

OUR FAMILY SERVICES



Childhood

CANCER SUPPORT

Childhood Cancer Support offers a Family Social Work service to its resident families and those families who have returned home after their stay with us.

www.childhoodcancersupport.org.au • Phone 07 3844 5000

OUR FAMILY SOCIAL WORKER SERVICES

ONE-ON-ONE SUPPORT AND COUNSELLING

Monique, our Family Social Worker walks alongside all family members (patient, parents, siblings, grandparents and others) that stay with Childhood Cancer Support as they are having their treatment. Monique also supports families on their return home with both personal contact, information and referrals to local support services.

The Family Social Worker links families with local ambassadors in their region, if an ambassador exists. Ambassadors are families that have returned home following their treatment and wish to support families going through a similar journey.

Monique offers practical, therapeutic and general supports to families, which include counselling, parent, sibling and extended family support (eg. Spending time with siblings, listening, organising fun activities), informal opportunities for families to meet each other and assistance to access other supports as required. Monique is a qualified mental health professional but can also work with you to talk through the practical side of cancer treatment, for example, thinking through your options regarding work or the care of your other children, during this difficult time.

During counselling, Monique works with people to identify the best that they can do, on any given day, and in this role supports families to:

- Adjust to their cancer diagnosis both emotionally and practically. This may include discussions and planning to talk through options for education, work or childcare of siblings.
- Manage family and relationship pressures
- Identify and cope with emotions
- Communicate effectively with their treatment team themselves
- Become informed about and understand cancer treatment and its impacts

In-Person, Phone, Email or SMS Support

Phone: 0434 599 054 Email: monique@ccs.org.au

Contact Hours: 8:30am - 4:30pm Monday to Friday

(Outside hours support can be arranged directly with Monique)



When families are staying in hospital as an inpatient, the Hospital Social Work Service is available to them and if requested by the family, Monique may help families to communicate their needs to the hospital Social Worker. It is not the intention of the Childhood Cancer Support Social Work Service to provide clinical services to inpatients, however if requested and appropriate, Monique may attend the hospital to offer practical supports as needed.

Practical support can be anything from dropping a blanket and a pillow to the hospital, staying with the patient to play a game while mum grabs a coffee or assisting with paperwork.

SOCIAL SUPPORT

Monique also hosts informal events and groups that can both provide support and opportunities for families to connect with each other, some of these activities are open to all oncology families.



Coffee, Cake and Chat

Coffee, Cake and Chat is an informal opportunity for families to meet and connect with each other in a relaxed, non-clinical/hospital environment. We meet each week on Friday at 3pm at 11 Bramston Terrace, Herston and 3pm every second Thursday at 23 Crown Street, South Brisbane on the back balcony.

These catch ups are open to **ALL paediatric oncology families**, whether they stay with Childhood Cancer Support or not, so please invite any families that you know. You can RSVP to Monique on 0434 599 054 or just show up and enjoy.

Monthly BBQ

On the last Friday of each month we host a monthly BBQ at 11 Bramston Terrace Herston at 5:30pm. You don't need to bring anything, just show up and enjoy. This is open to **ALL paediatric oncology families** in Brisbane, whether residents with us or not.



School Holiday Programs

Monique organises activities each school holiday period for the resident families and those families who have previously stayed with Childhood Cancer Support. These activities are for all family members and are different each holiday period.

Activities involve things like craft, excursions, sports or competitions. Monique makes the activities inclusive for patients and their siblings and ensures that if a patient wants to attend but needs some support or assistance, that appropriate arrangements are made.

Support and Peer Groups

Based on the assessed need at any one time our Family Social Worker Monique may advertise and host support or peer groups. These groups may cater for siblings, parents, grandparents, the patients themselves or the whole family. These groups may be closed to Childhood Cancer Support Families or be open to all paediatric oncology families. Monique will advise the community of when these groups will be running. If you want to register your interest in a support or peer group, please call or text Monique on 0434 599 054.

What is a peer group? A peer group is a group organised by our Family Social Worker, made up of people who have something in common. The purpose of the group may be to do an activity or to plan an event. For example, we have had a photo board/poster making afternoon for teenage girls. These groups are a relaxed way of meeting others.

What happens at a support group? Support groups are facilitated by our Family Social Worker with the specific intention of allowing people space to talk through things that are troubling them and seek the advice and support of others, who may be experiencing something similar. Sometimes we do activities, sometimes we just talk and sometimes we may do a bit of planning. Each group and person will be different depending on who attends and which purpose the group has.

ADDITIONAL SERVICES

We also offer the following supports for families:

- Monthly therapeutic massage on-site
- Free yoga and meditation classes
- Free groceries or cooked meals delivered each week
- On-site gym
- Community room/space for family gathering or play space for the kids
- Transport to and from the hospital
- School holiday activities for patients and siblings
- An on-site play ground



CHILDHOOD
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