

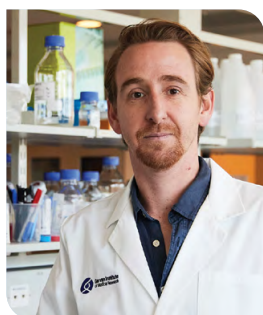
DAFFODIL NEWS



ISSUE 26
WINTER 2023



Daffodil Day grows our cancer research



Daffodil Day is set for Thursday 31 August, serving as a powerful symbol of hope and unity, bringing together the community across Tasmania and the nation to put the spotlight on and fundraise for cancer research.

Locally, Cancer Council Tasmania supports an extensive range of research projects. From the genetic analysis of breast, prostate and ovarian cancer to improving bowel screening and supportive care, these innovative projects are led by Tasmanian researchers to help advance our understanding of cancer and improve patient outcomes.

Cancer researchers like Associate Professor David Croucher (pictured) and his team are giving their all at the national level to find new and better cancer treatments.

This specific research investigates new treatment options for triple negative breast cancers that have spread. It concentrates on a specific pathway of signals between cells that are highly active in this type of cancer, but are not found in healthy cells.

Feeling inspired? There are plenty of ways you can make an important contribution to research breakthroughs this year on Daffodil Day:

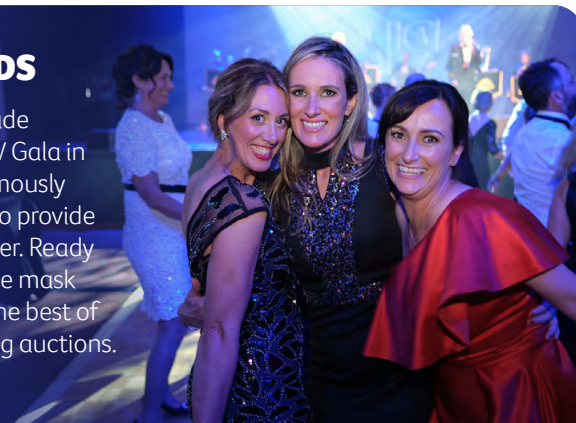
- Join us as an ambassador on one of our 50 stalls, selling blooms and raising awareness in the Tasmanian community.
- Create a Yellow Day Fundraiser at home or in your workplace.
- Donate – because making a financial contribution is a simple yet powerful gesture and every dollar counts.

For all that cancer takes, give to cancer research this Daffodil Day. Your generosity helps us support vital projects here in Tasmania and around Australia. Go to daffodilday.com.au/tas using this QR Code to get started.



MASQUERADE GALAS SETTING NEW RECORDS

Preparations are in full swing for Hobart and Launceston's Masquerade Galas, riding high following the record-breaking success of June's NW Gala in Devonport – which raised over \$125,000! These funds have an enormously positive impact on Cancer Council Tasmania's capacity to continue to provide vital supportive care to people in our communities impacted by cancer. Ready to party for a great cause? Gather your friends, plan your masquerade mask and prepare for an evening of intrigue at our upcoming galas, with the best of Tasmanian entertainment and something for everyone in our exciting auctions. Book now at cancer.org.au/events/gala-events



Hello and thank you for opening our latest edition of Daffodil News – My final as the CEO of Cancer Council Tasmania.

As always, there is a lot to talk about with so many positive stories and outcomes being achieved across the organisation right now, but when I look back over the last 10 years I know I could write a book!

The growth of our supportive care programs, the establishment of our two cancer support centres and an increase in the breadth and reach of our services has been a positive outcome for us, but importantly for those who we have supported and continue to support.

Our transport2treatment service has expanded to 9 vehicles and in 2022-23 we will have completed over 6,000 trips state-wide which ensured our clients were able to access their treatment appointments. An extraordinary achievement and I would personally like to thank our many volunteer drivers whose commitment and support of our clients is integral to the provision of our quality transport program.

We have been able to connect with many Tasmanians and deliver evidence-based messages from our Cancer Prevention and Quit Tasmania teams to ensure Tasmanians know how to reduce their cancer risk, and consequently have seen smoking rates reduce and more people taking the initiative to get checked and participate in national screening programs.

It has been an amazing experience to be the CEO of this very special organisation. I have met courageous people who have put my grumbles into perspective, worked with a stunning, dedicated team and had the support of outstanding volunteers and the Board of Cancer Council Tasmania. Thank you for the privilege and opportunity. Stay safe.



A handwritten signature in black ink that reads "Penny".

Penny Egan, CEO
Cancer Council Tasmania



Revealing the true cost



Did you know the cost of smoking has risen even further? Smoking 20 cigarettes a day can cost an incredible \$13,213 every year!

Quit Tasmania received wide media attention on 31 May for World No Tobacco Day. With the theme for this year being “Grow food, not tobacco”, the team showed how much food you can buy per week for the same cost of only 5 packets of cigarettes – an amazing \$253 worth!!

To find out just how much smoking is costing you, visit the interactive calculator on the Quit Tasmania website using this QR Code, or go to quittas.org.au



Launceston’s biggest fundraiser is back!

Our Women’s 5km Walk/Run returns on Sunday 10 September, setting out from City Park through the streets of Launceston, and this year we’ve set a fundraising goal of \$160,000.

Join us in embracing a fresh look this year, with our new logo and stylish t-shirt available for purchase. Thanks to Harcourts Launceston, our principal sponsor, for their ongoing support, ensuring this event continues to make a lasting positive impact with the Tasmanian community.



Don’t miss this empowering event that unites Launceston for a brighter future as we all come together against cancer. Visit womens5k.org.au using this QR Code for more information.



Caring for diverse communities around Tasmania



Service providers meeting

Our supportive care team has increasingly been getting out into our community, providing education about services we provide at Cancer Council Tasmania.

We have a presence at hospitals and treatment centres across the state and hold regular

meetings for oncology service providers to share information and catch up.

Healthcare professionals appreciate updates about our services, as the stressors of the last couple of years have made it easy to forget what's available for cancer patients. As well as attending medical oncology meetings, we assist staff with referrals and have a presence on the wards. These visits to oncology units allows us to provide in-private or in-chair support to clients who may not be able to travel to our centres.

We work with community services too, and recently caught up with the Kingston School for Seniors after they lost a beloved member to cancer. When our staff attended their ABMT fundraiser, the members were able to learn about our services and express their grief.

We recently collaborated with The Lions Club of New Norfolk and The Pantry in Derwent Valley to provide firewood and food hampers to a young family in the area which has been financially impacted by cancer. Our clients have been overwhelmed by the support and generosity received from CCT and their local community.

For clients and volunteers alike, t2t is life-changing

Many of you will have heard about Hobart schoolboy, Ollie Holmes, who bravely stepped up to tell his cancer story in support of our Tax Appeal.

Ollie was inspired to do what he could to give back to those who had made such a crucial difference in his young life – Cancer Council Tasmania's transport2treatment program (t2t) and its dedicated volunteer drivers.

Ollie was diagnosed with a life-threatening tumour in 2021, located deep within his brain. Emergency surgery removed 90% of the tumour, but Ollie's fight was just beginning, with intensive radiotherapy and chemotherapy commenced immediately.

The family was entering a frightening and uncertain world, never sure what the outcomes would be for Ollie.

Without a driver's licence, one of the key challenges for Ollie's mum Barbara was getting him to critical fortnightly treatments and access to our free t2t program was life changing.

"I'd heard about Cancer Council Tasmania and when I rang the Supportive Care team, I just couldn't believe that there was so much help and support available to me at no cost", says Barbara.

While getting the family to and from appointments safely, volunteer driver, Peter, was deeply impacted by Ollie.

"For a young man who has been through the treatment that he has, Ollie is the most remarkable person that I have had the privilege of driving. He is extremely well educated, even though he has missed a large amount of school, plus he is the most polite person you can imagine".

Over the last two years, our team has continued to provide Barbara with emotional support and practical assistance, and she says, *"continued access to the t2t program has been more than just a drive to treatment - it has saved our lives".*

For Peter's part, being one of the t2t team has meant meeting a lot of amazing people. *"I can only say how lucky I have been in life",* says Peter, *"and to take these extremely brave people to their medical appointments is an absolute pleasure".*



New TV campaign sounds a warning



Have you seen Quit Tasmania's new "Sounds Like" anti-smoking TV campaign? It focuses on the early health impacts of smoking including a persistent cough, wheezing, breathlessness, and gum disease. People will recognise these sounds and signs in their own bodies and the campaign prompts them to start their quitting

journey.

Smoking is a main cause of Chronic Obstructive Pulmonary Disease (COPD), which is a group of lung diseases that cause a shortness of breath, increased production of phlegm/mucous and a persistent cough.

At first, a person might become breathless from walking up a slight hill, but in the later stages, people can become too breathless to do simple things like getting themselves dressed in the morning.

Quitting smoking is one of the best actions people can take for their health and quality of life. The campaign acknowledges that quitting may not be easy, but there is help and support available.

The Tasmanian Quitline is a free telephone information and support service that has been supporting Tasmanians to quit smoking since 1995 – just call 13 78 48 (13 QUIT).

Cancer prevention and health was our focus in July

Did you join Cancer Council Tasmania and go dry this July? We made the pledge to give up alcohol for 31 days to raise funds for our vital 13 11 20 Information and Support Line. This free and confidential phone line is available to all Tasmanians who have been impacted by cancer and is an integral service to the community.

We know that giving up alcohol isn't always easy, but focusing on the benefits of reducing our alcohol intake can help to keep us motivated. Research shows that alcohol causes at least 7 different types of cancer, so reducing your intake will not only reduce your risk, but you can also expect to see many health benefits such as a clear head, better sleep, weight loss, increased energy levels, healthier skin and improved mental health.

In addition to going without alcohol for a month, our team members took the challenge a step further with many of us giving up chocolate, fast-food, caffeine and time in front of the TV.

Our Dry July Team Leader, Jenna Sceney, describes her experience as *"a great opportunity to take an holistic look at your health and implement simple swaps to feel better. Instead of Friday night knock-off drinks I've been cooking with my family and have replaced chocolate with healthy homemade slice. Now I've got less brain fog in the afternoon and more energy"*.

Try the interactive body tool at Alcohol Think Again using this QR Code, to learn more about the health effects alcohol can have on your body.



Jenna (centre) with Tammy from our Sandy Bay retail shop and CCT CEO Penny Egan



Braving the cold for a cause

Keen to make a difference this winter, Simon Banks is taking the plunge (make that MANY plunges!) through our Do It For Cancer program with his Cold Water Challenge. For Simon, this is personal, having survived cancer himself, and having lost loved ones over the years.

Each week over winter he has challenged himself to dive into Tasmania's coldest waters while showcasing the beautiful state that we live in online - all in an effort to raise awareness and funds. To get involved with his journey, join Simon's Facebook group @CWC23 or use this QR Code to donate to his page.

If Simon has inspired you to challenge yourself for Cancer Council Tasmania, head to doitforcancer.com.au and choose the "Do Something Active" option to create a personalised fundraising page and set your own goal!

We're joining Simon in making a difference in the lives of Tasmanians impacted by cancer, one cold water plunge and fundraising event at a time, and you can too. If the CWC23 spirit takes your fancy, meet Simon and our team at Bellerive at 9am on Sunday 3 September for the final plunge.



Simon with Meagan and Marg from our Southern Supportive Care team



Montana's Biggest Morning Tea for mum

Mother of three, Cheryl, was diagnosed with stomach cancer in July 2022. Despite pandemic safety measures preventing them visiting, her family remained strong and close. Daughter Montana recalls, "We had a few good days together at home, but Mum's health declined, and she had to go back to the hospital."

When the family finally reunited, Cheryl's doctors confirmed that her case was terminal, and a few days later, she passed away. "It was only 46 days after her diagnosis", says Montana. Within a week, the family was struck by another tragedy when Montana's father, Rodney, also passed away suddenly.

The desire to make her mum proud inspired Montana to host a Biggest Morning Tea at her workplace, which she knows will be the first of many to come. Montana aims to raise awareness about how quickly cancer can devastate families. Her fundraising efforts on our behalf ensure that support is available through Cancer Council



Montana and Cheryl with family

Tasmania for families facing similar struggles. "I want to bring people together and let them know it's okay to talk about it."

Montana works at AJL Group in Burnie, where her colleagues eagerly joined forces to support her cause. Co-workers contributed an abundance of food and donations poured in. Filled with laughter and joy, the morning tea featured games to win mystery boxes and a raffle stacked with prizes donated by local businesses. "I am incredibly grateful for all the support I received from AJL", Montana expressed. Trudy, her friend from work, played a vital role in helping organising the morning tea, and CEO Andrew Larson

wholeheartedly backed the fundraising efforts, pledging to match the day's donations.

Initially setting a target to raise \$2,000, Montana's final fundraising tally reached \$8,867, making it the second-highest fundraising total in Tasmania for Biggest Morning Teas in 2023.

Seize The Day stories: Ailish

Ailish Ansell was just six years old when her Mum passed away from breast cancer, changing her life forever.

Losing a parent at such a young age has far-reaching and long-lasting impacts. Loss of income and the grief experienced by the surviving family members create a social, emotional and educational impact that takes great resilience and courage to recover from.

Ailish made it through and pursued a university degree to honour her Mum's memory.

"My Seize the Day scholarship from Cancer Council Tasmania gave me the ability to create a sound start to my university education", says Ailish. "I used my scholarship funds to

purchase some required materials for the undergraduate degree.

Since then, I have commenced my Masters in Professional Psychology and I look forward to commencing full time professional work as a psychologist. I will be forever grateful to Cancer Council Tasmania for providing me with the resources to start my University journey on the best possible foot".

Every year, Cancer Council Tasmania offers Seize the Day Educational Scholarships to young Tasmanians impacted by cancer who are undertaking post-secondary studies.

Please contact on 1300 65 65 85 if you would like more information or apply online using this QR Code.



Support local this season



Our much-loved boutique Op-Shop, Clothes4Cancer in Devonport, is your one-stop-shop this winter. Dedicated staff and volunteers are ready to welcome the North West community, whether you are dropping off donations, or in need of some new winter essentials to keep warm. Look for our iconic yellow daffodil, and pop in to see us at 15-27 Murray Street, East Devonport.

DID YOU KNOW?

- We are open Monday to Friday, 9am-5pm
- Our exciting window displays are always changing
- C4C has a friendly atmosphere with great music
- You can explore a wide variety of new and pre-loved items
- We stock clothes, bric-a-brac, books, jewellery and so much more!
- All funds raised in Tasmania, stay in Tasmania

Daffodil News is our connection to community



It takes all of us to fight cancer, and our quarterly Daffodil News and monthly Daffodil E-news are two of the ways we share information about our prevention, supportive care, fundraising and events with Tasmanians. To subscribe, send us an email at infotas@cancertas.org.au and let us know your preferences. You can also follow us on Facebook and Instagram at @cancertas, because there are many ways to get involved this Winter: visit a Daffodil Day stall, register for Women's 5km, set up workplace giving, organise a bequest to support our Future Fund, or make a direct donation today using this QR code.



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@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.