

'A HELPING HAND'

A new valuable resource for cancer patients, families and care givers

The period directly after diagnosis can be particularly confusing for cancer patients. Some feel numb and are not ready to discuss the situation until they feel ready. Others look for immediate answers, researching everything they can. With an enormous amount of information available as printed material, word of mouth, or on the Internet, this process can be a little daunting.



A Helping Hand is a DVD resource designed to help you get the right information, when and where you want it and in your own time. Disc 1 offers a comprehensive interactive journey that allows you to click on the segment most relevant to you. Disc 2 contains unedited personal stories shared by the many cancer patients who were kind enough to open their hearts.

The DVD was produced with funds generously donated by the Picchi Brothers Foundation in Melbourne, a not for profit organisation dedicated to raising awareness and educating people about cancer.

All content has been developed under the guidance of the Cancer Council Victoria. It gives an accurate picture of what to expect, where to go for help and ways for you and your immediate family, friends and spouse to best deal with the situation.

After all, you are not alone. With cancer survival rates at an all time high, and with Australian clinical, diagnostics, healthcare and research teams that rank among the best in the world, there are an awful lot of people ready to offer you A HELPING HAND.

To order a copy of *A Helping Hand*, call the Cancer Helpline on 131120 or visit the website: www.helpingonline.com

Limbs 4 Life peer support volunteers will provide *A Helping Hand* in patient information packs for those who have experienced limb loss due to cancer.



1300 782 231