

DAFFODIL NEWS

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Elaine's morning tea warms Wynyard

Elaine Parry, a Cancer Council Tasmania supporter, has hosted her renowned Biggest Morning Tea (ABMT) in Flowerdale/Wynyard since 2001. What started as a cozy gathering has blossomed into a community-wide event, attracting up to 100 attendees at the Wynyard Show Ground.

Elaine's motivation is deeply personal; she believes strongly in the cause, acknowledging that cancer touches many lives. For Elaine, ABMT isn't just about fundraising; it's about creating a warm atmosphere where attendees can enjoy homemade food and engage in activities. From soup and sandwiches to auctions and raffles, Elaine ensures there's something for everyone.

Her dedication to preparation extends to personally cooking all the food, earning her a reputation as a talented chef. When asked about her fundraising tips, Elaine emphasizes making the event enjoyable. "If they're having fun, they're going to be happy to keep spending," she remarks.



Beyond fundraising, Elaine is passionate about spreading cancer prevention awareness, urging everyone to prioritize their health and get regular check-ups.

Elaine's commitment wouldn't be possible without the support of her family and friends, who contribute their time and skills to make the event a success. With her daughter handling printing and her husband and friends forming a dedicated team, Elaine's ABMT continues to grow each year, making a significant impact in the fight against cancer. Join the party by registering your own event at biggestmorningtea.com.au.



NOELLA CHAMPIONS BOWEL CANCER SYMPTOM AWARENESS

Finding cancer early greatly improves your chances of successful treatment. It is important to check your body regularly, so you know what is normal for you. If you notice any changes in your body, visit your doctor. Noella was diagnosed with bowel cancer in 2019. She had noticed some bleeding, which she thought was unusual, so she went to her doctor to get checked. "When you notice changes in your body, consult your doctor. Find cancer early. It could save your life." To hear more about Noella's story, visit cancer.org.au/personal-cancer-stories/tas/noella-buchanan

CEO welcome

Welcome to the most recent edition of Daffodil News.

If I were to choose a theme for this edition, it would be 'inclusion' to represent the strength that comes when people in our community come together to unite for positive change.

This includes the courage, remembrance and resilience of the hundreds of people who took to the track to walk laps and raise funds at our Relay For Life Events in Smithton, Hobart, Launceston, Penguin and Triabunna.

I am pleased to announce that the Relay events collectively have raised \$560,000. This is an outstanding result, with all funds raised staying in Tasmania to enable us to deliver our services free of charge to the community.

Whether you ran, walked, cheered from the sidelines or supported a team through a donation – thank you!

If you have never experienced a Relay event, I strongly encourage you to consider getting involved next year. It is more than just a fundraising event, it is an experience and next year will be especially important as we commemorate the 25th anniversary of Relay in Tasmania.

We also experienced the joy of different communities connecting to celebrate during Harmony Week through food, dance and conversations.

Cancer Council Tasmania is committed to ensuring that all members of our community can have access to information

and support and we thank our dear friends at the Migrant Resource Centre (Northern Tasmania) for working with us on such a wonderful event.

We also witnessed hundreds of Tasmanians answer the call to donate blood through Lifeblood donation centres. This helped to raise awareness of the critical role, and demand for blood donations for cancer patients during Blood Cancer Awareness Month, and highlighted Cancer Council's national partnership with the Australian Red Cross.

We have also seen incredible passion and determination from Tasmanians from all walks of life who continue to go above and beyond to raise awareness about cancer, and to help raise funds for Cancer Council Tasmania. This includes Brian Stace, who recently completed 50 iconic walks across the state over 50 days - an incredible effort!

Cancer does not discriminate, and it is through the efforts of all of us that we continue to make a difference. Every event and conversation is helping us reduce the incidence and impact of cancer on Tasmanians.

Thank you for all that you do.



Alison Lai, CEO
Cancer Council Tasmania

New anti-vaping campaign for young Tasmanians

Quit Tasmania joined Relay For Life events across the state to encourage Tasmanians to reduce their risk of cancer by quitting smoking, with signage displayed at the various venues. The events also provided the opportunity to chat to some young people about vaping. Quit is currently developing a new youth-focused anti-vaping campaign, which we hope to release later this year, in partnership with the University of Tasmania and Department of Health. So... we want to hear from young people! If you know someone who is between the ages of 15 and 24, please encourage them to complete this survey through the QR code. The insights from the survey will help shape the campaign!



All funds raised in Tasmania stay in Tasmania

It takes all of us to fight cancer. You can make a meaningful difference in the life of people impacted by cancer today—scan this QR Code to donate and be a part of our work across the state. You can also donate by heading to cancercouncilfundraising.com.au/tas/appeal or calling us on 1300 65 65 85. Thank you for your generous support.

Ed charges to the top of the leaderboard



Edward with Mum, Allison. – ESP Photography

Australians across the country felt the charge as they raised vital funds and got active throughout March for life-saving cancer research. It was the biggest Charge yet, with nearly 17,000 participants, 864,212kms completed and a whopping \$2.7 million raised for Cancer Council.

Closer to home, Edward (Ed) Burrows-Cheng is Tasmania's very own superstar Charger and Australia's second-highest fundraiser, raising almost \$18,000! Ed signed up this year after his beloved Mum, Allison, received a lung cancer diagnosis, only weeks before The March Charge kick-off.

"To say we were shocked would be an understatement. She has been the pillar of our family, raising 13 kids, putting all of us before herself, we never saw this coming", Ed shared.

Ed was driven by intense purpose after suddenly having his family's life turned upside down. In recognition of his Mum's unknown journey ahead, Ed challenged himself to run 300kms and raise \$500 for fellow Tasmanian families impacted by cancer.

"When I'm running, I think about how others have Charged or raised funds towards cancer research, which has led to them creating the treatment that my mum is on", says Ed. "Without that, I am not sure where we would be. So, whilst I may not be able to make an impact on my mum's treatment, hopefully the funds that I can raise and the Kms that I can do will have an impact on someone else in the future."

By the end of March, Ed had clocked up 301kms and raised nearly \$15,000 for our cause - but that wasn't enough! In the race to the fundraising finish line, Ed decided to run an extra kilometre for every \$100 donated, to say a big thank you to the generous Tasmanian community. After setting off for the final run at around 10pm on Friday 5 April, Ed completed the last kilometre 19 hours later on Saturday afternoon in Kingston.

What a remarkable effort and way to round out a huge March Charge! Thank you for all your dedicated fundraising, running and bringing awareness to our organisation, Ed. Now, go put your feet up!

Morning tea celebrates harmony

This Harmony Week, we partnered with the Migrant Resource Centre North, celebrating the vibrant tapestry of culture and diversity that brings Tasmanians together! Held at our Northern Cancer Support Centre in Launceston, today we opened our doors to the community and hosted a special morning tea with around 50 attendees.

We shared food and stories, enjoyed music and dance, made meaningful connections, and had the most enjoyable time learning from one another. Thank you to our friends at the Migrant Resource Centre North for this wonderful opportunity, and to City of Launceston for generously funding the catering.



Yasmine and Elena



Our Southern Supportive Care team (l-r) Maria, Katrina, Geraldine, Lynn and Claire.

Complementary therapies program continues to expand in 2024

We are introducing some new programs and people in the supportive care space, starting with a welcome to our new team members in Hobart - Katrina, Maria and Lynn. Also in Hobart we have a new program starting, with Qi Gong commencing in coming weeks, replacing Tai Chi while our much-loved instructor Wendy is taking a break. Alongside this is a new craft group on a Tuesday morning - no need to book, just drop in, bringing your own craft project enjoy a cuppa and chat with other people affected by cancer.

In the North West we have a new Exercise Physiologist starting, with sessions available from the North West Regional Hospital Wellness Centre. Bookings are essential for this so contact us to find out more.

In the North we changed up our Exercise Physiology structure and instead of group classes, we are now able to offer one to one appointments with a tailored exercise mindfulness facilitator. This is alongside our Mindfulness program which starts soon.

We are also introducing a new Physio Pilates program, which will begin this year and commencing regular 'Resilience re-boot' sessions. These will be available on a drop-in basis, however please phone to register before attending your first session.

All of our regular programs are in full swing, including a Walking Group, Pilates, Oncology Massage, Bowen therapy, Yoga, Mindfulness, Art and Art Therapy, group peer support and more. We also offer appointments with a Centrelink worker and for wig fittings and always have trained supportive care staff and volunteers available who provide face to face and phone, one on one supports.



DID YOU KNOW? All of our support sessions and programs are available free for any Tasmanian impacted by cancer including carers and loved ones, during and after diagnosis and treatment. For details or to book phone 1300 65 65 85 or use this QR code.

We are currently finalising an 'Introduction to Complementary Therapies' video which will be available for free on our YouTube.com channel @CancerCouncilTas. This video offers a brief introduction to several of our regular programs, allowing people to try a program in the comfort of their own home. There are many other resources available on the channel when you visit. If you are interested in finding out more about the many ways we are supporting people affected by cancer in your community, please get in touch, our highly skilled team would love to talk to you.

Relay in Review – what a season!

Relay For Life 2024 has been a phenomenal season, seeing just under 3,000 participants hit the tracks over 5 Relays across Tasmania in the months of February, March and April. The Tasmanian Relaying community have raised over \$560,000 to date, which is incredible, supporting our mission to reduce the incidence and impact of cancer on all Tasmanians.



In this 24th year of Relay in Tasmania, we were happy to open our gates again post-COVID to our communities and to enjoy the true Relay spirit. We saw record numbers of Survivors and Carers attending the events as we **Celebrated** cancer survivorship, **Remembered** loved ones lost and pledged to **Fight Back** against cancer again.

Hobart, Launceston and Penguin are the 20-hour events starting at 1pm on a Saturday afternoon and wrapping up on Sunday 9am; while Circular Head and Triabunna are 12-hour community-led events. The length of these Relays are a reflection of the journey a cancer patient may experience – whereby teams families, friends, colleagues and communities pass the baton on, each taking turns in walking around the track and reflecting on how cancer impacts us all.

While not on the track, Relayers are entertained by local talents who donate their time to perform live music, or activities led by volunteers.



Relay is made possible by the fantastic, driven and highly devoted volunteer committees across the State, to whom we are extremely grateful. We are supported by countless volunteers at each event, ensuring they all run smoothly and seamlessly. We thank each and every volunteer who has supported a Relay event.

Finally, the true spirit of Relay is carried by our amazing participants; we thank YOU, Tasmania, for your endless fundraising efforts, generosity and for bringing the Relay spirit to the track year on year.

We look forward to seeing the first ever Sorell Relay to be held later in 2024, as we start to grow the community-led events across Tasmania, making Relay more accessible to more people around our island state.

We are also excited to have launched the 24-minute Primary Relay in partnership with the UTAS Children's University, with 5 schools already hosting their events this year.



2025 and beyond...

2025 marks the 25th year of Relay For Life in Tasmania and it won't go unmissed! As our Relay team re-group in the coming months, we will be busy planning an exciting 2025 season across Tasmania. If you are interested in bringing Relay to your community, please reach out to us by contacting Alicia at avanek@cancertas.org.au.

We Relay For Life. Celebrate. Remember. Fight Back.



Become a Regular Giver!

Large or small, your monthly donation provides essential funding for Cancer Council Tasmania to give emotional and practical support, access to complimentary therapies, transport to treatment and financial assistance when Tasmanians need it the most.

With your regular help we can plan and allocate resources more efficiently, and we can ensure your donation has the greatest possible impact to Tasmanians impacted by cancer.

Donations over \$2 are tax-deductible and, at the end of the financial year, we'll send you a receipt to assist with your tax return. Tackling Cancer Takes all of us.



Join us for Dry July

Believe it or not, July is fast approaching! It's time to consider whether you'll go Dry this July and help raise funds for Cancer Council Tasmania's 13 11 20 Information and Support Service.

If you're new to Dry July, this fundraiser encourages participants to go alcohol-free for the month of July, whilst raising funds for people impacted by cancer. You'll also start to feel the health benefits of going alcohol-free, and be motivated knowing



you are doing something valuable for others at the same time.

Our 13 11 20 phone service provides much-needed practical and emotional support to Tasmanians impacted by cancer, confidentially and for free. With around 10 Tasmanians diagnosed with cancer every day, this service is needed now more than ever – especially for those in regional areas or with limited access to cancer support services.

So, will you join us and make a difference this July? Register now either individually or as a workplace via dryjuly.com and choose Cancer Council Tasmania as your beneficiary.

Download the all-new My QuitBuddy App

We're thrilled to announce that the My QuitBuddy app has undergone a major transformation, marking its first major update in 8 years. Modernising the app now allows users to select vaping as an option and allows them to find tailored support options for quitting vaping or smoking. The app has an entirely new goal setting feature, where users can add a picture

and record a voice message for themselves, all as reminders of why they are quitting.

You can also continue to track how much money you've saved over time!

You can download, and learn more about, the newly updated My QuitBuddy app here.



15 Princes Street, Sandy Bay Tasmania 7005
69 Howick Street, Launceston 7250 | Suite 2, 45 Best Street, Devonport 7310
Tel: 1300 65 65 85 | Email: infotas@cancertas.org.au | Web: cancer.org.au/tas

For information and support call 13 11 20

All donations over \$2 are tax-deductible. Produced by Cancer Council Tasmania.

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