

# DAFFODIL NEWS

ISSUE 25  
AUTUMN 2023

## Supporting people with cancer inspires \$300k morning tea target

Thousands of cups of tea, tens of thousands of cakes, slices and biscuits and countless fantastic supporters in the loungeroom year after year – this is what hosting an Australia's Biggest Morning Tea (ABMT) equates to for Cancer Council Tasmania's most successful hosts!

Mario and Romilda Amorosa have been welcoming friends, family and colleagues to their home since 2003, when Romilda decided she wanted to do some charity work!

Not short of ideas or energy, planning was quickly underway for their very first ABMT event – welcoming over 100 people and raising over \$1,700. **“People were very generous that day – I believe people believe in charity – so I know we just had to keep it going,”** said Mario.

From this successful beginning, Mario and Romilda's annual ABMT event became a 'must do' on the social calendar. Over the years, guests have been entertained by some of Hobart's most talented musicians all whilst enjoying the delicious morning tea fare. Their silent auction and raffles are legendary, featuring some incredible items and

experiences, with thanks to the many, many generous members of Hobart's business community.

**“Each year our funds raised increased – from \$3,500 to \$7,000 then \$11,000 and in 2011 raising an outstanding amount of more than \$44,000 in just one day!”**



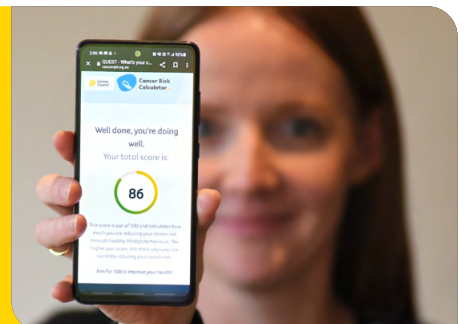
Like so many Tasmanians, Mario and Romilda's family has been impacted by cancer, with several very close family members losing their battle. They have been determined to make a difference and do what they can to help as many people as possible by raising much needed funds for Cancer Council Tasmania.

And so – Mario and Romilda now have a target! In 2022, their ABMT fundraising tally reached a staggering \$289,977 – this is an extraordinary result but they are determined to reach their goal of \$300,000.

**You can help Mario and Romilda reach this inspiring goal by donating to their “All the way to \$300k” fundraising page at [biggestmorningtea.com.au](http://biggestmorningtea.com.au) or register there to hold your own event.**

## CUT YOUR CANCER RISK WITH OUR ONLINE CALCULATOR

The Cancer Risk Calculator is a free interactive tool you can use to find out ways to reduce your cancer risk. By completing the calculation, you will receive a score to show how much you are currently reducing your cancer risk.



## Welcome to Autumn and our new format of the Daffodil News.

We are so pleased to be able to showcase what Cancer Council Tasmania is providing to Tasmanians from the funds raised and donated to us.

It is wonderful to know that our Supportive Care team are assisting so many Tasmanians through the range of services available either face to face, at our Cancer Support Centres or through the range of complementary programs offered on-line.

Our Seize the Day Scholarship program is also now on-line, which provides funding to assist young people impacted by cancer to further their education. The KidzCan program is operating state-wide and ensures young people are not disadvantaged because of the financial impost of a cancer diagnosis on their family.

The Cancer Prevention team has a range of presentations available which can be delivered via a suite of new options that best suit your requirements. Please contact us to find an option that suits you.

The transport2treatment service and our amazing volunteer drivers continue to ensure people are getting to their cancer appointments. We are heading towards achieving 6,000 trips again this year and are very grateful for the businesses who have financially supported this priority service by sponsoring a vehicle.

As we recover from Relay For Life and thank the many Tasmanians who raised important funds for Cancer Council Tasmania, we are gearing up for our Australia's Biggest Morning Tea campaign. Last year we had over 500 hosts around the state. I am getting very good at judging the best scones! Please support us again this year - all the funds raised stay in Tasmania and to support our programs, services and cancer research.

I hope you enjoy the stories and information in our Daffodil News. Stay safe.



**Penny Egan, CEO**  
Cancer Council Tasmania

## Sponsors make a real difference



Neil Watson of Watson's Jewellers, Launceston. Grant Hinchcliffe from IGA Tasmania with Penny Egan CCT CEO

Corporate sponsorships underpin all our work - from long-standing Relay For Life Statewide Principal Sponsor, IGA Tasmania to highly valued gala ball sponsor Watson's Jewellers, now creating a lasting legacy becoming a Launceston t2t vehicle sponsor. 49 businesses and organisations are committed to sponsoring us through our events, campaigns and fundraisers - and hundreds more generously donate prizes or their time and energy to assist those who fundraise on our behalf. Our heartfelt thanks to you all - this incredible support ensures that resources continue to flow directly to those in our community when needed the most.

**Contact Jill Bannon, Director Engagement and Fundraising at [jbannon@cancertas.org.au](mailto:jbannon@cancertas.org.au) to become involved as a sponsor or partner.**

## Vaping information for parents and young people

As use of e-cigarettes (also known as 'vaping') continues to increase among young people in Tasmania, the Quit Tasmania team would like to draw your attention to our resources, focusing on the harms of vaping, for young people, parents and teachers, available at [quittas.org.au](http://quittas.org.au) and by using the QR code below.

If you have any questions about vaping or smoking, we encourage you to contact Quitline Tasmania, whose trained counsellors are experts in nicotine addiction. They can answer your questions and provide support about how to approach having a vaping or smoking-related conversation with a young person.



**You can call 13 QUIT (13 7848) or request a call at [quittas.org.au](http://quittas.org.au).**

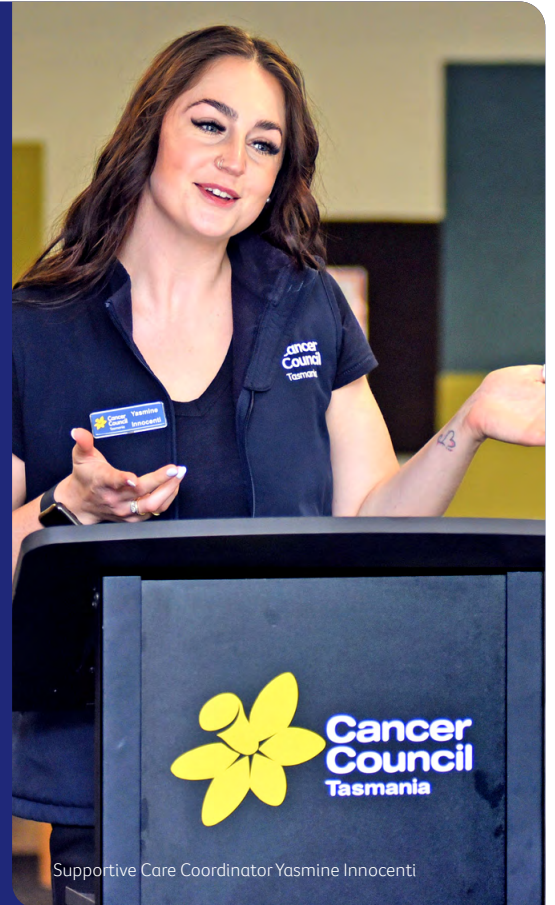


# Delivering Supportive Care Training

An important aspect of our Supportive Care service is the training we provide, both internally and externally, which helps others to support our clients and anyone impacted by cancer. Supportive Care staff provide training for new Support Centre volunteers on every intake, helping them to understand our mission, vision and values, and where our Supportive Care services fit into the bigger picture of Cancer Council Tasmania.

We also offer Incidental Support Training, which provides practical skills for supporting people who are distressed by their cancer experience. This training is particularly useful for staff and volunteers who encounter those impacted by cancer but are not trained to provide formal support.

Recently, we have been delighted to offer this training externally, to teams of staff at the Royal Hobart Hospital and Breast Cancer Network Australia, increasing our connections in the community and giving back to others who work so hard to support people impacted by cancer.



Supportive Care Coordinator Yasmine Innocenti



## Our Galas hit the heights

Last year's Cancer Council Tasmania Galas held in Devonport, Launceston and Hobart were stunning in many ways – the first-class entertainment, the fashion, the amazing experiences and opportunities available in the live and silent auctions – and the incredible support and generosity of sponsors and guests attending, raising over \$276,000 across the three events. And now, 2023 brings in a new era, uniting our three galas with an exciting theme, *Masquerade!* So, mark your calendars and start planning your 'look'!

**Save the dates: Saturday 24 June at paranple convention centre, Devonport; Saturday 12 August at Wrest Point, Hobart; and Saturday 28 October at Tasmanian Country Club, Launceston.**

## Meet cancer researcher Kehinde Obamiro



Dr Kehinde Obamiro has been working on the co-design of an educational intervention to improve bowel cancer awareness and screening in rural communities, supported by a \$25,000 research grant from Cancer Council Tasmania.

“Preliminary results from our study, gathered from interviews with people resident in a rural community, suggest that there are a few reasons why people don't screen,” says Dr Obamiro.

“These include the ‘yuck’ factor, instructions being hard to understand for people with low literacy, the inconvenience

of taking the screening kit to the Post Office, no sense of urgency, and lack of awareness about the screening program”.

Strategies that could improve bowel cancer awareness and screening provided by community members include: promoting screening using community champions, informal ‘bloke’ groups, pub nights and local community events, and the use of pharmacies and GP clinics to promote bowel cancer awareness and the benefits of screening for eligible community members.

**Dr Obamiro's work is part of over \$250,000 in cancer research opportunities provided by Cancer Council Tasmania in 2022 that includes fellowships, grants and scholarships.**



# Communities unite to fight back against cancer



**Celebrate.  
Remember.  
Fight Back.**

Relay For Life brings communities together to celebrate cancer survivorship, remember loved ones lost, and empower teams of families, friends and colleagues to raise money to fight back against cancer.

Led by our volunteer committees, Relays are held across the state throughout the year, and supported by staff and volunteers on the day. New communities are taking up the baton, with our first ever Northern Midlands event held in Longford late last year, and we welcomed Triabunna to Relay this March.



Huon Valley was unstoppable after being postponed due to COVID and then moving indoors last minute due to inclement weather – this committee reflected their agility to ensure the event could go ahead in October.

Derwent Valley was first to host an event in 2023, then we held our first ever Relay at the Silverdome in Launceston in early March, closely followed by Hobart and Penguin. We look forward to sharing more insights and images from these events in the next edition of Daffodil News.



Tracy Roberts, Mel Nicholson and Meredith Hepburn

Relay For Life is held in 34 countries across the world, all celebrating Relay's Global Heroes of Hope – cancer survivors and caregivers whose work exemplifies the mission of Cancer Council Tasmania and Relay For Life. We welcomed three of our own in 2022, namely the Chairs of the Hobart, Penguin and Northern Midlands committees.

“Part of being a Global Hero for Hope is to spread the word and raise awareness for Cancer Council Tasmania, particularly Relay For Life, and the funds they raise,” says Mel Nicholson. “As a part of that I’m setting up talks with different corporations and sports clubs about self-care and doing body checks, as well as sharing my own story”.



Alicia van Ek, Renee Gani and Amy Roker

In February, the American Cancer Society hosted the very first Global Forum in Lisbon, Portugal. Our State Manager Alicia, along with Amy (SA) and Renee (Vic) were invited to attend and share their ideas and experiences with our global partners. It was an amazing experience for our Australian team with over 130 delegates taking part from around the world.

The event was hosted by passionate Relay volunteers and focussed on key learnings from each country and reflections on what makes Relay so successful – the community. Relay originated in America in 1985, coming to Tasmania 23 years ago, and we look forward to working with our communities and volunteers to continue to evolve and make the events more accessible to communities and schools across Tasmania.

**THANKYOU** Tasmanian supporters of Relay For Life – as we unite together to fight back against cancer.

# Fundraisers in our community are changing lives

Community fundraisers raised over \$300,000 to support Cancer Council Tasmania in 2022, including Lewi Taylor's epic \$168,000 158 Challenge. This year we have more creative and dedicated people wanting to Do It For Cancer to support Tasmanians impacted by cancer.

Gifted pianist Sheng-Yuan Lynch organised and performed at a charity concert, playing a program by Liszt to a packed Hobart Town Hall in February, raising over \$28,000. The 2021 City of Hobart Young Citizen of the Year has performed at numerous charity concerts, and vows to continue to use his music to assist those in need.



Concert pianist Sheng-Yuan Lynch and Penny Egan (CCT CEO)

Simon Banks will be fundraising across the state over the next few months, taking a weekly dip in the icy waters of Tasmania for his Cold Water Challenge.



Devonport's Belinda Donovan was determined to make a difference this March with her Rockin' the Chop event (pictured above) and has already raised over \$1,100. "I've lost several family members to different forms of cancer including my grandmother in 2003," says Belinda. "Currently my Mum has leukemia, and my cousin is battling ovarian cancer". Belinda had cervical cancer in 1997, but unlike the experience of so many others, early detection enabled successful treatment.

**Want to do something fun and creative to raise funds for Cancer Council Tasmania, or support someone who is already fundraising? It's easy – just go to [doitforcancer.com.au](https://doitforcancer.com.au) to register or donate.**

# Clinical engagement back in the community



Supportive Care team members Luisa Truscott and Yasmine Innocenti

Like everyone else in our community, we are delighted to see COVID restrictions have eased, allowing us to reconnect with our colleagues in the clinical sector. We work closely with those providing medical treatment to people with cancer, so that we can offer supportive care services such as emotional support, practical help, complementary therapy programs and information resources.

This year, we are very happy to be once more visiting hospitals and treatment centres including the North-

West Regional Hospital, Mersey Community Hospital, Launceston General, Royal Hobart Hospital, Calvary's Gibson Ward and the Icon Cancer Centre. Our Supportive Care team visit patients and clinical staff to provide advice around services we offer and refer to other relevant community services.

There are a number of ways in which we engage with the world of medical oncology. We provide in-service presentations to oncology staff about our services, helping everyone to understand what we do and how they can refer patients to us. We chat to the administrative staff, nurses, allied health professionals, doctors and specialists to ensure patients hear about, and can access, the services they need.

Many of our referrals come from social workers, nurses and administrative staff who are hearing from patients directly about the support they need. We visit hospitals and treatment centres to offer resources and speak to patients, on-site, when needed. We supply wigs and information packs for those who are unable to visit our Support Centres to access practical resources.

**It is a privilege to work alongside our frontline healthcare workers to offer people with cancer the services that support their medical care.**



# Keep on track with your fitness goals and cut your cancer risk



Being more active is one of the best things you can do for your health, it helps reduce your cancer risk, increases energy, and can improve mental health. However, finding the motivation is not always easy. It's normal to need help and it may take time for new habits to stick. Here are some of our tips to help you get back on track with your fitness goals!

- 1. BE KIND TO YOURSELF** – Everyone's situation will be different. It's normal to need help and it may take time to form new habits.
- 2. DON'T THINK OF IT AS STARTING OVER** – We are not back at the beginning and we can learn from our setbacks and refocus.
- 3. SET REALISTIC GOALS** – Think S.M.A.R.T. when setting your goals. They should be specific, measurable, achievable, realistic and time sensitive.
- 4. FOCUS ON THE IMMEDIATE BENEFITS** – Being active can help you feel happier, give you more energy, improve your sleep and reduce stress!

To find out more about how being physically active can reduce your cancer risk, visit our website or contact our Cancer Prevention team [prevention@cancertas.org.au](mailto:prevention@cancertas.org.au)

## Complementary therapies

The impact of a cancer diagnosis goes beyond physical, with some common reactions including fear, grief and anxiety. We provide a range of complementary therapy programs to support clients and provide coping strategies to manage the emotional impact of cancer now and in the future. Classes include mindfulness, Tai Chi, yoga and oncology massage and are offered in person and online, allowing accessibility to people who cannot attend our centres.

Learn more by scanning the QR code or visit [cancer.org.au/support-and-services/support-information-centres/tas](https://cancer.org.au/support-and-services/support-information-centres/tas)



## Donate to support the 10 Tasmanians diagnosed with cancer, every day

When you give to Cancer Council Tasmania, your donation makes a tangible difference to Tasmanians impacted by cancer. There are many ways you can give - including making a one-off donation, a regular donation, through workplace giving, bequests and giving to the Cancer Council Tasmania Future Fund. And importantly, when you donate to us, all funds raised in Tasmania stay in Tasmania.

You can support Cancer Council Tasmania by giving online using this QR code, or give us a call on 1300 65 65 85 to discuss how you would like to contribute.



15 Princes Street, Sandy Bay Tasmania 7005  
69 Howick Street, Launceston 7250 | Suite 2, 45 Best Street, Devonport 7310  
Tel: 1300 65 65 85 | Email: [infotas@cancertas.org.au](mailto:infotas@cancertas.org.au) | Web: [cancer.org.au/tas](https://cancer.org.au/tas)

**For information and support call 13 11 20**

All donations over \$2 are tax-deductible. Produced by Cancer Council Tasmania, ABN 27 685 250 740.  
Patron: Her Excellency the Honourable Barbara Baker AC