



The McGrath Foundation was co-founded by Jane McGrath and her cricketing husband Glenn, after Jane's diagnosis and initial recovery from breast cancer.

While being treated for a secondary cancer in 2003, Jane had access to a breast care nurse for the first time and became aware of the tremendous impact that they can have on a patient's physical and mental wellbeing both during and after treatment.

Jane said at the time, it was like having someone holding her hand through one of the worst nightmares of her life. Jane's breast care nurse allowed her to be Jane McGrath - the friend, the mother and the wife. She was also someone who could give Jane informed and knowledgeable answers to the many questions she had.

As a result of this experience, Jane felt strongly that every Australian family experiencing breast cancer should be able to benefit from the support of a specialist breast care nurse. As such, one of the McGrath Foundation's two main objectives is to raise money to fund McGrath Breast Care Nurses in communities right across Australia.

The McGrath Foundation's second objective is to increase breast awareness in young women. Jane felt passionately about empowering women under 40 to take control of their health by conducting regular breast checks - early detection can mean more effective treatment.

SHOW YOUR SUPPORT

The community's invaluable generosity and commitment enables us to continue to work towards our vision and support families experiencing breast cancer across Australia.

You can support the McGrath Foundation in a number of ways including:

Make a Difference

Make a donation, join our Circle of Friends regular giving program or remember us in your Will.

Get Involved

Host your own Community Event or attend one of our Foundation events.

Pink Up

Check out mcgrathfoundation.com.au/shoppink for some official McGrath Foundation merchandise.

Provide Business Support

Become a Corporate Partner by supporting us through the sale of a product or service, or provide us with in-kind support for events or services.

To find out how you can make a difference, please visit mcgrathfoundation.com.au or call (02) 8962 6100.

Thank you very much for your support and remember, together we can make a difference!

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OUR STORY



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“Breast cancer doesn’t care how old you are, where you live, whether you’re a career woman or a mother.”

Jane McGrath, Founder,
McGrath Foundation



EDUCATION AND BREAST AWARENESS

Jane’s breast cancer diagnosis at only 31 made her passionate about encouraging young women to be breast aware by knowing their breasts and being aware of any changes.

In consultation with leading health professionals, teachers, students and parents, the McGrath Foundation has developed an education initiative called Curve Lurve, designed specifically to increase breast awareness in young Australians, with a particular emphasis on young women.

Curve Lurve focuses on empowering young women to look after their bodies, to know what’s normal for them and to take action that promotes their own health and wellbeing, while at the same time debunking common community myths.

Curve Lurve consists of resources for high school teachers to use in the classroom setting, a facilitators guide for people wanting to promote breast awareness in their workplace or within their community as well as a free iPhone and Android App to help women conduct regular breast awareness sessions. For more information head over to mcgrathfoundation.com.au/curvelurve

Breast cancer is the most commonly diagnosed cancer in women.

Australian Institute of Health & Welfare
(aihw.gov.au)



McGRATH BREAST CARE NURSES

McGrath Breast Care Nurses are specially trained nurses who act as patient advocates, coordinating care for women with breast cancer, their families and carers.

In doing so, they work to ensure physical, psychological and basic support needs are met.

The McGrath Foundation works with the community and local health services throughout Australia to identify which areas are most in need of the support of a McGrath Breast Care Nurse. Once identified, the Foundation needs to raise approximately \$380,000 to place a McGrath Breast Care Nurse in the community for a three year period.

The support of a McGrath Breast Care Nurse can be accessed through self referral and is free of charge. To find a nurse near you visit mcgrathfoundation.com.au/nurse