

MY STORY

From August 2009 to 10 September 2009 Room 20, Greenhill Lodge was home to me. I had breast cancer and needed treatment. Being from the country, travelling 'to and fro' daily for radiotherapy was not an option and that was when I was introduced to Greenhill Lodge.

It was a home away from home for six weeks. The whole set up was like a little health / holiday camp. Not only did it give me a roof over my head but also the common laundry area, the recreation room with internet access, games, newspapers and television, the common kitchen which is very well equipped with all essential electrical appliances, and the common dining area, provided me with much needed facilities.

There was transport daily 'to and fro' for my treatment provided by volunteer drivers. These drivers took us for our treatment on weekdays and day trips on the weekends to nearby places like Adelaide Hills and the sea sides. Not mentioning the shopping trips twice a week so we could get our necessities.

During my six week stay I met many people from all walks of life and from all over Australia having treatment in Adelaide. I met people from as far north as Darwin and as far south as Kangaroo Island. There were others from Alice Springs, Mount Gambier and Mildura.

It was a very healthy environment where we met people who had had treatment and were there for checkups. Some came for surgeries and most of us were having radiotherapy or chemotherapy. We were able to share our ups and downs, our joys and sorrows and our experiences despite our diverse background, age and where we came from. We all had cancer and we were there to get better and support one another, together with our carers who needed as much support as the patients.

Greenhill Lodge will always be remembered as my home away from home for me.

Besides that, as the Lodge is situated next door to Cancer Council SA, the very next day (less than 24 hours after I arrived) I walked across and volunteered myself. In those 6 weeks I volunteered in many areas. I started by helping to pack for Daffodil Day as August is Daffodil month. I also volunteered on a stall on Daffodil Day.

In September it was Father's Day so I got involved with the Father's Day Classic bike ride. I am proud to say that the phone calls I made to individuals and companies brought in much sponsorship and riders and it was a big success.

By then my treatment was over but I went away very happy and satisfied that in those 6 weeks not only did I receive much but I was able to contribute as much. Now I have my name down for the Cancer Council Ambassador Program and I am also proud to say that I have been appointed Member of the Cancer Australia Consumer Network from January 2010 to January 2013.

I am a registered nurse and have worked in oncology, haematology and palliative care and now I am also a cancer survivor. Having experienced both sides of the coin I believe and trust that I can now serve the community with a better understanding in the management of cancer.

LETCHEMI VELAUTHA



Future Directions for CALD at Cancer Council SA

Cancer Council SA is committed to the ongoing development of cancer prevention and support programs and services that meet the needs of people from culturally and linguistically diverse (CALD) communities. We have a range of services and programs currently available, including:

Screening programs

Cancer Council SA works in partnership with BreastScreen SA and SA Cervix Screening Program to increase participation rates of CALD women in breast and cervical screening. This work includes facilitating a small grants program to support community activities that increase the uptake of screening for women.

Cancer Council SA has been hosting these projects for 15 years and has extensive networks within CALD communities.

Speakers Bureau

Our speakers have provided educational talks on a range of topics and languages for CALD communities for the last four years. During 2010 we are concentrating our educational talks on specific cancer issues within some communities in order to maximise their impact. Of particular focus will be increasing bowel cancer screening rates among Italian and Greek communities and reducing tobacco use and exposure to second-hand smoke in Vietnamese, Chinese and Bosnian communities.

Educational materials

There are a range of printed materials covering both prevention and cancer support topics which have been translated into many different languages. Over 15,000 CALD specific resources were distributed last year and we will continue to promote and provide these resources, also making them available at www.cancersa.org.au

Helpline support

Both Cancer Council Helpline (13 11 20) and Quitline (13 7848) use the Interpreter and Translation Service to ensure that people from culturally and linguistically diverse backgrounds can access the information and support provided by these services.

Future Directions

In order to better understand the needs of CALD communities, we are undertaking some research that will help us identify which communities currently engage with Cancer Council SA services and their experiences in doing so. We will also be working with our research team to better understand the overall impact of cancer on local CALD communities. As part of this research, we will consult with key representatives from various communities. The results of this research will help us to ensure our programs, services and resources best meet the needs of South Australian CALD communities, as well as inform our advocacy and future research priorities.

Australia's biggest Morning Tea - 27 May 2010

Australia's Biggest Morning Tea is an easy way for you to raise funds for cancer research and support services. Simply invite friends and colleagues to a morning tea at your place or work on 27th May (or any day in May or June that suits you and your guests) and collect donations for food and drinks.

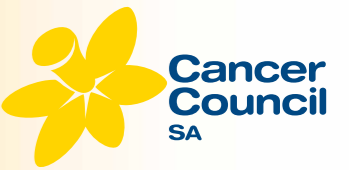
Register now to receive your free host kit at www.biggestmorningtea.com.au or call 1300 65 65 85.



Tapestry

culturally and linguistically diverse newsletter

March 2010 | Issue 7



Welcome to Tapestry!

Welcome to the first issue of Tapestry for 2010.

Cancer Council SA produces this newsletter for health professionals and health and welfare workers in South Australia's culturally and linguistically diverse communities.

Tapestry keeps you up to date with culturally diverse issues relating to:

- cancer prevention and early detection
- cancer information and support
- cancer research
- fundraising events

Enjoy this issue of Tapestry!

Please contact us with any thoughts or feedback about the articles in the newsletter. Contact details are: Cancer Council SA, PO Box 929, Unley BC SA 5061, t 08 291 4111.

Farewell from Clara!

After 10 years at Cancer Council SA I am writing to say 'goodbye' to many friends and colleagues that I have had the pleasure of working with during this time. I feel fortunate to have met so many wonderful people and to witness their incredible dedication and commitment to the promotion of health and well being within our diverse community. I have learnt so much and my life has been enriched in so many ways.

I would like to thank each and every person I have worked with through the years and acknowledge the brilliant work of so many of my colleagues at Cancer Council SA, including Marita Aldridge, Emma Fajardo, Pam Bekkers and all the CALD community educators. I would also like to mention the wonderful contributions of the two external members of the CALD working group, Branka King and Chris Fitzharris. It has been an absolute pleasure working with you.

I hope I will be able to keep in touch and work with many of you in my new role as Health Education Officer at the Asthma Foundation.

Clara Tait



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Cancer Council
Helpline
13 11 20

CALD communities and quitting smoking

Tobacco smoking is the single most common cause of ill health and premature death in Australia - in fact over 15,000 Australians die from tobacco-related diseases each year.

In South Australia, 16 percent of our community are from culturally and linguistically diverse (CALD) backgrounds. Some of these CALD communities have smoking rates that are much higher than the national average.

Cancer Council SA has a range of culturally appropriate resources available to help people stop smoking - these include

- Online referrals to the Quitline

Health professionals can refer their CALD clients to the Quitline and book an interpreter www.quitsa.org.au/asp/quitline_referral.aspx

- Free information sessions and working with ethnic media

Quit SA and Cancer Council SA have trained bilingual Cancer Educators from CALD backgrounds in the area of quitting smoking, with a focus on Vietnamese, Mandarin and Cantonese communities. If you would like to book a speaker please contact: Pam Bekkers t- 08 8291 4111 f- 08 8291 4268 or e- pbekkers@cancersa.org.au

- Written resources in different languages

These resources have been produced to help smokers quit and to provide information about the health effects of smoking and exposure to tobacco smoke. These resources downloadable from the Quit SA website www.quitbecauseyoucan.org.au/

- Training and education for health and community service workers

Quit SA offers professional education and training for health and community services workers where skills and knowledge are gained to support smokers wanting to quit.



- Quitskills training

Quitskills training is aligned with the Australian Quality Training Framework, and is a one day competency based, nationally recognised training course on smoking cessation. Those who complete the training and assessments will graduate with three units of study in tobacco cessation accredited with TAFE SA.

Quitskills covers information on issues related to cigarettes, smoking, quitting and cessation products. The course also includes best practice intervention methods aimed to help people quit.

The Quitskills training is offered routinely throughout the year. Anyone interested in attending Quitskills can register online. See www.quitsa.org.au/asp/register_for_training.aspx

- Customised training programs

Quit SA can also provide shorter customised training to accommodate the particular needs of workers and organisations.

Please contact Betty Lipparelli if you need further information - t 08 8291 4109 or e blipparelli@quitsa.org.au

Spreading the word to CALD country women

BreastScreen SA has two mobile mammography units that travel throughout regional South Australia on a two-yearly roster, to ensure that women living in country areas do not have to travel to Adelaide for their breast mammograms.

Last year, whilst one of the mobile units was based in Mt Gambier, I took the opportunity to visit this busy regional centre to talk with CALD women about breast cancer and cancer screening. Before the trip I made contact with local CALD community radio programs and the Limestone Coast Migrant Resource Centre, promoting the visit of the mobile BreastScreen unit and encouraging CALD women in the target age group 50–69 years, to make an appointment.

While in Mt Gambier I spoke to a large group of Burmese women who meet regularly at the Migrant Resource Centre. With the aid of an interpreter, we talked about cancer, how it affects our bodies, cancer early detection and the breast and cervix screening programs for women living in Australia. This group of women was very interested, and keen to learn about lifestyle choices for staying healthy to prevent cancer.

I was also invited by women of the Italo-Australian Club of Mt Gambier to present an information session on Women's Health and Cancer Screening Programs. During this talk, two Italian women spoke of their own breast cancer experiences and reinforced to others the importance of participating in the free mammography screening program. The key messages taken home on this day were that 'early detection is very important', 'don't make excuses, make the time for an appointment' and 'don't be afraid, be empowered and do this for yourself' because we know that if breast cancer is

detected early, women have the greatest chance for successful treatment.

Talking about cancer is a very emotional and difficult experience for many women but through sharing stories and talking about the facts we can remove some of the fears we may have and take positive action. There are still many women who may need that extra support and encouragement to have a mammogram. For instance, there are 2,663 Italian women living in South Australia in the target age group of 50–69 years, who have not ever had a breast mammogram. We need to talk to friends and family and encourage each other to make the appointment. Phone BreastScreen SA on 13 20 50.

For country women, the BreastScreen SA mobile units will be travelling through the South East visiting Millicent, Naracoorte, Keith and Lamerook as well as Jamestown,



Women attending a presentation at the Italo – Australian Club in Mt Gambier in October 2009.

The power of presentation

One of the most exciting things about working with CALD women is you will never know what to expect. Anything could happen during, before or after a presentation; sometimes there are more children than women in the group. Presentations could start ten minutes early or it could start twenty, thirty minutes or even an hour late. I am expecting twenty women but then thirty to fifty women would turn up, or I would prepare for twenty women and then five women would come. It is important to be flexible and be prepared for the unexpected.

One such day was the presentation I did with the Bhutanese women in Salisbury through the Northern Area Migrant Resource Centre in August last year. About twenty-two Bhutanese women arrived for this presentation from their English classes at TAFE. With the aid of an interpreter, we talked about what is cancer,

Berri, Tanunda, Victor Harbor and Kingscote during the coming year. For more information visit the BreastScreen SA website at www.breastcreensa.sa.gov.au

For more information on ways in which I can support CALD women to participate in cancer screening programs call me, Marita Aldridge, CALD BreastScreen Project Officer at Cancer Council SA t 8291 4168 (Monday–Wednesday) or e maldridge@cancersa.org.au

Marita Aldridge
CALD BreastScreen Project Officer

'According to BreastScreen SA and the latest 2006 census data, 2,663 Italian women living in South Australia, aged 50–69 are eligible but have not had a free breast mammogram, the message is very clear that early detection offers women the best chance of simpler and more successful treatment. Current statistics show that women diagnosed with early breast cancer have an 85% chance of survival if the cancer is detected in the early stages.'

how it develops and how to lessen our risk of it. We discussed cancer prevention through healthy lifestyle choices and cancer detection through free cervix and breast screening programs for women in Australia. We talked about the services and how women from all backgrounds can access them. The women were also advised that interpreters are available for their use, how to make an appointment and where to go for their tests. The women were very keen and asked questions throughout the presentation.

I encourage the women to ask their general practitioners for their Pap smear tests or to access the services through the Women's Health Centres. I told them about the BreastScreen SA clinic just a few metres away from where we were at Mary Street in Salisbury. I explained they can go there anytime to have a look or make an appointment for a mammogram.

When the interpreter, Poojan Basnet finished saying this information, they all clapped and said that they wanted

to go to the clinic that day, after my presentation and if possible book an appointment. So there we were, fourteen Bhutanese women ages 40–69 in their colourful traditional dresses, with umbrellas, and scarves, crossing the streets of Salisbury, one cold drizzling afternoon. Motorists stopped to let us pass, honking their horns to cheer us along.

Between Poojan and myself, we completed the forms for the women, with some help from their husbands, sons and daughters who suddenly appeared from nowhere in the parking lot of Parabanks Shopping Centre. Imagine the surprise of Chris from reception that day; she was unexpectedly surrounded by all these Bhutanese women, all wanting to have a mammogram.

BreastScreen SA responded positively by cancelling previous appointments and booking all the ladies in on one day for their mammograms. All women kept their appointments and had a very positive experience with their mammogram.

Pap Smear Awareness Week (PSAW) is here once again (2–8 May, 2010). Campaign display kits will be available to assist organisations and communities to promote this very important message for all women.

For more information on cancer prevention and early detection for women in CALD backgrounds please feel free to contact me:.

Emma Fajardo, Cervix Screening CALD Project Officer
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202 Greenhill Rd, Eastwood SA 5063
PO Box 929, Unley BC South Australia 5061



Get Behind Bowel Screening

Bowel cancer kills 80 Australians every week—yet nearly all cases can be cured if found early.

Cancer Council SA recommends that people over 50 are screened for bowel cancer every two years using a simple home kit. The kits are available by calling **Cancer Council Helpline 13 11 20** or via www.cancersa.org.au They cost \$25 (or \$15 for pension and healthcare card holders).

Anyone with symptoms of bowel cancer, including any changes in their bowel habits, or anyone who thinks they might have a family history of bowel cancer should speak to their doctor before doing the screening test.

Please call **Cancer Council Helpline 13 11 20** for more information on bowel cancer and early detection or refer to the early detection page on the Cancer Council's website www.cancersa.org.au Interpreter services are available.

Demystifying bowel cancer screening: presentations for CALD communities

Cancer Council SA has trained bilingual educators to present information about bowel cancer screening to CALD community groups and on CALD radio programs.

If you are interested in organising a free information session or interview we would love to hear from you! We are particularly interested in presenting to communities from Greek and Italian and Bosnian backgrounds.

If you would like to book a speaker please contact: Pam Bekkers t 08 8291 4111 f 08 8291 4268 or e pbekkers@cancersa.org.au

Written Information about the National Bowel Cancer Screening Program

This is available in many different languages from the National Bowel Cancer Screening website [www.health.gov.au/internet/screening/publishing.nsf/Content/home/Written Information about the National Bowel Cancer Screening Program](http://www.health.gov.au/internet/screening/publishing.nsf/Content/home/Written%20Information%20about%20the%20National%20Bowel%20Cancer%20Screening%20Program)

80 Australians die from bowel cancer every week

Help us campaign for free screening for everyone over 50 by logging on to:

GetBehindBowelScreening.com.au

It's time to **MAKE A NOISE!**

