

DAFFODIL NEWS

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Tassie Dancers Against Cancer



Tassie Dancers Against Cancer (TDAC) have danced and dashed their way across the stage for their annual gala showcase, raising over \$34,000 for Cancer Council Tasmania. The Dance Fest fundraiser is a collaboration between Hobart's dance and theatre schools who come together each year for a gala performance. The impact of COVID-19 meant that the Dance Fest format had to be adapted to include a mix of socially distanced performing and online streaming.

"With a lot of work this gave us the ability to embrace more local performers than ever and unite to fight the relentlessness of cancer," said TDAC founder Sharon Shirley.

The 90 minute performance welcomed back professional choreographer, dancer, and much loved TDAC member, Freya List, who was joined by special guest acts Croon, the Moonlight Aviators, Tas Swing & Renee Ritchie and Lockhart Brownlie.

"We expected it might be a struggle to raise funds under these circumstances, but the generosity of our community was a wonderful surprise!"

"Thankfully members of Tasmania's performing community rose to the challenge, raising more funds for cancer support and research than in any previous year!" Thank you TDAC!

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DID YOU KNOW?

The five year survival rate post cancer diagnosis across all cancers is now 69%, compared to 47% in the early 1990s. Read more on page 3.

A MESSAGE FROM THE CEO



Hello and welcome to our first Daffodil News for 2021.

This time 12 months ago we were living in strange times but we have navigated through and are heading back towards business as usual, albeit with a few new rules in place. Cancer certainly did not stop due to COVID.

Our support team has been busy with a large number of new clients. Our Cancer Support Centres have reopened and support groups and complementary programs are back in place. It's wonderful to see that people are finding their safe place and space back with us.

The cancer prevention team have also been responding to many requests from communities and organisations, in particular over the summer period with a focus on our SunSmart program. However with the change of seasons upon us please don't be complacent, there are a few other important cancer risk messages that can easily be forgotten during the winter period.

Cancer Council Tasmania recently completed its Seize the Day Scholarship Program and provided 29 young Tasmanians with financial assistance to complete their tertiary or vocational education studies. Such inspiring people from whom we can all learn about courage and determination.

A number of research grants have been distributed that are funded from donations and from successful auction bidders at our gala events for naming rights opportunities.

There is some great work being done in Tasmania in both the clinical and behavioural cancer research spaces, including our continued investment into clinical trials at the RHH and LGH.

Thank you to everyone who was involved in our four Relay For Life events around the state. There are many aspects to the event that ensure its success but the financial outcomes and the level of support we have received from the public has been astounding, particularly at a time when everyone has had to manage through a difficult year. Thank you to all the participants, volunteers, fundraisers, sponsors, committees and staff who worked so hard to achieve this wonderful outcome.

Our next largest event on the fundraising calendar is Australia's Biggest Morning Tea. In 2020 the event was difficult to hold but we hope in 2021 that the opportunity for people, communities and businesses to come together and raise a cup to support our cause will be a successful outcome for everyone.

Thank you for your continued support of Cancer Council Tasmania.

Penny Egan, CEO

Improving wellbeing during treatment

A cancer diagnosis and treatment can cause significant distress. Cancer Council Tasmania's complementary therapies are designed to improve wellbeing and provide an opportunity for clients to learn coping strategies to assist throughout their cancer experience.

We offer complementary therapies such as yoga, mindfulness, Tai Chi and Pilates in all our centres across Tasmania. Programs are evidence-based and delivered by qualified facilitators.

Clients taking part in our complementary therapies are offered an opportunity to come together with others in a friendly, relaxed environment to learn new skills and take some time to focus on their own physical and emotional wellbeing.

Says one Mindfulness participant:

"This course was so valuable – because to live without anxiety and worry and to have some skills to deal with life challenges is a very important thing."

A History of Funding Research

Cancer Council Tasmania has been contributing funds to research since 1995. Over the last 26 years that has amounted to over \$5.8 million, with all funds invested into Tasmanian based cancer research.

The importance of investment into research has provided considerable positive change to the types of treatment and outcomes from a cancer diagnosis. The 5 year survival rate post diagnosis across all cancers is now 69% compared to 47% 28 years ago. Many more people are now living with or surviving a cancer diagnosis.

To assist Cancer Council Tasmania (CCT) in ensuring that the research funds are expended prudently, the CCT Board is advised by the Scientific and Research Committee (SARC). The objectives of the SARC are to provide guidance and advice to the Board on CCT's research strategy, recommend to the Board the allocation of research funds and review progress and final reports to ensure the research objectives of the funded project are fulfilled.

The membership of SARC includes a Board member with other representatives drawn from areas such as medical and radiation oncology, general practice, pharmacy, research, laboratory research and other associated clinical professions.

Over the past 26 years the research funds have been invested into a number of activities such as large and small grants, Research Fellowships and a range of scholarships including PhD and Honours scholarships.

Funding has also been provided to the Launceston General Hospital and the Royal Hobart Hospital for clinical data trials management. Importantly over 30 drugs trialled in Tasmania are now on the national Pharmaceutical Benefits Scheme (PBS), which provides timely, reliable and affordable access to necessary medicines for Australians.

Over the past five years, additional research funds have been donated by guests at CCT gala events where they have successfully bid for the naming rights opportunity for a small grant. The small grants have provided many early career researchers with opportunities to progress in their careers.

CCT is extremely proud of the outcomes of their research investments and acknowledge this can only be achieved due to the generosity of Tasmanians.

Clinical Trial Advisory Group looking for Tasmanian members.

Jessica Roydhouse, PhD

Select Foundation Senior Research Fellow in Health Services Research
Menzies Institute for Medical Research, University of Tasmania

“The Primary Care Collaborative Cancer Clinical Trials Group (PC4) works to prevent cancer and improve care, outcomes and best practice in cancer care. PC4 highly values consumer input and engages people affected by cancer in our research.

We encourage people interested in or affected by cancer to join PC4's Community Network to contribute their perspectives and ensure that new research about cancer in primary care is consumer-focused. The Network has many options for involvement at different levels of interest and availability.”

More information can be found at pc4tg.com.au/for-consumers

Diamond in the North West

Clothes4Cancer Op Shop Retail Manager Jenni Hogan recently received a Diamond of Devonport Award as part of the Devonport City Council's International Women's Day celebrations. The Awards began in 2012 and recognise the contribution of women living and working in the Devonport community. Jenni's award was for 'Community Achievement' given her input into opening the Clothes4Cancer Op Shop in East Devonport. Jenni and the other recipients accepted a diamond pendant presented by Mayor Annette Rockliff at a cocktail event in early March.



Jenni (RHS) celebrates the award with friends.

A different type of library



Hair loss can be a distressing side effect of cancer treatment during a time of uncertainty and change. Our Wig Library is an important aspect of the support we offer to clients and finding the right wig can really reduce distress and bring relief during a difficult period.

Clients experiencing hair loss can borrow a wig for as long as they need it, at no charge. Our support staff offer guidance in choosing a wig and provide information around fitting, washing and caring for it.

We gratefully accept donations of new or used wigs and appreciate their return when they are no longer required.

All enquiries can be directed to our support staff by calling 1300 65 65 85.

Turbans for sale

We also have a range of turbans and headwear for sale that provide warmth, comfort and peace of mind when a wig is not required.

All three support centres stock a variety of colours and styles available for purchase and all our centres have turbans made and donated by our generous community that are available free of charge to our clients.

Pop in to our Cancer Support Centres any time, no appointment necessary.

Opening hours Mon-Fri 9.30am-4.30pm.

Caring for the community

Cancer Council Tasmania are expanding their friendship in the community with Freemasons Tasmania. This growing partnership sees the two organisations working towards assisting cancer support services and providing some extra help in particular circumstances.

Freemasonry is the leading fraternal organisation in the world and has an extensive history reaching back to medieval times. The organisation was formalised in 1717 in London and is based on the principles of brotherly love, relief and truth.

Freemasonry has been in Tasmania since the beginning of European settlement, which eventually led to the formation of the Grand Lodge of Tasmania in 1890. Currently, there are 32 Masonic Lodges operating in the state and there is growing interest from new members in learning about masonic values and philosophy, especially self-improvement, benevolence and charity.



Kent Mainwaring meets with Cancer Support Coordinators, Megan Blake-Uren (L) and Ros Brealey (R) at the Cancer Council Tasmania Support Centre.

Have you ever been interested in becoming a Freemason? You can reach out to them at

T 03 6223 5814

E gltas@freemasonrytasmania.org

W freemasonrytasmania.org

FB [masonicbenevolencetas](https://www.facebook.com/masonicbenevolencetas)



FREEMASONS
TASMANIA

Surviving Melanoma - Brooke's story

"I've literally just arrived home from an appointment to have a second mole removed, a small one on the lower left-hand side of my back. It's the size of a pin head - tiny but it's grown in three months, so it had to go.

Right now, feels like the perfect time to share my story with skin cancer.

The first mole I had removed was in July 2020. It was the size of a pin head too, but a little dark. It was my first skin check; I was 37 years old. I imagined it'd be nothing, just routine. No one I knew in my age bracket had skin cancer so I assumed I wouldn't either.



I received an early morning phone call from the specialist three days after the removal. She told me they were shocked to see these results. It was a stage 4 melanoma. I had no idea what that meant, but when you're invited back at 7.30am the following morning you know it's serious.

It only took two and a half days in total to go from the skin specialist, to the surgeon, to the operating table. I started with two stitches in my shoulder and ended up with a large deep scar stretching 15cm across my upper back. The recovery was long and slow.

In the days after the surgery I felt mortality crash down and wake me up. My life was now in the hands of medicine and fate. When I received the news from my surgeon



that the cancer hadn't spread to my lymph nodes, I was ecstatic. I had a second chance.

Once summer came around, I grew fearful; fearful for myself, my young daughter, for strangers sun-bathing on the beach. The sun had gone from being a friend to an enemy. I have never covered my body, not really used sunscreen, a hat, nothing. I tanned. Until now.

The lifestyle transition has been hard as the sun has always equalled freedom to me. It was a sign of good health, good looks and a great lifestyle. Not anymore. Now I don't leave home without my hat, long sleeves, parasol and sunscreen. I keep bottles of sunscreen everywhere! The sun makes me feel anxious, sick in the stomach some days, but I know that will pass with time as I settle into new habits.

Sharing my story is a way to encourage other people (who like me thought they were too young for skin cancer) to get checked. I want to be part of the movement that promotes tanned skin as unhealthy skin, but boy that's a struggle in Australia. If it saves our lives, being pale is the sexiest damn thing we can do!

I get my stitches out next week, and I'm sure there'll be more into the future. My collection of battle scars will tell a story of survival and self-care. I'm happy with that.

To me, it beats a tan any day.

Seize the Day Educational Scholarships

Each year, Cancer Council Tasmania offers our Seize the Day Educational Scholarships to young Tasmanians impacted by cancer. Scholarship funds assist with costs associated with post-secondary studies and applicants are also able to link with our support team for emotional support, information, referrals to relevant services and access to our complementary therapy programs.

In 2021, we provided \$30,000 in educational scholarships to 29 Tasmanians aged between 16 – 25 years who have been impacted by cancer in a variety of ways. Some of our recipients have been diagnosed with cancer themselves and are undergoing, or have undergone treatment, while others have witnessed a parent or sibling going through diagnosis and treatment. Several of our applicants have lost a close family member to cancer and have had to navigate grief and loss at a young age.

Adolescents and young adults are at a stage of life where the focus is on increasing independence, transitioning out of the family home, achieving educational and career goals and building relationships - having to deal with cancer treatment, side effects and long-term effects can be devastating.

We are proud to offer these scholarships to young Tasmanians, and in doing so, we acknowledge their resilience, courage and kindness in the face of tough life lessons. As one previous recipient says;

“The scholarship encouraged me to follow my passions. By letting me overcome some of the costs that would otherwise have been prohibitive, I’ve started to turn what I’ve learned into an income.”

2021 Seize the Day recipient, Lachie, pictured with Cancer Council Tasmania Support Coordinator, Sarah.



BUMPER STICKERS

Purchase yours today.

Cancer Council Tasmania Retail Shop,
15 Princes Street Sandy Bay
Phone 1300 65 65 85.

\$5



Expression through art, virtually

Pre-COVID-19, Cancer Council Tasmania had been running support groups that had a focus on expression through art.

With the impact of COVID-19, the groups were moved online. New and previous members were invited to participate in an Online Art Support Group, helping to build connection with others throughout the lockdowns.

Our resident artist and co-facilitator, Deb, outlined the art tasks for the month, providing helpful hints and tips around colour, shading, materials and perspective. Meeting via Zoom, participants shared 2-3 pieces of artwork they had created whilst with the group.

The Online Art Support Group ran for six months, culminating in the art being hung as an exhibition in the Launceston Support Centre and has now taken up permanent residency in our Devonport office.



“Many thanks to Deb and Kris for conducting the Zoom art meetings, It was good to have a go at the tasks Deb set for us and to meet the lovely ladies who participated – I bow to your artistic talents! It was fun and challenging to try to paint the diverse subjects suggested by Deb. A much appreciated diversion during a trying time – thanks again you wonderful people!”

- Claudia, online art participant

Play for Purpose Raffle

Take part in Cancer Council Tasmania’s Play For Purpose raffle, go in the draw to win over \$200,000 worth of prizes and raise funds for cancer research and support!

NEW! Autoplay feature – you can now set up your raffle purchase to happen automatically for each draw. Never miss out again. More information available on the website on the ticket purchase page;

playforpurpose.com.au/cancer-council-tasmania



A vibrant purple advertisement for the 'Play for Purpose' raffle. At the top, the logo 'play FOR PURPOSE' is displayed. Below it, the amount '\$250,000' is written in large, bold, white letters with a gold outline. A teal banner below the amount reads 'PRIZE PACK + HUNDREDS OF EPIC PRIZES!'. The central image shows a black Range Rover SUV, a white washing machine, a coffee machine, a laptop, a shopping bag, a pile of gold coins, and a pair of headphones. Two 'GIFT CARD' labels are also visible. At the bottom, the text 'Permits and T&Cs at playforpurpose.com.au' is written in white.

It's a wrap for

The 2021 Relay For Life season has come to an end, with our final Relay For Life event hosted in Penguin at the end of March.



Credit: Wayne's Warriors, winners of the VIP tent, Penguin



Together, we raised over \$615,000 state-wide, which is an incredible effort considering the difficult past 12 months the world has faced.

It was such a pleasure to see 3,756 people across the state dressed in purple as they participated in our 4 Relay For Life events.

Here is a summary of each region:

- **DERWENT VALLEY \$36,551** raised and 256 participants
- **LAUNCESTON \$172,791** raised and 1,002 participants
- **HOBART \$291,309** raised and 1,721 participants
- **NORTH WEST \$115,461** raised and 777 participants

**YOU CAN
STILL DONATE.**

Relay!



**Celebrate.
Remember.
Fight Back.**



The atmosphere across each Relay rang true to tradition, with exciting opening events, great live music, entertainment and activities, emotional Candle Light ceremonies, cold nights and powerful 'Fight Back' closing ceremonies.

Registrations for the 2022 Relay For Life season will open on 1 July 2021. There will be six events held next year in the Huon Valley, Hobart, Launceston, Dorset, North West and Circular Head.



Bank accounts will remain open until 30 June 2021 accepting donations for the 2021 Relay season. If you would still like to, please jump online and donate today relayforlife.org.au



Supporting Tasmanians to Quit

Quitline 13 7848

Every year, the Tasmanian Quitline service is very busy supporting thousands of Tasmanians to quit smoking.

You may not know, but there is a Quitline in every Australian state, all guided by the same high standards.

People connect with us because they are thinking about quitting, have recently quit, or maybe quit but recently relapsed.

We support people in many different ways, including:

- listening to your smoking story
- helping you work out how smoking fits into your life (eg, habits)
- providing tips to help you manage your withdrawals and cravings
- answering questions about products that help you quit and
- supporting you to make a quit plan

Quitline Tasmania is operated by a small team of five staff who are all qualified counsellors with specialised training in quitting smoking. Our wonderful team is made up of Wendy, Annie, Jenny, Sue and Brad, our Aboriginal Quitline Counsellor.

After talking to us for the first time, many clients tell us they were worried and anxious that we would judge them, or make them feel guilty about smoking. They are delighted to have the opposite experience with support that is friendly and non-judgmental.



Quitline can stay in touch with you on a regular basis to help you through the quitting process. How often we stay in touch is up to you. Best of all, the service is free.

To access Quitline you can:

- call us directly on 13 7848 (13 QUIT)
- organise for us to call you by filling out the form at <https://www.quitline.org.au/contact/callback>
- request a referral from your GP or other health professional or your community service worker

We look forward to connecting with you!

Aurora's Double the Plus



Tasmanian energy retailer, Aurora Energy, is making a commitment to community with its new aurora+ App.

The initiative is called 'Double The Plus' and every customer who signs up to aurora+ gets 30 days free and gets to choose one of three Tasmanian charities to donate \$30 to. Cancer Council Tasmania being one of the recipients!

The campaign will run until 23 May 2021 and if you are interested in finding out more, go to Aurora's website auroraenergy.com.au

double
the
plus

It's been a long road

For anyone on the North West coast who has used our transport2treatment service, the name Trevor Snooks may ring a bell.

Trevor has been behind the wheel as a volunteer driver for 15 years and has transported hundreds of people to their cancer medical appointments over that time.

“I had my own journey with cancer and I had just retired from work. At that particular stage the Cancer Council were considering starting the transport2treatment service up. So I said to my wife this could be enough to keep me going whilst I'm retired.” - says Trevor



Trevor was recently awarded Honorary Life Membership to Cancer Council Tasmania in recognition of his incredible commitment to the organisation and 15 years of volunteer driving. The event, held at the South Burnie Football Club, was attended by dozens of friends, volunteers and Cancer Council Tasmania staff to honor the occasion. Trevor highly recommends volunteering for transport2treatment as it is “a fantastic service and immensely rewarding.”

For anyone interested in becoming a transport2treatment volunteer driver, please contact Cancer Council Tasmania on 1300 65 65 85.

“They called my wife and I into the office and gave us the bad news ‘You’ve got cancer’.”

Young Tasmanian father, Luke, was 37 years old when he learnt he had rectal cancer. His life flashed before him and all Luke could think about was the future of his wife and newly born child, Freya.



“A lot of things suddenly made sense, such as the fact that I could not eat a lot of food, I was feeling so bad and that I was anaemic. I was 37 years old at the time and I had rectal cancer. It was terrifying, as I did not know if it was terminal, but at least it was a starting point.” Said Luke.

Luke started treatment straight away and explains how daughter Freya helped him continue on: *“Left to my own devices, I would have walked to the toilet and back and that would be it for the day. The fact that I had to get up, get some food, change a nappy, which was huge.”*

Luke’s advice for anyone going through cancer is: *“Get in touch with Cancer Council Tasmania early on in your diagnosis. It took me a couple of months to get there and the support offered was fantastic. All you can do when you are faced with life-altering news is to muddle through. Falling in a heap doesn’t help anyone. Keep going.”*

Make a gift today and help support people like Luke get the vital cancer support they need through such a challenging and emotional time. Fill in the donation form at the back of this newsletter or head to cancertas.org.au/donate

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 Tax Appeal

\$

General Donation

\$

ALL DONATIONS OVER \$2 ARE TAX DEDUCTIBLE

Please complete the following details:

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Given name/s

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Suburb Postcode

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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 Tasmania.

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

POST TO

Reply Paid 83632, Cancer Council Tasmania,
Sandy Bay Tasmania 7006.

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**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.