

the Daffodil

ISSUE 1 2024



**Cancer
Council**
Queensland

Message from the CEO

Late last year, the Australian government released the landmark Australian Cancer Plan. This plan highlights the stark disparities in cancer prevention, screening, treatment, and management faced by regional or rural Queenslanders.

At Cancer Council Queensland, we know 49,921 regional or remote Queenslanders who are currently living with cancer will experience significantly worse health outcomes than those living in city areas.

Our research shows those living in regional areas have a 4% less chance of surviving their cancer, and Indigenous Queenslanders face a 10% lower survival rate. We are committed to bridging this gap.

By leveraging our world class research, we are significantly expanding our cancer prevention and support capacity and capabilities across the state.

Thank you to everyone who has supported our mission to lead Queenslanders in a partnership against cancer in 2023. Whether you've volunteered, fundraised, or donated, I deeply appreciate your valuable contribution, and look forward to what we will achieve together in 2024.

Andrew Donne

Chief Executive Officer,
Cancer Council Queensland



IN THIS ISSUE

- 2 Christmas appeal
- 3 Peer support volunteers
- 4 Spotlight on research
 - UNIQUE study
 - Next Generation Cancer Research Fellowships
- 6 Donor profile: Peter
- 8 Life at our lodges
 - Client profile: Alan
 - Staff profile: Robyn
- 10 Cancer risk crossword



Thank you

for giving children
diagnosed with cancer
a brighter future!

In December, we introduced you to Toby and Jenaya, who celebrated their first cancer-free Christmas last year. Their Christmas campaign highlighted the fact that, as Jenaya says, "Cancer doesn't stop when treatment ends".

You, our Queensland community, heard the call and generously gave over \$248,000.

Our Viertel Cancer Research Centre is meeting the need for research into the late effects of childhood cancer and its treatment through two crucial projects:

- Late Effects of Childhood Cancer (LACE) project and;
- Australian Childhood Cancer Registry

We thank you from the bottom of our hearts for your willingness to give the gift of hope to children diagnosed with cancer.



ICON
CANCER CENTRE

Looking for a way to give back?

Your lived experience can make an incredible difference to Queenslanders undergoing cancer treatment.

If you or someone you love has experienced cancer, becoming a Supportive Care Liaison Volunteer is one of the best ways you can give back.

Supportive Care Liaison Volunteers share their own experiences and help connect Icon Cancer Centre patients and their carers to vital cancer information and support services.

- In-person volunteering at Icon centres across Queensland
- Cancer Council Queensland training provided
- Part-time roles available



**SIGN UP
TODAY**



UNIQUE Study

The cancer journey is long, exhaustive, and often characterised by lack of connection between available services and the needs of people impacted by cancer. Many patients experience poor quality of life, psychological distress, and physical symptoms throughout their treatment and for many years afterwards.

Over the next five years, researchers at the Viertel Cancer Research Centre are undertaking the *Understanding the Experiences and Identifying the Needs of Queenslanders Affected by Cancer* study. This study aims to understand the lived experiences of people who receive a cancer diagnosis in order to more closely align Cancer Council Queensland's support services with their needs.

AIMS

Working in collaboration with our Client Operations team, and building on our extensive experience in conducting large research studies, we will:

- Undertake population-based research to identify the experiences of and support needed by, cancer patients and their families including those disadvantaged by distance or circumstances
- Identify gaps in service provision
- Co-design and test evidence-based services for cancer patients and their families.

OUTCOMES

This new research can change how patients and their families are supported from diagnosis through to survivorship, which will contribute to improved health and well-being for the growing population of cancer survivors and their caregivers.

“We initiated this research project to give people affected by cancer across Queensland a real voice, the opportunity to tell us what support services they need.”

— Belinda Goodwin, Senior Manager
Health Systems & Behavioural Research

We're funding the next generation of researchers, thanks to you.

We are thrilled to announce the recipients of the Cancer Council Queensland Next Generation Cancer Research Fellowships, which provide funding opportunities to cancer researchers in Queensland.

Dr Mostafa Kamal Masud The University of Queensland

A nano-architected platform for early diagnosis and monitoring of ovarian cancer.

\$750,000 Grant value

Dr Mathias Seviiri QIMR Berghofer

Understanding the genetic basis of treatment response, and risk prediction of skin cancer.

\$750,000 Grant value

Dr Jasmin Straube QIMR Berghofer

Identifying vulnerabilities in leukemic stem cells with poor prognostic mutations to improve myeloid blood cancer patient outcomes.

\$650,000
Grant value



DONOR PROFILE

Peter Haeusler

When Toowoomba grain farmer, Peter Haeusler, was diagnosed with a Merkel cell carcinoma on his eyelid, he caught a Greyhound bus to Brisbane to have the tumor removed.

But, within weeks it grew back to almost 8mm in diameter, and Peter found himself back in Brisbane undergoing radiation treatment for several weeks.

Throughout this challenging period, Peter found respite at our Charles Wanstall lodge.

After several weeks, the lump on his eyelid disappeared and Peter was able to return home to Toowoomba.

Deeply appreciative of the care provided by Cancer Council Queensland, he resolved to give back to regional Queenslanders going through cancer.

Last October, Peter generously donated \$15,000 to purchase 12 recliner chairs for Toowoomba's Olive McMahon lodge to enhance the comfort of others going through treatment.

"It was important to me that the chairs I bought for the lodge would be suitable for everyone, not just the fit and able people. You need a really relaxing chair you can sink back in."



Thank you for giving Queenslanders with cancer a home away from home in 2023

3,734

nights provided

CAIRNS

Marylyn Mayo Lodge

10,159

nights provided

BRISBANE

Charles Wanstall Lodge

5,712

nights provided

TOWNSVILLE

Gluyas Rotary Lodge

4,499

nights provided

TOOWOOMBA

Olive McMahon Lodge

1,703

nights provided

ROCKHAMPTON

Central Queensland Cancer Support Centre

Be a beacon of hope in your community!

Give cancer patients and their loved ones access to practical and emotional support services while they undergo treatment. For \$10,000, you can sponsor a room at any of our lodges for 12 months.

To learn more call our fundraising hotline on 1300 65 65 85.

Alan's story

Last year, I was diagnosed with prostate cancer. I live in a small regional town and, from home, the trip to treatment would've been 130km each way. I knew my body wouldn't have been able to handle the journey. Once the side effects from treatment settled in, well... let's just say my car's upholstery wouldn't have fared well.

This is where Cancer Council Queensland stepped in. The nurse at my local hospital linked me up with their accommodation, making it possible for me to stay in their unit throughout the week.

My home away from home had all the mod-cons you could want, kitchen, dining, ensuite and even a washing machine!

While the accommodation was marvellous, meeting others who shared what I was going through was truly meaningful to me.

The day I arrived there was a meeting at the recreational area. It was nothing formal. Someone had cooked a stew, and we all just sat around and talked.

Initially, I felt quite depressed, but the discussions with the other patients lifted my spirits like nothing else. They were just ordinary people discussing their illnesses and diagnoses openly and freely.

I found comfort in listening to their stories. Their hopes, dreams, and aspirations I found enlightening and personally, uplifting. It was the best tonic one could ask for. I cannot stress the importance of these meetings enough. Because of them, I discovered I was not alone.

As for the staff there - Robyn, Katie, and Anthea - all three are just wonderful people. As strange as this may sound, I enjoyed every moment of this experience. I thank every person I met through Cancer Council Queensland's accommodation lodges.

STAFF PROFILE:

Robyn

"People sometimes assume my work would be depressing. It's quite the opposite, the hope and courage that people have inspires me every day."

Five years ago, Robyn Fanning joined Cancer Council Queensland's support team. This month, she sat down with us to share her passion for working with patients and carers at our Gluyas Rotary lodge in Townsville.

What have you enjoyed most about your work?

I joined Cancer Council Queensland because I wanted a rewarding role where I could make a positive impact. I enjoy sitting and having a cuppa with the residents, giving them the opportunity to share their story. It's my job to listen and ensure they have access to support and services when they're most vulnerable and distressed.

What do those diagnosed with cancer need most when they first arrive?

Often, you're surprised at what's most important at that point in time - animals and gardens really matter to them. In the North you hear people asking, "Who is going to water my garden? Will my roses die?"

The practical impacts of cancer are the priority for people before dealing with the emotional aspects. My role is also about supporting carers. I gently remind them it is important to prioritise their own self-care and seek the help they need.

Have you seen the gap regional Queenslanders face when seeking cancer treatment?

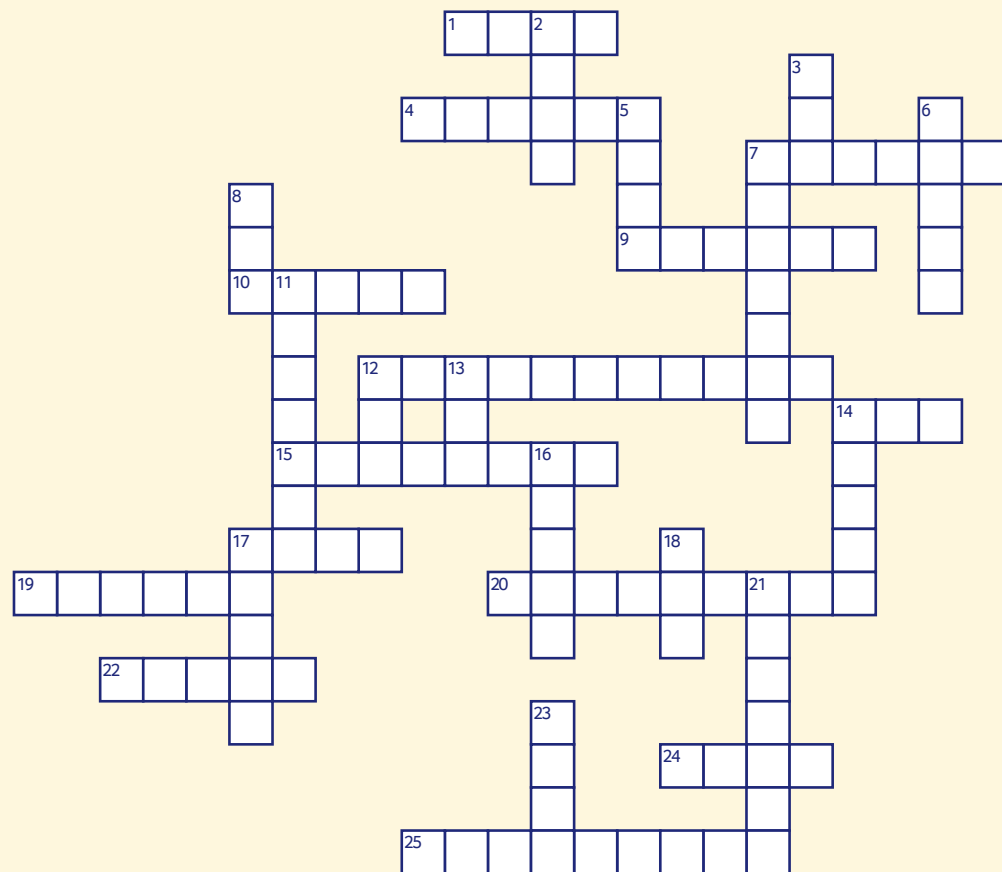
Travelling to rural and remote communities showed me how their needs differ from people in the city. Thankfully advances in medical technology have meant people don't need to be away from home as long as they used to. I recall women with breast cancer opting to have a mastectomy vs. lumpectomy and radiation just to minimise their time away from home.

Robyn, Alan and Tom (volunteer)
at our Townsville lodge



Want to lower your cancer risk?

Learn about small changes that will make a big difference to your cancer risk.



ACROSS

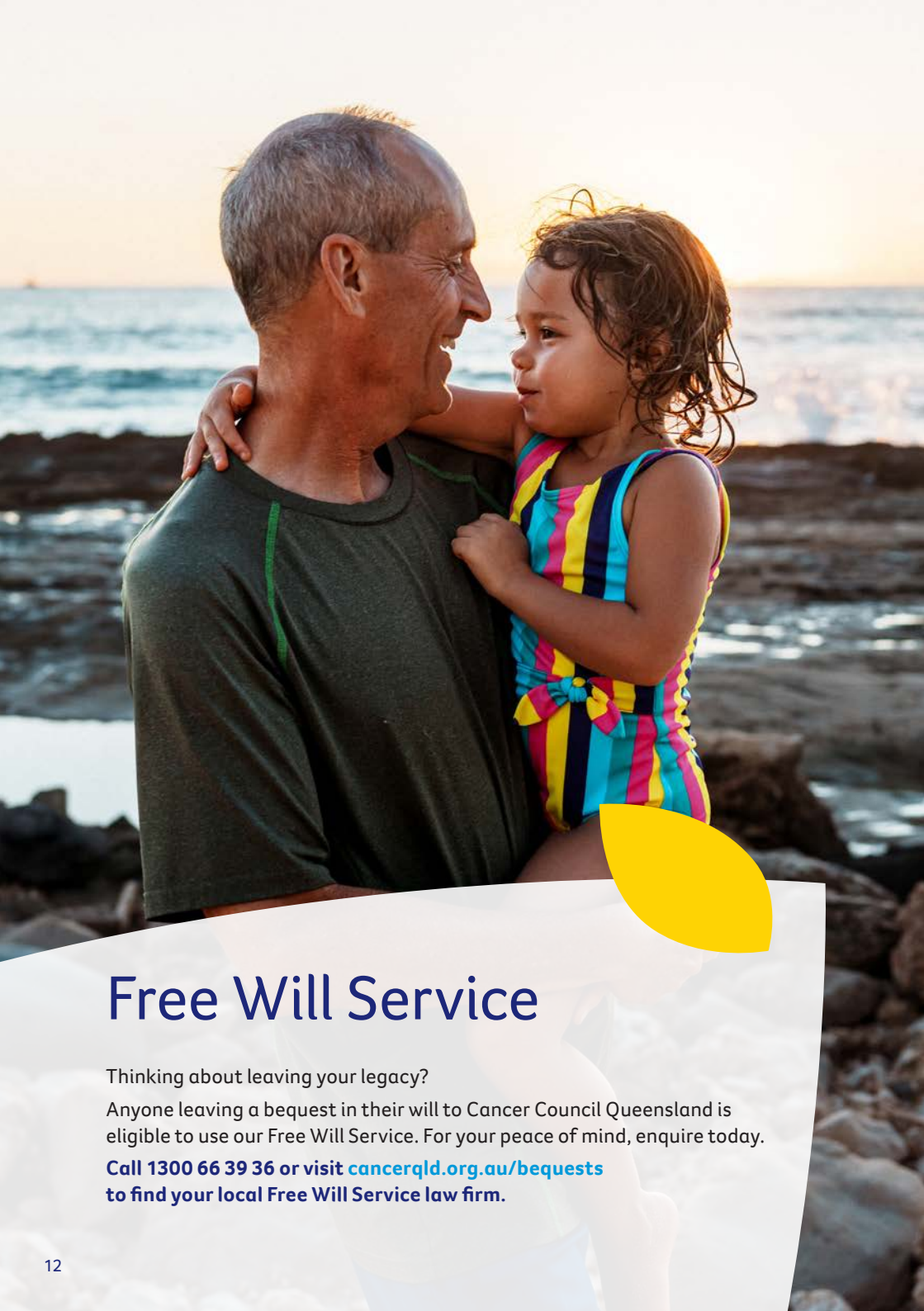
1. There's no _____ level of alcohol consumption (4)
4. UV radiation is present even on days with _____ in the sky (6)
7. Smoke chemicals can stay on surfaces for _____ (6)
9. Apply sunscreen _____ minutes before going out in the sun (6)
10. Eat five serves of vegetables _____ (5)
12. _____ radiation, not heat, causes skin damage (11)
14. Aged over 50? Get a bowel screen every _____ years (3)
15. Excess body fat can increase _____ and growth factors in blood, which may change how the cells in your body divide and increase the chance of mutated cells being produced (8)
17. Slip, slop, _____, seek, slide (4)
19. UV levels are more intense in the _____ of the day (6)
20. Avoid _____ meats, such as salami and bacon (9)
22. Check the UV _____ before going outside (5)
24. Call 13 _____ for help quitting smoking (4)
25. _____ programs detect cancer early (9)

DOWN

2. Try to drink fewer than _____ standard drinks of alcohol on any one occasion (4)
3. Woman aged 50-74? Book a mammogram every _____ years (3)
5. Avoid high _____ foods (4)
6. Protect skin when UV levels are _____ or above (5)
7. In Australia, sunburn can occur in as little as ten _____ (7)
8. Reduce your _____ meat intake (3)
11. _____ is a type 1 carcinogen (7)
12. _____ can bounce off reflective surfaces (3)
13. Eat _____ serves of fruit daily (3)
14. One _____ of cancers can be prevented (5)
16. In Queensland, UV levels are 3 and above _____ day (5)
17. _____ teaspoons of sunscreen for full-body application (5)
18. Try to drink fewer than _____ standard drinks of alcohol in one week (3)
21. _____ causes one in every five cancer deaths (7)
23. People with a cervix aged 25-74 should book a cervical screening every _____ years (4)

Want personal recommendations on how to reduce your cancer risk and help detect cancer early? Use our calculator to find out: cancerqld.org.au/cancer-risk-calculator





Free Will Service

Thinking about leaving your legacy?

Anyone leaving a bequest in their will to Cancer Council Queensland is eligible to use our Free Will Service. For your peace of mind, enquire today.

Call 1300 66 39 36 or visit cancerqld.org.au/bequests to find your local Free Will Service law firm.



Need help?

Whatever your situation, we'll listen and support you. Our support services are for Queenslanders impacted by all types of cancer.



13 11 20



Chat
cancerqld.org.au/chat



Email
131120@cancerqld.org.au

Monday – Friday • 9am – 5pm
Closed public holidays

Help us make sure Queenslanders don't face cancer alone. Scan here to donate or set up your monthly gift.





**Cancer
Council**
Queensland

Research. Prevent. Support.

cancerqld.org.au

