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For me personally, this (counselling) support has been invaluable. I don't have a support network, so it has been good to talk to someone, and I really appreciate Bowel Cancer NZ for organising and funding these sessions.

Erica, bowel cancer patient

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“

I would like to thank Bowel Cancer NZ for funding my physio rehabilitation sessions which have made it possible for me and my wife to enjoy doing all the activities we used to.

Ian Browne, Queenstown

”

“

Thank you very much for your support with petrol vouchers. They have arrived in time to put petrol (in my car) to keep me going to my treatment. Arohanui.

Vaiolena, Auckland

”

**We provide nationwide,
accessible patient support
from diagnosis through
to survivorship.**

Nurse contact

freephone. 0800 226 968

email. here4you@bowelcancernz.org.nz

General enquiries

post. PO Box 301517 Albany, Auckland 0752

visit. bowelcancernz.org.nz

email. info@bowelcancernz.org.nz

Connect with us



Bowel Cancer
NEW ZEALAND

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We're here for you



- ♥ Online support groups
- ♥ Nurse helpline
- ♥ Free support services



Bowel Cancer
NEW ZEALAND

freephone. 0800 BCNZ NURSE (0800 226 968)
visit. bowelcancernz.org.nz

How we can help




Support Nurse

Our registered nurse is available to answer questions about the effects of various treatments, explain bowel cancer terminology, and provide support, information and contacts for other services.

 Call **0800 BCNZ NURSE** (0800 226 968)

 Email **here4you@bowelcancernz.org.nz**

 **Live Nurse Chat** via our website or message us on our social channels

***Please note:** this service is for non-urgent enquiries, it's not a medical advice service and shouldn't be used for diagnosis or treatment without further consultation with your GP and/or health team.*



Personal Stories

A bowel cancer diagnosis can be life-changing for the patient, and the whānau and friends who love them.

Read these stories at – **bowelcancernz.org.nz > Support > Personal Stories**

If you or someone you love has been diagnosed with bowel cancer,

we're here for you.



Online Support Groups

Our private Facebook groups provide a supportive environment for patients and whānau affected by bowel cancer. A place to talk and share with others in a similar situation.

There are a range of support groups, including one for patients and whānau, those just diagnosed and a stage 4 and beyond group.

Find out more – **bowelcancernz.org.nz > Support > Finding Support > Support Groups**



Virtual Coffee Group

Our virtual 'Bottom's Up' coffee group runs monthly for bowel cancer patients to connect with others walking the same path. It's a great place to chat, get some peer support, and ask our nurse questions.

Learn more – **bowelcancernz.org.nz > Support > Finding Support > Coffee Group**



Resources

Information at your fingertips. There are a number of support resources on our website, which range from factsheets to brochures and booklets.

Visit – **bowelcancernz.org.nz > Support > Resources** to download or order them.

Also, see **bowelcancernz.org.nz > Support > Service Directory** for more helpful support organisations and businesses.

Free Support Services

Going through or just completed treatment?
We are here, helping you in times of trouble –
Ka taea e mātou te awhina i ngā wā o te hē.



Physiotherapy

Physiotherapy helps with prehab and rehab for patients prior to or recovering from treatment and surgery. So, we fund up to **three free physio sessions** for patients.

Physio can help you regain strength and mobility, and reduce treatment-related side effects.



Counselling

Need to talk? We understand the emotional toll bowel cancer can take on you and your whānau – that's why we offer **three free counselling sessions** for you and your loved ones.

Talking to someone can be hugely helpful at any time during your cancer journey, whenever you feel you need it most.



Financial Assistance

For patients undergoing treatment and struggling to make ends meet. A one-off voucher for groceries or petrol is available.

To apply for the above services, please visit – **bowelcancernz.org.nz > Support > Free Services** for more information.

