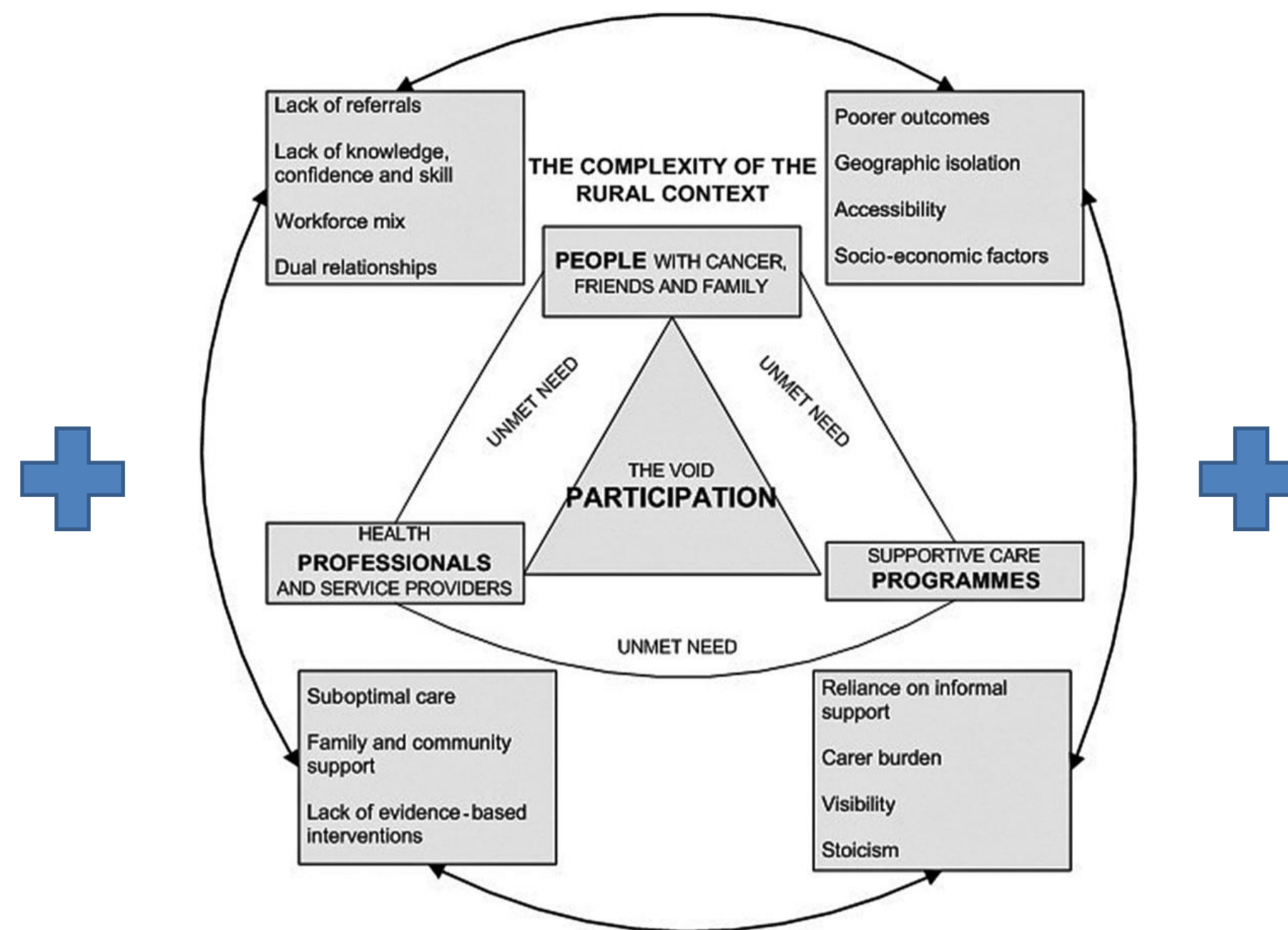


BEYOND BREAST CANCER SURVIVORSHIP DAY

The organising partners identified reasons for the forum

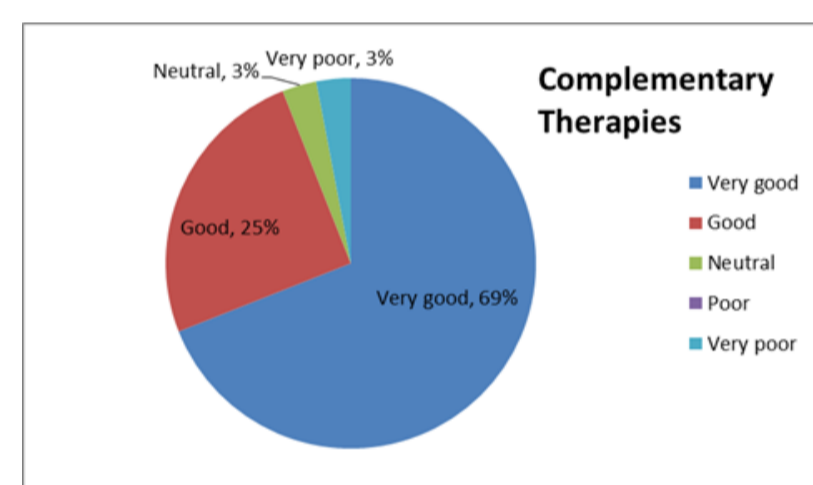
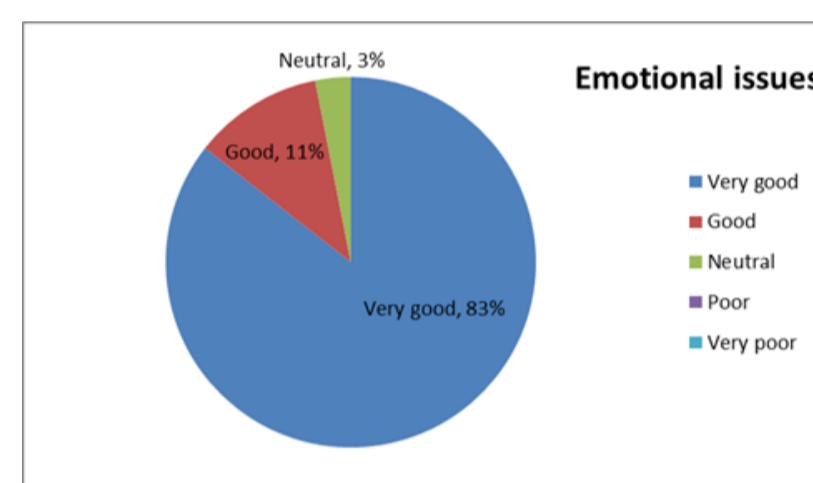
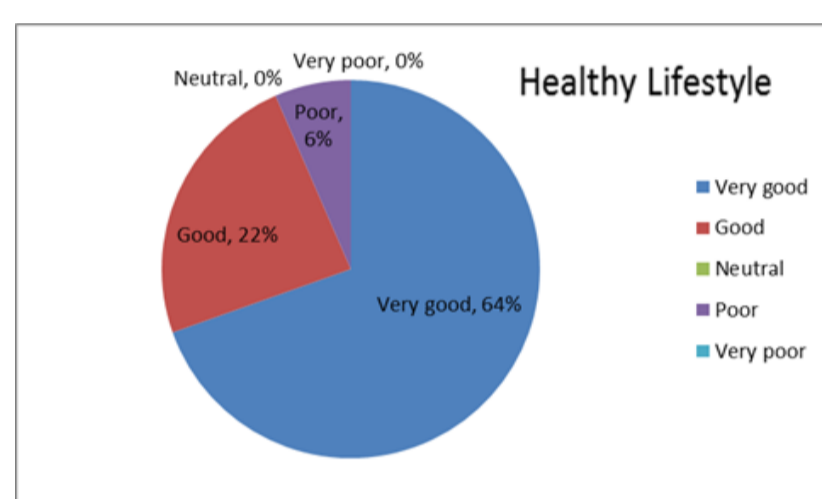
1. Women affected by breast cancer have a unique perception so their input is vital (Support4Cancer)
2. Multi-agency input expands perspective of issues
3. Transition to survivorship is often problematic
4. There is an increasing focus on supported self-management
5. Contemporary survivorship themes should be included



Dickson-Swift, Johnson, Kenny & Pascal (2015)

Top 5 Challenges identified by BCNA member survey in The Beacon, Autumn 2014

1. Ongoing wellbeing 59%
2. Emotional health 56%
3. Managing side effects 52%
4. Impact on family and friends 45%
5. Financial pressure 41%



BEYOND BREAST CANCER SURVIVORSHIP—WHAT CAN YOU DO NOW?

FOR WOMEN WHO HAVE BEEN DIAGNOSED WITH BREAST CANCER AND THEIR FAMILIES AND FRIENDS

Session 1 | 10:00-11:10

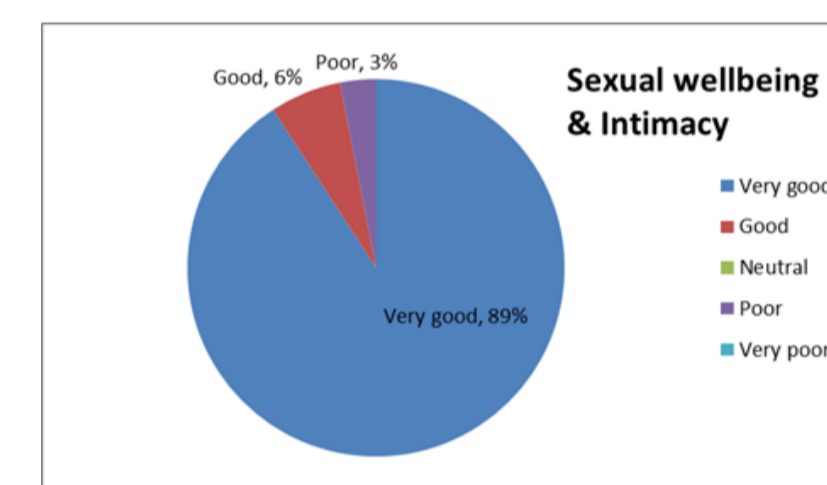
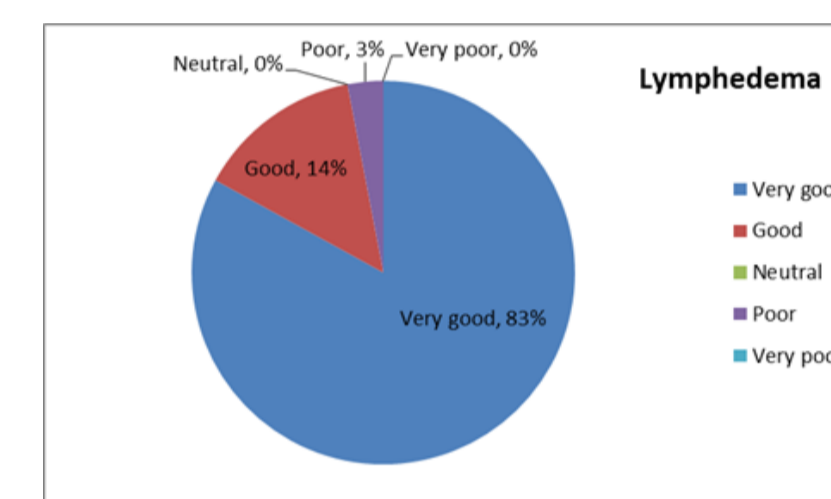
- 1000-1010 Welcome and Introduction
- 1010-1040 Healthy Lifestyle | Nutrition and Exercise
- 1040-1110 Lymphoedema | Recognition and Treatment

Session 2 | 11:40-13:10

- 11:40-12:10 Emotional Issues
- 12:10-1:00 Sexual Wellbeing and Intimacy
- 1:00-1:10 Questions

Session 3 | 1:40-3:00

- 1:40-1:10 Image and Self Confidence
- 1:10-2:40 Complementary Therapies/Mindfulness
- 2:40-3:00 Questions for Panel
- Evaluation



Organising partners



56 women attended the Beyond Breast Cancer Survivorship Forum. 36 women completed the feedback forms, a total of 69%

“Excellent day – great to have something locally like this. Well done!”

“Very helpful. Better. Exceeded expectations. Useful. Would like more time for chatting. Perhaps more days because the info can't be reduced. Also 10am-3pm is a good length for a day.”

“I enjoyed the sessions and found them very informative. Thank you.”

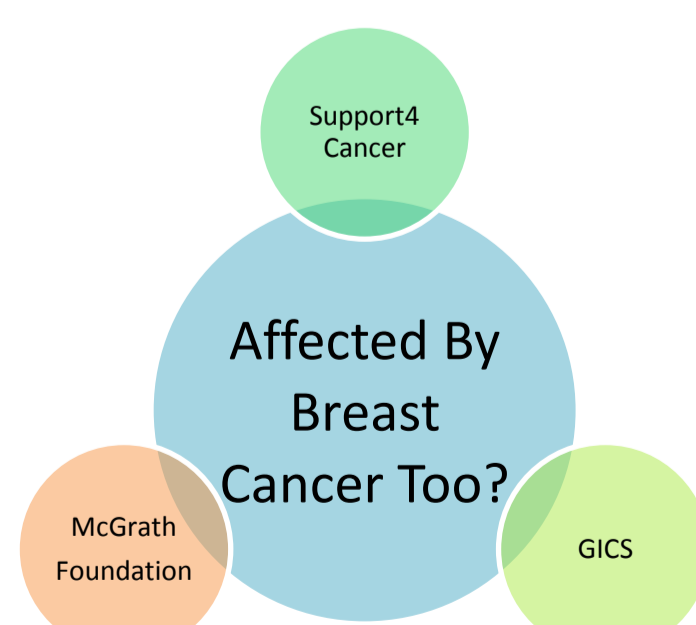
Organising partners



Grampians Integrated Cancer Service acknowledges the support of the Victorian Government



Other initiatives of the organising partners



Forums for male partners of women affected by breast cancer in Ballarat and Horsham



Funding for this project was awarded by Cancer Australia through a Ralph Lauren Pink Pony Seeding Grant and made possible by the Ralph Lauren Pink Pony Campaign



Two forums for women living with secondary cancer, their family and friends



This project is supported by small grant funding provided by the Grampians Region Palliative Care Consortium

Reference cited: Dickson-Swift, V., Johnson, N., Kenny, A. & Pascal, J. (2015). Returning home: psychosocial care during re-entry phase of cancer survivorship in rural Australia. *European Journal of Cancer Care* 24 39-49

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