

# DAFFODIL NEWS

Issue 23  
Summer 2021

## Lewi Taylor's #158challenge

We want to wish fundraiser, Lewi Taylor all the best on his incredible 'Abel Challenge'.

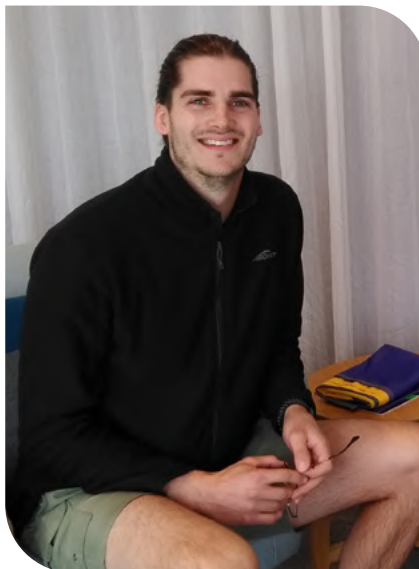
Lewi sets off on his "Abel Challenge" on 4 January 2022. It will perhaps be the most difficult endurance hiking challenge there is in Tasmania — and likely Australia — to raise funds for Cancer Council Tasmania. Lewi will finish it on his 30th birthday on the 10 June 2022.

Within Tasmania, there is a set of mountains titled the "Abels". An Abel is a mountain that meets two simple criteria — it is over 1,100 metres high, and is separated from other mountains by at least a 150 metres drop on all sides of its summit. This makes an Abel a prominent and challenging peak to climb. 158 mountains classify as an Abel.

Lewi is determined to raise \$158,000 for Cancer Council Tasmania to help continue its vital work in cancer research, education, and support for all Tasmanians. He will also be joining us at our Hobart Relay For Life and walking 158 laps.

Please support Lewi's courageous 'Able Challenge' journey by heading to [doitforcancer.com.au/fundraisers/lewitaylor/-158challenge](https://doitforcancer.com.au/fundraisers/lewitaylor/-158challenge)

Follow his journey on Instagram [@tassie.taylor#158challenge](https://www.instagram.com/tassie.taylor#158challenge)



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### DID YOU KNOW?

Tasmania is leading Bowel Cancer Screening participation with a rate of 48.9%. Read more on page 3.

# A MESSAGE FROM THE CEO



Hello and welcome to our Summer edition of Daffodil News.

This time 12 months ago we were living in strange times but we have navigated through and it's wonderful that we are back to business as "nearly" usual. We know that cancer did not stop because of COVID. Over the last few months, the numbers seeking our supportive care services and clients being transported to treatment, are the highest they have ever been. Cancer Council Tasmania is indeed proving itself to be an essential service for Tasmanians impacted by cancer.

The large number of programs and attendees, statewide, either face-to-face or who are connected virtually, continues to grow. Due to our on-line complementary programs, it is pleasing that supportive care can now be provided to clients around the state who do not have the opportunity to physically visit our support centres.

The cancer prevention team have been responding to many requests from communities and organisations. The focus over the last few months is ensuring that we are all SunSmart as we move into periods when the UV starts to increase beyond safe levels without protection. Also the continued promotion of early detection, being checked when you notice changes in your body and participation in national screening programs are important aspects of our cancer prevention work.

In June, we had the pleasure of meeting and hearing from researchers who were successful in receiving grant funds for their research projects. Some of the funds were provided from generous donors who were successful

at our 2021 gala events for the naming rights opportunity for a research grant.

Thank you to everyone who has continued to provide financial support to the organisation. Over the past few months we have been privileged to receive support from Australia's Biggest Morning Tea, Daffodil Day and our fundraising balls, breakfasts and lunches including many community fundraising events. We are busy now working with our volunteer committees to run five Relay For Life events to be held in February/March 2022, so a busy time ahead.

Thank you for your continued support of Cancer Council Tasmania. I hope that you and your families are able to enjoy a wonderful Christmas and safe 2022.

**Penny Egan, CEO**

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## Northern Supportive Care Centre Closed Temporarily

Cancer Council Tasmania's Northern Supportive Care Centre is undergoing extensive repairs after being badly flooded. Launceston clients can still access services while our centre is closed, including our Cancer Support Groups which will be held in an alternative venue, online programs, t2t, wig library, Centrelink and financial support programs. We hope to re-open in late January and look forward to welcoming clients and volunteers back at that time. Please call our Supportive Care team on 1300 65 65 85 – we are here if you need us.

# Bowel Cancer Screening Participation Rates

Talking about poo might sometimes be taboo, but Cancer Council Tasmania is continuing its mission to beat the stigma by celebrating the regions with the largest National Bowel Cancer Screening Program participation.

New data released by the Australian Institute of Health and Welfare showed that Tasmania is equal with South Australia in leading Bowel Cancer Screening participation with a rate of 48.9%.

When it comes to most improved areas in Tasmania, Brighton (4.3%), North East (3.8%) and Sorell/Dodges Ferry (3.6%) all considerably increased their participation rate.

Bowel cancer is Australia's second biggest cancer killer, claiming the lives of around 100 Australians each week. Thankfully, however, we have a screening test that can detect these cancers early, often before symptoms arise.

Tasmanians who have completed their bowel screening test deserve a pat on the back and we would encourage everyone to talk to their friends and family who are aged 50 to 74 and ask them if they've done their test. Talking about poo isn't taboo when it could save your life.



Cancer Council Tasmania's goal is to see all regions across the state have these high participation rates. If we can increase participation across the country from 4 in 10 to 6 in 10, we could save 84,000 lives nationally over the next 20 years.

If you have the screening test at home and you're yet to complete it, please do the test now.

The National Bowel Cancer Screening Program delivers screening kits to the homes of eligible Tasmanians aged 50-74 every two years. The test is free, quick, and hygienic - and can be completed at home and returned in the post!

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## Prostate Cancer Awareness

Early prostate cancer rarely demonstrates symptoms. Even when prostate cancer is advanced at the time of diagnosis, there may be no symptoms.

Nevertheless, Cancer Council Tasmania recommends that men get to know the symptoms of prostate cancer. If they experience any of them, they should discuss their options with their doctor.

Over past years, the number of prostate cancer diagnoses has increased to more than 19,000 each year in Australia.

But increased diagnoses may not be a bad thing: early detection with any cancer can save your life.

Compared with other cancers, prostate cancer has one of the highest five-year survival rates if it is diagnosed early.

Cancer Council Tasmania's investment in Tasmanian-based research of prostate cancer has produced the following positive results.

- Prostate cancer is the cancer with the highest diagnosis rate in Tasmania.

- Prostate cancer is rare before the age of 45, with the statistics indicating that over 560 Tasmanian men will be diagnosed with prostate cancer each year.
- It equates to 29 per cent of all cancer diagnoses among Tasmanian males and accounted for just over 8 per cent of cancer deaths among males in Tasmania in 2017.
- Prostate cancer is not preventable.

The causes of it are unknown, but factors that can increase the risk include older age (60 to 79) and family history.

There are things you can do that may reduce the risk of getting prostate cancer.

Aside from a good diet and body weight, there is evidence to show regular physical activity and exercise can be protective factors.

There is no single, simple test to detect prostate cancer. It is important to make your own decision about whether to be tested or not. Ensure you get good quality information from your doctor to make an informed decision.

**Support at Cancer Council Tasmania is always available. Call 1300 65 65 85 for more information.**

## Women's Health Week

The Prevention Team have been busy this Women's Health Week, getting out and about amongst the community. Our Cancer Prevention Project Officer Sophie delivered a session at No.34 Aboriginal Health Service's event. It was a great opportunity for the participants to learn more about the importance of early detection, the signs and symptoms to be aware of, as well as finding out more about the National Cancer Screening programs that are available.

If you or your organisation would like our cancer prevention team to deliver an education session on any of our messaging, please contact us on 1300 65 65 85.



## 1,000 Paper Cranes

It is said that if you fold 1,000 paper cranes and make a wish, it will come true. Some lovely clients came together at the Sandy Bay Support Centre for International Overdose Awareness Day, and helped us fold paper cranes to help raise awareness and remember those lost to overdose. This is an annual Alcohol Tobacco and other Drugs Council (Tas) event.

**Thank you to ATDC and all our fantastic folders!**



## Launceston Grammar Walkathon

On Thursday 1 April, the Launceston Grammar class of 2021 completed their 58th annual Walkathon. The event involved the Grade 12 students walking 80km in 24 hours to raise awareness and funds for Cancer Council Tasmania. The students set a fundraising target of \$40,000 and raised funds through many events including bbqs, headshaves, car washing, an acoustic night, cocktail party and generous donations from the school and wider community.

The students were passionate about raising funds but also raising awareness about a cause close to their hearts. A grand total of \$70,610 was raised, which is the highest amount by a school for Cancer Council Tasmania. A huge thank you to this inspiring group of young people for their generous contribution to support Tasmanians impacted by cancer.





## Relay For Life 2022 is here

Gather your family, friends, colleagues, team mates, clubs, or anyone you see in the street to help create a cancer free future!

<b>Huon Valley</b>	19-20 February
<b>Circular Head</b>	19 March
<b>Launceston</b>	19-20 March
<b>Hobart</b>	26-27 March
<b>Penguin</b>	26-27 March

**What are you waiting for?** Go to [relayforlife.org.au](http://relayforlife.org.au) to find your closest Relay and register for 2022.

## Thank you QBE

Thanks to a generous grant from QBE, the Cancer Prevention and Supportive Care team were able to fund the creation of 9 short videos, promoting the work of Cancer Council Tasmania. The short 1-2 minute videos encapsulate the programs and support services from the perspective of clients, volunteers, and staff, and gives a very human and warm account of what Cancer Council Tasmania is achieving on a daily basis.



## Do you have any idea how generous Tasmanians can be?

We do. In 2020-21 generous Tasmanians left \$622,937 to Cancer Council Tasmania through a gift in their Will. You don't have to be wealthy to include a gift in your will. Every gift helps – large or small. In fact even a tiny percentage after all your other choices have been made will make a real difference. You just need a desire to leave a lasting impact of the values and standards you have shown in life. A gift in your will towards a cancer free future continues the love and generosity you have shown in your lifetime even after you are gone. It's a wonderful thing to be remembered for.

If you would like to learn more, please don't hesitate to get in touch on Ph. 03 6779 1104 or email [rtownsend@cancertas.org.au](mailto:rtownsend@cancertas.org.au)

## Happy Birthday!

Happy first birthday to our Clothes4Cancer opportunity shop! Come in and explore affordable ladieswear, menswear, childrens' wear, bric-a-brac, toys, and jewellery. The proceeds from goods sold will help to support our mission to reduce the impact and incidence of cancer on Tasmanians. Located at Shops 3&4, 15-27 Murray Street, East Devonport.

## \$41,900 Raised for Kids with Cancer

Thank you Sea FM, 7AD, 7BU and all Tasmanians who generously donated to Koinz 4 Kidz and helped them raise a staggering \$41,900. These funds will help so many children on the North West Coast affected by cancer. We really appreciate your support.



# Healthy Ways to Fundraise



Here at Cancer Council Tasmania, we want to make it easier for you to make healthier choices when you fundraise.

We know that a third of cancers can be prevented through healthy lifestyle choices, such as choosing a healthy diet, increasing physical activity, and maintaining a healthy body weight.

By changing small things about the way you fundraise, you can have a big impact on reducing the cancer risk in your community.

There are many ways that you can support a healthier community through fundraising the healthy way:

- Choose snacks and drinks that are lower in saturated fats, sugars and salts.
- Choose prizes that support an active lifestyle. For example a family pass to your local swim centre, raffle a bike or invite your friends to sponsor you to walk/swim/ride a certain distance.

Read all the tips and tricks here:  
[cancer.org.au/go/healthy-recipes](https://cancer.org.au/go/healthy-recipes)

## Daffodil Boots are here

Cancer Council Tasmania has embarked on an exciting new retail venture.

Blundstone Australia collaborated with Cancer Council Tasmania to produce the inaugural Daffodil boots, just in time for Christmas.

These fabulous boots are embossed with the daffodil emblem, black on the outside for style, and bright yellow on the infamous elastic Blundstone sides. The daffodil is the universal symbol of hope for cancer, so now people can wear it with pride.

Grab a pair to put under the Christmas Tree at [cancercouncilfundraising.com.au/boots](https://cancercouncilfundraising.com.au/boots)

**Blundstone**

TASMANIA AUSTRALIA · 1870



# Events Give Hope

Cancer Council Tasmania is funded, principally, by the Tasmanian community, with 90% of our funding deriving from generous Tasmanian businesses, individuals and families. Here is a snapshot of our most recent community events.

**Daffodil Day.** Thank you to the 250 volunteers who powered our 50 daffodil stalls across Tasmania, to the Tasmanian community for showing their Flower Power and helping us raise more than \$70,000 on the day. We have been blown away by your generosity and support for life-saving cancer research. Thank you again, Tasmania. You are incredible!

**Women's 5K Walk/Run.** Thank you to everyone who walked, jogged, and ran at the Women's 5k Walk/Run. We had 1,200 people participate on the day, with more than 100 virtual events, and raised over \$70,000 to help support Tasmanians impacted by cancer.

**Unite in Yellow Gala.** Thank you to everyone who



Caroline Tim, who generously donated her time at UIFY lunch

attended the Unite In Yellow Gala at the paranaple centre, Devonport in June. It was a fabulous event, raising more than \$59,000 for cancer research, support and prevention.

**Unite in Yellow Lunch.** The Unite in Yellow Lunch took place at Hobart's Crowne Plaza in September and raised more than \$29,000. We were thrilled to welcome award winning comedian, Denise Scott, as our special guest.

**To view all the photos from these events please head to our Facebook Page @cancertas**



## Low Table Walk

A team of brave souls from U Tas Accommodation have taken part in the Low Table Walk this September. They carried a dining table weighing 100kgs up to the summit of Kunanyi / Mt Wellington from Salamanca.

The Low Table Walk has been an annual tradition since 1986.

The group has already exceeded their fundraising goal of \$2,500 - and money is still coming in!

You can support the Low Table Walk at [doitforcancer.com.au/fundraisers/lowtable2021](https://doitforcancer.com.au/fundraisers/lowtable2021)



## Calling all Golfers!

The Longest Day is the ultimate golf challenge designed to test your skill, strength and stamina.

The challenge is to successfully complete four rounds of golf from dawn to dusk and raise funds for Cancer Council Tasmania's research, prevention and support services.

**Grab some mates and get involved at [cancer.org.au/the-longest-day](https://cancer.org.au/the-longest-day)**

# Bec's Story

At Cancer Council Tasmania, people ask us to help share their stories so other Tasmanians can potentially have a different outcome. This is the story Bec wanted to share with you. Bec was in her 30's, with a young family, when she was diagnosed with breast cancer.

"I first noticed a lump when I was breastfeeding, which I initially thought was mastitis or something else benign, but decided to get checked anyway.

"The nurse I saw thought it needed further investigation. I thought this may have been an overreaction, but decided to follow the medical advice, which I now credit with saving my life."

Bec is now in recovery after six rounds of chemotherapy, surgery and 25 rounds of radiation.

Bec's message to everyone is to "take changes in your body seriously and just get anything you are unsure about checked."

If you have symptoms, it is vitally important you see your doctor, as we know that finding cancer early leads to better treatment outcomes. Another key early detection tool if you are symptom free is the National



BreastScreen Australia Program. For more information visit BreastScreen Australia Program Australian Government Department of Health.

# An Unstoppable Runner

We would like to thank author and runner David Williams, who is donating all the profits and royalties earned from *An Unstoppable Runner* to Cancer Council Tasmania.

David Williams, seventy-four years old and a long-time resident of Flinders Island, Tasmania, tells the story of his lifelong running adventure. *An Unstoppable Runner* describes the physical and mental challenges he has encountered in such diverse locations as the blister-making Simpson Desert, the muddy New Zealand forests to fun runs and many international marathons and ultra-marathons.

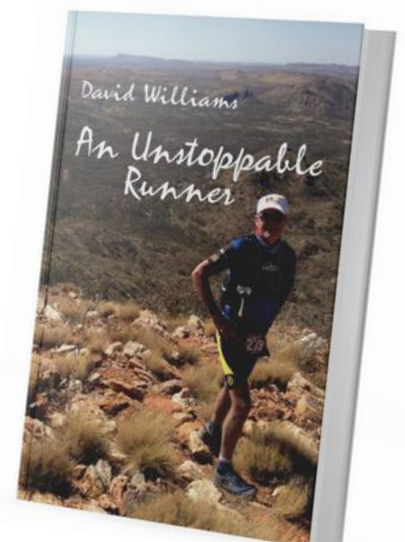
It also reflects on the life and running lessons he has learned along the way.

"I also hope that the stories will not only inspire men and women of all ages to get off their couches and bring adventure back into their lives, but they will promote health and wellbeing to the wider community."

One of the motivating forces behind writing *An Unstoppable Runner* was to use it to raise funds for Cancer Council Tasmania.

David has had bowel cancer, and sadly his wife and he lost their daughter, Allison, to the dreadful disease at the too young an age of twenty-eight.

You can get your hands on a copy by going to Petrarchs in Launceston, The Hobart Book Shop, The Running Company or Find Your Feet. Of course, copies are also available at the usual Flinders Island outlets.





# Donate to the Future Fund



**Cancer Council Tasmania is funded principally from the Tasmanian community. 90% of our budget each year relies on the generous Tasmanian community.**

Each and every year over \$4 million from fundraising, donations and bequests must be sourced to ensure that programs and services can continue to be delivered.

Every day, more than 9 Tasmanians receive a cancer diagnosis. This adds to the 30,000 Tasmanians currently living with a cancer diagnosis.

National research predicts this figure will increase to over 15 people per day by 2040. This means 1 in 18 Tasmanians will be living with a personal history of cancer.

On current population growth, this will mean potentially more than 40,000 Tasmanians will be living with a cancer diagnosis.

The need is clear. The demand by Tasmanians for cancer support services in the future will continue to increase.

The past year has proven that organisations such as Cancer Council Tasmania which rely on fundraising and

donations need to find different, secure and reliable revenue streams.

The Future Fund is a new initiative to donate to Cancer Council Tasmania. The Fund is a capacity-building vehicle for us to take away some of the risk of our current reliance on traditional fundraising and donor activities.

We want to provide financial security for ongoing Cancer Council Tasmania programs. Our aim is to create a substantial investment in the Fund from which earnings can be reinvested into the operations of the business.

Cancer Council Tasmania's "business" is the continued delivery of our programs, services and investment into research at the Royal Hobart and Launceston General Hospitals.

Our goal is to raise \$10 million in the next 10 years for the Fund.

Donors may not see benefits today, but they will be reassured their children and future generations will continue to be assisted by Cancer Council Tasmania if they are unfortunately impacted by a cancer diagnosis.

Invest now for a cancer free future  
[cancer.org.au/go/future-fund](https://cancer.org.au/go/future-fund)



## Win a Dream \$250k Prize Pack

You can win a \$250K prize pack when you support Cancer Council Tasmania in the Play For Purpose Raffle.

Imagine winning a Range Rover Velar, \$120,000 in cashable gold or a shopping spree from Australia's leading retailers. Raffle closes 16 December.

Head to [playforpurpose.com.au/cancer-council-tasmania](https://playforpurpose.com.au/cancer-council-tasmania)

## Gardening Ladies

Thank you to Jude, Rosemary and all the gardening ladies who have volunteered their time and taken wonderful care of the garden at the Cancer Support Centre in Launceston over the past 10 years. Jude and Rosemary visited the Centre recently and donated \$600 towards the ongoing care of the garden.



## Seize the Day

It's tough being young when cancer crashes into your world and turns everything upside down.

Every year, Cancer Council Tasmania offers our Seize the Day Educational Scholarships to support young Tasmanians impacted by cancer. Scholarships can be used to cover costs associated with post-secondary studies including university, TAFE, apprenticeships, or other educational courses after high school.

Scholarships are open to Tasmanian residents aged 16-25 who have experienced their own cancer diagnosis or that of an immediate family member (parent/guardian, sibling, child, or spouse/partner).

You can apply at [cancer.org.au/go/young-people](https://cancer.org.au/go/young-people)





## It is time to be SunSmart!

SunSmart season has started in Tasmania, and melanoma survivor Brooke, who shared her experience in our last newsletter, shared her story on TV at our Hobart Supportive Care Centre to help raise awareness of the importance of protecting your skin.

The UV is now reaching 3 and above each day, so we need to use sun protection if we are heading outside. So remember to Slip, Slop, Slap, Seek and Slide to protect your skin.

## Our Impact

We're happy to share with you our latest Impact Report for 2020-21.

Highlights include:

- **Over \$200,000** has been invested into cancer research in 2020-21.
- **Over 6,000** instances of cancer support were received.
- Quitline provided **2,223** Tasmanians with support and information about how to quit smoking.
- transport2treatment provided **5,200** trips to cancer treatment appointments for Tasmanian clients.

To find out more about our impact, go to [cancer.org.au/go/tas-annual-report](https://cancer.org.au/go/tas-annual-report)



## Sticky Blood

The Quitline has launched a new campaign called 'Sticky Blood'. It highlights the immediate and deadly effects cigarette smoke has on the heart and the link between smoking and Australia's single biggest killer: heart disease.

Sticky blood increases the chance of blood clots forming in the artery wall, which can lead to a catastrophic heart attack.

If you or someone you know wants to quit smoking, please call Quitline on 13 78 48.

**Quitline 13 78 48**



# Donate to support the 9 Tasmanians diagnosed with cancer, every day.



I'd like to make  fortnightly  monthly donation of

\$ .....

which can be deducted from my credit card

I'd like to make a donation to Cancer Council Tasmania.

\$ .....

General Donation

\$ .....

Leave a gift to Cancer Council Tasmania in my Will

\$ .....

## 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 leaving a gift to Cancer Council Tasmania in my Will.

Please send me information about the Future Fund.

**Thank you for your generous support.**

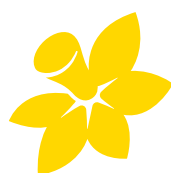
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Sandy Bay Tasmania 7006.

NOW ACCEPTING  PayPal

## DONATE ONLINE

[cancer.org.au/tas](http://cancer.org.au/tas)



**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@cantartas.org.au](mailto:infotas@cantartas.org.au) | Web: [cancer.org.au/tas](http://cancer.org.au/tas)

**For information and support call 13 11 20**

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

Privacy is important to us and we treat your information with respect, integrity and honesty in keeping with our core values and as governed by the Privacy Act. Information you provide may be used to let you know of our current programs and events. Our full Privacy Policy may be accessed on our website [cancer.org.au/tas](http://cancer.org.au/tas). If you do not wish to receive further correspondence from us, please don't hesitate to contact us on 1300 65 65 85 or by email [infotas@cantartas.org.au](mailto:infotas@cantartas.org.au). ABN 27 685 250 740.