**Cancer Support Services**

There are many specialist providers that offer additional support for you and your family members following a diagnosis of cancer.

Remember your health insurance provider may include cover for physiotherapy or oncology massage services, also we accept Under the Canopy vouchers as provided by Canopy Cancer Care.

These services may be useful to you, you can ask your therapist for more information or check the websites provided:

**Non-specific cancer services**

[Cancer Society](https://auckland-northland.cancernz.org.nz/)

Free ‘coping with cancer’ talks for adults and the supporter of the person with cancer are run through The Cancer Society and by experienced psychologists and nurses.

To find out more about these talks, held in Glenfield, Auckland call their free helpline on 0800 226 237.

<https://auckland-northland.cancernz.org.nz/>

[PINC & STEEL](http://www.pincandsteel.com/) Cancer Rehabilitation Trust

Cancer rehabilitation improves your quality of life, programs are run for men, women and young people diagnosed with cancer, these can be one on one sessions or a group class called Next Steps.  Funding may also be available for you to get started in your rehabilitation; you can complete an online application to see if funds are available in your area.

<https://www.pincandsteeleducation.com/>

[Canteen](https://www.canteen.org.nz/)

Focussing on young people affected by cancer (13-24 year olds), Canteen provides support for the person and their family members through support workers, hosting regular events across the country for young people to connect with one-another. Support lines are available through LifeLine – 0800 543 354; KidsLine – 0800 543 754, or YouthLine – 0800 376 633, or free text 234.

<https://www.canteen.org.nz/>

[TimeOut](https://timeoutnz.org/)

This is a not for profit organisation that offers people with life-threatening illnesses access to holiday home and baches throughout New Zealand at no cost to your or your family.

<https://timeoutnz.org/>

[Look Good Feel Better](https://lgfb.co.nz/)

Free classes are run for women, men and young adults undergoing any type of cancer and at any stage of your diagnosis to help you look after yourself and connect with others.

<https://lgfb.co.nz/>

**Breast cancer**

[Breast Cancer Foundation New Zealand](https://www.breastcancerfoundation.org.nz/)

Specifically supporting men and women with breast cancer, the Breast Cancer Foundation NZ provide funding for lymphoedema therapy along with free counselling, a dedicated nurse line, an online community app named mybc, online resources and events.

<https://www.breastcancerfoundation.org.nz/>

[Sweet Louise](https://sweetlouise.co.nz/)

For those with stage four, or incurable breast cancer, Sweet Louise offers advice, support and access to various therapeutic services including vouchers for you to use with registered providers and assistance for those with dependant children, a service called ‘Family Time’.

<https://sweetlouise.co.nz/>

[Breast Cancer Support](https://www.breastcancersupport.co.nz/)

For women with breast cancer, the Breast Cancer Support offers support groups in your area.

<https://www.breastcancersupport.co.nz/>

[Pink Dragons](https://pinkdragons.org.nz/)

For breast cancer survivors wanting a challenge, Pink Dragons provides a team for your to be active with.

<https://pinkdragons.org.nz/>

[Casting for Recovery](https://www.facebook.com/CastingforRecoveryNZCharitableTrust/)

For women with breast cancer, Casting for Recovery provides a retreat program that incorporates education, support with the sport of fly fishing. For those with any stage of cancer, at any stage in your treatment and recovery.

<https://www.facebook.com/CastingforRecoveryNZCharitableTrust/>

**Other cancers**

[Prostate Cancer Foundation](https://prostate.org.nz/)

Specifically supporting men with prostate cancer, the Prostate Cancer Foundation NZ offers funding for rehabilitation in association with the Pinc & Steel Cancer Rehabilitation Trust and runs with trained volunteers several times a year. If you have any question of concerns, you can contact 0800 4Prostate if you’d like more information.

<https://prostate.org.nz/>

[Melanoma NZ](https://www.melanoma.org.nz/)

Specifically working to provide information and to connect those affected by melanoma through Melanoma Meetings, the Melanoma New Zealand offers a helpline (0800 463 526) if you have any questions.

<https://www.melanoma.org.nz/>

[Bowel Cancer NZ](https://bowelcancernz.org.nz/)

For those affected by bowel cancer, Bowel Cancer New Zealand provides support for you and your family along with information resources. You can contact a nurse on 0800 849 104.

<https://bowelcancernz.org.nz/>

[Lung Foundation NZ](https://lungfoundation.org.nz/resources/)

A resource for those with lung cancer, the Lung Foundation New Zealand is a great information resource for you and your family.

<https://lungfoundation.org.nz/>

[White Matter Brain Cancer Trust](https://www.whitematterbraincancertrust.nz/)

Specifically for those with brain cancer, the White matter Brain Cancer Trust offers support for the person and their family, this can include respite support, or funding for rehabilitation.

<https://www.whitematterbraincancertrust.nz/>

[Gynaecological Cancer Foundation](https://nzgcf.org.nz/)

Specifically for gynaecological cancers, The Gynaecological Cancer foundation is an information resource.

<https://nzgcf.org.nz/>