

DAFFODIL NEWS

Issue 17
October 2018

2018 Telstra Business Awards



(L to R) The CCT team - Mark Wild, Raylene Cox, CEO Penny Egan, Erica Larke-Ewing, Jill Bannon and Abby Smith

Cancer Council Tasmania was very proud to be awarded the winner of the 2018 Telstra Business Awards Social Change Maker category at the gala event in Hobart in July. This is wonderful public acknowledgement that although CCT is a charity and 90% funded by the community, we are indeed a business and must operate as one if we are to be here for future generations of Tasmanians. Importantly it is also great recognition of the impact that we are having on our community.

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A MESSAGE FROM THE CEO



Welcome to another edition of our newsletter. It continues to be a busy year in all parts of the state with services, programs and fundraising events.

Our 2017-18 statistics showed that we provided over 5,300 occasions of support, transported 280 clients to over 3,900 treatment appointments and connected with over 4,500 Tasmanians on cancer prevention activities. We also continued to invest into valuable cancer research through the provision of grants, academic scholarships and investment into clinical trials at our two major hospitals.

We made a decision to relocate our north west base from Ulverstone to Devonport due to an opportunity to move into larger premises and co-locate with Diabetes Tasmania. The new centre will allow us to undertake practical support programs and support groups from the centre and we look forward to being able to provide more information about those in the next few weeks.

The daffodil is a symbol of hope for a cancer free future. Thank you to our Daffodil Day volunteers who braved all

types of weather to be at our stalls which were situated all around the state and to everyone who supported Daffodil Day this year through a donation or purchase of merchandise. It was a special day, and as always, I enjoyed my time helping out on a stall and connecting with our supporters.

With spring now upon us it's a good time to take an invigorating walk, keep active and eat well. With over 9 Tasmanians a day being diagnosed, it is important that we support all Tasmanians who are impacted by that diagnosis and encourage everyone to know the risk factors that can help reduce their cancer risk.

I hope you enjoy our newsletter. Stay safe.

Penny Egan, CEO

SAVE THE DATE

NOVEMBER

3-4 Kokoda Challenge

FEBRUARY

23-34 Relay for Life (Derwent Valley)

MARCH

16-17 Relay for Life (North West)

23-24 Relay for Life (Hobart)

30-31 Relay for Life (Launceston)

NEED MORE INFORMATION ON ANY OF THE EVENTS?

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



Cancer Council Tasmania CEO Penny Egan, Deputy Mayor Alderman Annette Rockliff and Caroline Wells (CEO, Diabetes Tasmania).

We've got a new home on the North West coast

Devonport Cancer Council Tasmania (CCT) Support Centre and office was officially opened in September by the Devonport City Deputy Mayor Annette Rockliff. CCT and Diabetes Tasmania jointly lease the new premises, which will provide greater opportunities to run programs for clients. Our new Men's Cancer Support Groups will commence in early November. **Come and visit us at Suite 2, 45 Best Street, Devonport.**

Why give a gift via a Regular Giving Program?

Julie Marshall is the latest addition to the Marketing and Fundraising team as the Database Coordinator.

Julie brings an amazing wealth of knowledge and experience to Cancer Council Tasmania in fundraising and donor relationship management. She is an avid English Staffordshire Bull Terrier fan, is the creator of delicious diet-breaking cakes and is a brave cancer survivor herself.

Julie share with us her thoughts around the importance of Regular Giving;

“I have been giving to charities via regular giving for the last 20 years. I don’t know about you but when it comes to tax time I am always trying to chase up my paperwork for the accountant, even though every year I say to myself I will get better....never happens.

Because I have chosen to give a regular monthly gift I get that wonderful tax receipt right at the time I need it showing all of the money I have given throughout that year – perfect.

There are many benefits to giving to a regular giving program; the primary reason is it is convenient and:

- It builds a better relationship with Cancer Council
- Helps the Cancer Council budget for services to our clients
- Is a no hassle way to give you can set and forget
- The costs for the Cancer Council are dramatically reduced
- You are sent a single receipt for taxation purposes
- You can choose which account or credit card you want your gift to come from
- Really does lessen the mail coming from the Cancer Council to you

If you already give a gift to the Cancer Council please consider a regular gift you will not regret it just pick up the phone and give me a call!”

Julie Marshall



Ban the Balloon

Cancer Council Tasmania is saying “Bye to Balloons” in consideration of our environment. Whilst magnificent when released into the air at our events, the battered remnants are ending up in our waterways and oceans, harming precious wildlife. We encourage all supporters at Cancer Council outdoor events to consider bubbles and not balloons – a better alternative for our birds, fish and beautiful beasts.

Sorell CWA

Sorell CWA have generously made and donated to the Southern Cancer Support Centre lots of colourful and comfortable turbans and cloth bags. These items are given to women and girls who have lost their hair due to cancer treatment. Jill from our Cancer Prevention team, and Bernie from Population Screening and Cancer Prevention, DHHS, visited the group and spoke to the women about bowel cancer, prevention and screening. **We wish to acknowledge and thank the CWA members for their ongoing support.**



Women's WALK 5km RUN

The Women's 5km Walk/Run is a 5km fun run designed to support and encourage health awareness, raise vital funds for Cancer Council Tasmania and bring the community together in a celebration and remembrance of life.

The event originally came about as a walk/run event for women, to raise funds and awareness for Breast Cancer Tasmania. However, since Cancer Council Tasmania took the event over in 2017, it was evolved to raise awareness for all cancers, for all ages and encourage women to get out and have fun whilst exercising. This was the second year that Cancer Council Tasmania organised the event which again proved successful, attracting 1860 registered participants and raised over \$75,000! Summer Dingemanse came first place, followed by Abbie Butler then Rose Dingemanse, following in third position.



Relay For Life - Away we go for 2019!

Four events for 2019 are now 'live' on our Relay For Life website. For every person who participates, the experience of 'Relay' has a special meaning. We continue to value this and look forward to sharing some new event experiences for our communities in 2019!

DATE (2019)	RFL EVENT	VENUE
February 23 & 24	Derwent Valley	Tynwald Park, New Norfolk
March 16 & 17	North West	Penguin Sports Complex
March 23 & 24	Hobart	Domain Athletics Centre
March 30 & 31	Launceston	Northern Athletics Centre

Start Time: 1.00pm Saturday. End Time: 9.00am Sunday.

This will mark the 19th year for this iconic event, which will see some fresh changes for our participants to ensure our events remain innovative and supportive to the many who participate.

Pink Ribbon Hawks Day

Hawthorn Football Club supported Cancer Council Tasmania during Round 14.

The Hawks hosted Gold Coast Suns at Launceston's Aurora Stadium, in their annual Pink Ribbon Game. All fans were encouraged to wear a splash of pink to the game, or 'theme up' at the Pink Splash zones around the concourse. Cancer Council Tasmania collected donations at the gates, as well as selling merchandise.

There was a wonderful, yet emotional, moment when 30 people impacted by cancer formed a guard of honour before the game. Cancer Council Tasmania received \$4,000 from general public donations and percentage of the Hawks pink merchandise sold at the game, as well as a further \$3,000 in donations from the Presidents function. Knowing that every dollar raised will stay in Tasmania makes us very grateful for the generosity of the public and the Hawthorn Football Club.



Can4Cancer

Cancer Council Tasmania received a \$10,000 grant from Can4Cancer, a CommBank Foundation community initiative with Tour de Cure to provide six yoga programs and art therapy in our Southern Cancer Support Centre. The first of the yoga sessions have started this week with the other programs starting in the 2019. Thank you Can4Cancer!



Our registration fee will stay the same at \$25 per person (\$30 on the day) which goes towards the teams fundraising and importantly towards supporting Cancer Council Tasmania.

As part of the registration fee, participants continue to receive the Relay For Life top, which for 2019 will be the same design as 2018. Hats will be available for each participant at an affordable price to ensure we cover costs and encourage sun smart practices.

Relay for Life will be balloon free! Knowing the environmental damage balloons cause we won't be using them at our events but rest assured there will be plenty of other fun things around the track!

To support our participants better across the 20 hours, our new **start time is Saturday 1.00pm** and our **finish time is Sunday 9.00am**, allowing participants to get home earlier and rest up before they go back to work.

Launceston hosted our **State Launch event** held on **October 24th** at the Tasmanian Turf Club, Launceston. We welcome all Relay For Life teams to get involved with this event, with any funds for your table going directly back into your team fundraising.



We are excited to market some new branding around your community and hope this will provide some opportunity to freshen your team and help you in your relay community. Thousands of people participate every year for the many reasons being to celebrate life, remember loved ones & to fight back by supporting us with fundraising. You will be sure to see these words more often.

Check out our fresh looking website at relayforlife.org.au (and search for your event!)

John's story.



“My story starts with t2t cancer service looking after my wife Diane who died from lung cancer.

t2t drivers picked her up every day for around four months as I was unable to as we ran a small butchers shop in Bellerive. Every night she would say how wonderful the service was, how caring the drivers were and they helped her into the house when she was not feeling too good.

It gave me such peace of mind knowing Diane was so looked after by the team of t2t drivers.

After my wife's death I retired from work and leased out our butchers shop. and one day I ran into Alec who used to work for us. He asked how I was going and handling things and I said I am bored and need something to do. Alec said that he had the perfect job for me as the Cancer Council were looking for volunteer drivers.

So I rang t2t and I said I was interested in driving. After an interview and police check I was driving in two weeks.

About six months later I was diagnosed with prostate cancer and had to have radiation after surgery so I became a patient and driven to the Holman Clinic for a month or so and found the drivers very good.



After recovering I went back to driving for some months, only to learn I was diagnosed with melanoma and a merkel cell carcinoma and had to rely on t2t again.

The service made my life easy and when I went back to driving, knowing what patients were going through and I could talk to them about their treatment and help anyway I could. I would say to them “tomorrow is another day, keep going forward and not to give in”.

I still drive as a t2t driver one or two days per week or when they want a driver to help out the people who rely on a free service, when on a small income and have drivers who care and help them through their treatment.”

If you are interested in becoming t2t driver please call us on 6261 1900.

It's been a Dry July

Dry July is about going alcohol free for the month of July.



Cancer Council Tasmania Foundation is a beneficiary of Dry July and our supporters raised \$31,714 - nearly \$10,000 more than 2017. Our own team, The Fojitos raised an amazing \$3,452.25. Congratulations team!

This year has also been a bumper year nationally for Dry July nationally raising over \$7.5million.

Last year's Dry July funds were used to expand our (small) fleet of **transport2treatment** vehicles.

This **no cost to client** service enables clients to get to either vital medical appointments, visit our new Southern Cancer Support Centre to attend workshops, support groups, complementary therapies, information sessions or be fitted for a wig.

This new car has been on the road since February and has already done close to 17,000kms.

It sure was a Dry July...

Massage and Mindfulness Programs

The Dry July Oncology Massage (including Bowen Therapy) has been a hugely successful program. Since its inception in April we have run 41 sessions. Participants, with a wide range of cancer diagnoses, have all reported great benefits.

Mindfulness is the therapeutic process of bringing one's attention to experiences occurring in the present moment bringing a sense of calmness and focus. We have run two taster sessions of the Mindfulness program and have plans to run further workshops. Watch this space – or call us on 6169 1900 to discuss.

Balls in the air!

August was a magic month for Cancer Council gala events. Launceston held its ever-popular **'Think Pink Sparkle for Hope' Gala Ball** on 4 August. Held at the Launceston Country Club, the ball is a popular event on the Launceston social calendar and was very quick to sell out. Sara Redman MC'd the night whilst patrons enjoyed popular local band, Agent 99. Hobart's **Spring Ball** (18 August) was held at Wrest Point Casino and dazzled guests with non-stop entertainment and fun. Guest entertainer Darren Percival got the audience tapping their toes whilst dance troupes Encore Dance and Moonlight Aviators, aerialist Robin Godfrey, the Australian Army Band and MC Jo Palmer kept the energy in the room at high voltage.

Thanks to Cancer Council staff and volunteers and our valued sponsors who assisted on both evenings as well as the amazing volunteer organising committees who helped us make these signature events so successful.

DON'T MISS OUT IN 2019

- Pop these dates in your calendar:

- Think Pink Sparkle for Hope Ball, Launceston Saturday 27 July
- Hobart Gala Ball, Saturday 10 August



Happy birthday to SunSmart in Tasmania



The SunSmart Schools and Early Childhood Program is celebrating its 20 year anniversary in Tasmania.

Currently, 92% of primary schools, 30% of secondary schools and 99% of early learning services are members of the Program. Based on these current membership rates, it is estimated that our SunSmart Schools and Early Childhood Program reaches approximately 70,000 young people (and their families) across Tasmania.

Reducing sun exposure at a young age is working – skin cancer rates are dropping for Australians under the age of 40. Well done to all of our SunSmart schools and Early Learning Services on reducing the short-term risk of skin damage and long-term risk of skin cancer.

We would love all our Tasmanian schools and services to take steps to reduce the risk of cancer and improve the health of their school community.

Below are a few things to remember now that the SunSmart season is upon us:

1. REMEMBER, IT'S WHEN THE UV GETS TO 3

Sun protection is needed when the UV is 3 and above which is from the beginning of September to the end of April in Tasmania; not just in Terms 1 and 4.

2. USE BROAD BRIMMED HATS, NOT CAPS

The majority of skin cancers are found on the head area – on the neck, ears, face and upper chest. Use hats that protect these areas such as broad brimmed, bucket or legionnaire style hats. Caps do not protect this area from the sun.

3. PARENTS: MAKE SURE YOU JOIN IN TOO!

Parents, carers and teachers/educators should wear sun protection, as they are role models for young people. Encouraging young people to wear hats is difficult if adults are not wearing them too. It is also important for their own protection from UV.

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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CCV

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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.

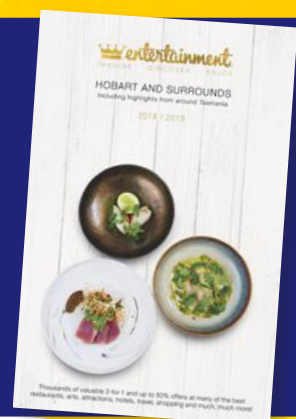
**Thanks for your interest and support.
We truly appreciate any assistance we receive.**

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

15 Princes Street, Sandy Bay Tasmania 7005
69 Howick Street, Launceston 7250 | 50 Victoria Street, Ulverstone 7315
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

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OVER FLOW

The Queenstown Girls

An amazing bunch of women in Queenstown band together twice a year to raise funds to support people impacted by cancer in Tasmania. The small population of only 1500 or so, prove what a generous community they are by managing to give thousands of dollars each year. The team of 15 donate items to create hampers full of treats or linen or even bake pavlovas to give away to lucky raffle tickets holders. In a twist to Australia's Biggest Morning Tea they run a 'Soup and Sandwich' luncheon with takeaway options which brings the whole community together. Gwendolene, the group facilitator, is incredibly thankful for her community's support and the local RSL for use of their venue. Go girls!

