

Echuca-Moama Girls Night Out - background

The Echuca-Moama Girls Night Out (GNO) initiative began in 2008 and is the much loved creation of a small collective of women who have experienced first-hand the impact of cancer upon loved ones.

All proceeds raised through GNO events go directly to the **GNO Oncology Department Supportive Care Program**, which was established in partnership with Echuca Regional Health to provide meaningful assistance to local cancer patients.

The GNO movement connects, embraces and engages the sisterhood of our community to shape a strong and vibrant network of women who are there for each other in times of need.

GNO events have been overwhelmingly embraced by hundreds upon hundreds of women in the community, and have raised more than \$200,000 to support local cancer patients and their families.

Through the Oncology Department Supportive Care Program, those funds are helping to provide extra care and financial support for things like counseling, rent payments, wigs, alternative therapies, lymphoedema sleeves, fuel cards, accommodation, home care and child care.

In addition to raising funds for the oncology department, GNO also helped secure vital funding from the McGrath Foundation for a dedicated McGrath Breast Care Nurse who commenced work at ERH in 2012.

Our breast care nurse has been a shining light for so many local women undergoing treatment for breast cancer – providing extraordinarily intimate support, improving their continuity of care and minimising the stress and trauma of their breast cancer experience.

GNO events are first and foremost a celebration of women - of the joy they bring to one another, and of the amazing work they do in their relationships, in their families, in their communities and in their own lives.

The concept is also about showing solidarity and support to cancer patients in the community and to show appreciation of the wonderful team at ERH oncology, without whom so many local lives would be so much more difficult.

For more information contact GNO committee member Leonie Canham on 0407360884, via email leonie@thesplendidword.com.au or via the facebook page - www.facebook.com/GNOechucamoama