

About Us



Welcome to our community! We are an Aotearoa New Zealand charitable trust dedicated to connecting, supporting, and advocating for individuals and families affected by head and neck cancer. We understand the challenges that come with a diagnosis, and we are here to help you every step of the way.

Who We Are: We are a community of individuals who have all been touched by head and neck cancer. Whether you are a patient, a caregiver, or a family member (whānau), we are here to provide the support you need during this challenging time.



Our Services

- Connecting patients, whānau, and health professionals.
- Supporting patients to manage their well-being.
- Advocating for the best treatment, care, and support.



CONTACT US



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www.facebook.com/groups/headnecknz



**No one should face
head and neck
cancer alone**

**WE CONNECT, SUPPORT
AND ADVOCATE FOR YOU
AND YOUR WHANAU.**

**FIND US
HEADANDNECK.ORG.NZ**

Managing Your Wellbeing

At the Head and Neck Cancer Support Network we understand that managing your wellbeing is an essential part of your journey. Our trust is committed to providing support and resources to help you navigate the challenges that come with a head and neck cancer diagnosis.

We have resources for you:

- Before Treatment
- During Treatment
- After Treatment



Connecting with others



Being part of our community means joining a positive and supportive network of patients, caregivers, and whānau. Here's what we offer:

1. **Friendly Ear:** Sometimes, all you need is someone to listen. We provide a friendly ear to share your thoughts, fears, and experiences without judgment.
2. **Wellbeing Support:** We offer suggestions and resources to help you manage your wellbeing throughout your cancer journey. From coping strategies to self-care tips, we are here to support your overall health.
3. **Non-Judgmental Space:** Our community is a place where you can be yourself without fear of judgment. Share your story, connect with others who understand, and find comfort in knowing that you are not alone.

Navigating the system



Understanding the healthcare system can be complex. We can guide you through the process, helping you access the right services and resources to make your cancer journey more manageable.

We have connected with Heads and Neck Cancer Australia (formerly Beyond Five). If you want to know more about your cancer, please check this informational website.

www.headandneckcancer.org.au

