

DAFFODIL NEWS

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Tassie dad's appeal this Christmas

In July 2022, the Hoppitt family's world was shaken to its core when Dave, a 36-year-old husband and father of four, received a devastating diagnosis: advanced and aggressive Stage 3 testicular cancer.

Within weeks of noticing the initial symptoms, the cancer had spread its grip across his body - the beginning of an arduous and uncertain journey that would test the limits of the Hoppitt's strength and resilience.

The family had already experienced profound grief, having lost Dave's twin sibling prenatally and another of his siblings in a tragic skydiving accident in 2005. The burden of Dave's diagnosis weighed heavily on his parents, who again were facing an incredibly challenging time and the emotional rollercoaster that accompanied Dave's journey took a toll on everyone involved.

"Surgery and four months of chemotherapy was a gruelling battle" says Dave, "but it all seemed worth it when then I returned to work after almost six months".



However, that hope was fleeting, when just weeks later came the shattering news that the cancer had resurfaced and was now growing at an alarming rate.

Faced with this dire prognosis, Dave embarked on an exceptionally challenging and demanding high-dose chemotherapy regimen in January 2023, which would require three separate stem cell transplants over five months. This treatment exacted a heavy toll, rendering him profoundly ill, incapacitated, and often hospitalised.

Read how Cancer Council Tasmania became part of Dave's journey of recovery, and why he is supporting our Christmas Appeal overleaf.

72 HOLES OF GOLF IN A SINGLE DAY

Do you have what it takes for Australia's ultimate golf challenge? The Longest Day takes place on Monday 11 December this year, but participants can hold events at their local golf club anytime during December and January. The challenge is to successfully complete 72 holes of golf in a single day to raise vital funds for Cancer Council Tasmania, which hopes to reach over \$40,000 statewide. Register yourself, a team, or your golf club at longestday.org.au.



Hello everyone – It's with great pleasure that I welcome you to this edition of Daffodil News, my first as CEO of Cancer Council Tasmania.

I feel very privileged to have been given the opportunity to lead this important, iconic and much-loved organisation. Like so many, my life has been impacted by cancer and those experiences continue to have a long-lasting effect on my family and friends. When the opportunity came about to apply for the role of CEO, it was one that I was genuinely drawn to.

I stepped into the role in mid-October, and over the past few weeks I have immersed myself into the work of the organisation. This includes attending the Launceston Masquerade Ball, where more than 180 people came together and raised over \$55,000 for our organisation. All of these funds will stay in Tasmania and will support the continued delivery of our programs and services. A special shout out to the volunteer organising committee that worked hard alongside our team to make this event a success including Jason Russell, Eve Bolzonello, Natasha Phillpott and Glenna Iles.

Since stepping into the role, I have enjoyed travelling the state to meet the team, volunteers and our key supporters. Thank you to everyone for your very warm welcome.

The holiday season is upon us and we have launched our annual Christmas Appeal – this year the face of our Appeal is David Hoppitt, a young and courageous Tasmanian navigating his treatment for testicular cancer. David generously shares his cancer story, and how Cancer Council Tasmania has been a support to him and his family. I urge you to read more about Dave, and if you can support our Appeal, please do so knowing that every donation large or small will make a difference.

In the weeks and months ahead, if you happen to see me out and about, please come and say hello. I would love to connect with you. Thank you for your ongoing support of Cancer Council Tasmania.



Alison Lai, CEO
Cancer Council Tasmania

Dave's story continued from overleaf...

Dave was introduced to the Cancer Council Tasmania Supportive Care team, when he was first diagnosed, who offered support. Initially he hesitated, believing he could manage with the help of his close-knit family and friends.

"My wife Alyce has been incredible in her unwavering support and love throughout", says Dave. "As well as caring for our four young children and striving to maintain a semblance of normalcy and positivity in their lives, she visited me in the hospital almost every day".



It was only when Dave faced a recurrence of his cancer and the subsequent brutal treatment regimen that he accepted our assistance. Cancer Council

Tasmania provided invaluable services that ranged from counselling for Dave and his family to financial assistance and access to support groups.

Before his own cancer diagnosis, Dave was largely unaware of the pivotal role played by Cancer Council Tasmania in the broader community. One aspect that deeply resonated with Dave was the organisation's ability to liaise with schools and government agencies like Centrelink on his behalf, relieving a significant burden from his family's shoulders.

"All of this support allowed my family to focus on the treatment process and providing care for our children. I feel a profound sense of gratitude towards Cancer Council Tasmania and passionately committed to helping them help others in the future".

Eight months after the conclusion of his most recent treatment, Dave is filled with hope that he will one day be cancer-free.

"I am not yet rid of this horrible disease, but for the past six months, there has been no growth. From a staggering count of well over a hundred at my worst, I now face just two which are located in my lungs".

In the face of relentless adversity, the Hoppitt family's journey continues, serving as a testament to the power of resilience, love, and the crucial support offered by organisations like Cancer Council Tasmania in the fight against cancer.

Meet our Tasmanian Supportive Care team



We have a team of ten staff providing supportive care services across Tasmania, including our Director, three Supportive Care Coordinators and six Supportive Care Workers. All team members provide emotional and practical support to our clients, with coordinators taking a lead on clinical engagement and service delivery.

The team has a diverse range of professional backgrounds, enabling them to answer cancer-specific questions, offer support through emotional distress and provide coping strategies to manage anxiety.

Our southern team of Fiona Dean, Louise Goss, Geraldine Robinson and Juliana Bartulin bring expertise in oncology nursing, counselling, mindfulness coaching, bereavement support and complementary therapies.

In the north, Yasmine Innocenti, Luisa Truscott and Emma

Ryan combine to provide professional backgrounds in oncology nursing, social work and counselling.

Our north-west team of Stan DuPont and Kris Rastovich together have over 25 years of experience working for Cancer Council Tasmania, bringing a wealth of knowledge in cancer support, community engagement and complementary therapies.

Our Director, Sarah De Jonge, is based in Hobart and spends a week each month in the north and north-west. With a background in psychology and counselling, Sarah has been working in cancer support in Tasmania for over a decade.

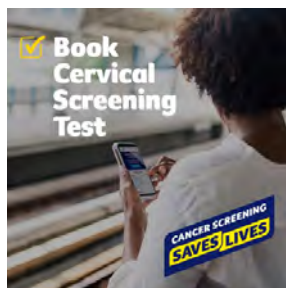
You can trust our team to take time to listen to your story. We will think outside the box to provide the support you need to decrease distress, improve wellbeing and navigate health services. We are here if you need us.

Time for cervical screening

National Cervical Cancer Awareness Week ran from 13-19 November and was an important reminder that if you're a woman or person with a cervix, and it's been 5 years since your last test, it's time to put cervical screening back on your to-do-list. Screening is one of the best ways to find cervical cancer early, when treatment is more likely to be successful. You can have a doctor perform the test or you can do the test yourself.

A cervical screening test can be accessed at:

- Doctors' clinic,
- Family Planning Tasmania,
- Women's health clinic,
- Aboriginal Medical Service or Aboriginal Community Controlled Health Service.



Free wills for CCT supporters

Thinking about a new will as one of your New Year's resolutions? Make it quick, easy and FREE thanks to Cancer Council Tasmania partner SafeWill, who are throwing a Free Wills Week exclusively for our supporters and friends. Safewill is Australia's leading Will writing platform, making it simple and affordable for all Australians to write their own Will - with just a few clicks.

Go to safewill.com/cancertas from 15-21 January 2024 to take advantage of this special offer.



It takes all of us to fight cancer.

You can make a meaningful difference in the life of people impacted by cancer - scan this QR Code to donate and be a part of our work across the state.

You can also donate by heading to cancercouncilfundraising.com.au/tas appeal or calling us on **1300 65 65 85**. Thank you for your generous support.

Sixteen cheers for The Mountaineers

For the past 15 years, The Mountaineers haven't missed a single Relay For Life in Penguin. Cancer has certainly not been a stranger in the Sheffield community. It has taken loved ones and tested the community's resilience. Many have faced the daunting journey of treatment. But through it all, The Mountaineers have rallied together and the support of their community has been incredible.



“Since 2008, we have been on a journey that has seen us raise significant dollars for a cause that touches each and every one of us. In fact, a total of \$357,580.42 has been raised by our team and our community”, said team captain Kim.

For 14 consecutive years, The Mountaineers have proudly held the title of highest fundraisers at the Penguin Relay. In 2017, they were the highest fundraisers for Tasmania—amassing an incredible \$35,003.

But their success goes far beyond the dollars raised to support the work of Cancer Council Tasmania, it is about the hope they have given to those who are fighting cancer.

Each and every ‘Mountaineer’ has contributed their time, energy and heart to the cause. They show up year after year, knowing that what they do matters and it does make a difference.

On Thursday 12 October, The Mountaineers hosted their iconic annual fundraising dinner in Sheffield, raising over \$7,800 on that night alone. We look forward to honouring The Mountaineers at what will be their last Relay For Life event in Penguin in 2024, and sincerely thank them for all their hard work over the years.

As we go to press over 250 Relayers and 70 teams have registered for our events in Huon Valley, Hobart, Circular Head, Launceston, Penguin and Triabunna. Sign up to join us today at relayforlife.org.au.

Why I Relay: Meredith's story

In 2004 I participated in my first Relay For Life. I loved it so much that the following year I started a team. We called it Renegades, after the ballroom dance studio my partner and I had. Our team's final Relay was in 2013, by which time we had raised over \$65,000 for Cancer Council Tasmania.

I joined the Hobart Organising Committee around 2012, and have had a few roles, organizing the entertainment and activities and currently as Committee Chair. We have a hard-working, dedicated and fun Committee, several of whom, like me, have Relayed for a very long time. It gets into your blood!

I'm also pleased to be a Global Hero of Hope, which gives me the opportunity to engage in quarterly online meetings with Relayers all over the world. It is so interesting to hear other ideas and to share what we do in Tasmania.

Over the years, I've lost many people to cancer. Work colleagues, friends, team members, and sadly, last year, my partner Greg who worked with me on Relay for so long. As we all know, cancer doesn't discriminate. I always call it a horrible lottery!

Celebrate, Remember and Fight back sums up why I Relay. I Relay for the cause, the memories, the camaraderie, and the chance to make a difference to others by fundraising and spreading the Relay message.



Quit campaign tracks the road to recovery

While people that smoke would be all too familiar with the damage caused from smoking, they may be surprised to know that they will feel the health benefits almost immediately after stopping, and over time will experience even more health and financial benefits.

Quit Tasmania's latest campaign 'Recovery' demonstrates some of the positive benefits of quitting a person may notice once they stop smoking, such as...

- In as little as 20 minutes after having your last cigarette, blood pressure starts to go down.
- Two days later, you've decreased the risk of heart attack and your sense of smell and taste return.
- Two weeks later, walking is easier, and breathing has improved.
- By one month, nicotine withdrawals have almost gone.
- And 5 years after stopping smoking, you've reduced the risk of many cancers, and saved around \$40,000.

The 'Recovery' campaign is airing now in Tasmania and will continue through to March 2024 across a range of media channels including television, radio, print, social and digital. Look out for outdoor billboards reinforcing the campaign in the new year. For quitting information or support call Quitline 13 7848 or visit quittas.org.au.



New Relay tops for pre-order

Did you hear the news? We have launched a super exclusive Tasmanian-only edition of the Relay For Life top for 2024. Pre-order yours for just \$30 today at relayforlife.org.au/shop.

There is only a limited number available, so don't delay! When you go online, make sure to check out our full range of Relay merchandise for sale.

All items are pick-up only from your local Cancer Council Tasmania office or simply make your way to the Merchandise marquee at your event and we will have your item ready for you.



Staying SunSmart

The UV is now 3 and above, so we need to be using sun protection every day. Protect your skin and eyes in 5 ways:

SLIP: on clothing that covers as much skin as possible.

SLOP: on sunscreen 20 minutes before going outdoors and reapply every 2 hours.

SLAP: on a hat that protects your face, neck and ears.

SEEK shade: especially in the middle of the day during peak UV.

SLIDE: on sunglasses that are close-fitting, wrap-around and polarised.

We have a fantastic range of sun protection available at our Retail Outlet, 15 Princes Street, Sandy Bay such as fit-over and floating sunglasses, unisex gloves and sleeves, kids hats and sunglasses, lip balms, zinc sticks and our award-winning Face Day Wear range including the Hydrating Serum. You can also buy these products online at cancercouncilshop.org.au



Tasmanians Do It For Cancer

It's a busy time for our innovative and dedicated local fundraisers, each encouraging their community to support Cancer Council Tasmania with a diverse range of projects.

In the North we have the wonderful Tracey Richards, who for the past 7 years, has challenged herself to a week-long bush walk around the anniversary of her sister Didi's passing. Her annual campaign is called 'Dillan and Tracey walk for a cure'.

Car culture came alive in Hobart when the team at Tutela Detailing hosted a Cars For Cancer day back in August—raising over \$10,000! Hundreds of people came out with their cars for the meet-and-greet to raise funds and awareness,

supporting families and friends battling cancer. Thanks to Alex for hosting such a great event.

North West local Nathan spent a year sporting colourful and crazy hairstyles for his fundraiser, in total raising over \$2,000. Each dollar level unlocked a new look: \$200 = blue, \$400 = purple, and when he raised over \$1,500, he donned a rainbow mohawk! A fabulous way to inspire fundraising in his community. We also have more great hair inspired fundraisers coming up with Imogen dyeing and cutting her lovely locks and Sondra braving a big shave.

If you are inspired to support these projects, read about more fundraisers, or brainstorm one of your own, go to doitforcancer.org.au



Supportive Care at North West Regional Hospital

Our team recently began delivering services from the Wellness Centre at the North West Regional Hospital in Burnie. People visiting the hospital to access cancer treatment, medical appointments or support loved ones can pop into the Wellness Centre to sit quietly, chat with a Supportive Care team member, and find information relevant to your experience.

We support all Tasmanians to navigate a cancer diagnosis and our team understand that the impact of cancer goes beyond the physical. Our staff will be at the centre on Mondays, Tuesday and Thursdays, 9:30am - 4:30pm.

We provide emotional support, information, education, practical assistance and peer support programs and because each person has unique needs, we will discuss your situation and how we can help you in a safe and supportive way.



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For information and support call 13 11 20

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