

DAFFODIL NEWS

Issue 19
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Supporting Prostate Research



Dannielle O'Malley is our successful recipient of the Evelyn Pedersen Elite Research Scholarship in 2019. Dannielle, 22, is studying a Bachelor of Science with Honours at the University of Tasmania, based at the Menzies Institute for Medical Research and will be commencing her PhD next year. Dannielle's cancer research focuses on studying alterations presented in prostate tumours.

Prostate cancer is one of the most commonly diagnosed cancers, affecting 1 in 8 Tasmanian men. While only a portion of people develop aggressive metastatic disease (secondary spread), our understanding of the tumour environment and what drives disease progression remains limited. Dannielle's research into the alterations that occur in prostate tumours could be the key to identifying underlying progression processes and the causation factors of these alterations. Using data on Tasmanian families who have a dense aggregation of prostate cancer has underpinned Dannielle's research methodology and results are strongly supporting Danielle's theory that alterations may be influenced by inherited mutations rather than occurring randomly as previously thought in the research field.

"The scholarship I received this year from Cancer Council Tasmania has supported my lab research costs as well as allowed me to complete more extensive study than would have been possible otherwise," says Dannielle.

"The results of this research could eventually lead to better prognostic screening methods to predict patient outcomes and determine whether a patient has a high-risk of developing aggressive metastatic disease or not. I hope to continue this research next year when I undertake a PhD with my current prostate cancer research group."

The Evelyn Pedersen Elite Research Scholarship is awarded by Cancer Council Tasmania and the University of Tasmania to the best and brightest undergraduate students wishing to undertake research into any area of cancer control.

For more information on our scholarships, please contact us on 6169 1900 or admin@cancertas.org.au

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DID YOU KNOW?

To date, Cancer Council Tasmania has invested over \$5 million towards cancer research taking place in the state.

A MESSAGE FROM THE CEO



Welcome. It is wonderful to have come out of the colder months and be starting to enjoy the warmer weather.

The warmer months also present an opportunity to reiterate the importance of our cancer prevention messages, in particular, to be SunSmart. On most days now the UV rating is above 3 so I encourage everyone to please adhere to our messages to slip, slop, slap, seek and slide over the coming months. Having just had two more nasties cut off my skin, I am reminded of my days rolling around in the sun covered in coconut oil. Not such good memories now but a great reminder of why we all need to be so much smarter in the sun.

Our 2018-19 Impact Report is now available on our website. It was an amazing year with over 8,200 occasions of support, 5,110 transport-to-treatment (t2t) appointments and an increased number of cancer prevention activities and research investment. The statistics across the majority of our programs show significant increases from the previous year.

Our Cancer Support Centres have been able to offer many new complementary programs and therapies and the number of clients across our three centres, including our North-West Cancer Centre and the Icon Cancer Centre in Hobart, has increased. We are so pleased that we have been able to meet the demand for our services and we would like

to thank Tasmanians for their generosity in ensuring that our vital work continues.

Thank you to our many donors, community fundraisers and everyone who has attended our events or supported us in one way or another over the past 12 months. We held our first gala event on the North-West Coast for some time in May, and our other gala balls in the north and south of the state were extremely successful. Daffodil Day is always a wonderful opportunity to connect with the public and a big thank you to all our volunteers who helped out on the day, and of course to our volunteers who assist us during the year.

Next year is our 25th year of operation. We plan to celebrate our successes and have engagement activities across the state. I hope you can join us.

In the interim, stay safe and thank you.

Penny Egan, CEO

Exercise as Medicine



On 12 September, Associate Professor Prue Cormie presented an informative talk on the application of exercise as medicine in the management of cancer to members of the Launceston community.

Her talk broadly covered all cancers, incorporating examples and content from various types of cancers, as well as the impact of exercise across all aspects of the cancer continuum. Associate Professor Cormie's presentation was the second in a series of 'Jeanne Foster Public Talks' on topics related to cancer research. Attendance is free and is supported by Cancer Council's first Benefactor, Jeanne Foster.

Thank you to our supporters who donated to our Complementary Therapies Appeal this winter.

You have helped Cancer Council Tasmania to provide these therapies to Tasmanians across the state. In fact, if you read the 2018-19 Impact Report on our website, you will see that our occasions of support have increased over 30% in one year.

If you would like to donate to our current Research Appeal, please fill in the form on the back page of the newsletter or go to the 'donate' tab at cancertas.org.au.

Get Checked and Find Cancer Early

Cancer Council Tasmania is about to launch its 'Find Cancer Early' community education project in Burnie, Ulverstone and the South-East Coast. Already running throughout the Sorell and Tasman local government areas, the project aim is to educate Tasmanians over the age of 40 about the early signs and symptoms of the most common cancers, and encourage people to 'get-checked' by a medical or health professional if they experience any of the key symptoms.

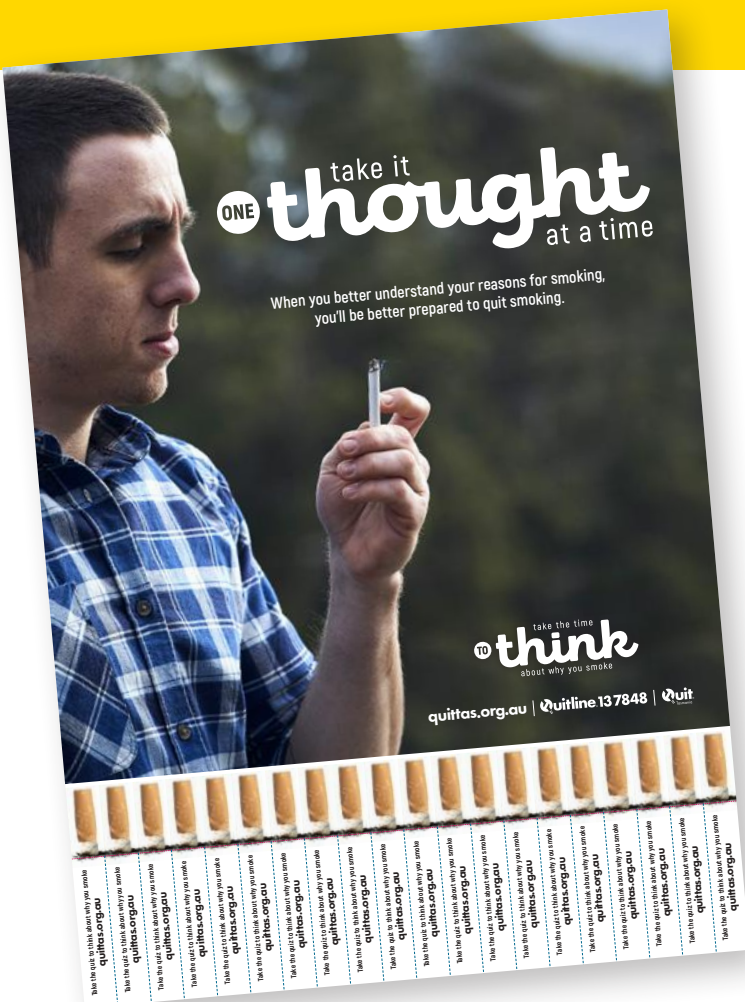
The project is modelled on an evidence based program developed by Cancer Council Western Australia (WA), which recognised that people living in regional Australia have poorer cancer outcomes than people living in a metropolitan area. Find Cancer Early aims to reduce the inequality in cancer outcomes between metropolitan and regional Tasmanians.

Find Cancer Early also encourages people to participate in national cancer screening programs for breast, bowel, and cervical cancers. Screening programs are for people with no symptoms. These simple screening tests look for particular changes and early signs of cancer before it has developed or before any symptoms emerge. The earlier cancer is found, the greater the chance of surviving it.

The Find Cancer Early Project is supported by the Tasmania PHN (Primary Health Network) through the Australian Government's PHN Program and is aided by resources generously provided by Cancer Council WA.



Stay tuned in early 2020 as we launch our Find Cancer Early campaign on TV, radio, billboards and social media. Thanks to funding from the state government, our health messages will reach right across Tasmania... and hopefully save lives.



think

On September 1, the Quit team commenced its latest anti-smoking campaign 'Think', which encourages Tasmanians to think about their reasons for smoking cigarettes.

Formative research was undertaken across the state which provided strong support for the idea that if people understand their reasons for smoking, they will be more likely to succeed when they make the decision to quit. This approach puts a completely new spin on traditional anti-smoking messages and enters a new space in anti-smoking campaigns - the first of its kind in Australia.

The campaign includes a new-look Quit Tasmania website with a quiz for smokers to find out what type of smoker they are, as well as radio, social media, billboard and transport advertising.

The Power of the Mind

Cancer Council Tasmania has received a grant from Harcourts Real Estate's 'Harcourts Foundation' to continue running Mindfulness sessions for our clients state-wide.

Mindfulness meditation helps people affected by cancer take things one day at a time. It allows them to focus more on the present instead of worrying about the past or fearing the future.

Our Mindfulness Program has been highly popular with client evaluations showing an increase in feelings of wellbeing and the ability to cope with situations such as waiting for test results upon completion of the course.

Client feedback has been very positive with one client who had recently completed the program describing it as "a valuable exercise in learning to like yourself and acceptance. I would thoroughly recommend that people try this course. Give it a try you won't be disappointed."



Thank you Harcourts Foundation for enabling Cancer Council Tasmania to continue to offer this wonderful program to our clients.

Giving Young Tasmanians a Head Start



“ This scholarship says to me ‘someone cares, what you’ve been through hasn’t gone unnoticed.’ It’s a hand reaching out to lead me forward into the future.”

- Scholarship recipient, Alice.

Each year Cancer Council Tasmania offers Seize the Day Educational Scholarships to Tasmanians aged 16-25 years old who have been impacted by cancer to assist with post-secondary education and training costs.

The educational scholarships are for young people who have been impacted by their own cancer diagnosis or that of an immediate family member. Cancer can affect areas of a person's life including mental health, friendships, financial stability and housing. When a parent is diagnosed, a young person may find themselves in the role of carer, which limits their ability to engage fully in their social life, education and work. Adolescence and young adulthood is a time of physical and psychological change, and research from CanTeen Australia reveals that psychological distress for young people dealing with cancer is about nine times that of the normal population.

2019 scholarship recipient, Isobel (pictured), who is studying a Bachelor of Nursing at the Launceston campus, says receiving the scholarship has greatly assisted her with continuing her studies.

“It was massive having that support – especially from a financial perspective. The scholarship has really helped with my travel costs to attend the Launceston campus and when your family is going through a tough time, the extra support is really encouraging.”

Seize the Day Educational Scholarships are not just about offering financial support, but giving young people the opportunity to engage with our support services and share their story with other people who are in a similar circumstance.

Our scholarships would not be possible without the generous support of our sponsors: Cape Hope Foundation, Sea FM, 7AD FM, Koins 4 Kids and Huon Aquaculture.

Scholarship applications close 1st March 2020. For more information call 1300 65 65 85.

Low Table Walkers Return!



On 21 September, a group of nine students from the University of Tasmania walked 20 kilometres from Salamanca to the top of kunanyi/Mount Wellington carrying a table weighing 100 kilograms to raise funds for Cancer Council Tasmania.

The UTAS students who reside at the university’s residential college, Jane Franklin Hall, say the tradition of this annual event began back in 1986 by a group of like-minded students who wanted to make a difference in the fight against cancer. The tradition has continued ever since with the students bravely making the trek each year whether it be rain, hail or shine.

This year’s captain, medical research student James Glover, says he was inspired to get involved after having three of his grandparents impacted by the disease.

“This cause is definitely sentimental to the boys and I with many of us knowing people who have battled cancer.”

The team was aiming to raise \$3,000 this year and beat last year’s record. Thanks to their generous supporters, they surprised themselves having raised over \$4,000! Well done!

Cancer Council Tasmania and the Law

Law Society Tasmania’s newly elected president, Crystal Garwood, has chosen Cancer Council Tasmania as the society’s charity of choice. Each inaugural president of the society nominates a charity of their choice to advocate for over their 12 months of presidency.

“As a past volunteer and a previous North-West fundraising committee member, I am honoured to support such a worthwhile charity,” says Ms Garwood.

“Cancer Council Tasmania is 90 per cent funded by public donations and fundraising events, and works every hour of every day to minimise the incidence and impacts of cancer on Tasmanians.

“With that charity, the funds stay in Tasmania to support Tasmanians.”

Ms Garwood, an experienced commercial and employment practitioner based on the North West coast, is the first female President of the Law Society in thirteen years and is only the third female to ever hold the position in Tasmania.

She brings with her innovative ideas for health and wellbeing within the profession.

We look forward to working with Ms Garwood and the Law Society of Tasmania over the next 12 months and we are thrilled to be selected as her chosen charity.



Photograph: The Advocate

We are celebrating 25 years of supporting research and services in the Tasmanian community in 2020.



**Cancer
Council**
Tasmania

CELEBRATING
25
YEARS

SAVE THE DATE 2020



Cancer Council
Australia's Biggest Morning Tea

Register your interest today!
rtownsend@cancertas.org.au



MAY 2020

LARAPINTA - HIKE FOR HEALTH

Discover the beauty of the red centre and fundraise for Cancer Council Tasmania



MAY 2020

UNITE IN *Yellow* GALA

It's back! Paranapple Centre, Devonport

20 JUNE

DRY JULY
dryjuly.com
Can you do it?



JULY 2020

SPARKLE FOR HOPE GALA BALL

Join us for a night of sparkle in Launceston

Sparkle for hope

1 AUG

Our Hobart Winter Ball is coming...

Winter Gala Ball

8 AUG



Cancer Council
Daffodil Day

Register now to become a volunteer!
rtownsend@cancertas.org.au



28 AUG

WOMEN'S 5KM WALK/RUN

Launceston

Women's WALK 5km RUN



13 SEPT

Need more information on any of these events?

Contact Jill Bannon (Monday, Tuesday or Friday) jbannon@cancertas.org.au or 03 6169 1911

UNITE IN

Yellow

- Hobart Lunch
18 September
- Launceston Breakfast
13 November



SEPT/
NOV

GIRLS' NIGHT IN

Get your girls together and raise funds for women's cancers

OCT

Cancer Council Tasmania's



PLAY FOR PURPOSE

Buy a ticket, support people impacted by cancer and choose your \$250,000 dream!

- 257 Cancer Council Tasmania winners to date!
- Over \$10,000 raised for Cancer Council Tasmania
- Raffle closes 8 March 8pm 2020

YOUR CHANCE TO WIN!



GOLDEN
★ TICKET ★

playforpurpose.com.au/cancer-council-tasmania



Celebrate. Remember. Fight Back.



HUON VALLEY Feb 22-23
Huonville Recreation Ground

LAUNCESTON March 14-15
St. Leonards

CIRCULAR HEAD March 14
Smithton Recreation Ground

HOBART March 21-22
Domain Athletic Track

DORSET March 28-29
Scottsdale Football Ground

NORTH WEST March 28-29
Penguin Sports Complex

ANTARCTICA May 2020
Casey Station

REGISTER

relayforlife.org.au

(search for your 'region')

call 1300 65 65 85 or email
specialevents@cancertas.org.au

‘Strait’ Talking

In November Cancer Prevention Project Officer, Ashlee and Cancer Support Coordinator, Ros made their way across Bass Strait to deliver several cancer education workshops to the King Island community. Ashlee conducted three sessions at the King Island District School, which focused on the importance of being sun smart.

Ros met with teaching and school support staff to discuss how our Seize the Day Educational Scholarships can assist students who have been impacted by a cancer diagnosis, to continue their studies.

Men’s health was put under the spotlight with a visit to the King Island Men’s Shed where Ashlee and Ros had the opportunity to provide face-to-face support on a range of topics including the social and financial impacts of cancer, the complexity of a carer’s role and dealing with grief and bereavement. Men were able to share their stories and receive information on how to connect with Cancer Council Tasmania’s support services. The day was wrapped up with visits to the Ochre Community Health Centre and King Island District Hospital to work with staff on building referral pathways for clients on the island who have been affected by cancer.

The King Island community can access our cancer support



services from Monday to Friday between 9am-5pm by calling our free and confidential telephone information and support service on 13 11 20, or by calling one of our Cancer Support Centres directly.

The venture would not have been possible without the support of Sharp Airlines and we look forward to visiting the island again soon.

Cards of Kindness

In October, we received a heart-warming email from a son who wanted to share his mother’s story of kindness. He explained the losses his mother Dianne had experienced from the passing of loved ones from cancer and dealing with her own illness. All while keeping her head raised, a positive attitude, and a smile on her face.

Dianne and her sister owned a scrap-booking business, which closed its doors soon after her sister relocated to mainland Australia. Wondering what to do with the excess stock, Dianne began crafting a few sample cards and discovered there was demand in the market for her creations. She soon found herself supplying six shops across the coast, ranging from Ulverstone to Devonport through to Latrobe. Every six weeks, Dianne visits each shop to replenish stock and ensures there is a fresh variety of cards at customers’ fingertips.

Dianne travels from her hometown of Sulphur Creek to Cancer Council Tasmania’s Devonport office on a weekly basis where she spends up to 40 hours per week creating her cards by hand and with love. She sources all the materials herself with support from direct family. Dianne started making the cards in 2008 and has since donated over



\$11,000 to Cancer Council Tasmania. Dianne gives back to the community through her volunteer work in committees, local fundraising and of course through creating her amazing cards and donating 100% of profits to Cancer Council Tasmania!

It is due to her generosity, commitment and kind heart that we would like to put Dianne in the spotlight and say thank you. Dianne, thank you for sharing your passion and creativity, donating your time, effort and money to our cause and for brightening the world of so many Tasmanians who are receiving your cards – you are a star!

Thank you...

...to all our guests, supporters and volunteers who make our events such a success. 'Over \$170,000 net revenue raised!'



Sparkle for Hope Gala Ball



Unite In Yellow Gala Dinner



Hobart Winter Gala Ball



Hobart Unite in Yellow Lunch

Want to hear more about our events?

Subscribe to our events e-newsletter at infotas@cantas.org.au



**Celebrate.
Remember.
Fight Back.**

Turning 20 in 2020

Relay For Life is turning 20 in 2020!

We are calling upon 'relayers' past and present (and future!) to join us in our special 20th year to walk and acknowledge this milestone.



Cancer Council Tasmania is seeking support from our communities to raise \$1 million for Relay in 2020. Whether it be large or small, every contribution is important. All money raised in Tasmania stays in Tasmania and goes back into supporting the community through cancer research, support services and education and prevention programs.

Relay For Life began in 1985 when Dr Gordon 'Gordy' Klatt ran for 24 hours around a track in Washington USA raising over US\$27,000 for his local American Cancer Society. This began a worldwide phenomenon which now spans an incredible 29 countries worldwide.

In Australia, Relay For Life began in 1999 in the Victorian community of Murrumbena raising over \$75,000. It soon reached all States and Territories, beginning in Tasmania in 2001.

Since then, over 103,000 Tasmanians have walked the track to celebrate life, remember loved ones and fight back against this disease. Across the 82 events held, over \$14.7 million has been raised in Tasmania. Relay For life has cemented its place in the community. It is the people who make Relay For Life the incredible event that it is.

Pink and Proud



Launceston City was tickled pink as a record number of people pounded the pavement in support of Cancer Council Tasmania's Womens 5km Walk/Run and to raise awareness for all types of cancers on 15 September.

The popular annual fun-run attracted almost 2,000 participants with over \$70,000 raised going towards funding our in-demand services and programs.

This year we were fortunate enough to have an organising committee who generously volunteered their time and expertise making a significant difference to the delivery of this large event. Our thanks goes out to Kirsten Slater, Jarry Holmes, Judith Timmins, Teagan Wise and Sarah Wells for their hard work and dedication in making the event a success.

We would also like to thank our sponsors – Harcourts Launceston, Bellamy's Organic, Intersport and My Gym Tas,

and other local businesses who contributed prizes, support and services, including City Prom, 7Tasmania, LAFM/Chilli FM, MA Sound, Foot and Playsted and The Examiner.

If you completed our post-event survey, please keep an eye on your email as you could be the lucky winner of a Women's 5km Walk/Run merchandise pack and receive FREE registration in 2020. If you did not complete the survey and would like to provide feedback please contact us on 03 6779 1100.

If you would like to volunteer or join our committee for the Women's 5km Walk/Run 2020 please contact our event coordinator Melanie Knight: mknight@cancertas.org.au

Thank you to everyone who donated, participated or supported the Women's 5km Walk/Run and stay tuned for information on dates for 2020, how you can register and other exciting changes!

Kokoda Challenge 2019

“*Kokoda was the most intense physical, mental and emotional experience of my life. My respect for the Australian soldiers has increased even more. It is a debt we can never repay. I am grateful for the wonderful friendship bonds we created in our group of trekkers, and with our amazing porters.*”

- Kokoda participant, Meredith Hepburn.



Our adventure challengers have returned absolutely exhilarated having just completed the life-changing experience of the Kokoda Challenge 2019. We are so proud of everyone's achievement and thank you all for your incredible efforts raising funds for Cancer Council Tasmania.

The 2018-19 Impact Report is here!



Go online to receive your copy and learn what we got up to last financial year cancer.org.au.

For instance, did you know...

- We awarded over \$217,000 to clinical trials, small grants and scholarships to Tasmanians researching cancer in the state.
- We provided support and information to 2,552 Tasmanians who wanted to take the first step towards quitting smoking.
- We awarded 47 Seize the Day Scholarships to assist post-secondary students impacted by cancer.
- Our t2t drivers drove the equivalent distance of 6 laps around the world, taking people to and from their cancer medical appointments.

North West News



Photograph: Circular Head Chronicle

After 100 years of operation, Edith Creek Hall has closed its doors with committee member Brian and his wife Pat donating the hall's remaining funds to local charities and community groups including Cancer Council Tasmania.

"We know it will be put to good use. And who knows, we might need them one day!" said Pat, of the decision to donate the remainder of the hall's money.

Cancer Council Tasmania will spend the funds on reducing the impact of cancer in the Circular Head community through research, support and prevention services.

Thanks Brian and Pat!



Visit our retail shop at 15 Princes Street, Sandy Bay and get ready for summer. If you purchase two pairs of sunglasses in December you will receive a **FREE beach bag!**

**SLIP
SLOP
SLAP
SEEK
SLIDE[®]**
GET SUN SET.

Phone 1300 65 65 85 to find out what we have in stock today.

Yes, I want to help Cancer Council Tasmania continue its great work.



I'd like to make a regular donation of
\$
which can be deducted from my credit card

I'd like to make a one-off donation to
Cancer Council Tasmania's Research Appeal

\$

General Donation

\$

ALL DONATIONS OVER \$2 ARE TAX DEDUCTIBLE

Please complete the following details:

Title Mr Mrs Ms Other

Given name/s

Surname

Address

Suburb Postcode

Email

Please accept my donation/s in the form of:

Cash Cheque Money Order

OR please debit my:

Visa MasterCard

Credit Card Number

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Expiry date / CCV (on back of card)

Name on card

Signature

Please send me information on bequests for
Cancer Council of Tasmania.

Please send me information on Workplace
Giving as I'd like to encourage my employer to
set up this facility.

**Thanks for your interest and support.
We truly appreciate any assistance we receive.**

POST TO: Reply Paid 83632, Cancer Council Tasmania,
PO Box 147, Sandy Bay Tasmania 7006.

NOW ACCEPTING
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DONATE ONLINE
cancertas.org.au/donate



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 | Web: cancertas.org.au

For information and support call 13 11 20

All donations over \$2 are tax-deductible. Produced by Cancer Council Tasmania.

Privacy is important to us and we treat your information with respect, integrity and honesty in keeping with our core values and as governed by the Privacy Act. Information you provide may be used to let you know of our current programs and events. Our full Privacy Policy may be accessed on our website <http://www.cancertas.org.au/privacy-statement/>. If you do not wish to receive further correspondence from us, please don't hesitate to contact us on 1300 65 65 85 or by email infotas@cancertas.org.au. ABN 27 685 250 740.