

McGrath Foundation

Ours is a story with simple – but well-known – beginnings. It started with Jane and Glenn McGrath's very public experience with breast cancer, and has become one of Australia's most recognised and respected charities. We are now the largest group of breast care nurses in the country!

Some years after her initial diagnosis, Jane's cancer returned. This time, she had a breast care nurse, who both empowered and comforted her, and the entire family. This experience set the mission for the Foundation, which has become an enduring commitment to support thousands of women and men every day, no matter where they live – for free.

We raise funds to place McGrath Breast Care Nurses in communities right across Australia, as well as making breast health understanding a priority.

While we're placing more nurses in communities across Australia every year, there's still lots more to do to reach every family going through breast cancer. We rely on the heartfelt support we receive from all over Australia – including individuals, communities, corporate partners and government. They help by donating, hosting or attending events, or purchasing McGrath Foundation products, which helps us continue Jane's legacy and achieve our mission.

TOGETHER, WE CAN MAKE A DIFFERENCE

To find out how you can help, visit
www.mcgrathfoundation.com.au



"My McGrath Breast Care Nurse

made sure all my appointments were on the same day, and thought about everything, from parking to how long I needed to get from one place to another, and that I'd need time to rest and take in what I was being told.

Quite simply, that meant I could focus on the things that were important to me – my family – and not let cancer interfere too much with the things that are precious to me."

Vanessa, Canberra

Your Nearest McGrath Breast Care Nurse is:

Appointment:

Or visit 'Our Mission' on www.mcgrathfoundation.com.au to enter your town or postcode to see the McGrath Breast Care Nurses in your area.

Phone (02) 8962 6100
Fax (02) 9958 0140

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SUPPORT
WHEN YOU
NEED IT
MOST

MAKING LIFE THAT LITTLE BIT EASIER FOR FAMILIES EXPERIENCING BREAST CANCER



Every breast cancer experience is different. McGrath Breast Care Nurses have specialist training and help people with breast cancer (and their families) by providing physical, psychological and emotional support. From the time of diagnosis, and throughout treatment, this support is available right across Australia – for free.

No matter whether you're in the private or public health system. It's as simple as checking our website and finding the nurse nearest you.

"As Jane McGrath's best friend, I made a promise to her before she passed away. After her cancer came back, she had the support of a breast care nurse; someone who helped guide her through the toughest times by providing expertise, understanding and insight. She used to tell me that she'd simply 'met an angel'."

I told Jane that I'd continue to work tirelessly with the McGrath Foundation to ensure that her dream – that every family in Australia going through breast cancer would have access to a breast care nurse – could become a reality."

**Tracy Bevan,
McGrath Foundation Ambassador & Director**

"I can't believe how many ways my McGrath Breast Care Nurse has made a difference to me and my family throughout my cancer journey."

From the excellent information provided in response to my many questions; being there before, through and after my treatments; the texts and calls of encouragement & just being a light in the darkness.

It's an amazing service."

Belinda, NSW Southern Highlands

A helping hand

McGrath Breast Health Nurses are registered nurses with specialist training in breast cancer care. Providing support, information and care from the time of diagnosis, a McGrath Breast Care Nurse can be with you throughout your experience with breast cancer – through any treatments you might need, including chemotherapy, radiation therapy and surgery; rehabilitation, counselling, and follow-up services.

Your McGrath Breast Care Nurse is likely to:

- Answer any questions you or your family might have
- Provide information about treatment options, and how these might affect you
- Contact and support you during hospital stays
- Give you information about breast prosthesis and reconstruction
- Organise support for when you leave hospital and return home
- Refer you to other services when you need them
- Coordinate care from diagnosis through treatment and follow-up
- Act as the common link between all the healthcare professionals you'll see, including your GP, surgeon, oncologist and other people
- Put you in touch with support groups, wig libraries and other useful resources
- Offer emotional support throughout your breast cancer experience
- Be available to answer any questions or offer support or guidance, whether you're in the middle of treatment or your treatment is complete.

How to find your nearest McGrath Breast Care Nurse

You don't need a referral from your doctor to get the support of a McGrath Breast Care Nurse. Go to 'Our Mission' on mcgrathfoundation.com.au to type in your town or postcode, to find the contact details for your closest nurse, or call 02 8962 6100.

McGrath Foundation in your community

As well as providing support to families experiencing breast cancer, McGrath Breast Care Nurses offer education on breast awareness in their communities. From information sessions to supporting the educational programme in secondary schools, Curve Lurve, our nurses are committed to improving the breast health of all Australians.

The McGrath Foundation relies on community support to fund McGrath Breast Care Nurses in communities right across Australia. You'll find our nurses helping out at fundraising events that all go towards ensuring new nurse positions can be funded, and existing nurses can continue in their roles. Since 2005, tens of thousands of families have been supported by McGrath Breast Care Nurses.

