

DAFFODIL NEWS

Issue 16
June 2018

New Southern Support Centre Opens



Our new Southern Support Centre in Sandy Bay



Central Highlands walking group enjoying their new surrounds

The Southern Cancer Support Centre opened on the 9th April 2018. It is the second Cancer Support Centre developed by Cancer Council Tasmania (CCT), with the Northern Centre operating for five years in Launceston. The environment at CCT's Cancer Support Centres and programs are based on the 'Maggies' model of psychosocial support services.

The Southern Support Centre is a beautiful relaxing space created to allow anyone impacted by cancer (including family, friends and loved ones) access to professional support, prevention (including a range of retail items), evidence based information and programs. A range of complementary therapies such as Yoga, Oncology Massage and the Mindful Self-Compassion program

are planned with the massage program having already commenced. CCT's support team are available weekdays from 9.30am-4.30pm to meet with visitors. The Centre has monthly cancer support groups, a wig library, Connections pop up art sessions and Centrelink visiting in the near future. The kitchen area allows visitors to have a cup of tea on arrival, and the gas fire is a cosy place to browse the books in the library.

Cancer Council Tasmania is grateful to the Aurora Community Grants Program which has provided funds for the Oncology Massage program, and to Dry July which has helped fund the development of the new Support Centre and ongoing programs.

A MESSAGE FROM THE CEO



Welcome to our new edition of Daffodil News. We are moving into our winter season when sometimes, because of the weather, our life can become a little more sedentary and the New Year's resolutions we made many months ago around health and fitness may be forgotten.

I encourage you all to keep up the good work and take a brisk winter's walk and enjoy a hearty meal of roasted veggies. Rather than avoid the cold, embrace the season and continue to take those steps to reduce your cancer risk by exercising, eating well and keeping a healthy body weight... which of course can be difficult with Australia's Biggest Morning Tea events in full swing. I am sure the odd scone or cupcake won't hurt! Thanks to everyone who has, or is, participating - a wonderful event bringing communities together.

We are very pleased to announce the opening of our Southern Cancer Support Centre in Hobart. We are hopeful of providing the same range of services that we have in the north. We have already held several support groups, oncology massage, provided wigs to clients and had the walking group enjoy a relaxing drink following their trek. It is a fabulous space so please call in and enjoy what has been enabled by the generosity of Tasmanians.

Relay For Life season for 2018 is complete. Thank you to the 4,500 participants who ensured the success of the six Relay events held around the state this year. Rain, hail and nearly snow did not deter you or your enthusiasm. The funds raised will greatly assist us to continue to provide our services across the state. We all appreciate and applaud the efforts of so many people over several months that has ensured a successful outcome.

The latest statistics indicate that over nine Tasmanians a day are receiving a cancer diagnosis. We continue to work hard so we can meet the needs of everyone impacted by that diagnosis and spread the word on how to reduce your cancer risk. Thank you for your continued support.

Stay safe.

Penny Egan, CEO

SAVE THE DATE

MAY

- 21-25** National Volunteers Week
- 24** Australia's Biggest Morning Tea

JUNE

- All** Australia's Biggest Morning Tea

JULY

- All** Dry July
- 14** Hawks PINK AFL game (Launceston)

AUGUST

- 4** Think Pink Gala Ball (Launceston)
- 18** The Spring Ball Black Tie Charity Gala (Hobart)
- 23-24** Daffodil Day
- 28** Government House Event (Hobart)

SEPTEMBER

- 16** Women's 5K Fun Run (Launceston)

OCTOBER

- All** Girls Night In
- 19** Unite in Yellow Lunch (Hobart)
- 26** Unite in Yellow Breakfast (Launceston)

NOVEMBER

- 3-12** Kokoda Challenge 2018

NEED MORE INFORMATION ON ANY OF THE EVENTS?

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

Seize the Day Presentations



Award recipients from southern Tasmania



Award recipients from northern Tasmania

This year's Seize the Day Awards gave out \$30,000 in scholarships to 28 Tasmanian students who have been impacted by cancer.

The scholarships are used to assist students with post-secondary education costs and are partly sponsored by the Cape Hope Foundation (in Northern Tasmania), with the remaining funds provided through community fundraising for Cancer Council Tasmania.

68 people attended presentation nights held in Hobart on 26th April 2018 and Launceston on 3rd May 2018, where past recipients spoke about the personal impact of

cancer, and the reasons the scholarships are so important in helping them pursue their educational goals. Cancer Council Tasmania has long understood the scholarships represent more than monetary value, as they acknowledge the difficulties the students have faced and gives them the encouragement to persevere when facing adverse circumstances.

The connection with the Cape Hope Foundation and the Seize the Day Awards is vital. Nicholas D'Antoine spoke about the work that the Foundation has done in the Northern Tasmanian community to support community projects and student education strategies. We look forward to working with the Cape Hope Foundation with the 2019 Seize the Day Awards.



Bellamy's Tornados Launceston support Cancer Council Tasmania

The Launceston Basketball Association in conjunction with the Bellamy's Launceston Tornados held their Pink Round on Saturday 14th April 2018. All funds raised on the day were for Cancer Council Tasmania and Breast Cancer Network Australia. Activities on the day included kid's and adult's yoga sessions, basketball clinics, a men's and women's Allstar game and the Tornados v Chargers game in the evening. This is the inaugural year for this event, and we are looking forward to a long partnership ahead with the "Torns".



Way To Go, Jo!

The North West Relay For Life had a very special volunteer this year. Jo Weeks is Australia's longest serving volunteer for St John Ambulance, having given 52 years of service as a First Aid Officer. Jo has also been one of our wonderful St John Ambulance First Aid Officers at every North West Relay, except one – that's 17 North West Relays in total! Thank you so much Jo, you're amazing and congratulations on such incredible milestones!

Beyond the snag

Are you hosting a fundraising event or planning on having a BBQ with friends or family?

Eat Well Tasmania, with the help of Cancer Council Tasmania and the Tasmanian School Canteen Association, has come up with some healthy BBQ ideas by going “beyond the snag”.

Here is a sample of the wide range of ideas available to create a healthy and delicious BBQ that everyone will enjoy:

Healthy BBQ Checklist:

- Lean meats, kebabs, skinless chicken, burger patties
- Vegetarian options such as vegetable burgers, kebabs, falafels or lentil patties
- Variety of seasonal fruits, salads and vegetables to lightly BBQ (avoid creamy dressings, use fresh lemon or lime)
- Use salt reduced or no added salt sauces and marinades, have plenty of water available to drink and avoid sugar sweetened drinks.



Jill, our Southern Cancer Prevention Project Worker, and Yvette, one of our volunteers, attended the Onecare Staff Health and Wellbeing Expo to chat about cancer prevention. The coordinator of the Expo developed a quiz which encouraged staff members to chat to each stall holder.

A short video *Beyond the Snag* demonstrates some great ways to enjoy fruit and vegetables as part of a delicious BBQ for family and friends, or as a fundraiser. If you would like to view this video when you next visit our Support Centre please contact Cancer Council Tasmania.

To obtain a copy of this fact sheet please contact Cancer Council Tasmania.

News from the North West Coast



Two little girls brought a big ray of sunshine to the Ulverstone office recently when they donated the proceeds from their fruit stall. Good friends Megan Rose and Olivia Burrige are Grade 6 students at Sacred Heart Catholic Primary School and said they wanted to do something to raise money for cancer. They put their thinking caps on and turned to their own backyards. Olivia had a lemon tree and Meg had a passionfruit vine, both bursting with fruit!

The bubbly team pooled their resources and set up a stall. When they came into our office, it is hard to say which was bigger – their beaming smiles or their donation tin!

Thank you Olivia and Meg for your thoughtfulness and generosity. You are true gems.

Unite in Yellow Business Lunch

Putting the focus on men's cancers



Now in its second year, the Unite in Yellow Business Lunch continues to grow from strength to strength, as Cancer Council Tasmania continues to put the focus on men's cancers. This year we were thrilled to welcome Drew Ginn as our special guest speaker. Five time world champion rower, triple Olympic gold medallist, Tour de Cure ambassador, motivational speaker and high performance manager, Drew delivered an inspiring tale of perseverance, commitment and dedication to an enthralled gathering of 120 guests.

Drew spoke on his life's experiences as an elite athlete and how it's the little things, the 1%-ers that make all the difference in performance. The same can be said for our own health. Little things matter if you want to go the distance.

Research projects

Investment into cancer research is a priority for Cancer Council Tasmania.

Cancer research investment is achieved with the assistance of the CCT Scientific and Research Committee. The committee comprises of skilled professionals from a range of cancer related research, clinical and academic areas, who all voluntarily contribute their time to ensuring that the best outcomes can be achieved from the funds invested into research.

Over many years, the contribution made into Tasmanian based cancer research is in excess of \$4.7 million. During that time, we have provided and continue to fund research grants across many cancers, funded various academic scholarships and fellowships and invested in clinical trials at the Royal Hobart Hospital and the Launceston General Hospital.

Tasmanians should be proud of their donations to research, as the outcomes of some of these trials have contributed to drugs now being available on the PBS and saving lives.



L-R: Dr Seana Gall, Susan Fetherston, Cal Miller, Dr Simone Lee, James Groom and Dr Liesel FitzGerald.

CCT recently presented the Small Grants Awards for 2018 to four Tasmanian based researchers. The awards were supplemented with donor funds from auction bids at the CCT 2017 Gala Ball.

Congratulations to the recipients and thank you very much to the Bonser family, Groom Kennedy Lawyers, Mi-tec Medical Publishing and Beverley and Kate Power for their support.

Agfest 2018

Cancer Council Tasmania has attended Agfest for many years - our primary focus recently has been cancer prevention.

HealthStop@Agfest is an initiative of the Royal Australian College of General Practitioners (RACGP), Pharmaceutical Society of Australia (PSA) and the University of Tasmania Faculty of Health (UTas). RACGP approached Cancer Council Tasmania to collaborate again due to our previous successful partnership.

HealthStop@Agfest is an educational initiative for nursing, medical, pharmacy and exercise science students to practise their health skills and knowledge.

Collaborating with HealthStop@Agfest is a great cancer prevention opportunity that offers Cancer Council Tasmania a chance to target a key demographic for cancer prevention intervention. Our focus this year was 'go for two fruits and five vegetables for good health' demonstrated through an interactive lunchbox and a 'Rethink your Sugary Drink' display.

We had great engagement with Cancer Council Tasmania staff and volunteers speaking to approximately 670 people over the 3 days about cancer prevention messages and how to cut your cancer risk.



Volunteer Pat Harthen and Cancer Prevention Officer, Ashlee Walker at AGFEST

The HealthStop@Agfest initiative provides a good avenue to increase reach of Cancer Council Tasmania's key messages for cancer prevention among Tasmanians, especially among priority populations (women and men 50 years and older).

Sommaï's story

2013 is a year that Sommai Kelly will never forget – it was the year that changed her life. When Sommai's husband, Philip, was diagnosed with pancreatic cancer, her life was turned upside down.

The devastating diagnosis threw her family into turmoil, as everyone sought to find some sort of comfort, strength and support during this exceptionally difficult time. Sommai needed someone to lean on, someone to care, not to tell her what to do, to provide unconditional support and to be a friend, not to judge.

Sommaï had walked passed Cancer Council Tasmania's Hobart office many times to her business, located just along the street. However, on this occasion, she was impelled to walk through the door – anxious but desperate to find support: "Can someone please help me?"

From this moment, Sommai has not looked back. The compassionate Support Officers at Cancer Council Tasmania (CCT) have provided enormous comfort and guidance, offering a private consultation before welcoming Sommai to a Carers Support Group.

"I was able to meet other people, share my experience and turmoil and this helped me get back on my feet. It was such a significant support to help me through my role as carer to my husband."

CCT continued to provide unconditional support to Sommai, giving her comfort during her grieving and the strength to get on with her life following the loss of her beloved Philip.

Sommaï is now determined to give back to CCT, to help



Sommaï and another of our wonderful Support Centre Volunteers, Robyn

people experiencing what she has been through, and to contribute to the world and raise awareness of the services available to Tasmanians being impacted by cancer.

Two years after losing her husband, Sommai took to the stage, presenting 'Siam Daughter', an autobiographical story of her escape from political unrest in Thailand, 25 years ago. This was a wonderful fundraising event with \$10 from each ticket sold donated to Cancer Council Tasmania.

"When Philip passed away I was feeling such loss and depression and everyone at CCT was so supportive and reached out their hands and helped me back on my feet. Now I want to be able to do something to give back to other Tasmanians affected by cancer".

"Cancer Council Tasmania was such an influence on how I survived the loss of Philip. Cancer can impact any person, in any walk of life and Cancer Council Tasmania is there to provide support in every way."

In 2018, Sommai started with CCT as a volunteer, and is so excited to be 'working' in the new Support Centre located in Sandy Bay. This, in conjunction with providing support and possibly an accommodation retreat for Tasmanians being impacted by cancer at her Eastern Shore property, places a star on Sommai's horizon as she looks with positivity to her future.

Australia's Biggest Morning Tea launch at Government House

Australia's Biggest Morning Tea 2018 was launched at Government House on Tuesday 1st May. Our Patron, Her Excellency Professor the Honourable Kate Warner, Governor of Tasmania, welcomed us to the grounds of Government House, with a delicious morning tea.

In May, Tasmanians are encouraged to gather their friends, family or workmates for a cup of tea and a bite to eat while raising money to support Australia's Biggest Morning Tea (ABMT).

Cancer Council Tasmania's CEO, Penny Egan said "We are calling on Tasmanians to either organise their own Morning Tea or become involved with one in their workplaces. All funds raised go towards our prevention, support and research programs which help those Tasmanians affected by cancer."

What does Relay For Life mean to Tasmania?

Thousands of people participate in 'Relay' for the same reason... and yet for many different reasons.

Whatever the reason, it is an opportunity to release, to celebrate, to support. It's the opportunity to walk the track together as a community in solidarity.

At the age of 9 months Maddi was diagnosed with cancer. Her mother Katrina went through every minute of Maddi's journey with her. When Maddi received a clear report after operations and months of treatment, her mother Katrina took another two years of sleepless nights to move on. For Katrina, walking the track at 'Relay' helps her to release and put life into perspective.



We were honoured to meet young Saffron, a bubbly girl who represents the heart of Relay. Saffron was aged three years when she saw Relay and wanted to participate to help 'cure people with sick blood'. Saffron participates every 2nd year instead of having a birthday party - her way of helping.

Perhaps we could stop for a moment and reflect with cancer survivor Jen Lemon who stood firmly with her community



Above: Jen Lemon and friends.

surrounding her and was applauded for her bravery in saying, "I'm not dying from cancer, I'm just living with cancer". Like Jen, Relay For Life has provided many people an opportunity to walk in solidarity and talk about this disease.

Like Maddi, Saffron and Jen, Relay For Life means so much to thousands of people across our communities.

We applaud the bravery, we applaud the fundraising efforts, the committees who passionately gave their time, the team leaders, the sponsors and many more.

Through the challenging storms of Hobart, the resilience at Circular Head, to the drenching rain of Launceston, into the night we walked in Penguin and Dorset, to lovely food in the Huon Valley. Relay means so much to people, to community. Thank you for walking, for sharing your stories and supporting Cancer Council through Relay For Life. Your funds raised will now stay in Tasmania to help support many Tasmanians impacted by cancer.

Many thanks to our State Supporters: IGA, Bendigo Bank, RACT Insurance, Veolia Environmental Services, Weeding Hire, Budget Hire, DeBruyn's Transport and Cape Grim.

"This is the 21st year that Cancer Council Tasmania has staged Australia's Biggest Morning Tea... last year, there were 800 registered morning teas statewide and we raised \$352,000."

Mrs Egan said once again, the Australia's Biggest Morning Tea Giant Cup – built and maintained by Tasmanian construction firm Fairbrother Pty Ltd – was a highlight.

"Fairbrother has built and looked after this wonderful drawcard, transporting it statewide to various events since 2006." Fairbrother Southern Manager, Paul Ransley, said community contribution is a top value for the company.

"One of our guiding principles is the commitment to contributing to the health and wellbeing of the communities we work in and supporting Australia's Biggest Morning Tea is one of the biggest ways we fulfil this commitment every year," Mr Ransley said.



CCT CEO Penny Egan with the Marketing and Fundraising team launching Australia's Biggest Morning Tea at Government House

Over the past 20 years, Tasmanians have contributed almost \$4.7 million to Cancer Council Tasmania from ABMT events. Register for Australia's Biggest Morning Tea online at biggestmorningtea.com.au or phone 1300 65 65 85.

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



- I'd like to make a monthly donation of \$ which can be deducted from my credit card
- I'd like to make a one-off donation of \$

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 donations/s in the form of:

- Cash Cheque Money Order

OR please debit my:

- Visa MasterCard

Credit Card Number

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Expiry date

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 (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.

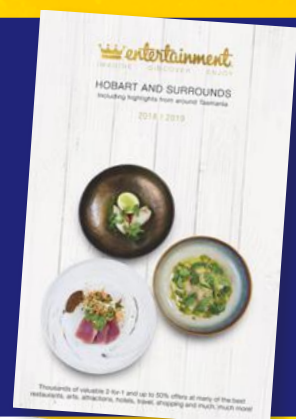
**Thanks for your interest and support.
We truly appreciate any assistance we receive.**

POST TO: Cancer Council Tasmania, PO Box 147, Sandy Bay Tasmania 7006 or return your completed form in the enclosed Reply Paid envelope.

DONATE ONLINE
cancertas.org.au/donate

SUPPORT CANCER COUNCIL TASMANIA AND YOU'LL BE REWARDED!

At Cancer Council Tasmania, we continue to raise funds to support Tasmanians impacted by cancer, and to build on the services we provide to Tasmanians going through cancer... and you can help. Order the **NEW 2018 | 2019 Entertainment Book** or **Entertainment Digital Membership** and you will receive hundreds of valuable offers for everything you love to do, and you will also be supporting our fundraising. PLUS order now to receive over \$150 of bonus Early Bird Offers (hurry, these sell out quickly). **Please contact Reception at Cancer Council Tasmania on 03 6169 1900 or email reception@cancertas.org.au with any queries.**



Cancer Council Tasmania

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For information and support call 13 11 20

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

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