

# DAFFODIL NEWS

Issue 24  
Winter/Spring  
2022

## We are here to support you

Throughout the pandemic, we have continued to deliver Supportive Care services to Tasmanians impacted by cancer.

In order to keep our clients safe, we have modified our services to allow people to access support in a way that feels safe for them. Our team provide support and information over the phone, via email or in person, like Stan (pictured).

Our complimentary therapy programs such as yoga, mindfulness, tai chi and pilates are offered online and we were delighted to return to face-to-face group programs in April.

Adapting to our changing times has inspired us to develop new initiatives, such as an online cancer support group and an online bereavement support group for people who have lost a loved one to cancer.

Developing our online services has been beneficial, not only for managing the risk of COVID-19, but has also allowed access to services for people who are geographically isolated, immuno-compromised, socially anxious, or too unwell to attend programs in person at our Cancer Support Centres.

If you would like to learn more about our services, scan the QR code or visit [cancer.org.au/support-and-services/support-information-centres/tas](https://cancer.org.au/support-and-services/support-information-centres/tas)



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### DID YOU KNOW?

Nearly 90% of Tasmanians who attend our Cancer Prevention presentations commit to making a positive change.

Read more on page 7.

# A MESSAGE FROM THE CEO



Hello and welcome to our Winter/Spring edition of Daffodil News. Our start to 2022 was impacted by COVID-19, but there has still been a lot happening.

COVID-19 caused us to halt our face-to-face support groups and programs, however, our centres in Launceston, Devonport and Hobart remained open. We also continued to provide one to one support and several of our complementary programs on-line. It was wonderful to reopen the Northern Cancer Support Centre in Launceston, post the flooding back in October, and we have now recommenced our group programs. To date we have supported 13 young people on the North-West coast through our new KidzCan program which offers financial assistance to young people under 25 who are impacted by cancer, and earlier in the year provided educational Seize the Day Scholarships to 30 young Tasmanians, to assist them with their studies.

Additional State Government funds allowed us to invest into a new cancer prevention social marketing program. Over the last few months you may have seen our series of television advertisements and social media content featuring Tasmanians, encouraging people to get checked.

Thank you to everyone who has supported Cancer Council Tasmania over the past few months, through donations, fundraising, sponsorships and in-kind support. We are

privileged to have many volunteers who continue to help us in so many ways, on our committees who helped organise Relay For Life events back in March, and to our event committees who assist us with our breakfasts, lunches and gala events.

Over the past few months, we have taken some positive steps to work more with priority populations, expand and proactively look at what more we can do in relation to inclusivity and diversity, and initiated actions to ensure that we are a more sustainable business. Lots of important and great work by the team at Cancer Council Tasmania.

I hope you enjoy this fabulous edition of the Daffodil News and that you can read it with a cuppa... and if you hosted or attended an Australia's Biggest Morning Tea or helped us celebrate Daffodil Day, thank you for the support.

Stay safe.

**Penny Egan, CEO**

## Weight loss and reduced appetite cancer study

Weight loss and reduced appetite are common symptoms experienced by patients with cancer and can be related to the disease itself or to the cancer treatment. These symptoms affect different people in different ways.

If you have a cancer diagnosis and have weight loss and/or reduced appetite, you are invited to take part in a quick 20-minute online survey. Your details will remain anonymous, and you can go back and complete the survey at any time.

The valuable information you share will provide insight into cancer-related weight loss and, as a result, may help shape best practise management and quality of life for cancer patients.

**Simply scan the QR code here with the camera on your phone to get started.**



Ethics approval through St. Vincent's Hospital, Sydney, HREC APPROVAL NUMBER: 2020/ETH00579

# New CCT Research Fellow, Dr Kelsie Raspin

Cancer Council Tasmania continues to contribute to Tasmanian-based cancer research with over \$6.3 million invested over the past 27 years. In 2022, CCT provided research grants to Dr. Liesel FitzGerald for her research into “Using tumour markers to improve prostate cancer diagnosis and treatment options”, and to Dr. Kehinde Obamiro for his research into the “Co-design of an educational intervention to improve bowel cancer awareness and screening in a rural community.”

Sophie Navickas is the Cancer Council Tasmania Evelyn Pederson Elite PhD Scholarship recipient, and is conducting research into “The role of the BRG1 protein in regulating epigenetic changes in medulloblastoma cancer cells”. There are plans to award two more elite PhD scholarships this year.

Cancer Council Tasmania’s new Research Fellow is Dr. Kelsie Raspin (pictured), who was recently awarded the Cancer Council Tasmania Joy and Robert Coghlan/College of Health and Medicine Postdoctoral Research Fellow. This fellowship is valued at \$200,000 over two years. Dr Raspin’s research will address “A critical gap in our understanding of genetic changes that contribute to prostate cancer development and its progression to metastatic disease.”

In 2022, Cancer Council Tasmania will again contribute funds to the clinical trials programs at the Royal Hobart Hospital and the Launceston General Hospital. The most recent reports provided to our Scientific and Research Committee indicate the great work being done by the trials teams, and outlined the increasing number of trials being conducted here in Tasmania.



## Welcome to our newest Board Members

In June 2021 and May 2022, Cancer Council Tasmania appointed our next intake of Board Members: an equally rare and special opportunity to help shape the future of our organisation.

Our Board was looking for successors with skills across marketing, government relations, primary health care and clinical experience, as well as digital operations and strategy. We had a significantly high number of applicants for these positions, and are delighted to introduce our three new Board Members – Julie Tate, Louise Hannan and Moya Fyfe.

Each Board Member comes to us with a myriad of experience in the health, digital and not-for-profit sectors, reinforced by a desire to give back to the community through an organisation that aligns with their personal values.

Cancer Council Tasmania congratulates and welcomes Julie, Louise and Moya on their newly appointed roles. We look forward to sharing in their valuable insights and expertise over the coming years.



**Julie Tate**



**Louise Hannan**



**Moya Fyfe**



Late last year we launched KidzCan, a new financial assistance program for children and young people living in Tasmania’s North-West region, whose lives have been impacted by cancer.

Generously funded by Koinz4Kidz, this program offers assistance for educational costs, mental health services, extra-curricular lessons and community programs. Our aim is to make life a little easier for kids who are struggling with their own cancer diagnosis or that of a close family member.

So far, we have supported 13 young people, including Hayden and Ewan pictured here, and referrals are starting to increase. We are delighted to have contributed to school fees and to have provided school laptops, sports club fees and sporting equipment. Staying connected at school, being involved in the local community and doing things they love all help young people to cope with stressful circumstances. We are very grateful to the additional funding we have received from SeaFM, 7AD and 7BU which enables us to deliver KidzCan.

For more information please email us at [under25program@cancertas.org.au](mailto:under25program@cancertas.org.au), call 1300 65 65 85 or send us an enquiry via our online form on the website [cancer.org.au/support-and-services/support-groups/tas/support-services-enquiry-form](https://www.cancer.org.au/support-and-services/support-groups/tas/support-services-enquiry-form)



## Chelsea’s message: when in doubt, check it out



Chelsea De Main is a Tasmanian whose life has been touched by cancer. After recounting her story with us, Chelsea wanted to share her message with others in the hope that it may help even one person detect cancer early.

Chelsea noticed a spot on her nose that didn’t go away. She thought it best

to get it checked, assuming it was probably just a blocked pimple or something similar. Test results proved it was a Squamous cell carcinoma, a type of skin cancer, that had to be removed surgically. Naturally, Chelsea was relieved

that she was proactive in getting the spot checked, saying *“it’s something that can be removed so easily, particularly when found early and stopped from spreading.”*

Following her cancer scare, Chelsea now has regular skin checks. She encourages others to do the same, especially those with a darker skin tone like Chelsea, as it is commonly thought that regular skin checks aren’t as important. Although Squamous cell carcinomas (and Basal cell carcinomas) are not as serious as Melanoma, if left untreated they can cause other issues, like disfigurement, and on rare occasions even lead to death. If found early this type of cancer is nearly always treatable, without complication.

**If you notice something new or different on your skin, it always pays to get it checked.**

# Homa's story



Homa pictured in the garden of the Launceston Cancer Support Centre with Supportive Care staff Megan, Di and Luisa (l-r).

Homa found her way to Cancer Council Tasmania's Support Centre when a friend mentioned the services we provide to individuals and their families who have been impacted by cancer.

Initially, Homa used our Northern Cancer Support Centre (adjacent to the Holman Clinic in Launceston) as a refuge between her twice-daily sessions of radiation, where she would work on her laptop with a coffee and enjoy the relaxing atmosphere.

***"I found the space to be relaxing, it was informal, welcoming and not too far from the hospital."*** – Homa

Homa was diagnosed with soft tissue sarcoma – a rare type of cancer – in her left elbow. With her regular GP on leave, Homa took on a self-advocacy role to speed up her request for a biopsy of a fast-growing lump. What followed was an ultrasound, MRI and last-minute meeting with an orthopaedic surgeon who confirmed a biopsy was required. Upon referral to a colleague in Melbourne, the diagnosis of a soft tissue sarcoma was made.

After having nearly six weeks of radiation and a complicated 10-hour operation to remove the tumour and reconstruct

her arm, Homa faced a lengthy recovery. Despite all she endured, unfortunately the cancer returned. Homa then became the first person in Australia to receive an Isolated Limb Perfusion (ILP) – chemo in the arm through the main artery and vein – which resulted in horrific side effects in her hand. In April 2012, Homa made the huge decision to proceed with an above elbow amputation. The journey has been incredibly difficult, including constant phantom pain that has not responded to medication.

Determined to make a difference in the future of cancer care, Homa participated in our Patient Partner Program (P3), conducted by the University of Tasmania. The program allowed Homa to share the impact of her experience in detail, which gave her a voice to inform medical students' future practice. Homa has also advocated for herself and others around equity for travel costs, particularly when they are not entitled to a Health Care Card.

Cancer Council Tasmania has been able to support Homa through her cancer experience, with the Northern Cancer Support Centre providing a 'home base' for her throughout her treatment. Homa was able to access free parking at the centre, have a free oncology massage and utilise our financial assistance program.

Homa loves to socialise and read, plays table tennis, volunteers in her spare time, and is grateful for her family, friends and for her persistence. Homa has faced many challenges throughout her cancer experience. She hopes that by sharing her story with others, it will bring further awareness to those who may have to travel a similar path, and remind them that they are not alone.

# Symptom awareness and early detection

Some cancers can be detected at an early stage, when treatment is likely to be more effective. It is a good idea to get to know your own body, so you notice any changes early and visit your doctor.



## THINGS TO LOOK OUT FOR:

- Lumpiness or a thickened area in your breasts, any changes in the shape or colour of your breasts, unusual nipple discharge, a nipple that turns inwards (if it hasn't always been that way) or any unusual pain.
- A lump in the neck, armpit or anywhere else in the body.
- Sores or ulcers that don't heal.
- Coughs or hoarseness that won't go away or coughing up blood.
- Changes in toilet habits that last more than two weeks, or blood in a bowel motion.
- New moles or skin spots, or ones that have changed shape, size or colour or that bleed.
- Unusual vaginal discharge or bleeding.

- Unexplained weight loss or fatigue.
- Blood in your urine or semen.
- Frequent need to urinate.
- Pain or burning while urinating.
- Weak urine stream.
- Lump in the testes which may sometimes (but not always) be painful.

Often some of these symptoms may be connected to a less serious illness, however it is still important to get checked. For more information about early detection of cancer, scan this QR code or visit [cancer.org.au/cancer-information/causes-and-prevention/early-detection-and-screening](https://cancer.org.au/cancer-information/causes-and-prevention/early-detection-and-screening)



## All Cancers. All Tasmanians.



Sophie, one of our Cancer Prevention Project Officers, recently delivered an education session to a women's group at the Phoenix Centre in Launceston.

The Phoenix Centre is a specialist mental health service that operates as part of the Migrant Resource Centre Tasmania. The Phoenix Centre provides therapeutic and individual mental health and wellbeing support, mental health promotion, prevention and early intervention, and capacity building activities to people from a Culturally and Linguistically Diverse (CALD) background.

The group consisted of mostly women from Afghan backgrounds. The group had expressed an interest in skin care and wanted to ensure they had all the information they needed to best orientate themselves to Tasmania and Australia. It was a great conversation-style session in which the group could learn how to be SunSmart and reduce their

risk of skin cancer.

Our Cancer Prevention Team would like to thank the Migrant Resource Centre Tasmania for allowing us to be a part of the session. We are excited for future collaboration opportunities to be more inclusive and diverse, to help everyone in the Tasmanian community to reduce their incidence and impact of cancer.

**If you would like to book a Cancer Prevention Education session for your school, organisation or community group, please contact us on 1300 65 65 85 or [prevention@cancertas.org.au](mailto:prevention@cancertas.org.au)**

# Creating positive change

**88%**

of people tell us they will make a positive change after attending one of our Cancer Prevention presentations.

We talk to people about ways to reduce their risk of preventable cancers, through modifying lifestyle factors. We also share ways to improve early detection rates through being aware of signs and symptoms and participating in cancer screening services.

Our Cancer Prevention team works in a supportive and non-judgemental way when sharing information to community groups, schools and businesses.

**If you would like to request an information session with our team, please contact us on 13 11 20.**

## Step out in style

Our ever-popular Daffodil Boots are here to take you from A to B in style.

Crafted by Blundstone Australia, these fabulous boots are embossed with our daffodil emblem, black on the outside, and bright yellow on the famous elastic Blundstone sides. The daffodil is the universal symbol of hope for cancer, so now people can wear it with pride.

**Available now at our 15 Princess Street, Sandy Bay retail store or online at [cancercouncilfundraising.com.au/boots](http://cancercouncilfundraising.com.au/boots)**

**Blundstone**

TASMANIA AUSTRALIA 1870



# Wellbeing workshops



In March this year, we ran a Wellbeing Workshop for people impacted by cancer on the Tasman Peninsula. The workshop was well attended, with thirty locals coming along to hear about our Supportive Care services and learn about other programs on offer in their community.

During the session, participants took part in a gentle exercise session, did some mindfulness meditation, and enjoyed a delicious and healthy lunch provided by the Eaglehawk Neck Community Hall committee.

It is always wonderful to share our services with people in the community beyond our Cancer Support Centres, and we are very grateful to the Tasman Council Community Grant for funding this event. Thanks also to everyone who attended and made it such a lovely day.

## Transport when you need it most

At the recent Unite In Yellow Gala Dinner in Devonport, Cancer Council Tasmania had an exceptional auction item up for grabs – the opportunity to sponsor the running of a transport2treatment (t2t) car for 12 months, and feature the winning bidder's company logo on the car.

Three generous businesses each pledged \$17,000 to cover the running costs of three t2t vehicles for a 12-month period. The extraordinarily valuable support of SeaRoad, Booth Transport and DeJong & Sons Constructions has ensured that three t2t cars can stay on the road, helping our clients get to vital cancer-related appointments in the Devonport and Hobart regions.



## We are driving green!

Earlier this year, Cancer Council Tasmania partnered with Aurora Energy to help improve the environmental sustainability of our organisation.

Aurora generously loaned Cancer Council Tasmania a fully electric vehicle to trial for daily use across events, running errands, attending meetings, staff travel and our vital transport2treatment (t2t) service. Affectionately named 'Sparkie', this electric vehicle made a significant impact on reducing our emissions and helping our Sustainability Committee to identify new goals for the future of our transport.

With nine cars in our fleet, it is important to consider how to be more environmentally friendly – especially when over 270,000kms were covered by our t2t service in the last financial year. That's the equivalent to driving around the world roughly 6 times!

**Cancer Council Tasmania is thrilled to be a part of the electric vehicle movement, and would like to extend our gratitude to the team at Aurora Energy. Thank you!**



## Entertainment for the whole family

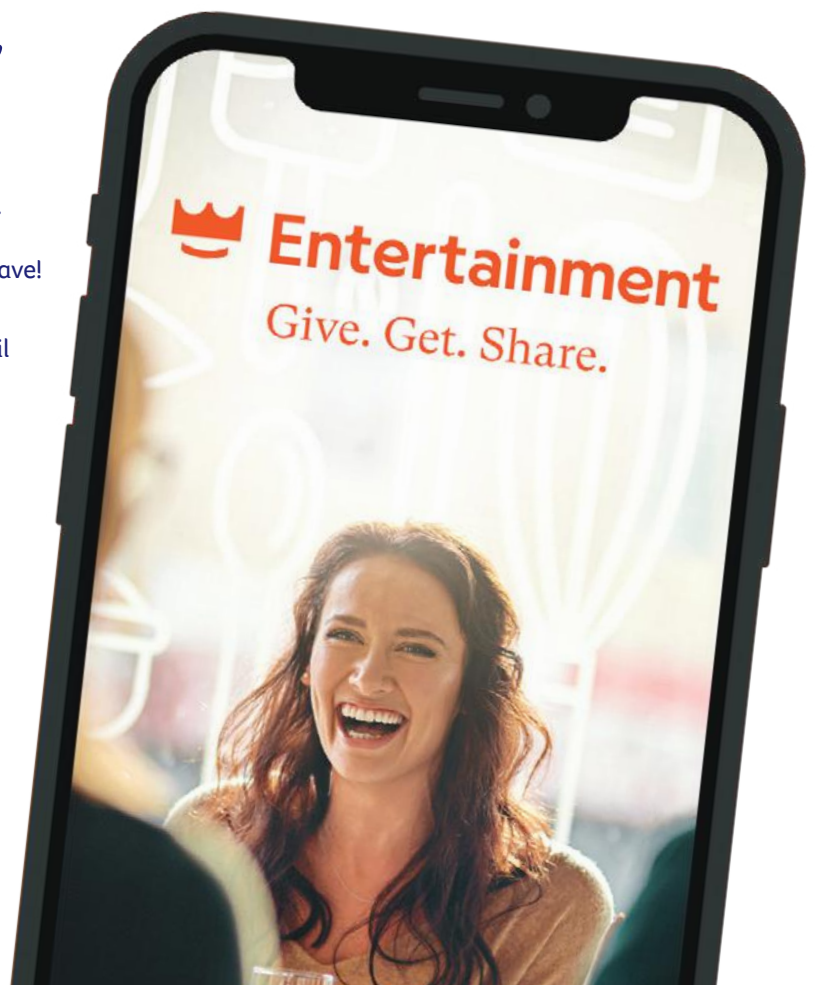
The Entertainment Book is back and better than ever. It has now evolved to become an easy-to-use app featuring even more opportunities to play, dine and save!

By purchasing a membership with Entertainment, you'll be helping to raise vital funds for Cancer Council Tasmania's Supportive Care services, prevention programs, transport services and cancer research.

**Download the app today, available on Apple and Android stores, or scan this QR code to purchase your membership online.**



 **Entertainment**





## Cheers to the Rumblers



Every year the Rumblers Rod and Custom Tas. Inc. host a day of fun and entertainment in memory of their good friend “Disco” Dave Tyquin. Thanks to the generosity of the Rumblers’ community, their 2022 Day for Dave raised a total of \$3,500 for Cancer Council Tasmania. We are very grateful for your support Rumblers – thank you!

## Community fundraisers

Cancer Council Tasmania wouldn’t be able to continue our Supportive Care services, prevention programs, transport services and cancer research if it wasn’t for the generous fundraising happening in our community. Here is a snapshot of just two of the many fundraising events taking place in our communities around Tasmania.

**If you’d like to host your own fundraiser, please get in touch today!**  
Call 1300 65 65 85 or email [specialevents@cancertas.org.au](mailto:specialevents@cancertas.org.au)

# 158 reasons to celebrate: Meet Lewi Taylor.



Lewi is a young Tasmanian who set himself an impossible goal to complete the most difficult endurance hiking challenge in Tasmania – and arguably Australia – to raise funds for Cancer Council Tasmania.

Climb 158 Abel Mountains in 158 days and raise \$158,000 – that’s the goal! But this was not an easy task. The Abels are a range of mountains in Tasmania, each peak measuring 1,100m high and separated from other mountains by at least a 150m drop on all sides of its summit. This makes an Abel a prominent and challenging mountain to climb.

Touched by cancer in his personal life, Lewi was determined to contribute to our cause and make a positive difference in the lives of Tasmanians impacted by cancer. Through the generosity of sponsorships, the power of social media and Lewi’s sheer athleticism and commitment, the #158challenge was born.

Lewi reached new heights in mountaineering greatness. Hiking through rough terrain, competing with the ever-changing weather and scaling some of Tasmania’s most notorious mountains, such as Federation Peak. The challenge took around 6 months to complete, culminating with the final 158th climb to the summit of kunanyi/ Mount Wellington on Lewi’s 30th birthday.

We are delighted to announce that not only did Lewi beat the record for climbing 158 Abel Mountains by 2 years, but he has also raised over \$165,000! What an amazing effort! All funds will stay right here in Tasmania, ensuring that Cancer Council Tasmania can continue to deliver our vital supportive care services, transport2treatment, prevention programs and invest in cancer research.

If you would like to show Lewi your support, donations will be accepted until 30 September 2022. You can also relive his journey on Instagram [@tassie.taylor](https://www.instagram.com/tassie.taylor)

**From all of us at Cancer Council Tasmania, congratulations and thank you, Lewi!**

# Relay For Life

Relay For Life is Cancer Council Tasmania's biggest fundraising event, as we see thousands of people walking around tracks across the state for up to 20 hours.

As each Relay event begins, we **CELEBRATE** loved ones who have survived their cancer diagnosis. What follows is certainly the most emotional part of the event – the luminary ceremony – where we **REMEMBER** those who we have lost to cancer. And finally, to close Relay, we pledge to **FIGHT BACK** against cancer, as we raise money for prevention and clinical research.

We were thrilled to welcome Her Excellency the Honourable Barbara Baker AC, who opened the Penguin Relay For Life in February. Many sponsors and supporters also joined us to participate and cheer on fellow Relayers.

At the four Relay events held so far this year, we have had more teams registered than in 2021, however we did see less participants onsite due to the onset of COVID-19 isolation requirements. But that didn't dampen the atmosphere, with a huge uptake from schools (in Launceston, particularly) and a great, fun day was had at each event.

There are two more Relay events coming up later in the year, for those who may have missed out. Our Huon Valley Relay will take place on 29-30 October 2022, while the Northern Midlands Relay will be held on 12 November 2022 in Longford. Our team of Relay Event Coordinators continue to focus on engaging with our communities, and along with the support of some amazing volunteer committees, we are able to put together these memorable events. See you at the next Relay!

“ *Very few of us have been lucky enough not to have had cancer impact on us personally whether it be through our friends, our families or ourselves. Relay For Life gives us the opportunity as a team to work/walk together and make a combined contribution to something that we all value. I consider us all lucky to have had that opportunity.*

— **BEN CHARLES**



Over two consecutive weekends in March 2022, we hosted **four Relay For Life events across the State** (Circular Head 19 March, Launceston 19-20 March, Hobart and Penguin 26-27 March).



Overall, there were approximately **3,000 participants**.



Thank you Tasmania – together you **raised over \$515,000!**



Thank you to all **volunteers, committees, participants & fundraisers** who attended.

## THANK YOU TO

**Principal Sponsor**  
IGA Tasmania



WHERE THE *locals* MATTER

**Signature Sponsors**  
Bendigo Bank,  
TasGas & Downer

 **Bendigo Bank**

 **TasGas**

 **Downer**  
Relationships creating success

## REGISTER TODAY

for Relay For Life 2022 & 2023 at  
[relayforlife.org.au](https://relayforlife.org.au)

# 2022.



## Celebrate. Remember. Fight Back.

## Downer's High-Vis Heroes fundraising for a cause close to home.

Supporting Cancer Council Tasmania's Relay For Life event meant a great deal to staff at Downer Tasmania.

With more than 10 Tasmanians diagnosed with cancer every day and the highest cancer rate per capita, many people in the Downer family have been affected by cancer. It's one of the reasons Downer decided to be a major sponsor of Relay For Life.

*"Four women in my immediate family have been affected by cancer. I have lost three, and my twin sister is terminally ill,"* reflected Lisa Hingston, Downer Tasmania's Business Finance Partner.

*"My sister has uterine cancer. She's defied the doctors by surviving this long, and it's meant we've been able to tick things off her bucket list. She's seen her daughter graduate Uni, we visited Queensland where we spent many childhood holidays, and she made it to my son's wedding. These were the things she wanted to do,"* said Lisa.

After experiencing the challenges of transporting her mother-in-law to treatment every day, Lisa was pleased to be raising funds for Cancer Council Tasmania's transport2treatment service.

39 people from Downer Tasmania, and VEC Civil Engineering (a Downer company), made up teams to take part in the Penguin and Hobart Relay events. 'Downer's High-Vis Heroes' were hard to miss!

The Downer staff were serious about taking on the Relay challenge, raising money and putting the fun into fundraising. And they weren't afraid to look silly doing it either: donning their most embarrassing jumpers for Ugly Jumper Day, devising ways to guess the number of lollies in the Lolly Jar competition that only engineers could think of, and taking a punt on where in the coop a chicken might poop in the Chook Lotto fundraiser. A human size chicken even made an appearance at that strange and unique event!



*"We had 78 sore feet, 39 sets of sore leg muscles and a bit of sleep deprivation across the Downer Tasmania business after the Relay For Life event,"* said Marcus Stephens, Downer's General Manager – Tasmania.

*"But everybody agreed it was worth it. It was an outstanding event to be part of."*

The significance of the event made a big impact on the team members.

*"The atmosphere of the event was captivating, just knowing that all the people there have their own stories,"* said Denny Mukundu from Downer's High-Vis Heroes – Hobart team.

Being part of the event had other benefits too.

*"It provided a great opportunity to get to better know my colleagues that I don't usually work with,"* said Denny.

Downer's High-Vis Heroes are proud to have raised more than \$13,000, and happy to know every cent of that will go to people whose lives are affected by cancer.

# The Longest Day

Over the summer months, Cancer Council Tasmania put out a call to all local golfers and esteemed golfing clubs to take part in our new fundraiser, The Longest Day.

Not for the faint-hearted, this ultimate golf challenge is designed to test skill, strength and stamina. Participants are on the green from dawn until dusk, playing 36, 54 or 72 holes of golf, all to raise funds for Cancer Council Tasmania's Supportive Care services, prevention programs and research.

Through all their hard work on the green (and in the bunkers), Tasmanian golfers raised just over \$45,000 for Cancer Council Tasmania. Thank you!

We would also like to extend our gratitude to cancer survivor, champion fundraiser and valued member of the Cancer Council Tasmania family, Paul Fallon (pictured third from left). Paul took part in The Longest Day at Royal Hobart Golf Club and raised nearly \$10,000!



This was a particularly important event for Paul, as 72 holes – or four rounds of golf – represents around half the distance of the Kokoda Track, another fundraising challenge Paul participated in to raise funds for our organisation.

**If you would like to register for The Longest Day 2022, fundraising is open anytime between December and February. Head to [longestday.org.au](http://longestday.org.au) to register your team, or phone 1300 65 65 65 for more information.**

## Quit makes quite a difference



When you've tried everything to quit smoking, Quitline will find an approach you hadn't thought of. When quitting cigarettes feels overwhelming, Quitline will be there for you.

The Tasmanian Quitline has trained counsellors, many of whom are ex-smokers, that will help tailor strategies just for you. Wherever you are on your quitting journey... Quit makes quite a difference.

**Call 13 7848 today or visit [quittas.org.au](http://quittas.org.au)**

## Change your life with a \$250k prize pack!

Enter the draw to win a \$250k prize pack with our friends at Play for Purpose, and you'll be directly supporting Cancer Council Tasmania.

Imagine winning big with two of your very own fully-electric vehicles, a MINI Cooper SE Hatch and BMW iX xDrive40 SUV plus more than \$32k in cashable gold! Hurry, raffle closes Thursday 15 September.

**Head to [playforpurpose.com.au/cancer-council-tasmania](http://playforpurpose.com.au/cancer-council-tasmania) to grab your tickets today!**



# Putting the FUN into fundraising!

Cancer Council Tasmania is principally funded by the Tasmanian community. We are enormously grateful for the generosity of our supporters, who give so much through sponsorship, donation and attendance at the wide range of events held across the state. This enables us to continue providing vital support to Tasmanians impacted by cancer.

To check out all of the fun from our 2022 events so far, head to our Facebook page and view the photos now [@cancertas](#)

## 2022



**THURSDAY 25**

Daffodil Day (state-wide)



**SUNDAY 11**

Women's 5km Walk/Run (state-wide)

**FRIDAY 23**

Unite in Yellow Lunch (Hobart)



**SATURDAY 29 - SUNDAY 30**

Relay For Life (Huon Valley)

**SATURDAY 29**

Sparkle for Hope Gala Ball (Launceston)



**SATURDAY 12**

Northern Midlands Relay For Life (Longford)

**SATURDAY 26**

Nautical Gala (Hobart)



**MONDAY 12**

The Longest Day (state-wide)



## 2023



**SATURDAY 11**

Derwent Valley Relay For Life (New Norfolk)

**SATURDAY 18 - SUNDAY 19**

Dorset Relay For Life (Scottsdale)



**SATURDAY 4 - SUNDAY 5**

Launceston Relay For Life (St Leonards)

**SATURDAY 18 - SUNDAY 19**

Hobart Relay For Life (Hobart)

**SATURDAY 25 - SUNDAY 26**

North-West Relay For Life (Penguin)



**AUSTRALIA'S BIGGEST MORNING TEA** (state-wide)



**SATURDAY 24 JUNE**

Unite in Yellow Gala Dinner (Devonport)



**DRY JULY** (state-wide)

# Cancer survivor gives back

Cancer Council Tasmania has recently welcomed back three-time cancer survivor, John Harman, to our Southern Support Centre in Sandy Bay.

But this time, not as a client. Cancer Council Tasmania is privileged to now have John volunteering in our Southern Support Centre and local Walking Group, offering clients understanding and comfort during their cancer journey.

*"Some people say to me, 'Gosh, you're very unlucky to have had three cancers.' Others say, 'You're lucky you've had three and are still here.' And that's how I look at it. Glass half-full!"* John has remained positive throughout his diagnosis, in part, thanks to the initiative he showed in going to the doctor early when he felt something was wrong. Just as his father – who endured bowel cancer – taught him many years ago.

After a routine check with his GP 15 years ago, John received his first cancer diagnosis – cancer of the prostate. He then went on to have further examinations and, finally, surgery (prostatectomy) to remove the cancer and prostate gland, which provided the best chance at long-term survival. The surgery didn't come without its challenges, but John stayed positive and had regular check-ups after the operation. Because of his father's history with bowel cancer, John was also having regular colonoscopies.

Three years ago, one of the colonoscopies detected an irregularity which would result in bowel cancer.

As John was preparing to have his second cancer removed via surgery, a tumor was found on his kidney. In a twist of fate, if John did not have bowel cancer, his doctor would possibly not have found this tumor. Two surgeons now needed to operate on John, one to remove the bowel cancer, and one to remove the cancer from his kidney. The surgery went well, with all cancer successfully removed, however, John went on to experience some illness and hernias post-surgery. John took all of this in his stride and reminded himself that he is lucky to be here. *"I'm a long-term survivor and, I guess, a perfect example of early detection. I think I'm a great advocate of getting checked regularly and acting swiftly if something is detected"*.

As well as advocating for early detection, John has one final piece of advice for those who may have just received a cancer diagnosis. *"Don't feel like it's a death sentence. Cancer is survivable. I'm living proof – I've had three cancers and I'm still here. That's my message"*.

**To this day, John has remained cancer-free and is looking forward to the opportunity to give back to Cancer Council Tasmania and our clients with a level of understanding that only someone who has been through cancer could offer. Welcome John!**



## Seize the Day Educational Scholarships



Remember being a teenager? How tough it was to navigate study, work, family and friendships? It's a time of transition and change, so when cancer crashes into a young person's world, it can feel overwhelming. That's where our Seize the Day Educational Scholarships come in. We offer financial assistance for study-related costs for 16-25 year olds, impacted by cancer, who are undertaking post-secondary studies.

In 2022, we are providing 26 Educational Scholarships to young Tasmanians. Some of our recipients have been diagnosed with cancer themselves and are undergoing, or have undergone, treatment. Others have witnessed a parent or sibling go through

diagnosis and treatment. Several of our applicants have lost a close family member to cancer and have had to navigate grief and loss at a young age.

We are proud to offer these scholarships to young Tasmanians, and in doing so, we acknowledge their resilience, bravery and compassion in the face of cancer's devastating impact.

**For further information, please contact us by email: [admin@cancertas.org.au](mailto:admin@cancertas.org.au) or call 1300 65 65 85.**



# Donate to the Future Fund



**Cancer Council Tasmania is funded principally by the Tasmanian community. 85% 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 our programs and services can continue to be delivered.

Currently more than 10 Tasmanians a day receive a cancer diagnosis. This adds to the 30,000 Tasmanians currently living with cancer.

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)

# Donate to support the 10 Tasmanians diagnosed with cancer, every day.



I'd like to make  fortnightly  monthly donations of

\$ .....

which can be deducted from my credit card

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

\$ .....

Leave a gift to Cancer Council Tasmania in my Will

\$ .....

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 .....

## Please complete the following details:

Title  Mr  Mrs  Ms  Other .....

Given name/s .....

Surname .....

Address .....

Suburb .....

Postcode .....

Email .....

Signature .....

Please send me information on leaving a gift to Cancer Council Tasmania in my Will.

Please send me information about the Cancer Council Tasmania Future Fund.

**Thank you for your generous support.**

### POST TO

Reply Paid 83632, Cancer Council Tasmania, Sandy Bay Tasmania 7006.

**NOW ACCEPTING**  **PayPal**

### DONATE ONLINE

Head to [cancer.org.au/tas](http://cancer.org.au/tas) or scan the QR code here with the camera on your phone to donate now.



**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.

