

DAFFODIL NEWS

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Relay For Life is an inspiration and a motivation for many

If you've been thinking about starting a Relay For Life team – "just do it!" That's the advice of cancer survivor Wendy Cunningham, who took part in her first Relay last year. Wendy was given a 50% chance of survival when she was diagnosed with breast cancer at 40 and the treatment had a big impact on her family. "I had to travel to get treatment back then and I had five young children at the time, so it was hard on them", she says.

Wendy believes Relay is both a great community fundraiser and an incredible way to honour lives lost to cancer. "I found the lighting of the candles very overwhelming – I had just lost my sister-in-law and very good friend to cancer. To see all the candles and hear all the stories was very emotional. I thought, why haven't I done this before?"

Wendy joined the Burnie Elders Real Estate team for Relay, and her colleague Sarah Brown said it was inspiring to see businesses from across the Coast join in. "It doesn't matter

how big your team is, there were teams much smaller than ours who were able to keep the Relay going."

Wendy says she would encourage anyone to have a go at putting together a team for this year's Relay. The Coast plays host to Relay For Life at Circular Head on March 2, from 10am to 10pm and at Penguin on March 23-24.



Register today at relayforlife.org.au for the Coast events or for Hobart, Launceston or Triabunna.



STAND UP TO CANCER (WHILE SITTING DOWN)

Did you know that people with cancer are the largest users of blood donations in Australia? Or that most people who have chemotherapy need blood transfusions? Cancer Council is joining forces with Australian Red Cross Lifeblood this World Cancer Day (4 February) and all throughout February to tackle cancer together – with the help of blood donors. Show your support for people living with cancer by giving blood in February to get a sunny daffodil bandage by Aussie artist Beci Orpin (pictured). Book your donation or learn more at lifeblood.com.au.

CEO welcome

Those who know me know that I appreciate a powerful quote, and in this edition of Daffodil News I'd like to share a well-known favourite that says *'What you are is what you have been. What you'll be is what you do now. [Buddha]'*.

I feel that this quote is very relevant as Tasmanians across the island get ready to Relay For Life. From Hobart to Penguin and Launceston to Triabunna, over the next three months hundreds of Tasmanians will come together in teams to walk or run and raise vital funds to support our programs and services.

Relay For Life continues to be our largest fundraising event, enabling us to continue the work that we do. But those who have been involved in Relay know that it is more than just a fundraising event, it is an experience.

It is where we come together as a community to celebrate those who have survived cancer and to honour those we have lost. And channelling the spirit of the quote above, Relay is also a powerful statement of how we are choosing to act now and fight back to change the future for others impacted by cancer.

It's not too late to get involved in a local Relay event near you, and you can find more information on how to get involved, or how to donate in this edition of Daffodil News.

This edition also includes a range of informative and inspiring stories, including the story of Kate von Steiglitz, who has generously shared her experience of being diagnosed with melanoma in her 20's and is working with us to educate others on how to reduce their risk of developing skin cancer. You will also find information on our partnerships with Safewills and Lifeblood Australia, updates on the work of our supportive care team, and more.

I hope you enjoy this edition of Daffodil News and thank you for your ongoing support.



Alison Lai, CEO
Cancer Council Tasmania

SUPPORTERS SPOTLIGHT: Thanks Telstra & Solstice Energy

We are excited to announce Solstice Energy as a Premium Sponsor for Relay For Life in 2024. Solstice Energy was previously Tas Gas, which supported the events for a number of years. *"The change to Solstice Energy from Tas Gas reflects us maturing into a diversified energy company meeting the changing needs of Tasmanian customers"*, says Solstice Energy CEO, Phaedra Deckart. *"The first step is that our retail business, now Solstice Energy, will begin selling electricity to Tasmanian households early this year"*.

Solstice Energy is a truly local alternative in the energy market, providing simple affordable energy, both natural gas and electricity, for Tasmanian households and small businesses. *"The energy market is changing, nationally and internationally, so we are changing with that. But what we're not changing is our strong commitment to Tasmania. We've been*

here for more than 20 years and Solstice Energy will remain local, employing Tasmanians, supporting Tasmanian businesses and communities—and the Relay events!" Find out more at solsticeenergy.com.au and look out for them at Relay For Life.

Telstra connects Cancer Council Tasmania's volunteer drivers across our island state. Since 2018, their generous support of Telstra has ensured our transport2treatment (t2t) drivers and their clients have access to phone and connectivity during the over 7,000 annual trips to and from treatment appointments.

"This support has meant the world to the people we serve and adds up to over \$30,000 to date", says CCT CEO Alison Lai. *"Telstra recognises the importance of communication and connectivity to the t2t team and their clients and families—we are proud to support the organisation*



with devices and network support", says Regional Engagement Manager Sarah Ebbelaar.

Two more inspiring examples of the business community helping Cancer Council Tasmania help others.

Quit spreads the message across Tasmania



Quit Tasmania continues to spread its messages far and wide about the benefits of quitting smoking, including 6-metre-wide new roadside billboards located in key high traffic areas across Tasmania.

If you see the billboards when you're out and about, you may notice that they align with Quit's current TV campaign called 'Recovery' which lets people know that only 2 days after quitting, smell and taste return, and after 2 weeks, walking and breathing becomes easier along with other benefits such as reducing the risk of cancer.

This 2-month campaign has seen TV ads reaching over 60% of Tasmania's adult population.

To help reach even more people, the campaign message has been run on Instagram, LinkedIn, Google, Meta, SnapChat, Reddit – and even walking billboards!

As always, all campaigns encourage people to call Quitline 13 7848 or visit quittas.org.au for advice, support and information on quit smoking and/or vaping.

2024 a big year for Supportive Care team

January is always an exciting time for our supportive care team, planning the year ahead and kicking off our programs for the coming months.



It is a privilege to walk alongside Tasmanians dealing with their own cancer diagnosis or that of a loved one and in 2024, we will be delivering some old favourite programs and new offerings for our clients.

Did you know that all our programs are carefully selected to ensure that the current research shows they are beneficial for people impacted by cancer? And that any new programs go through an approval process with a committee comprising oncology and health professionals to ensure the safety and relevance for our clients?

As we head into this new year, we will be continuing to offer mindfulness, Tai Chi, oncology massage and exercise physiology as well as some yoga, Pilates and additional workshops. Our cancer support groups continue to provide a space for sharing information and supporting one another.

If you would like to know more about any of our programs and find out what's on offer in your area, please call our supportive care team – they are here to listen and help you any way they can.



All funds raised in Tasmania stay in Tasmania

Your support of Cancer Council Tasmania is crucially important, as we're 85% funded by community to be able to deliver our services. 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.

Welcome to our new Director Supportive Care

As the new year begins, we are delighted to welcome a new member to our leadership team, with Claire Prior replacing Sarah De Jonge as our Director Supportive Care from the end of January.

With a background in nursing, and postgraduate qualifications in public health, Claire comes to the role with extensive practical and policy experience across the clinical, primary and community care sectors. Claire has cared for people throughout their cancer journey while working as a senior registered nurse in the Tasmanian Health Service for over a decade.

Having worked in senior leadership roles, Claire is very much looking forward to stepping into this role and bringing her self-described 'collaborative' approach to the position. Claire brings a warm and friendly energy which will make her a great fit with the CCT team, and we hope you will all join us in making her feel welcome as she settles into our team.



Free Wills Week returns this March

After the great success of our inaugural Tasmanian Free Wills Week in January, we are gearing up for the national week with our partner Safewill, Australia's leading online Will writing platform. They will be offering all our supporters/ staff/volunteers the opportunity to write a bespoke Will for free from 18 to 24 March 2024.

Making a Will has traditionally been complicated, time-consuming or expensive. Safewill has made it easy and affordable for all Australians to write a bespoke Will online. It takes as little as 20 minutes to complete, is reviewed by their affiliate law firm, Safewill Legal, and comes with a year of free and unlimited updates.

Though writing a Will online may not be for everyone, particularly those with complex estates, thousands more Australians have been able to create their valid Will in the comfort of their own home, in just a few clicks. Join them by using this exclusive QR code.



Mel's friends raise funds for over two decades

As Captain of the Mel's Lap Dancers team, Marie Smith has been a big part of Hobart Relay For Life for over 21 years.

The team initially consisted of nurses in the Royal Hobart Hospital Oncology Ward – inspired because nurses are constantly doing laps around the wards. Mel was a good friend and fellow nurse who passed away from leukaemia, and the team is named in her honor.

The team has had many Relayers come and go over the years, family members, staff, patients, and good friends.

"Although some laps are walked in silence, pain, and tears – some in quiet reflection", says Marie, "we still do countless laps with laughter and celebration, carrying our mascot 'Teddy' who proudly wears his Relay top and hat, holding tight his bunch of daffodils that symbolise renewed life, vitality, hope and inspiration".

This year's Hobart Relay For Life will be held from 1pm on Saturday 24 February to 9am on Sunday 25 February at the Domain Athletic Centre.

"Be one of the many thousands of Tasmanians who take part in Cancer Council Tasmania's Relay For Life each year and make strides towards a cancer free future", Marie encourages, "you can start or join a team in in Relay – and join us on the track!"



Community connections growing in the North




In December our cancer prevention team welcomed the Rhododendron Group from Migrant Resource Centre North back to our Launceston Support Centre to learn about being SunSmart.

The group learned about UV and skin cancer risk as well as being shown how to protect their skin and identify

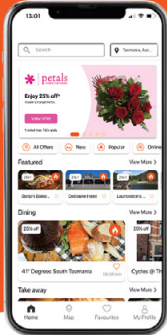

signs of damage.

The Rhododendron Group are keen gardeners and previously visited in October to help get our veggie patches ready for the growing season. It was a lovely morning with the group, and we look forward to seeing them again in the New Year!



SUPPORT US TODAY

We receive 20% of the proceeds from each Membership to The Entertainment App purchased!



Entertainment Memberships are filled with hundreds of amazing offers for things to do around Tasmania! From 2 for 1 offers and up to 50% off on dining, activities, shopping, accommodation and more! The App truly has something for Everyone. Memberships start from as little as \$29.99 so you only need to use it once to get your money back! Plus with 20% from every sale going back to raising funds for Cancer Council Tasmania it's a Win-Win! And as a very special incentive, order by the end of February 2024 to get a bonus 2 or 4 months free added to your membership.

Vaping reforms have begun

Australia began world-leading vaping reforms on 1 January 2024, aiming to dramatically reduce the supply and availability of vaping products to young people. The first stage, applicable from 1 January, bans the importation of disposable single-use vapes which we know are the most popular products among young people.

The next stage from 1 March 2024 will mean that people will only be able to access vapes for therapeutic use with a prescription from a doctor or nurse practitioner, if clinically appropriate (noting these are still unapproved products that have not been evaluated by the Therapeutic Goods Administration for quality, safety and efficacy, so health professionals may choose not to prescribe them).

These changes may impact friends and family members who are unable to get the products they're

addicted to, and they may experience nicotine withdrawal.

Quit Tasmania is responding to the reforms by providing extra support for Tasmanians to stop vaping and/or smoking, including providing information and advice to parents, family members and health professionals. Their qualified Quitline counsellors are specialists in supporting people. They are easy to reach by calling 13 78 48 or visiting quittas.org.au to request a call or fill out a contact form.



Melanoma: Kate's story

Our cancer prevention team have been working with passionate SunSmart advocate Kate von Stieglitz, to help reach young people with an important message this summer. Kate has shared her experience with melanoma at the age of 23 in a bid to encourage young people to use sun protection and create awareness around the importance of getting your skin checked.

"I received a phone call from my doctor the next week to say my test results had come back. He paused for a few seconds and took a breath, "So, your results have shown your freckle to be a melanoma". He continued on to explain more information about my case, however I was in so much shock I didn't take too much on board". - Kate

To hear Kate's full story visit cancer.org.au/personal-cancer-stories/tas/kate-von-stieglitz or use the QR Code to watch the clip on YouTube.



PYCSAM joins us on and off the Relay track



Relay For Life welcomes PYCSAM Health & Fitness as our newest statewide Corporate Sponsor, joining us at the Launceston Relay event, hosting some fun activities and bringing their own team to hit the track.

"Supporting Cancer Council Tasmania is something that we wanted to help with in any way we can," said team captain Britney Campbell, "Every one of us has been touched by cancer in some way or another – whether it's someone close to home or a friend of a friend. Throughout the years I am sure all of us have had to deal with the heartache it can cause. We have had members of staff lose family or have them battle through cancer".

Knowing these journeys are happening everywhere around us, the team decided to support Cancer Council Tasmania by getting involved and raising money for a worthwhile cause – while also getting their members active through an in-club challenge and participating in the Launceston Relay.

From Monday 12 February to Sunday 10 March, PYCSAM will be hosting a Relay challenge with prizes to be won – all money raised going towards their Relay team. For more information, check out their Facebook page.



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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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