, “wife, mother, grandmother, breast cancer statistic (twice)”.

“I thought some readers of *The Beacon* might be interested in my research – it certainly has been very helpful to me and I would really like to share this with other women in the same boat,” Marilyn says.

“I was feeling very uncomfortable suffering from hot flushes and decided to do some research, the result of which is this booklet. I have never done anything like this before and it's taken 12 months for me to get up the courage to have this booklet printed!”

For a copy of the booklet send \$2 (to help with printing costs) and a self-addressed, stamped A5 envelope to Marilyn Kremmer, 20 Bracken Lane, Hobart, Tasmania 7054

Need some answers?

Sponsored by Australia Post and the National Breast Cancer Foundation, ‘Need some answers on Breast Cancer’ is a pamphlet listing important contacts and services.

Although it is particularly aimed at helping rural women, the information is relevant to all women and their families.

It is great to see that Breast Cancer Network Australia is recommended as a useful contact for women and that *The Beacon* also cracks a mention!

For a copy of the pamphlet and/or its accompanying poster, free call 1800 000 118.

PLANTING THE FIELD OF WOMEN IN 1999

Following the fantastic response in Canberra last year, the *Field of Women* is to become a travelling exhibit all around the country.

We want the silhouettes to be seen, and the messages read, by as many Australians as possible, to highlight the affect breast cancer has on women and their families. We also need the money raised through sponsorship.

Last year, we planted 12,500 silhouettes in the Field – 10,000 for the

women diagnosed and 2500 for those who die of breast cancer each year.

The Network's state representatives have decided the *Field of Women* will be displayed in **Melbourne** in this year, to coincide with Australia's Breast Cancer Day in October.

Later in the year, we will be collecting messages to attach to the silhouettes.

Details will be in the next issue of *The Beacon*.

UPCOMING EVENTS

March 11-15: 2nd World Conference on Breast Cancer Advocacy, Brussels, Belgium.

Four Network members have been invited to speak – Jenny James (Vic), Lyn Swinburne (Vic), Sally Crossing (NSW) and Leone Young (Qld). Our *Field of Women* will feature strongly on the conference program.

Project LEAD – US scientific training course for breast cancer advocates (Baltimore – March 24-28, Cincinnati – June 14-18 or Atlanta – November 3-7).
Contact: Lyn Swinburne (03) 9660 6865.

April 24: Breast Cancer Action Group's Victorian general meeting, 2.30pm.
Auburn Primary School, Rathmines Road, Hawthorn.
Contact: Sue Lockwood (03) 9878 0736.

April 28: Encore exercise program, new eight-week course begins, YWCA Melbourne, 489 Elizabeth Street. \$5 per session.
Contact: Judy Sammut (03) 9326 9622.

June 27 and August 29: Breast Cancer Action Group's NSW meetings at the YWCA Sydney, 3pm.
Contact: Naomi Bando (02) 9388 1248.

July 13-16: Australian Cancer Society's Conference, 'Cancer: We Care', Australian Jockey Club, Randwick, Sydney. Issues to be covered include survivorship/living with cancer, treatment advances, recognising the carer, advocacy and communication skills.

Contact: Emma Mesaros (02) 9380 9022 or e-mail acsपो@cancer.org.au

October 25: Australia's Breast Cancer Day.

• To include events in *The Beacon's* winter issue (June, July, August), please submit brief notices before the end of April.

THE BEACON

The Beacon is the newsletter of the Breast Cancer Network Australia.

We are currently seeking sponsorship for *The Beacon*.

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(03) 9576 1510

Your comments and items for the next newsletter are welcome. Send them to PO Box 4082, Auburn South, Victoria 3122.



Seeking Shelter

We welcome the following groups, which are linking up under the Breast Cancer Network Australia's umbrella:

- Tasmanian Breast Cancer Network
- 'B' Friends – Bateman's Bay, Moruya, Tuross Head, Narooma and Tilba, NSW.
- Sunshine Coast Breast Cancer Support Circle, Queensland
- Action on Breast Cancer, WA
- Warrnambool & District Breast Cancer Support Group, Victoria
- Breast Cancer Support Group, Beaudesert, Queensland
- 'Stepping Stones' Breast Cancer Support Group for Younger Women, Frankston, Victoria
- NT Breast Cancer Voice.

Please discuss the Network with your group and let us know if we can create another link. Remember – there is strength in numbers!

Contact: Lyn Swinburne, PO Box 4082 Auburn South Vic 3122 or phone (03) 9660 6865.

YOU'RE NOT YET ON OUR MAILING LIST?

Contact: Lyn Swinburne, phone (03) 9660 6865, fax (03) 9662 3881

Or fill in this coupon and send it to: Breast Cancer Network Australia, PO Box 4082, Auburn South, Vic 3122

Name:

Address:

.....

State: Postcode: Phone: ()

Have you had a diagnosis of breast cancer? Yes No

In the next issue ...

- The needs of families

Send us your thoughts!

