

DAFFODIL NEWS

**ISSUE 30
SUMMER 2025**

2025 marks a very special milestone for Cancer Council Tasmania, our 30-year anniversary.

A brief history

In the early 1990s, there were several volunteer cancer support groups active across Tasmania. In partnership with the government of the day, a decision was made to create one organisation for the benefit of all Tasmanians whose lives were impacted by cancer.

A Board was appointed, premises were secured in Liverpool Street, Hobart and three staff members started work, including our founding CEO, the late Lawson Ride. The organisation was incorporated on **28 June 1995**.

Relay For Life was launched in **2000**, and our transport2treatment service commenced in **2006** with two vehicles. Quit Tasmania was welcomed into Cancer Council Tasmania in **2012**, and in the same year our purpose-built Northern Cancer Support Centre was opened. Our Southern Cancer Support Centre followed in **2018**, and not long after in **2020**, our Clothes4Cancer Opportunity Shop opened in East Devonport.

Where we are today - with thanks to you

We have come a long way since opening our doors in 1995, growing to a statewide organisation with over 45 staff and

500 volunteers. Supportive care staff are now present at all major private and public hospitals across Tasmania and our transport to treatment fleet has increased to nine vehicles.

Our work has extended further into the community, providing support and information to more cancer patients, families, carers and practitioners than ever before.

Our prevention work, including community education on how to reduce cancer risk through lifestyle changes, is reaching tens of thousands of Tasmanians every year through our SunSmart program, Quit Tasmania's media campaigns and the Quitline service, and promotion of key messages on the importance of early detection and screening. With a commitment to investing into cancer research, we have now exceeded \$7 million in grants to local researchers, working on clinical drug trials and funding a number of academic research scholarships.

What hasn't changed over this time, is our mission to reduce the incidence and impact of all cancers for all Tasmanians. There are many people to thank - because while Cancer Council Tasmania is the face of the services and programs that benefit thousands of Tasmanians impacted by cancer every year - this is only made possible through the collective efforts and generosity of many, many people over the last 30 years.

From our staff, volunteers, researchers, supporters, sponsors, clients and their families - we thank everyone who has assisted us along the way, and we look forward to continuing working together towards a cancer-free future.



All funds raised in Tasmania stay in Tasmania

Show your support and help us continue our life-changing work.

Scan the QR code and set up a regular or one-off donation to Cancer Council Tasmania. All donations of \$2 or more are tax deductible and you'll receive receipts for your records.

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Everybody loves a celebration...

...particularly anniversaries and birthdays, which give us the opportunity to reflect on the rich stories and memories of our personal experiences and to celebrate what we have achieved. They also give us an opportunity to get excited about the future, and what's to come.

As we look to the year ahead, Cancer Council Tasmania will have three special reasons to reflect, celebrate and get excited.

This year, Cancer Council Tasmania will be celebrating its 30th anniversary! Thirty years of providing supportive care to Tasmanians impacted by cancer and delivering cancer prevention programs and services to help Tasmanians reduce their cancer risk. Three decades of investing into cancer research to improve the lives of Tasmanians, with our overall investment now exceeding \$7 million since we started our work.

There's still much more to do, but we'll take a moment to reflect and celebrate the contributions of many who have worked hard to steward Cancer Council Tasmania into the organisation that it is today.

This year will also mark the 25th anniversary of Relay For Life in Tasmania, a fundraising event that was initially championed by our first chief executive, the late Lawson Ride.

We know there are people still involved in Relay who were there at the beginning. We look forward to celebrating this incredible milestone with them.

The celebrations won't end there, with Quit Tasmania also celebrating their 30th anniversary this year. While Quit Tasmania has been an important part of Cancer Council Tasmania since 2012, they have been working hard to reduce the harms of smoking in our community since 1995.

People will often hear me say that Cancer Council Tasmania is an incredible community organisation delivering programs and services in our community, for our community because of our community.

I believe this wholeheartedly, and I look forward to celebrating these milestones with you all in the months ahead.

On behalf of those we support, thank you for supporting us.



Alison Lai, CEO
Cancer Council Tasmania

Three decades of Quit Tasmania

Smoking rates in Tasmania are at their lowest point in history, a remarkable achievement made possible by a comprehensive suite of tobacco control measures like plain packaging, graphic health warnings on cigarette packs, tax increases, smoke-free areas and advertising bans.

For 30 years, Quit Tasmania has delivered hard-hitting mass media campaigns, advocated for stronger laws to protect Tasmanians, supported thousands of Tasmanians to quit through Quitline 13 7848, and trained hundreds of service providers to better support their clients to quit smoking. Many will remember impactful campaigns like Never Give Up Giving Up, 16 Cancers or our locally developed Think. We've also engaged with thousands of Tasmanians, from people who currently smoke to young people, to shape our important work and a Tasmania free from tobacco-related harm.

With the rise of e-cigarettes (vapes) over the last decade, Quit Tasmania has also advocated for regulation to protect Tasmanians from the harms of nicotine addiction and the toxic chemicals in vapes. We welcomed the 2024 national legislation that ensures vapes are not readily available to young people and people who don't smoke, limiting their availability to pharmacies.

So, what's next for 2025?

MEDIA CAMPAIGNS

Keep an eye out for youth-focused anti-vaping campaign, Don't Let Vaping In and Worried About You, our anti-tobacco campaign focused on the impact that smoking can have on loved ones.

QUITLINE TASMANIA

We're expanding our services with extended hours (8am-8pm, Monday to Friday), and new counsellors, with a wealth of knowledge and experience, particularly to support young people on their quitting journey.



Keeping you SunSmart

Australia has one of the highest rates of skin cancer in the world, with the majority of skin cancers being caused by overexposure to ultraviolet radiation (UV) from the sun. The good news is you can reduce your risk by being SunSmart whenever the UV is 3 and above and you are heading outside. In Tasmania this is from the beginning of September through to the end of April, however for outdoor workers, year-round protection is required.

Protect yourself in five ways:



SLIP



SLOP



SLAP



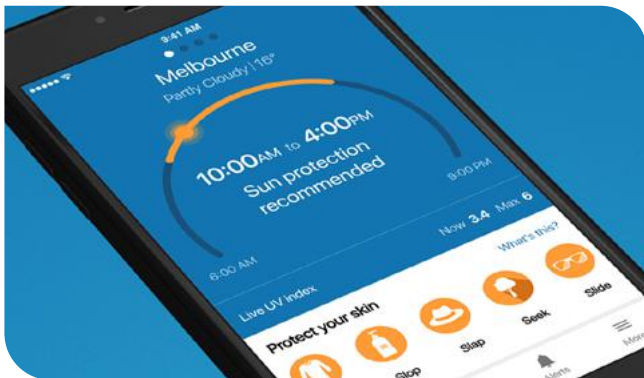
SEEK



SLIDE

Have you downloaded the free SunSmart Global UV App? It's easy to do and gives you access to real-time UV levels and the sun protection times for the whole day for your local area, making it even easier to be sun safe.

Visit sunsmart.com.au/resources/sunsmart-app



SunSmart Schools and Early Childhood Program



30 years ago, the SunSmart in Schools and Early Childhood Program in Tasmania was yet to be established. Today, 95% of primary schools, 62% of K-10/12 schools, 50% of secondary schools and 90% of early childhood services are members of the program and have a policy and strategies in place to protect students and staff from the harmful effects of UV exposure.

UV protection in childhood and adolescents significantly reduces skin cancer risk later in life. Implementing policy, practical strategies, education and role modelling all play a major role.

We celebrate the progress made and the schools and services that have championed sun safety in their broader communities, and we will continue to support all schools to create a safe place for children to play and learn.

To find out more about the program email sunsmart@cancertas.org.au

Driving growth in transport2treatment

Our transport2treatment service (t2t) has been providing vital patient transport to and from cancer treatments and changing people's lives since 2006. t2t is a no-cost service, made possible by fundraising and donations and a wonderful team of volunteer drivers.

Last financial year our drivers covered 325,000 kms, that's equivalent to driving around the world more than 8 times.

Volunteer with us

We're always on the look out for new volunteers. If you're interested in becoming a t2t driver or would like to explore other volunteering opportunities, helping Tasmanians impacted by cancer please contact us on 1300 65 65 85.





Harry and supportive care staff.

Cancer Support Groups changing lives since 1996

We recently had the privilege of meeting Harry who was involved in setting up the first Prostate Cancer Support group in 1996. Harry told us that when he was diagnosed with an aggressive form of prostate cancer in 1995 there was hardly any support, the only information available was one pamphlet written by the Rotary Club. We certainly have come a long way since then!

Harry worked with Cancer Council Tasmania staff to set up the first prostate cancer support group in Hobart. The first meeting was held at Hadley's Orient Hotel in Hobart with around 12 people attending, growing into an ongoing monthly support group with anywhere between 4 and 12 people in attendance.

Harry said "overall, it was a support both ways; my support to others and their support to me. We were able to talk about treatments and what the different doctors were

offering. Generally, we met wherever the Cancer Council office was, we had no structure, we just met and spoke- it used to be an encouragement, a jovial group, even when we lost people [over time]. It also wasn't for everyone, some men found that talking about their diagnosis was hard and they didn't come back."

Almost 30 years later a lot has changed but a lot has stayed the same. We still have an active monthly prostate support group in Hobart, men's support groups in Launceston and Devonport, plus a wide range of other groups. We also have access to information about specific cancer types and the impact of cancer on finances and wellbeing.

For further details about our services visit our website cancer.org.au/tas, email infotas@cancertas.org.au or phone 1300 65 65 85.

Do you live in regional Tasmania?

We're now offering supportive care services including complementary therapies (such as massage), workshops, support groups and transport to support to those impacted by cancer in regional Tasmania. If you have any suggestions for activities in your region or want to see what's available, please get in touch.

We want to hear from you

We're also looking for expressions of interest from anyone who has been impacted by cancer to join our Consumer Advisory Group. Meeting quarterly, this group will provide a lived experience voice for all Cancer Council Tasmania supportive care services. **If you'd like to get involved please call or send us an email.**

We've had a makeover

Check out our fresh new-look Op Shop in East Devonport! Offering affordable ladies, men's and children's wear, as well as bric-a-brac, toys and jewellery. We also stock Cancer Council branded hats and sunscreen. All profits stay in Tasmania and help us support Tasmanians impacted by cancer. You can donate items at any of our locations across the state.



Community fundraising – what a year!

During 2024, we were deeply moved by the outpouring of support from our communities, raising an inspiring \$279,406 through the dedication of individuals, businesses, and community groups across the state. Each contribution reflects a powerful unity against cancer, creating both meaningful change and lasting friendships along the way.



Throughout the year, we saw an incredible variety of events that not only raised essential funds but also brought people together in shared purpose. In the North, Hayley Luttrell hosted two vibrant events—the Long Ladies Lunch and the Razzle Dazzle Cocktail Party—drawing community members together for impactful get togethers of fun and solidarity. The “4 Skins” team took a bold step, shaving their heads in support of cancer patients, while Landfall contributed proceeds from their bull sale.

In the South, Lisa Bryant took on a formidable challenge, walking an amazing 460 km from Devonport to Dover in memory of her father. Nyrstar held their annual fundraising Golf Day at Claremont Golf Club, while the annual Uni Revue’s playful production chose Cancer Council Tasmania as its charity partner. The Mini Miss Tasmania Pageant also rallied behind us, with participants vying for the title of Miss/Mr Charity 2024.

In the Northwest, a unique NFT fundraiser made waves, while Brian Stace took more than 50 meaningful walks for his Walk 4 Health & Helen campaign, honoring his late wife.



These events are just a glimpse of the incredible spirit and creativity our community fundraisers have. From morning teas and golf days to themed dress-up events and personal challenges, our supporters have shown that there are countless ways to Do It For Cancer.

Looking ahead to 2025, we invite you to join this movement. Whether you plan to honor a loved one or take on a new challenge, Cancer Council Tasmania is here to support you. Reach out to your local office in Devonport, Launceston, or Sandy Bay, visit doitforcancer.com.au or email specialevents@cancertas.org.au to get started.

Together, let’s continue building a community that stands strong in the face of cancer—one event, one connection, and one unforgettable memory at a time.



Leaving a legacy

Did you know Gifts in Wills are a major source of our funding that helps us to continue our work towards a cancer free future?

Leaving a gift to Cancer Council Tasmania in your Will is one of the most generous and forward-thinking actions you can take. It’s easier than you might imagine - it’s a straightforward part of making your Will.

Contact Carissa for more information today on email ccampbell@cancertas.org.au.

Get on track in 2025!

For 25 years, Relay For Life has proven that community spirit and collective passion can make real improvements to the lives of Tasmanians impacted by cancer. In 2025, we celebrate a quarter of a century of Relay For Life across the state, with over 6 regions hosting this flagship fundraising challenge. Friends, families and workmates will team up to raise funds and keep a baton moving around a track to signify that, “cancer never rests, so neither will we”.



Relay For Life challenges communities to come together, register teams and give hope to the one in two Tasmanians who will be diagnosed with cancer in their lifetime. With an estimated 4,000 Tasmanians being diagnosed with cancer in 2025, Relay For Life provides every Tasmanian an opportunity to fight back against cancer, celebrate those diagnosed, remember loved ones lost and work towards a cancer free future.

Did you know?

Relays are not all about walking, with a range of fun activities and entertainment adding to the celebratory atmosphere. There’s also the empowering Survivor and Carers Lap and the emotional Luminary Ceremony, all together an unmissable experience for participants of all ages, fitness and mobility levels.

In 2025, we aim to raise more than \$795,000 for patient support services, cancer research and education and prevention programs.

To register for Relay For Life, volunteer, or share your Relay For Life story, visit relayforlife.org.au, call 1300 65 65 85 or email infotas@cancertas.org.au

Investing in research

Did you know funds raised through events like Relay For Life are invested into Tasmanian specific cancer research initiatives including clinical trials, scholarships and research grants? Many are unaware of the incredible research being undertaken here in Tasmania, which has contributed to increased cancer survival rates (five years post-diagnosis) now at 68% compared to 48% over 30 years ago.

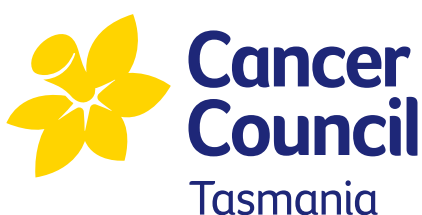
This is an incredible effort, but with the number of cancer diagnoses increasing there is more to do. If you can, please help us meet our purpose - to reduce the incidence and impact of all cancers for all Tasmanians - supporting us in any way you can.

You can't beat local support



IGA Tasmania is celebrating 15 years as Relay For Life's Principal Sponsor in 2025. IGA's support has been pivotal to the success of Relay For Life in Tasmania. 'You can't beat local' rings very true as IGA's generous sponsorship of Relay For Life has enabled us to expand our reach and services and make a real difference to Tasmanians impacted by cancer.

We look forward to another 15 years of this brilliant partnership!



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69 Howick Street, Launceston 7250 | Suite 2, 45 Best Street, Devonport 7310
Tel: 1300 65 65 85 | Email: infotas@cancertas.org.au | Web: 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. 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@cancertas.org.au. ABN 27 685 250 740.

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