

DAFFODIL NEWS

Issue 21
December 2020

Seize the Day

When a young person or someone they love is diagnosed with cancer, their lives can be turned upside down by the emotional, financial and practical impact.

Many young people take time out of study and work to receive treatment or care for their family member, and their social connections may suffer during this critical period.

Seize the Day Educational Scholarships are offered to 16-25 year olds undertaking post-secondary studies or training, who have been affected by their own cancer diagnosis or that of a close family member. In 2020, we provided \$35,000 to 37 applicants around Tasmania.

A big thank you to our major Seize the Day Sponsor, **Cape Hope Foundation**.



Scholarship recipient, Gabby.

'When I was 18, I was diagnosed with a Chondrosarcoma in my leg. I was in the middle of studying Conservation and Land Management as it's my dream to help the beautiful, unique Australian ecosystem, I had to stop studying immediately after my diagnosis. The cancer took away my ability to walk for almost 2 years and after a long recovery I can finally return to studying. Thanks to the Seize the Day Scholarship I will be able to pursue my studies and not have to stress about finances. I am so grateful for all the sponsors, staff and volunteers at Cancer Council Tas as they have been a constant support and have made my cancer journey as stress-free as possible.'

- Scholarship recipient, Gabby.

Applications are now open for 2021.
Please visit cancertas.org.au/scholarships for more information.

On the inside

A Message from the CEO	2
Cancer Council Tasmania Board Members: Farewell and Welcome	2
SunSmart	3
Do It For Cancer	4
Don't delay – get checked.	5
Quit 'Bubblewrap' Campaign	5
XMAS Appeal	5
Unite in Yellow Lunch	6
Women's 5km Walk/Run	6
Research for better patient outcomes	7
Girls Night In	7
Support Services & COVID-19	8
Daffodil Day	8
Clothes4Cancer Op-Shop	9
Relay For Life 2021	10
Retail Shop Update	11

DID YOU KNOW?

Cancer survival rates have increased from 49% in the '80s to 69% today, thanks to cancer researchers.

A MESSAGE FROM THE CEO



Firstly, I would like to thank everyone for your support during what has been an extraordinary year in all our lives.

For those of you who are dealing with cancer, having another layer of angst, concern, and the unknown of the coronavirus on top of your diagnosis, has only added to everything else that you are dealing with at this time.

Up until mid-March, we were supporting many Tasmanians and their families through cancer, our cancer prevention messages and activities were reaching far across the state, and our fundraising activities were in full swing. While the impact of COVID-19 meant that we had to close our support centres and restrict our movement around the State, we have still been able to connect with many Tasmanians and continue our role in helping people impacted by cancer.

It has certainly been a remarkable year. With thanks to our staff, selfless volunteers, and generous community, we have been able to achieve some great outcomes despite the obvious challenges. I encourage you to all read our 2019-20 Impact Report on our website (<https://www.cancertas.org.au/about-us/annual-review/>), and be proud of the impact

that your donations have had on our ability to help this wonderful community we're all a part of.

As we near the end of the year, and reflect on the changes that 2020 has brought us, our thoughts go out to those who are facing their own personal challenges, particularly those who have been challenged by a cancer diagnosis. While we have been able to provide many occasions of support to people, we also acknowledge the courage of those who have lost their lives to cancer and the impact of loss on their families, friends and communities.

On behalf of Cancer Council Tasmania, I'd like to wish you all a safe, happy, and healthy Christmas, and I look forward to your continued support in 2021.

Penny Egan, CEO

Cancer Council Tasmania Board Members: Farewell and Welcome

There have been several changes to our Board in 2020. We farewelled Harvey Cuthill after many years of dedicated service. Harvey, a past President, joined us back in 1996 as one of our inaugural board members. We also said thank you and good bye to Allyson Warrington who joined us in 2011 and served as our President from 2017-2020, David Bowker who joined us in 2011 and was appointed as Vice-President, and Mai Fransden who has been a committed board member since 2017.

The Board has welcomed three new directors: Darren Elphinstone, Brendan Blomeley and Leigh Stalker who commenced their first terms on 1 October 2020.

Sandra French AM was awarded Life Membership by the Board at our Annual General Meeting on September 15th 2020. Sandra joined the Board in 2002 and served as President from 2014-2017.

The Board also elected a new Executive Team. Greg Peterson is our new President and Chair, Belinda Webster as Vice-President and Kelly Walker as Chair, Finance Audit and Risk Committee.

We are extremely grateful to our Board, who are all volunteers, for contributing their extensive skills and experience to our organisation.

SunSmart

Summer has well and truly kicked off and with it brings the need to protect yourself from the sun's UV (ultraviolet) rays. Sun protection is required when the UV rating reaches 3 or above, which is common throughout the summer season.

A great way to check the UV rating in your area is by downloading the free Cancer Council SunSmart app, which is available on both Apple and Android devices. You can also check the UV rating in your local newspaper or by visiting the SunSmart or Bureau of Meteorology websites.

With 2 in 3 Australians developing skin cancer during their lifetime, it is important to book a skin check with your doctor. Getting checked, and finding cancer early, is key to successfully treating cancer. Neralee, who has had several skin cancers removed, can attest to the importance of getting your skin checked.

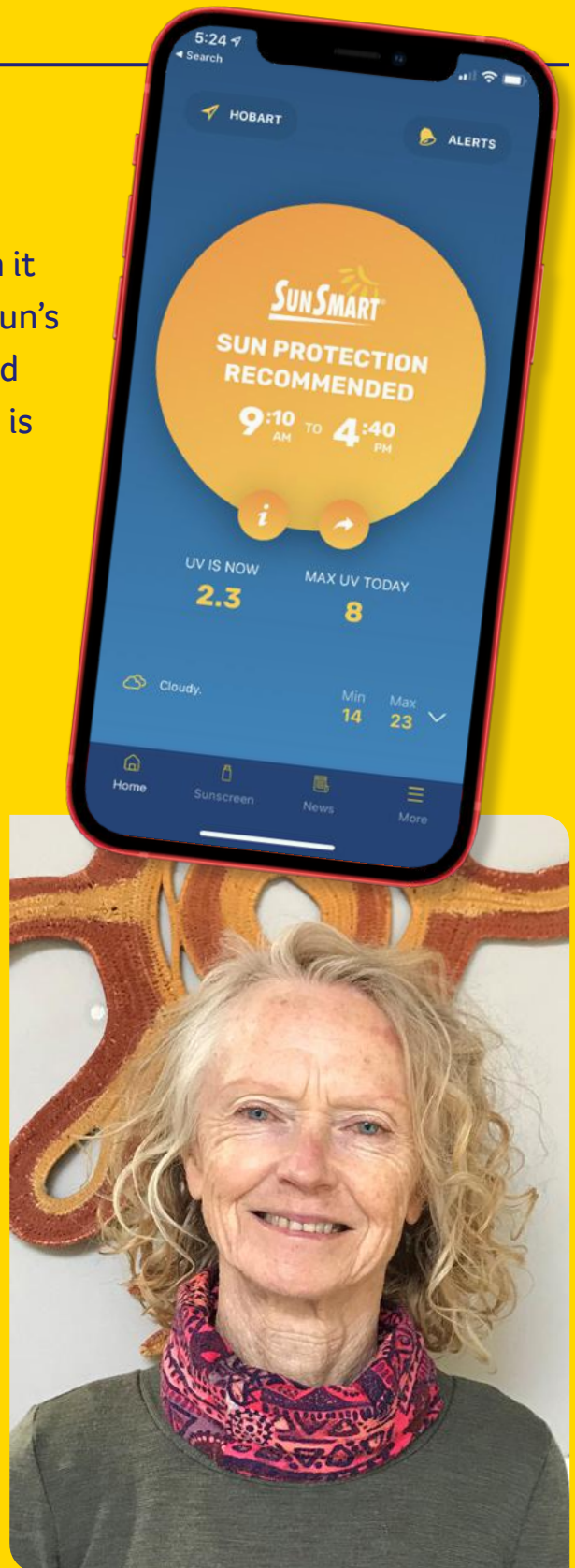
'Red hair, fair skin, blue eyes, and a penchant for outdoor activities, with not always optimal sun protection in the past, has placed me in the increased risk category for skin cancer. I am now 66 years old and since developing my first skin cancer in my late 30s, I am much more aware of the need to cover up and slap on the sunscreen.

'In recent years, I have had more Basal Cell Carcinoma's removed, two melanomas on my arms, and currently a Squamous Cell Carcinoma on my leg. A big wake-up call for me has been the realisation that not all skin cancers will have the 'typical' presentation.

'With one melanoma presenting as a darker, irregular freckle and the other as an area of paler skin (de-pigmented), I am now much faster at seeking medical advice and following the ABCDE guidelines for detection.

'The recent Squamous Cell Carcinoma on my shin grew rapidly at the site of a wound and my first inclination was to dismiss it as a likely infection. Once diagnosed correctly, I was very glad I had decided to follow it up.

'I can only endorse the recommendations that encourage us all to become familiar with our skin, seek help from our partners or family to check out those hard to see areas, and opt for early medical advice if anything unusual appears.'



Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE

Do It For Cancer

Whether you're inspired to shave your head, host a barbie or run a marathon, Do It For Cancer makes it easy for you to create your own fundraising web page and make a difference to people impacted by cancer.

Cancer Council Tasmania's Do it For Cancer website lets you register your fundraiser and create your own fundraising page where friends and family can donate and help you to kick your fundraising goals.

Go to www.doitforcancer.com.au and turn something you love doing or find challenging, into something that makes a real difference to the lives of those living with cancer. Read Bec's story below on how she 'Did it for cancer'.

Bec's Greatest Shave



Bright and bubbly nursing student, Rebecca, held her own Do It For Cancer fundraiser earlier this year to honour her mother, Janelle, who tragically passed away from a rare gastro-intestinal stromal tumour in October last year. Rebecca reflects on her mother's experience with cancer;

'Personally, I think there were issues with mum's health a lot earlier that could have been looked into further,' says Rebecca. 'She had health problems for years.

'She was a spiritual woman, a Christian, so she believed in her prayer and her essential oils and I just don't think, especially now being in nursing, that she was as "medically aware" as she should have been.

'One of mum's best friends was a nurse and is now a nursing teacher. She was always mum's 'go-to' person and one morning mum told her friend that she had been constipated and she wasn't even eating much at that time either; she really wasn't eating proper meals. Mum's best friend said to her "You need to go to the hospital, and you need to get that checked out right away."

'During that day in the Emergency Department, the doctors couldn't really tell what was going on and referred mum to specialists for scans. It was actually 2 or 3 weeks before they actually said "OK, it's all good, it's just a small cancerous tumor on the kidney.

We'll just take the kidney out and it will be fine.

" We knew that there was a cancer, but it was considered treatable.

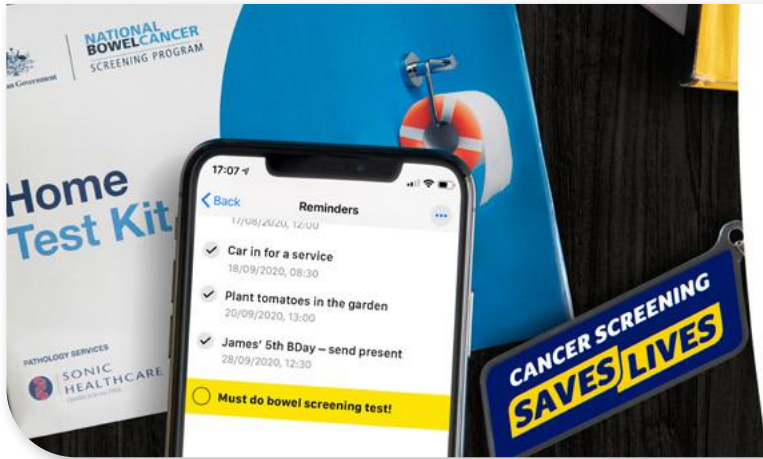
'Mum was originally booked in for surgery at the end of November 2019, however she ended up being rushed to Emergency in the middle of September. The doctors realised that they couldn't wait any longer to remove the cancerous tumor on her kidney, and when they did, they realised how much more the cancer had spread in a matter of weeks.

'That first night, when mum went into hospital, I stayed there all night, in a proper sit up chair and I wouldn't leave. I was in the clothes that I raced to hospital in, my trackies. When mum was in hospital for those final 6 weeks, I actually broke my arm at the gym. It was a blessing in disguise because I could be there next to mum every single day for those six weeks, every single day.

After Janelle's passing, Rebecca launched her own fundraiser, 'Bec's Greatest Shave', vowing to shave her head for cancer research.

'Dad and my boyfriend said "Well, if you're going to do it, just aim high!" So I'm aiming to raise \$10,000'.

With thanks to friends and family, Rebecca raised over \$10,000 and with that, off came her lovely locks - all in the name of cancer research. Well done Rebecca and thank you.



It's never been more important to tick bowel screening off your list.

[Find out more](#)

NATIONAL BOWELCANCER
SCREENING PROGRAM

Supported by
the Australian
Government,
Canberra



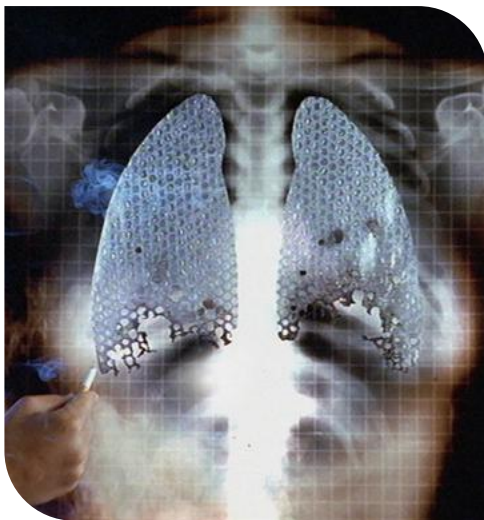
Don't delay – get checked.

Health providers have reported significant drops in the number of people participating in National Cancer Screening Programs across the country, since the COVID-19 pandemic occurred.

Do not delay cancer screenings or health appointments with your doctor. Early detection of cancer is critical to increasing your chances of surviving cancer and cancer screenings are designed to detect cancer before symptoms even appear.

National Cancer Screening Programs for breast, bowel, and cervical cancers are available to all eligible Tasmanians. Health providers and medical staff have increased measures to ensure that you are safe to visit your doctor or local screening facility.

Cancer screening saves lives. If you do notice any symptoms, please see your doctor without delay.



Quit 'Bubblewrap' Campaign

Our latest quit smoking campaign, 'Bubblewrap', is set to air across Tasmanian households this holiday season. This thought-provoking campaign uses bubble wrap to demonstrate how chemicals from tobacco smoke cause permanent damage to the tiny air sacs in the lungs. This damage is known as emphysema and is irreversible.

Quit smoking before it's too late - our Quit Team is here to help. Quitline (13 78 48) provides free advice and support delivered by professional counsellors in a friendly, non-judgemental way. Information is also available on the Quit Tasmania website www.quittas.org.au

Quitline 13 7848

**XMAS
APPEAL**
DONATE TODAY.

For the 2019-2020 financial year, the Cancer Council Tasmania incurred a loss of over \$300,000. However, the need for our services has continued.

As an organisation, staff have taken tremendous cuts to salaries and have been incredibly creative with

developing new ways of service delivery and fundraising. But it's not enough.

Please support Cancer Council Tasmania this festive season.

cancercouncilfundraising.com.au/tas/appeal

Unite in Yellow Lunch

Hobart's newest luxury venue, Crowne Plaza, was adorned in yellow as guests were welcomed to the Unite in Yellow Lunch on September 18 in the heart of Hobart's CBD.

The Unite in Yellow Lunch was certainly something to be celebrated as friends, family and colleagues came together for an afternoon of entertainment to help raise vital funds to support Tasmanians impacted by cancer.

We were joined by world-renowned artist and contemporary MONA curator, Kirsha Kechele, as our special guest speaker, in conversation with our MC and long-time Cancer Council Tasmania supporter, Rachel Williams.

Thanks to the extraordinary kindness of our supporters and Tasmanian businesses who kindly donated items, we were able to raise an incredible \$33,000!

Thank you to everyone who helped make this an unforgettable afternoon.



BUMPER STICKERS
Purchase yours today.

\$5



Our annual Women's 5km Walk/Run went virtual this year with thousands of Tasmanians venturing out to walk or run 5km across the event weekend, 11-13 September.

Those who walked in honour of a loved one posted their messages to our virtual tribute wall and we had many people 'doing it for her' as part of this year's theme. Over \$112,000 was raised through donations, registrations, and merchandise sales.

THANK YOU TASMANIA!

Research for better patient outcomes



Our small research grants program helps fund Tasmanian-based cancer research projects that focus on reducing the incidence and impact of cancer.

Bronwen Neely, who was awarded our 'All On Electrical' Research Grant earlier this year, gives us some insight into how the Grant will help with her research into understanding the impact of immunotherapy on patients living with melanoma.

'As both Chief Investigator and Nurse Unit Manager of the Day Chemotherapy Unit, RHH, I am delighted to be the recipient of the All On Electrical Research Grant Award, 2020.

'Australia has the second highest incidence of melanoma in the world and there are more than 15,000 new cases and 2,000 deaths a year. In Tasmania, melanoma is the third most common cancer in women and fourth most common in men. Melanoma is the most common form of cancer in

people aged 20- 40 years of age. Approximately 300 people in Tasmania are diagnosed with melanoma each year and on average, 30 to 50 people die per year from the disease.

'This research group seeks to understand the impact this treatment has for patients and their families, so that we can identify improvements to help people with melanoma live better during treatment. I have worked as an Oncology Nurse in the Day Chemotherapy Unit for the past 10 years, most recently as the Nurse Unit Manager. Treatments have and are evolving rapidly in this area, and immunotherapies have emerged as standard care for many patients.

'This research explores the experiences of people receiving immunotherapy for melanoma. 'It will increase our knowledge of the impacts of immunotherapy and help us to identify service improvements to help Tasmanians with melanoma live better during treatment. And with the assistance of this grant we have been able to recruit an experienced Oncology Research Nurse to undertake the interview, co-ordinate the data collection and interpretation of the data.

'This research will give Tasmanians living with melanoma a voice and provides a valuable evidence base for health care providers. It will also add to the growing body of research and the research knowledge and capacity of members of the research team.'

Girls Night In

Whether it's a Picasso 'Sip n Paint' session, a luxurious pamper evening, or a fancy dinner party, Girls' Night In is the perfect opportunity to get together with your friends for a great time AND a great cause.

2020 marks 15 years of holding Girls' Night In events in Tasmania so there's never been a better time to spend quality time with your closest friends and hold a Girls' Night In event in support of women who've been impacted by cancer. Sisters Alanna and Sharee explain why they 'GNI';

'We've been GNI-ing for 12 years, since our youngest sister was diagnosed with breast cancer. Our get-togethers started out quite small, in our homes and have become bigger and better, needing to hire a hall now. This has culminated in our biggest GNI ever last year, where we raised over \$10,000!! This also resulted in one of us shaving our head! Unfortunately, we lost our Nell in 2018, but have and will continue hosting our GNI in her memory, as we know first-hand what a great cause this is. We also like knowing that the money raised stays in Tassie, helping people in our home state.'



Support Services & COVID-19

While the delivery of our Support Services has changed in response to COVID-19, the need for support in our community has not diminished. Many Tasmanians continue to be impacted by their own cancer diagnosis or that of a loved one, and we have been working hard to deliver our services via phone and online platforms during this time of increased social isolation.

In September, it was lovely to see our clients coming into our centres for appointment-based support once more, and October saw us resuming some of our face-to-face complementary therapy programs such as tai chi, yoga and mindfulness. We continue to be guided by health professionals and government guidelines so we can ensure the safety and wellbeing of our staff, volunteers and clients, and we look forward to the time when we are fully open to our community once again.



Daffodil Day

Our towns were flooded with flowers in August as Tasmanians bought over 3,800 bunches of fresh daffodils in support of our annual Daffodil Day Appeal.

An iconic fundraising event, Daffodil Day looked a little different this year as our team dealt with the challenges presented by the COVID-19 pandemic, devising COVID safe plans and adding fresh and innovative initiatives to the event.

A number of Tasmanian buildings and public spaces lit up in yellow, raising awareness and showing support for people in our communities who have been impacted by cancer. We also welcomed a new corporate sponsor, RACT Insurance, who put the call out to Tasmanian businesses

to donate to the appeal, generously matching each corporate donation, dollar-for-dollar, up to \$10,000. We were just shy of the \$10,000 so RACT Insurance decided to generously donate the full \$10,000 anyway. We were surprised and delighted of this generous action. Thank you RACT Insurance.

We also launched our 3,000 Daffodils Project, enlisting the help of 61 Tasmanian crafters, hobbyists, artists and dabblers to instead create sustainable, yellow and daffodil-themed merchandise to sell at our stalls. A total of 240 wonderful volunteers manned 48 stalls across the State, raising over \$80,000 for ground-breaking cancer research.

Clothes4Cancer Op-Shop



Cancer Council Tasmania is giving a second (hand) chance to clothing and Bric-a-Brac on the North West coast.

The inaugural Clothes4Cancer Op-Shop opened 1 September at Shops 3 & 4, 15-27 Murray Street, East Devonport. Within the first month of opening, Clothes4Cancer was awarded the “Best of the Best 2020” award by 7ADfm for best volunteering organisation. An incredible accolade for Cancer Council Tasmania!

Managed by Jenni and Narelle, the two ladies have created a wonderful shopping environment with friendly and helpful volunteers who will help you to find a bargain. Says Narelle; “The community response [to Clothes4Cancer] is overwhelming. Just amazing. The quality of goods we receive is ‘A plus’. So many people are affected by cancer and they want to support and they love knowing that the money stays in Tasmania.”

So if you are thinking of clearing out a few cupboards, here’s a few donation ideas that Jenni and Narelle would love to see more of:



- **BRIC-A-BRAC**
- **SIZE 6+ CHILDREN’S CLOTHING**
- **MEN’S CLOTHING**
- **RECIPE BOOKS**
- **JEWELLERY (ESPECIALLY RINGS)**
- **BUTTONS!**

Donations can be dropped off during opening hours: 10am – 4pm Monday to Friday and 10am – 1pm Saturdays. All money raised at Clothes4Cancer goes directly towards Cancer Council Tasmania’s services and funding cancer research.

Relay For Life 2020



**Celebrate.
Remember.
Fight Back.**

Have you registered for Relay For Life 2021? The website is live and the registrations are open! Jump online today to register for Relay For Life 2021 relayforlife.org.au

Is it really going ahead?

2020 has been a very uncertain year for everyone in all events across the world. We are working hard behind the scenes to ensure that we are able to deliver safe Relay For Life events across Tasmania in 2021.

COVID-19 safety plans have been developed and are constantly being maintained. We will continue to monitor the situation, but at this stage, we can confidently say that YES, Relay For Life 2021 will go ahead!

SAVE THE DATE

Register early and don't miss out!

27-28 February	Derwent Valley
13-14 March	Launceston
20-21 March	Hobart
27-28 March	North West



LARAPINTA MAY 2021

Trek the beautiful Larapinta trail and raise funds for Cancer Council Tasmania. Go to inspiredadventures.com.au to register your fundraising adventure!



Get shopping...

Visit our retail shop at 15 Princes Street, Sandy Bay and get your summer items sorted! Every purchase helps to fund vital research and support services in Tasmania.

NEW OPENING HOURS: 9:30am-4:30pm Monday-Friday.

Cancer Council sunscreen has been voted Australia's Most Trusted Sunscreen Brand for the fourth year in a row!



FREE

Face Day Wear BB Cream with any Cancer Council sunscreen purchase.*

*While stocks last.



RAFFLE TICKETS AVAILABLE!

BOOT-IFUL \$250k

FIRST PRIZE PACK

Purchase a ticket today and support Tasmanians impacted by cancer.

TICKETS ONLY \$10 EACH

and over 390 prizes to be won.

Go online to purchase at playforpurpose.com.au/cancer-council-tasmania



Want to assist Cancer Council Tasmania with ongoing support?

Become a Regular Giver today.



I'd like to make fortnightly monthly donation of

\$
which can be deducted from my credit card

I'd like to make a one-off donation to
Cancer Council Tasmania's Xmas 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.

**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  PayPal

DONATE ONLINE cancertas.org.au/donate



**Cancer
Council
Tasmania**

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.

