



**Cancer
Council**
Tasmania

Annual Report 2014

contents

Our Organisation	1
President's Report	3
CEO's Report	4
Cancer Control	5
Research	10
Support	14
Stephanie's Journey	19
Cancer Support Centre Launceston	20
Fundraising	22
Bequests	24
Never Ending Relay	25
Volunteers	26

A youthful perspective



Emma Richardson began volunteering with us in early January 2013 after graduating with a Bachelor of Psychology with Honours (First Class) at the University of Tasmania (UTAS). Even though Emma was busy studying and had not experienced cancer herself, she felt a strong desire to use the skills she was developing to help others.

After careful consideration of a variety of health organisations in Hobart, Emma decided volunteering with Cancer Council Tasmania would provide the most fulfilling and worthwhile experience for both her and the organisation. Emma works in the Support Centre on a Thursday and facilitates the Young Adults Support Group every 3rd Wednesday of the month at the Hobart office.

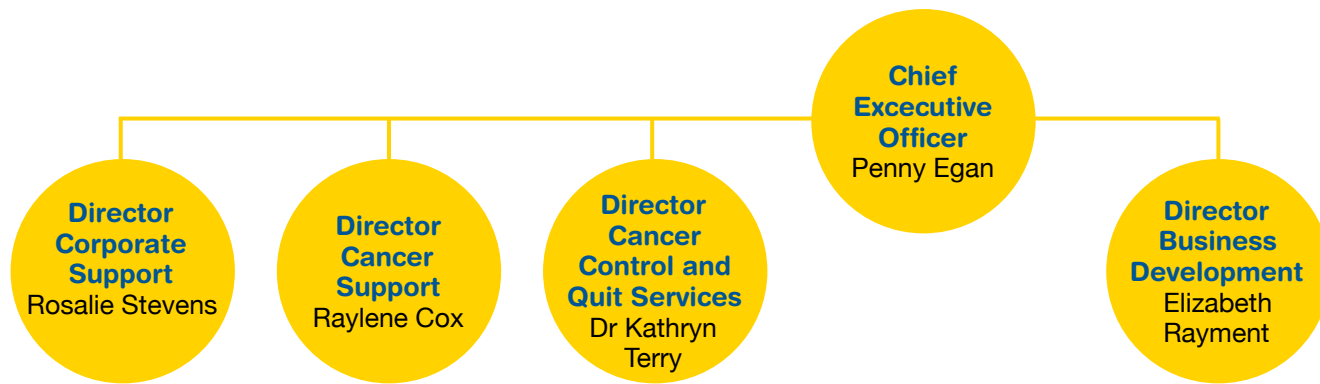
Since starting, like many in Tasmania, Emma has now had a personal experience with cancer, with a close family member experiencing a diagnosis.

“Even though I had a good understanding of how to support those with a chronic illness, having someone I loved diagnosed with cancer really opened my eyes to the emotional rollercoaster the whole family goes through.”

Due to Emma's experiences both at Cancer Council and in her private life, she is now continuing her study to become a fully qualified clinical/health psychologist working in the cancer field.

“Throughout my time here, I have been made to feel an important part of the team, having received training and support from my staff partner, Cynthia Taafe, Senior Support Officer, which has only enhanced my dedication to continue in this area of health.”

“*...having someone I loved diagnosed with cancer really opened my eyes to the emotional rollercoaster the whole family goes through.*”



L-R Director Corporate Services Rosalie Stevens, Director Cancer Support Raylene Cox, Director Cancer Control and Quit Services Dr Kathryn Terry, Chief Executive Officer Penny Egan, Director Business Development Elizabeth Rayment

Board

President
Ald Sandra French AM

Vice President
Allyson Warrington

Treasurer
Scott Adams

Directors
David Bowker

Harvey Cuthill OAM

Stephen Foster

Dr Seana Gall

Dr Craig White



.....
The survival rate for many common cancers has increased by **30%** in the past two decades
.....



Our mission, vision, values and priorities

Our Mission

Cancer Council Tasmania is a not-for-profit organisation that works to minimise the incidence and impact of cancer on all Tasmanians.

On average, eight Tasmanians are diagnosed with cancer each day, making our work in Tasmania vital to the health of our community.

Every dollar we raise in Tasmania stays in Tasmania, ensuring we can support those in our own communities who will benefit most.

To reduce the impact and incidence of cancer in Tasmania, Cancer Council Tasmania:

- Provides high quality support services for people affected by cancer;
- Invests in cancer prevention programs which educate the community about lifestyle factors that can decrease the risk of cancer;
- Funds local cancer-related research projects, and provides a respected voice for the needs of people affected by cancer.

Our work could not be achieved without the generosity of the Tasmanian community and the support of our dedicated volunteers. Our fundraising activities underpin our support services, prevention programs and cancer research funding.

Our vision

Realising the hopes of all Tasmanians for a cancer free future.

Our values

- Excellence
- Relevance
- Generosity
- Collaboration
- Optimism

Our priority areas

- Service improvement and expansion
- Community engagement
- Advocacy
- Sustainability
- Organisational effectiveness
- Governance

MESSAGE FROM THE PRESIDENT

It has been a great year to be associated with Cancer Council Tasmania. In my first term as President I have attended a number of activities and acknowledge the great work being done by Cancer Council Tasmania to deliver on our mission to minimise the impact of cancer on all Tasmanians.

The generosity of Tasmanians continues to astound me. This year we have received significant donations and revenues from a large number of community fundraising activities and through our iconic events such as Relay For Life, Australia's Biggest Morning Tea and Daffodil Day.

All of the funds donated and raised, stay in Tasmania and ensure that we are able to deliver our services to people dealing with cancer, contribute funds to Tasmanian based research projects and deliver education messages to the public on cancer prevention and healthy lifestyles. We also helped families and young people through our financial assistance schemes and scholarship program.

In September I opened our new centre in Ulverstone which provides support and some retail services and also acts as the operating base for our organisation on the north west coast. The cancer support centre in Launceston continues to expand its patronage through the provision of face to face support and support programs. We have hosted community organization meetings and events which have all helped promote the centre and the activities that we are undertaking.

It is with much sadness that our Patron, His Excellency, the Hon Peter Underwood AC, Governor of Tasmania passed away in July this year. He was a wonderful patron who supported our cause with great passion and commitment and he will be



sadly missed by all of us at Cancer Council Tasmania.

Our vision is to realise the hopes of all Tasmanians for a cancer free future. I would like to sincerely thank the staff and volunteers of Cancer Council Tasmania for their commitment and passion in undertaking the tasks that they perform to meet our vision.

I would like to acknowledge and thank Dr Stan Gauden and Ms Leanne Topfer who resigned as Directors on the board this year. Their contribution over the period of their tenures was greatly appreciated by their fellow directors, members and staff of Cancer Council Tasmania. I would also like to thank Stephen Foster who stood down as President of Cancer Council Tasmania in June 2013 but remains on our Board. I also congratulate and wish Stephen well on his appointment as Chair of Cancer Council Australia.

Finally I would like to thank all my fellow board members for their support and advice during my first year as President and I look forward to working with you all during the following year.

Ald Sandra French AM
President



By **educating** your family, teaching children healthy habits and following them yourself, you can reduce your family's risk of cancer.



In Australia, over **434,000** people are treated for one or more **non-melanoma** skin cancers each year.



.....
Modifiable risk factors for colorectal cancer include obesity, physical inactivity, smoking, heavy alcohol consumption, a diet high in red or processed meats and inadequate consumption of fruits and vegetables.
.....



MESSAGE FROM THE CEO



I have been in the role now for just over 12 months and what a wonderful journey it has been. I have been moved and inspired so many times over the past year from the courage, tenacity and passion that comes from people living with or surviving cancer.

Cancer is an insidious disease which is going to touch all of us at some time during our lifetimes, either by our own diagnosis or with family and friends. Every day over 8 Tasmanians are diagnosed with cancer which increases my personal resolve to ensure that we grow the organisation to meet the needs of our community and continue to provide funds into research, support and education services for people in Tasmania.

Our transport2treatment service has provided ongoing support to many Tasmanians in the north west and south of the State. During 2013-14 we supported 305 clients to 4,817 treatment appointments and I would like to thank our dedicated volunteers drivers for the support that they provide to our clients.

On 12 September 2013 we held memorial services in Launceston and Ulverstone to remember our three clients who lost their lives tragically in the bus crash in 2012. Our thoughts continue to be with the families and individuals who were impacted by this terrible accident.

The Cancer Support Centre in Launceston has provided a range of support programs and face to face support for a large number of clients and the usage of the centre continues to grow. We have very grateful for the support from the public and Launceston community organizations who have donated funds towards the running of the centre and our wonderful volunteers who look after the gardens, our vegetable patch and assist with the running of the centre.

During the year we conducted successful Living with Cancer Education Programs at Triabunna and in Launceston and the Seize the Day Awards have again assisted 33 young adults with their education due to cancer having impacted them or their immediate family.

Educating the public on early detection in particular as it relates to skin, bowel and breast cancers is a focus in our Cancer Control area. The Quit web site was redesigned this year and the additional investment into marketing and media campaigns focused on smoking prevention messages has seen an increased number of calls to the Quitline which we

hope will translate into reduced smoking participation rates in Tasmania.

I am extremely proud of what we are achieving at Cancer Council Tasmania. Over 90% of the funds required to run the organisation come from bequests, fundraising and donations. All of the funds remain in Tasmania to enable Cancer Council Tasmania to deliver programs and services to the community.

To individuals and organisations who have donated funds, to our community fundraisers and to all of you who have been involved in our fundraising activities, thank you on behalf of Cancer Council Tasmania. In supporting us you have provided support to Tasmanians and their families impacted by cancer and we are very grateful.

I am very privileged to be the Chief Executive Officer of Cancer Council Tasmania and I look forward to another great year ahead and the difference that Cancer Council Tasmania can continue to make to the lives of people in our community.

Our vision to realise the hopes of all Tasmanians for a cancer free future is an aspirational vision but we are on the journey. With a committed team, the wonderful support of so many volunteers across all areas of the organisation and the generosity of the Tasmanian people, we will make a difference.

I would like to acknowledge the commitment and efforts of the staff and volunteers of Cancer Council Tasmania and thank them for their commitment, passion and support because without it, our task would be even harder.

Penny Egan
Chief Executive Officer



cancer control





187
Aboriginal
or Torres Strait
Islander
clients.

1,411
callers
requested
counselling
services.

1,520
registered on
the call-back
program.

4,890
call backs
were made by
counsellors.

43%
of contacts
were male and
57% female.

3,344
contacts
received.

2,995
Quit Packs
distributed

361
clients
reported smoke
free at final
call.



Cancer Council Tasmania (CCT) delivers the Quit Tasmania program for the Department of Health and Human Services. In the last year significant achievements have occurred through the program's two major components of social marketing and the Quitline.

Social marketing

The focus of social marketing during 2013-14 targeted smokers aged 20-39 who were parents or were considering parenthood, as well as males aged between 25-44. Funds secured through Tasmania Medicare Local's Social Determinants of Health and Health Risk Factors Project and a top up from the Department and Health and Human Services now enable 32 weeks of quit smoking television campaigns to be on air. The advertising strategy over the past year included a mixture of emotional, personal testimonials and positive style campaigns:

- 'Mick Roberts', a personal testimonial style campaign of the story of 49 year old Victorian emphysema sufferer Michael Roberts and how not only does his smoking affect himself, but his family too.
- 'Never Give Up Giving Up', a positive style campaign that encourages smokers who have tried quitting many times before to not give up on giving up.
- 'What's Worse', an emotional campaign that depicts the situation whereby a mother has been told that she has lung cancer, and then has to relay this news to her children.
- 'Last Dance', an emotive campaign that communicates the impact not quitting will have on lives, now and in the future.
- 'Real Stories', a locally developed testimonial campaign that focuses on the quitting stories of three Tasmanian's who have quit successfully – Gary (48yo), Cam (28yo) and Kiah (30yo).

As well as television media, radio, press, online and outdoor were used to support and promote campaign messages.

An overarching brand, 'Quit for Good' was developed to be used across all media and promotional activities to connect all social marketing activities to a single brand.

Quitline 13 7848

The Quitline provides information and support for smoking cessation and is available to the community for the cost of a local call. Callers to the Quitline are offered the option of speaking to a trained counsellor. Counsellors provide personalised support and information about quitting and related issues tailored to the need of each caller. Quitline also offers a callback service, whereby clients are contacted a number of times over a period of time and provided with ongoing support and encouragement.

Quitline Enhancement Project

Quit Tasmania has received Commonwealth funding under the Tackling Indigenous Smoking Program since 1 July 2011 to run the Quitline Enhancement Project. The project aims to enhance existing Quitline services to be more culturally sensitive and effective for Aboriginal and Torres Strait Islander people with the goal of closing the gap in life expectancy within a generation and halving the Indigenous smoking rate by 2018.

The three main components of the project include: liaison with Tasmanian Aboriginal health service providers to identify and address barriers with regards to access to the Quitline; the promotion of the Quitline to the Tasmanian Aboriginal community as a culturally appropriate service; and the facilitation of cultural awareness training for Quitline counsellors. Since implementation of the project, there has been a 196% increase in Aboriginal contacts to Quitline in Tasmania.



.....
Tasmania has the highest daily smoking rate of all Australian states at 21.7%.
.....


Australia was the first country to introduce plain packaged cigarettes, but now many more countries are voting to implement this legislation.


Plain packaging of cigarettes has been shown to be effective with daily smoking rates falling from 15.1% (2010) to 12.8% (2013).
.....



Around **one third** of Tasmanian teens and adults are **vitamin D** deficient in summer and up to two thirds are deficient in winter and spring



Vitamin D can also be obtained from foods where it occurs naturally such as **oily fish, eggs, and meat** or fortified foods such as **margarine and some milks.**

Targeting Tobacco Project

The Targeting Tobacco Project commenced in late 2013. Initially community health workers were surveyed about their attitudes and knowledge of smoking and whether they felt there was a role for quit smoking messages to be promoted through community agencies. The survey revealed that many workers felt they had a responsibility to promote quit smoking messages to their clients and felt comfortable having this conversation with clients, but did not know what information clients needed in order to be able to start a quit attempt. The project officer is now working collaboratively with community service organisations across the state to provide training and workshops informing community workers about the ways they can support clients interested in quitting smoking.

Cancer Control

The Cancer Control team aims to raise awareness around cancer prevention to reduce the incidence of cancer, as well as its mortality and morbidity.

Tobacco Control

As the 2013/14 financial year closes, Australia is beginning to see the impact of tobacco control measures implemented in previous years result in a reduction in daily smoking rates. In December 2012, Australia was the first country to implement plain packaged cigarettes with increased graphic health warnings. Internationally, other countries are looking at the evidence being published about Australia's laws with many jurisdictions considering similar legislation.

In December 2013, the Commonwealth Government implemented a series of tax increases on cigarettes, with 12.5% added annually for the next four years. This will add \$5.25 to the cost of a packet of 20 cigarettes by December 2016.

In 2014 Tasmania was awarded equal first place with ACT for tobacco control initiatives in the annual National Tobacco Scoreboard Award. This award is for excellence in tobacco control initiatives and recognises the proactive approach of the Tasmanian Government has taken to tobacco legislation and the achievements of tobacco control advocates in this state.

Advocacy

Electronic cigarettes have also become an important area of advocacy for the Cancer Council Australia's national Tobacco Issues Committee. The popularity of these products has taken off in recent years, with states not quite prepared for their impact or with legislation to govern their use in public. As the tobacco industry is now investing in electronic cigarette companies and proponents of electronic cigarettes are vigorously promoting these products, the Cancer Council has raised its concern about the lack of legislation and guidelines regarding the use of electronic cigarettes in public.

Australian School Students' Alcohol and Drugs (ASSAD) Survey

The aim of the survey is to provide up-to-date estimates regarding prevalence of licit and illicit drug usage, SunSmart behaviours, diet, physical activity, sedentary behaviour and social support. The ASSAD survey is a triennial survey of secondary students that has been running since 1984 and is conducted. In Tasmania, the Survey is being administered by CCT, and is jointly funded by Department of Health and Human Services (DHHS) Population Health, Sport and Recreation Tasmania, Alcohol and Drug Services and the Department of Education. The ASSAD survey results for 2014 aim to be available late 2015.

SunSmart

The SunSmart portfolio aims to protect Tasmanians from the harmful effects of ultraviolet radiation (UV) protection, as well as promotes safe sun exposure for vitamin D. Our sun protection message encourages Tasmanians to Slip! Slop! Slap! Seek! Slide! when UV levels are 3 and above. When UV levels are below 3, seek sun for vitamin D. CCT works with schools and childcare centres to promote SunSmart behaviours through the SunSmart Schools and Early Learning Centres Program. Over the last 12 months the rate of up-to-date SunSmart Primary School Program members has increased from 44% to 70% and SunSmart Early Centre members from 69% to 90%. Over the next 12 months we will continue to promote membership in the program and will expand also focus on expanding our schools program to actively engage with secondary schools to improve health outcomes for secondary students.

The SunSmart workplace education program engages workplaces with outdoor workers to educate workers in skin cancer, UV, sun protection and vitamin D. We have conducted



several education sessions with outdoor workers in the last 12 months and are planning to engage more workplaces in this program in the coming 12 months.

CCT received a \$5,000 grant from Tour de Cure to conduct SunSmart education sessions in the Swansea region. The cheque was presented to CCT in Swansea, during the "tour" in April. The education sessions will be conducted in November, a strategic time for SunSmart education as UV levels are rising.

Promoting a balanced approach to UV exposure and Vitamin D deficiency

Cancer Control continues to promote awareness of vitamin D in Tasmania through its website, social media, and program members. CCT is an active participant on the DHHS Vitamin D Scientific Advisory Group. This allows CCT to keep abreast of new information and have an active role influencing public health messaging regarding vitamin D. CCT has collaborated with DHHS and the Menzies centre to develop information resources about vitamin D for health professionals and the general public. These resources were released in March.

Men's Health & Cancers Project

The Bowel Screen Today Project, which began in late 2012, has explored the barriers to Tasmanian men using the national bowel cancer screening program from their own point of view. Three focus groups were used to explore the perceptions of the national bowel cancer screening program (NBSP) of men in the Glenorchy local government area (LGA). The groups were used to get perspectives from men that had participated in the bowel screening program and those that had not participated. The results support key findings in the CRC screening literature including fear of test, lack of knowledge and lack of physician advice. The results also revealed new complexities to these barriers related to male attitudes such as emotional avoidance, stoicism and lack of social support. Based on the findings resources are being developed, and a flyer has been distributed to Tasmanian GPs based on the recommendation that 'lack of physician advice is a major barrier to completing FOBT'. The project recommendations aim to be implemented in 2014.

Aboriginal and Torres Strait Islander Cancer Prevention, Education/ Health Literacy Strategy

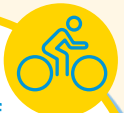
The TAZREACH project funded Cancer Control staff to deliver education sessions to members of the Tasmanian aboriginal community at the Circular Head Aboriginal Centre (CHAC) in the North West of the state. Sessions were delivered on SunSmart and Vitamin D, Bowel Cancer, Women's Health and Cancer, Men's Health and Cancer and Tobacco and Quit.

Tasmanian Cancer Research Collaboration (TCRC)

The TCRC is a collaboration between the David Collins Leukaemia Foundation Tasmania, RHH Research Foundation, Clifford Craig Medical Research Trust, DHHS Cancer Services Development and Cancer Council Tasmania. TCRC aims are to work together to fund research that minimises the incidence and impact of cancer and supports the development of research capacity in Tasmanian researchers whilst aligning with each organisations strategic direction. In the past 12 months CCT, on behalf of TCRC has run several grant writing workshops for health professionals whose work is cancer related. CCT will be running more of these popular workshops this coming year.



Just 30 minutes of moderate intensity exercise each day is good for your health and 60 minutes can reduce your risk of developing cancer.



Starting positive health behaviours at a young age helps to make for good lifetime habits



There is convincing evidence that alcohol use increases the risk of cancers of the mouth, pharynx, larynx, oesophagus, bowel (in men) and breast (in women)

research



Cancer Control - Research Grants for the period 2013 - 2014

CCT/UTAS Health Sciences Research Fellowship



Dr Mai Frandsen – Supporting Expectant Mothers to Quit (SEMQ) and Reducing the burden of lung disease: using self-affirmation to reduce defensiveness towards health risk information among smokers’ studies (SACO) - \$92,465.50

The SEMQ project will focus on assisting women to quit smoking during pregnancy as smoking is recognised as the single most modifiable cause of poor pregnancy outcomes. Pregnancy has been shown to be an effective teachable moment as expectant mothers are strongly motivated to protect the health

of their foetus. As such, smoking cessation during pregnancy is significantly higher compared to non-pregnant smokers (~50%) and yet up to 85% relapse after their baby is born.

Helping pregnant smokers to quit and remain quit therefore has obvious health advantages not only for the expectant mother and unborn baby, but for the ongoing wellbeing of the family.

The SACO study seeks to determine, by drawing on self-affirmation theory, if boosting this vulnerable group of smokers overall image of themselves prior to providing them with health risk information will decrease their defensiveness towards that information and therefore increase the likelihood that they will heed and adopt the health messages. The theory suggests that if these individuals believe that they themselves (i.e., who they are overall) are not being ‘attacked’ but rather only a certain aspect of themselves (e.g., a particular habit, certain behaviour), then they are more likely to be receptive to this information and change their behaviour. The findings of this study may help to improve how health information is delivered to high risk smokers like those suffering from chronic lung conditions, thus promoting successful quit rates, and ultimately reducing their debilitating disease symptoms.

NHMRC Grant

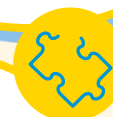
Associate Professor Jo Dickinson – Combining deep sequencing and linkage approaches to identifying rare variants contributing to familial prostate cancers - \$35,000

The international effort to identify genes that contribute to prostate cancer has permitted some major advances in the understanding of the underlying genetic causal pathways, however researchers have identified only about one third of the genetic contributors to disease and many genes remain to be discovered. Family based approaches, such as proposed here, are proving successful in the identification of genes of therapeutic value in disease. Discovery of the genetic changes

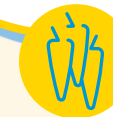
associated with other cancer such as breast cancer have been shown to have a significant impact on the development of new, more effective therapies.



.....
Cancer Council
 Australia estimates that anywhere between **2,182** and **6,620** new cases of cancer in Australia (or 1.9 – 5.8% of all cancers) in 2009 were attributable to long-term, chronic use of alcohol.



.....
There is evidence to suggest that diets high in red meat (particularly processed meats such as salami or ham) can increase the risk of developing cancer.



.....
Eating a healthy, balanced diet reduces your risk of developing cancer, while a poor diet increases your cancer risk.



Grant	Researcher	Project Title	Amount Paid
CCT/UTAS Health Sciences Research Fellowship 2011-2013	Dr Stuart Ferguson	Efficacy of education and advice delivered by text message to aid smoking cessation	\$46,232.00
CCT/UTAS Health Sciences Research Fellowship 2014-2015	Dr Mai Frandsen	Reframing Smoking Risk and Cessation Information: A Pilot Study of Chronic Lung Disease	\$46,223.00
CCT NHMRC Grant 2013	Associate Professor Jo Dickinson	Combining deep sequencing and linkage approaches to identifying rare variants contributing to familial prostate cancers	\$35,000.00
CCT NHMRC Grant 2013	Associate Professor Jo Dickinson	Genetic aetiology of familial haematological malignancies	\$35,000.00
CCT NHMRC Grant 2014	Associate Professor Jo Dickinson	Familial haematological malignancies: understanding the role of inherited causative factors	\$10,000.00
CCT NHMRC Grant 2014	Dr Johnson Liu	Targeting drug transporters in colorectal cancer	\$5,000.00
Jeanne Foster Scholarship 2013	Ms Judith Harris	Attendance 4 th International Society of Advance Care Planning and End of Life Care, Melbourne	\$2,519.00
CCT Cancer Trials Data Management 2013	Tasmanian Health Organisation – North		\$16,250.00
CCT Cancer Trials Data Management 2013	Tasmanian Health Organisation – South		\$37,500.00
Total Research Funding Paid			\$233,724.00
CCT Evelyn Pedersen Honours Scholarship 2014	Ms Alexandra Woodworth	Epigenetic Regulation of Integrins in Cancer	\$10,000.00
CCT Evelyn Pedersen Elite Research Scholarship 2013-2014	Ms Jessica Phillips	Regulation of Integrins by RUNX transcription factors in cancer	\$7,500.00

Associate Professor Jo Dickinson – Genetic Aetiology of Familial Haematological Malignancies - \$35,000

A strong risk factor for many cancers is family history of disease. This is particularly true for blood cancers where those with a first-degree relative affected with a type of blood cancer have more than twice the risk of developing this disease. Understanding the underlying inherited factors contributing to these cancers can be achieved through the study of large families with multiple cases of these cancers. The proposal described here outlines the genetic analysis of a rare collection of families, the Familial Haematological Malignancies Genetics Resource. This work also has significant potential to provide new diagnostic tools, tailor therapies, and to identify new molecular targets for therapies for this group

of malignancies. Such discoveries have been shown to have a significant impact in the medium term on the development of new, more effective therapies for HMs with significant improvement in survival and reduced side-effects.



Associate Professor Jo Dickinson – Familial Haematological Malignancies: understanding the role of inherited causative factors - \$10,000

Genetic factors are known to contribute to the risk of developing blood cancers, however to date the underlying genetic drivers of disease development remain largely unknown. Knowing the causative genes is not only important in understanding the disease process but also provides a range of benefits in the diagnosis, development of tailored treatments, and identification of new targets for therapy. Studying families with multiple cases of these diseases is a recognised and powerful approach used to identify those inherited factors that drive development of these cancers.

Dr Johnson Liu – Targeting drug transporters in colorectal cancer - \$5,000

Colorectal cancer, also known as bowel cancer, is the most commonly occurring cancer in Australia, with 14,400 new cases diagnosed each year. It is the second most common cancer related cause of death, responsible for 4,000 deaths each year (AIHW 2012). The high death rate is mainly caused by the spread of cancer from the bowel to other body parts of the patient. Unfortunately, about half of patients have cancer spread either at diagnosis or soon afterwards. These patients are treated mainly with chemotherapy on a palliative ground because they are not suitable for surgical resection. However, tumour resistance is a severe clinical problem that limits patient response to chemotherapy. One of the important observations related to tumour resistance is that the entry of drug into tumour cells decreases during repeated treatment with chemotherapy drugs. Drug transporters are a group of protein located on the surface of cell membranes. These proteins have been found to be responsible for the entry and exit of drugs in normal and cancerous cells by our research and others. The overall goal of our project is to understand the roles of drug transporters in the development of tumour resistance by colorectal cancer cells to chemotherapy drugs. The potential benefits in doing so are twofold. One is to inform clinician's decision on selection of appropriate chemo drug for a particular patient whose tumour shows certain activity of drug transporters that is desired or undesirable. Two is that these drug transporters with confirmed roles in the sensitivity of cancer cells to chemo drugs can be further developed as therapeutic targets for new drug development.

CCT Evelyn Pedersen Honours Scholarship

Ms Alexandra Woodworth – Epigenetic Regulation of Integrins in Cancer - \$10,000

Integrins are molecules found on the surface of cells. These molecules are involved in cell growth, survival and migration. The types and amount of integrins on the surface of cells is altered in cancer cells and this contributes to the development and progression of the cancer, and also to tumour cells invading and spreading into other tissues. However, there is currently a lack of understanding of what causes these changes in integrins during cancer development.

This project will investigate whether these changes to integrins that occur in cancer are due to changes to the integrin gene DNA. This project therefore aims to identify changes that occur on integrin genes that are likely to contribute to cancer development, particularly prostate cancer. The project will focus on epigenetic changes, or changes to 'tags' on the genes. Epigenetic changes are currently of high interest as they are potentially reversible, and there are an increasing number of therapies being developed for this purpose. This provides the promise that by identifying the epigenetic changes that affect integrin genes in cancer, we can ultimately find ways to reverse these changes.



.....

Being overweight or obese increases your risk of developing certain types of cancer, including common forms such as **bowel** and (post-menopausal) **breast cancer**, as well as cancers of the **endometrium, kidney and oesophagus**.

.....



.....

Waist circumference is another way to measure body weight. Men should aim for a waist circumference below **94cm**. Women should aim for a waist circumference below **80cm**.



At least **63%** of adults and **23%** of children are now considered **overweight or obese**.



support



Support Services

Support and Information Services

Cancer Council Tasmania's Support and Information Services offer a range of assistance to all Tasmanians impacted by cancer. This includes individual, financial, practical and group based support and access to evidence based education and information. All services are provided by trained staff and volunteers and incorporate assistance via phone, face to face and email.

Individual support is provided through our Cancer Support and Information Centres in Ulverstone, Launceston and Hobart where clients can also access a comprehensive range of information resources including a library of books, CDs and DVDs. In Launceston, trained volunteers will also visit breast cancer patients in hospital. Following specific training volunteers who have had a personal experience with cancer can also assist an individual who is going through a similar experience. This telephone based Cancer Connect service incorporates support to and from all Australian states and New Zealand.

Psychosocial group based face to face support is provided in Hobart, Launceston and some rural areas and clients can also access telephone and internet group support. Support groups provide valuable peer support to partners and the bereaved as well as those living with a cancer diagnosis at any stage in that journey. Empower Me Through Fashion Workshops are also held in Hobart for patients and carers dealing with wardrobe impacting issues from a cancer diagnosis.

Financial support for adults and children impacted by cancer is provided through the Cancer Council Tasmania Financial Assistance Scheme, Rachel and Jye Fund and Cancer+ as well as through Seize the Day Awards educational scholarships for 16 - 25 year olds and Cancer+ professional development scholarships for health professionals. Support staff can also refer clients to Financial or Legal Advisors for assistance through a national Cancer Council Pro Bono Assistance Scheme.

Many of our clients have greatly appreciated the introduction of a statewide wig library service during the past year, providing them with an important item that would have otherwise been unaffordable or inaccessible. This service commenced through the fundraising efforts of the Launceston Ladies Golf Club and has grown rapidly through generous donations of wigs from the

public. We look forward to seeing continued expansion of this service in future years.

Living With Cancer Education programs have become a popular means for Tasmanians to learn more about cancer, regardless of a personal diagnosis. These four to eight session programs are facilitated by Cancer Council Tasmania staff and are run in rural areas as well as Hobart, Launceston and North West centres.

Achievements

This year's **Seize the Day Awards Scholarship** awarded \$30,000 to thirty three students. 91 people attended presentation nights in Hobart and Launceston. The Peter Wise Award was awarded to Stephanie Foster who had shown outstanding determination in the face of adversity. Stephanie is an accomplished musician who is using her scholarship to further her musical education. Stephanie played the violin at the most recent Relay for Life in Hobart.

Cancer Care for Children, Adolescents and Young Adults Seminar. In October 2013 Cancer Council Tasmania hosted a Cancer Care Seminar for health professionals working with Tasmanian children, adolescents and young adults and their families affected by cancer.

The seminar was organised as part of the cancer+ program. This program was established in 2003 to support Tasmanian families with children, adolescents and young adults with cancer, survivors of childhood cancer and the professionals who care for them.

The seminar was achieved through sponsorship from DHHS and OnTrac at Peter MacCallum Centre in Melbourne and included 10 speakers from Tasmania and interstate who have expertise in treating and supporting young people with cancer.

Speakers included oncology specialists from Melbourne and Adelaide, two young Tasmania's who had been diagnosed with cancer, a father of an adolescent girl with cancer and Associate Professor John Daubenton, the Director of Paediatrics at the Royal Hobart Hospital.

83 nurses, social workers, doctors, occupational therapists, dietitians, psychologists and representatives from NGO's who care for children and young people attended the seminar.

2013-14 statistics for cancer+ program:



Rachel & Jye Foundation Payments:
17 payments x \$500 were received and distributed _____ \$8500

Rachel & Jye Foundation Additional Financial Assistance:
5 payments _____ \$2312.73

Total given out for Rachel & Jye Foundation for 2013-2014 ___\$10,812.73

Cancer + Financial Assistance
3 payments totalling _____ \$784.30

Seize the Day Awards Scholarship 2014
\$30,000 was awarded to 33 recipients.
There were 115 enquiries.

Cancer+ scholarships 2014
\$2720 was awarded to 3 recipients
(2 nurses and 1 social worker) to undertake professional development opportunities.



I was scared, confused and desperately wanted information when I was diagnosed with bowel and advanced prostate cancer. I got what I needed from the Prostate Cancer group. Now two years later I still enjoy going to the monthly meeting because I can talk freely there about how I feel and get information on the latest advances in treatment."

Kind regards, Gary.

"I am a rectal cancer survivor just at the five year survival milestone.

I had radiation and chemotherapy at the same time over a period of five weeks. After a break of a few weeks I had surgery to remove the cancer and had a stoma. After a further break I had Chemotherapy in oral doses. I found the treatment challenging and I lost a lot of weight but fortunately not my hair.

I coped well with using my colostomy bag but decided to have a reversal after about a year after my original surgery.

Because I have other dietary problems I find bowel control a bigger challenge than most bowel cancer survivors. I have been attending the bowel cancer support group "Semi Colons" for several years now and find that sharing of experiences with others in similar situations, accompanied with a great deal of laughter, to have been very helpful.

From time to time other survivors have joined the group and we have been able to provide practical advice and in many cases they have not needed ongoing support.

"Semi Colons" has a value which cannot be explained unless you need this support. I am so glad that the Cancer Council can support this group."

Jocelyn



The aim of the seminar was to provide a professional development opportunity to a large audience by providing local and national speakers to share their expertise on topics such as paediatric and adolescent palliative care, adolescent and young adults' psychosocial needs and issues, family centred care approach for parents and siblings, fertility and sexuality. The seminar was well received with positive feedback given.

World Cancer Day was held at the Launceston Cancer Support Centre with approximately 50 people attending the launch with guest speaker Father Richard Ross giving a heartfelt account of his journey with cancer.

The main topic of the day covered 'The Four Myths of Cancer' as listed below:

1. We don't need to talk about cancer
2. There are no signs or symptoms of cancer
3. There is nothing I can do about cancer
4. I don't have the right to cancer care

With four information booths around the room covering each of the topics, people were able to move around and receive information and discuss issues that were of particular relevance to them. It all culminated in a very successful day.

Outreach Services

We continue to provide support to Circular Head and West Coast clients with a Support Services staff member visiting the area one day a month to provide support and information to those affected by cancer.

Flinders Island Project

Early in 2012 the Flinders Island Health Committee and the Community Nurse at the Flinders Island Multi-Purpose Centre identified the need to increase awareness of cancer, as well as increase the provision of support and information on the Island for people affected by cancer. Cancer Council Tasmania was approached for assistance and the application for the Supporting People with Cancer Grant was submitted.

The project was successful in developing a strategic framework for the provision of support and information to Flinders Island community members affected by cancer. The project has been effective in minimising the health inequalities experienced by cancer patients and family/friends on the Island by:

- establishing collaborative working relationships with health professionals and key organisations and committees on Flinders Island
- raising awareness of support services provided by Cancer Council Tasmania
- raising awareness of the resources available to Flinders Island with a clear resource order process
- providing information and awareness on prevention, diagnosis, treatment and survivorship issues
- formalising a referral pathway with health professionals



- providing cancer and support education and training to health professionals and community members
- establishing formal and Informal support groups with the sustainability plan to continue opportunities for community members to meet together on a regular basis.

The training workshop, delivered by three Cancer Council support staff, was held on Flinders Island in March 2014 and specifically targeted four core needs as identified by local community members:

- When to ask if someone would like support
- How to ask if someone needs support
- How to respond to and communicate with someone who needs support
- When to refer and how to refer

This was a very successful initiative with thirty enthusiastic community members attending over two days.

Monthly Support Groups

Over the last financial year between 11 and 18 support groups have been conducted monthly. Participation at these has varied from 51 - 94 attendees around the state.

Cancer Council Support Groups have been steadily increasing in number over the past few years. In 2013/2014, Bereavement Support Groups commenced in both the Southern and Northern regions, with a Head and Neck Cancer Support group commencing in the South and a generic support group also commencing in the Huon Valley. A Young Adult group was also formed and a Coffee and Chat group as well.

As with the established cancer support groups, these groups have been well received with many members expressing relief to finally have a safe and supportive venue for learning more about their cancer but also sharing with and helping others.

Living With Cancer Education Programs (LWCEP)

Further to Cancer Council Tasmania's continuing commitment to support all Tasmanians impacted by cancer, a LWCEP was held in Triabunna in July/August 2013 with the aim of reaching as many interested East Coast residents as possible.

This program was highly successful with forty individuals

attending overall, many of whom came to all six sessions, delivered over a six week period.

We continue to remain grateful to a group of excellent guest speakers who are experts in their field and who willingly devote the best part of a day to travel and participate in these important cancer education programs.

Living With Cancer Education Programs were also run in Launceston in the past year to service the needs of individuals in the urban North.

In February 2014 sessions were conducted with between 21-52 community members attending.

Support Volunteers

Cancer Council Tasmania continues to acknowledge the invaluable contribution of its many dedicated volunteers, not least of which is recognised in its support services.

During 2013/2014, 22 volunteer applicants completed Support Training, 17 completed Support Group Facilitator Training and 3 completed Cancer Connect Training. In the South, Refresher Training is offered annually to existing Support Volunteers and during the past year, 16 active volunteers attended. Support Volunteers are essential for enabling CCT to achieve its mission to minimise the incidence and impact of cancer on all Tasmanians.



During 2013-2014 cancer+ program has given out 49 tickets to Theatre Royal Shows to children and young adults with cancer and their families.

During 2013-2014 cancer+ program has given out 84 tickets to Tasmanian Symphony Orchestra shows to children with cancer and their families

Young Adults Support Group for 20-40 year olds was established in Hobart in October 2013 and has 5 members

Financial Assistance Scheme provided over \$10,000 to those affected by cancer. The Financial Assistance Scheme has been reviewed to allow easier access to those experiencing financial difficulties due to a cancer diagnosis.

Support services has provided over 2000 support contacts via phone, internet or face to face in the last financial year.

Over 230 calls to the Helpline in the last financial year

transport2treatment

Patient trips: 4,817

Individual patients: 305

Average number of trips per patient: 15.8

Volunteer drivers: 78

Total kilometres travelled: approximately 400,000

With the continued support of 78 volunteer drivers statewide, transport2treatment (t2t) provides assistance to many cancer patients who may otherwise be unable to attend all their treatment appointments.

t2t is funded through the generosity of the Tasmanian public, mainly through Relay For Life events and corporate partners Mitsubishi Australia, DJ Mitsubishi and Telstra Countrywide. The support of the staff at the Holman Clinics in Hobart and Launceston and other treatment centres also greatly assists in the smooth running of the service.



The support and assistance of all our suppliers including Action Auto Glass, Ampersand Signage, Dentech, Arnolds Autocare Smithton, Bumperfix, Cramps Bodyworks, Emmerton Park, Mader International, Tint-A-Car, Bruce Gowans Motors and Elizabeth Town Cafe is greatly appreciated.



On the road... again!

After eight years ferrying patients from Burnie and towns in between to Launceston and back on a regular basis it's fair to say volunteer driver Trevor Snooks knows that road pretty well.

"I get up at 5 every day regardless of whether I'm driving or not," said Trevor. "Old habits are hard to shake! We're usually back by 3.30 in the afternoon, so it's certainly a good chunk of my day, but I wouldn't change it for anything. To help people who can often become good friends go through the various stages of their cancer treatments is very rewarding for me."

"Just the other day I ran into someone I'd driven to treatment five years ago. It was so good to see them healthy and well and truly on top of things. It gives me great hope."

Trevor, a cancer survivor himself, drives around three times a month as part of a roster of around twenty drivers in the area. He also helps in other capacities to keep the wheels turning on the northwest coast, cleaning and arranging servicing of the vehicles, which clock up many kilometres doing such vital work.

It's somewhat a family affair too with Trevor's wife Edna also laying on a sumptuous morning tea for the local t2t drivers when they catch up for their regular quarterly meetings.

Thanks to amazing volunteers like Trevor and Edna, Cancer Council Tasmania is able to provide a reliable and much needed service to deserving Tasmanians. We can't do without the selfless dedication they bring to our cause.

Stephanie's journey

Dealing with cancer with *one* member of your family would be challenging in itself, but how would you react if there were *three* loved ones affected?



That's exactly what Stephanie Foster and her family have been dealing with since 2001, when Stephanie was just 11 years of age. At that time Stephanie's sister was diagnosed with leukaemia and from that point forward the whole family would begin a journey that they would never have been expecting or contemplated. At such a tender age Stephanie found it hard to grasp the enormity of the situation and was at first confused and anxious about what was happening.

Unfortunately things took another turn for the worse when Stephanie's mother was diagnosed with breast cancer in 2003 and then again when her father was told he had multiple myeloma in 2011.

“But it wasn't just about me. I've heard it said that it's not just individuals who get cancer. An entire family gets cancer.”

“I found the going pretty tough, as you might expect”, said Stephanie.

“You need to grow up pretty fast and understand that life will be different for everyone caught up in this situation. I went through

a pretty low period, losing my self-esteem and becoming more isolated from friends and acquaintances who didn't seem to understand what I was going through.”

“But it wasn't just about me. I've heard it said that it's not just individuals who get cancer. An *entire family* gets cancer. Every one of us has been affected to varying degrees and we've certainly had our highs and lows.”

“I'd like people out there who are in a similar situation to know that it's OK to be overwhelmed, OK to feel depressed, neglected and even jealous as your life seems to be put on hold.”

“Ultimately you need to pull through all that with the support of your family and the professional help that's available from organisations like Cancer Council Tasmania. Don't isolate yourself for too long. That's not good for anyone.”

Stephanie is studying her Bachelor of Music at UTAS and received a Cancer Council Tasmania Seize the Day Awards Scholarship in 2014. She also received the Peter Wise Award for showing outstanding determination in the face of adversity, recognising the significant impact cancer has had on her life and the lives of her family.

Despite her personal struggles Stephanie has shown great determination to move on with her life and go to University, even accepting a student exchange in America. Stephanie was awarded \$1600 to go towards her school expenses to help her achieve her long term goals.

The Awards Scholarship money received helps in a small way to further a recipient's education goals but also acknowledges what they've been through and encourages them to move ahead with confidence. In Stephanie's case we believe she's well on her way.



.....
When the UV is 3 and above it can be damaging to the skin - CCT recommend that you **SLIP SLOP SLAP SEEK AND SLIDE.**
.....



.....
Sensible sun protection does not put people at risk of vitamin D deficiency.
.....



.....
Most vitamin D is produced in the skin by exposure to UVB (wavelength 290–320 nm) from sunlight.
.....





Cancer Support Centre Launceston

Now in its second year of operation, the Launceston Cancer Support Centre has grown to become a vital hub for a whole range of uses and activities for the community.

Members of the public are invited to drop in to the Centre which offers a range of support for people dealing with cancer treatment. The relaxing lounge area and quiet gardens are designed to welcome and inspire. This new type of cancer service focuses on psycho-social and psycho-education services which deliver practical, physical, education and emotional assistance through support groups and programs.

The type of support groups and programs conducted at the Centre include *Pilates*, *Therapeutic Writing*, *Circles of Thought*, *weekly ongoing coffee-and-chat get-togethers*, *gardening workshops*, *craft*, *massage therapy* and *wig service* amongst many other support activities.

The Centre has a comprehensive range of print resources as well as other programs such as *Living with Cancer Education Program*, a monthly *Men's Cancer Support* and a *Grief and Bereavement Support Group*.

New tenants to the centre include the Tasmanian Association for Hospice and Palliative Care (TAHPC) and they work collaboratively with Cancer Council Tasmania and the Leukaemia Foundation. The TAHPC is the peak representative body for hospice and palliative care in Tasmania. Its aim is to increase awareness and understanding of palliative care and provide effective grief and bereavement support. Clients and carers are welcome to drop in whenever it's convenient.

Numerous community groups and clubs have been encouraged to use the facilities, such as *Rotary and Lions Clubs*, *Inner Wheel Club*, *Tasmania Chamber of Commerce and Industry*, *Launceston Golf Ladies*, *UTAS*, *TAFE*, *General Practice Training Tasmania* and the *Cape Hope Foundation*.

In addition to the above we also have a regular list of external groups using the Centre as needed. It's great to see the Centre evolve to be viewed as a hub and gathering point for such a variety of great activities. Other users include:

- Australian Healthcare & Hospitals Association
- Ostabuddy program
- McGrath Breast Care Nurse
- Friends of Hospice
- Look Good Feel Better
- Leukaemia Foundation (tenant)
- Ostamates group
- Young Women with Cancer - McGrath Foundation nurse
- Tasmanian Association for Hospice & Palliative Care (tenant)
- Breast Cancer Network
- Unicorn Foundation
- Breast & Gynaecological Support Group - DHHS
- Palliative CARE (North)
- Canteen
- Haemochromatosis Australia
- Our monthly E bulletin now has 260 registered recipients keeping client, general public and clinical partners up to date with the monthly activities at the Centre.



3649 visitors to the Launceston Centre were recorded, compared to **1662** in 2013

944 calls were recorded, compared to **434** in 2013



fundraising

Business development

In order for Cancer Council Tasmania (CCT) to be sustainable, we rely heavily on our local community. It is the overwhelming generosity of Tasmanians, who through donations, campaigns, events and volunteering allow us to continue to deliver support services, provide advice and financial support, promote healthy lifestyle and invest in much needed research.

Cancer Council Tasmania Business Development Team continues to work hard to build strong connections in towns and cities right across the state, fostering partnerships with all our stakeholders. Each year we continue to evaluate and grow our fundraising program, whether through much loved events such as Relay For Life or new events like the North West Gala Dinner. We constantly endeavor to find new ways to increase our fundraising revenue and ensure we measure our progress. Thus we make the best use of our people and resources so that we achieve the best return for the community's investment.

During the Financial Year 2013-14 we launched a new and improved website. Extensively updated and revised, with much enhanced navigation, the site went public in January 2014 and has provided ready access to up-to-date, evidence-based information as well as increasing our capacity to engage meaningfully with our supporters and attract volunteers. With the new website and the adoption of informative promotional materials, we are further raising awareness of CCT and the work we do.

We will continue to work closely with key stakeholders, sponsors, support providers, researchers and the community to deliver our targets. But most importantly CCT will continue to invest our passion, our time and our resources to beat cancer.



We received **\$220,000** from community fundraising events.



Communities across the state held six Relay For Life events, with over **7,300** participants raising a combined **\$1,089,696**.



Event Fundraising

Despite the difficult economic climate, so many Tasmanians enthusiastically supported our fundraising events. Key achievements from the year included:

- **Relay For Life events** held by six communities across the state, with a total of over 7,300 participants raising a combined \$1,089,696.

Communities involved were Circular Head, North West Coast, Huon Valley, Dorset, Hobart and Launceston.

These wonderful events were delivered through the tireless work of volunteer committee members who manage these events in their own community. Relay runners were joined on the track by hundreds of survivors and carers.

- **October is Cancer Council's PINK month**, where a number of PINK events around the state look to raise awareness for women's cancer, and in 2013 raised over \$190,000 in much needed funds.
- Over 800 **Australia's Biggest Morning Teas** held throughout May and June. This year every cuppa made a difference and donations raised an impressive \$309,000
- Over 200 registered volunteers and supporters spread the message of Hope through **Daffodil Day** sales and raised \$135,000.

We received over \$60,000 through 'in memory' donations from the public and \$220,000 was raised through community fundraising events.

Community Fundraising

We are incredibly grateful for the tremendous generosity and support of our local community.

Each year hundreds of Tasmanians assist us to work towards our vision of a cancer free future for all Tasmanians through their own efforts in developing and implementing their own community fundraising initiatives. We support them in these endeavours but full credit must go to those willing to take on these active and challenging tasks in such a community spirited way.

CCT is proud that all funds raised in our state stay in the state to directly assist the community.

Cancer Council Tasmania would like to thank Hotel Charles Launceston for their ongoing generous support of our major

fundraising events. CCT has had a corporate partnership with Hotel Charles since July 2013. During this time they have demonstrated their commitment to supporting Tasmanians affected by cancer by providing accommodation prizes for all our major local Cancer Council Tasmania fundraising events (Think Pink Gala Ball, North West Gala Dinner and the statewide Pink Ribbon Day Breakfasts).

CCT is over 90% community funded and we are constantly delighted by the amazing ideas our community come up with; from an 80 kilometre walk in a daffodil costume to marathons, school quiz nights to head shaves, auctions and dinners. Together with our community we can Do It For Cancer!

Retail

Every purchase from the extensive range of SunSmart and cancer aid merchandise sold through our retail centres in Hobart and Ulverstone or online helps fund our local programs and activities in research, prevention, education, screening, supportive services and advocacy campaigns.

Our SunSmart products include sunglasses, sunscreen, swimwear, clothing and wide brimmed hats for all ages, makeup, skin care, sunchairs, umbrellas, pram covers and beach cabanas. The cancer aid products are turbans, sun sleeves and gloves, nose guards and for outdoor work Kalahari hats with side flaps.

Businesses can purchase SunSmart and protective clothing at competitive prices for their employees promoting safe and best practice within the workplace and being a good corporate citizen through supporting the CCT cause.

Sales of the ever popular Entertainment Books also assist in providing much needed funds as well, with \$12 from every book sold coming straight back to the Cancer Council here in Tasmania.

We're not just limited to selling products from our two shopfronts. You can also see us selling retail products and supplying sunscreen at local events such as the Taste of Tasmania, the Wooden Boat Festival and some Community Fundraising events.

Regular Giving

This fundraising program relies on the generosity of donors to make recurring donations either monthly, quarterly or yearly enabling us to have a steady, predictable source of income that allows us to plan ahead and engage with our donors.

Workplace Giving

Workplace Giving is a three way partnership with employers, employees and us. It offers staff a simple and effective way to donate money via a pre-tax deduction either from their payroll or on their debit or credit card. It offers the opportunity for businesses to engage and celebrate the impact their collective donations have within their own community and allows the Cancer Council a stable long-term funding source for effective planning.

In Memory

We are grateful for the generosity of those who think of us when someone close to them passes away. Whether it's through a funeral home, or to Cancer Council directly, your gift is a meaningful tribute not only in memory of your loved one but also a direct response to help in the fight against cancer. These donations were often in lieu of floral tributes.



Over 200 registered volunteers and supporters raising over \$135,000 as part of Daffodil Day.

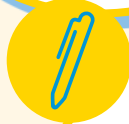


Over 800 Australia's Biggest Morning Teas held throughout May and June helping to raise over \$309,000.





.....
Bequests
 and trust annuity
 income remain vital
 to **Cancer Council
 Tasmania's** ongoing
 operation and service
 delivery. During 2013/14
 we received
\$454,422.



.....
Received
 over **\$60,000**
 through 'in memory'
 donations from the
 public.

Bequests

***“By what you get, you make a living; what you give, however, makes a life”
 — Arthur Asche***

Norma's Story gives an insight into what has motivated and inspired a bequest provider and dedicated regular giver

“I started giving regular donations to the Cancer Council in 2000 because my father died as a result of lung cancer many years ago. As you can imagine treatment back then was not as advanced as now and it was a very distressing time to watch his struggle over the last nine months of his life.

“This was not the only experience I have had with this terrible disease as my husband, Mervyn, has had several skin cancers removed from his hand and face and a particularly aggressive one from his neck. All of these appear to have been treated in time (or so we hope)!

“We also had several family members affected by cancer, with my sister-in-law having undergone treatment for ovarian cancer last year and our beautiful three year old niece sadly passing away from leukaemia. Like so many people, we also know many others who have been diagnosed with cancer.

“After much consideration we decided to leave a gift in our Will as we think it is important to support an organisation such as Cancer Council Tasmania not just because of our own personal experiences but also because one day we would love there to be a cure for this awful disease.

“I believe this will happen with further research and people becoming more aware of what causes cancer and knowing what to look for. These are areas that I know the Cancer Council works in across the state along with helping those who are, and have been, touched by a cancer diagnosis.”



Cancer Council Tasmania (CCT) is pleased to see acts of philanthropic giving like Norma and Mervyn's. We believe this can be attributed to the visibility and accessibility of our services, and the meaningful changes we can bring to people's lives, giving hope for a cancer-free future.

Norma and Mervyn's generosity will allow CCT to continue with our prevention and education activities, contribute to ongoing research and the provision of support services and programs.





The Never Ending Relay

Relay For Life – The Story Of The Mountaineers

Karen Hampton and her team of 'Mountaineers' have a deep connection to cancer and its effects on a close knit community.

Karen explains how it all began.

"We started our team to honour the lives of two brothers who both passed away from cancer within three years of each other, both only in their thirties. Glenn and Leon were long time players and supporters of the Sheffield 'Mountaineers' Cricket Club so we wanted our team name to honour their long association with the club," Karen said.

"Over the past six years, many people in our community who have supported our team since our formation are now facing their own cancer journey."

"We have had amazing support from the Sheffield community so whilst our reason for starting our relay team will never change; we now have so many more reasons why we need to continue to relay."

The Mountaineers top tip for staying motivated out on the track:

Karen and her team have a great perspective in making sure they remain keen and committed to Relay For Life.

"Being at Relay and surrounded by so many inspirational people who are fighting cancer or who are survivors, makes it easy to stay motivated. We think about all the people in our community who are going through their own cancer journey and strive to do the best we can on their behalf."

"With three cancer survivors in our own team their enthusiasm and commitment to the cause also gives us no excuse to not be motivated!" Karen said.

The Mountaineers have been entering a team in "Relay For Life – North West" for six years now and in 2014 they raised over \$26,000 - an amazing effort.



Physical inactivity is responsible for 14% of **colon cancers** and 11% of post-menopausal **breast cancers** – and may contribute to many other cancers.



Tests are currently available through national population-based screening programs for **breast cancer, cervical cancer and bowel cancer.**



.....

You have a better chance of **survival** when **breast cancer** is found early by a screening **mammogram.**

.....

volunteers

Betty Biega is always busy

Betty Biega is a popular resident at Bishop Davies Court aged care facility in Kingston. Betty decided to keep herself more active by making and selling jewellery, scarves, baby clothes, dolls clothes and assorted Christmas items.

Motivated by cancer claiming the life of her husband and her own battles with the disease, Betty decided two years ago that the money she raised would be donated to Cancer Council Tasmania.

In her own humble way, Betty declares that she made “only \$500” for her first Cancer Council trade table.

Betty, 88, spends “every spare moment” making her craft and can even make an intricate hand-made scarf in just a day.

Her incredible hard work is made more remarkable considering she suffers from arthritis in her fingers and wrists.

People will often pay far more than the asking price for Betty’s wares, reflecting the quality of her products as well as the generosity of other residents and their friends and families.

Never one to miss an opportunity, the enterprising Betty recently purchased two dolls from the op-shop, scrubbed them to look like new with a toothbrush and knitted clothes for them.

Betty has raised nearly \$2,000 from her trade tables with all funds directly assisting Cancer Council Tasmania, the next table is scheduled for December, where Betty’s famous knitted Christmas puddings filled with wrapped chocolates are sure to sell fast, with a batch of twenty-five quickly selling out last Christmas.

Betty’s tireless work and the support she receives from her community shows how one person can make a real contribution to a cause that’s close to everyone’s hearts. Donations and fundraising from activities like Betty’s help further the work Cancer Council does in Tasmania.

Betty’s legendary status resulted in the official naming of a communal room ‘The Betty Biega Room’ at Bishop Davies Retirement Village as testament to her endeavours.

Reflecting her quick humour and good nature, when asked how she felt about the room being named after her, she replied “I was surprised, I thought they only did that after you died!”

We’d like to thank Betty for her selfless efforts which are helping to improve the quality of life for Tasmanians now and in the future.



Pauline Watson

A Life Spent Giving



We were sad to see one of our most enthusiastic Cancer Council supporters and dedicated workers pass away during the year. Pauline Watson lived her life to the utmost, overcoming her battles with each stage of her cancer journey with both dignity and determination.

Initially diagnosed in 1991 with breast cancer and then relapsing with spinal cancer in 1993, Pauline's life, and those of the people who loved her most, changed immeasurably at that time.

She knew the relapse, and the ensuing prognosis, would eventually mean the disease would catch up with her. At first given not much more than a year to survive, one year turned to two and two turned into many. This only made Pauline determined to reach a number of goals she'd begun to set herself along the way. Initially it was just to see her two boys (aged 11 and 13 in 1991) finish school. That was a goal she achieved comfortably in terms of time despite some very difficult patches along the way.

Pauline continued with treatment, trying a variety of approaches, but at the same time discovered a renewed vigour for life, helping others through their own cancer journeys. This became Pauline's unwavering focus, particularly as she was joined and supported by her husband Russell.

Pauline continued with treatment, trying a variety of approaches, but at the same time discovered a renewed vigour for life by helping others. She did this by assisting them through their own cancer journey as part of our support program.

Pauline undertook our training and over the years developed valued skills to support those affected by cancer which became Pauline's unwavering focus whilst also working within our SunSmart retail program.

Although being diagnosed at 50, Pauline lived a full and happy life till she was 69, spreading her own brand of caring goodwill and providing an ever-present shoulder to lean on for the many hundreds whose lives she crossed. We thank Pauline (and Russell) for their devotion and generosity to the cancer cause, a testament to their amazing efforts over all those years.

Megan Graham

Relay for Life volunteer

I was diagnosed with cancer six years ago. Along the way, I learned a lot of things about people and more importantly, about myself.

I learned that I am actually mortal – shocking, I know! I learned that cancer is a word not a sentence. I learned it is okay to say no, but it is more fun to say yes. I no longer suffer fools gladly, but I find I am quite happy to make a fool of myself. And I learned that life is good and that when you do good things for other people, like volunteering with the amazing people at Cancer Council Tasmania, life gets even better.

I got involved with Relay For Life as a way to connect with others who had experienced close contact with cancer, to talk to others who had known the terror of a cancer diagnosis. What I found astounded me.

Words cannot adequately express what a truly wonderful, life changing, heart wrenching, hope surging, laughter inducing, eye-opening experience Relay For Life is to me. Being a part of such a joyous celebration of hurdles and milestones and love, and being a member of the CCT Relay family, comforts and soothes my soul. I treasure the experiences that come from Relay and those friendships I have made.



As a volunteer on our local Relay organising committee, on the ground during the event or as a member of the Nationwide Relay For Life Volunteer Committee, I'm giving back, yes, but I'm gaining so much more. I believe that Relay For Life, and Cancer Council Tasmania – apart from raising vital funds for cancer research and essential auxiliary services – gives back to me, tenfold. I am the winner here.

I'm proud to be a volunteer for Cancer Council Tasmania.





Cancer Council Tasmania

180 – 184 Collins Street
Hobart, Tasmania 7000

email: infotas@cancertas.org.au

phone: 1300 65 65 85

fax: 03 6212 5722

ABN 27 685 250 740

www.cancertas.org.au



@CancerTas



cancercounciltas