

We're here for all South Australians.

**Working towards a
cancer free future.**

Impact Report 2020-2021
cancersa.org.au



**Cancer
Council**
SA

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We believe **that no one should go through cancer alone.**

Our vision **is a cancer free future.**

Our mission **is to lead, empower and mobilise the community.**

Vision, mission and values

There are 31 new cases of cancer diagnosed in South Australia *every day*.

It means that too many of us have a cancer story—of someone we've lost, a loved one who's going through cancer treatment, or perhaps you have your own personal experience. It also means that everyone has a reason to push for something better.

Thank you to all the South Australians who have supported us over the past year to lead us towards a cancer free future.



Thanks to the following institutions who help us fund life-saving clinical, behavioural and scientific research.

Newstyle PRINT

Thank you to our generous printing sponsor Newstyle Print.

Message from our
Board Chair the Hon.
Karlene Maywald.

Every minute, every hour, every day we're working towards a cancer free future.

Cancer Council SA is committed to supporting every South Australian, across every stage of their cancer experience. In my first year as Board Chair, I have seen that dedication and commitment firsthand.

From the nurses who take your calls on 13 11 20 to the receptionists at the lodges, every single staff member is dedicated to our mission of achieving a cancer free future for every South Australian.

I'd like to thank every Cancer Council SA staff member and all our wonderful volunteers for their commitment this past year, particularly given the challenges of a global pandemic. Our traditional fundraising activities have been hampered by restrictions, but the team has rallied to find other ways to ensure that all our supporters can still contribute to our important work.

I would also like to acknowledge Lincoln Size, at the conclusion of his time as the Chief Executive of Cancer Council SA in September 2021, after six years in the role. His professionalism in steering the organisation through some challenging times is sincerely appreciated and we wish him all the best in his future endeavours.

Cancer Council SA has an exciting year ahead, with a number of projects and opportunities, the most important being our new building at 202 Greenhill Road Eastwood. Bringing

together our research, prevention and support services alongside 120 rooms of supportive accommodation, our new home will create a once in a generation opportunity to highlight the organisation as the state's leading cancer charity. We can't wait to see this fantastic project come to life over the coming months. The project has been made possible by the generosity of the State Government who have contributed \$10 million, and the many donors who continue to support our mission. There is still time to donate to our Capital Campaign to support the fit out of the building (further details can be found at: 202greenhill.com.au/project-vision).

On behalf of the Cancer Council SA Board, thank you to the South Australian community for your support over the past year. Through your generosity, we will ensure that we are there for every South Australian, today, tomorrow and for generations to come.

Message from our
Chief Executive
Lincoln Size.

Through your incredible support, we have been able to continue to support every South Australian impacted by cancer.

Throughout 2020, South Australia as a state, and Australia as a country, faced a number of challenges. Despite these challenges, Cancer Council SA remained resilient and committed to supporting every South Australian impacted by cancer.

By continually adapting to COVID-19 restrictions, we were able to offer our full suite of research, prevention and support services and set ourselves up to ensure that we are in a strong position for recovery in a post COVID-19 environment. For the safety of our valued volunteers, we unfortunately had to suspend their roles during

mandated COVID-19 restrictions. The vital contribution they provide was missed, and we were fortunate to retain and re-engage their support once the restrictions were eased.

We were also able to look to the future, demonstrated this year through:

- work beginning on our new, \$31m integrated cancer building at 202 Greenhill Road Eastwood thanks to support from both the State Government and the South Australian community.
- continued collaboration with leading health organisations to amplify the Cancer Council message by signing on as official Public Health Partner Authority with Wellbeing SA and recommencing our 13 11 20 Outreach Nurse role within the Flinders Medical Precinct to provide information and support at point of source.
- exploring a pilot smoking cessation education program within the community services sector to reach vulnerable populations.

- embarking on a journey of Total Quality Management with a view to seeking accreditation in two years' time. Not only will this provide a platform for continuous improvement for our programs and services, but also demonstrate transparency and accountability to our many stakeholders.

Throughout the past year, Cancer Council SA has proved its resilience and commitment to support those impacted by cancer. Whether you are currently facing a cancer diagnosis, supporting a friend or loved one, or have lost someone close to you, Cancer Council SA is here for you, every minute, every hour, every day.

Finally, I sincerely acknowledge the professionalism, skills, and dedication of our management, staff, and volunteers. It's been a pleasure and privilege to lead this exceptional organisation for the past six years and on behalf of Cancer Council SA, and every South Australian diagnosed with cancer every day, thank you for your incredible support.

Working to achieve a cancer free future.

We couldn't do the work we do without the incredible support of the South Australian community. A huge thank you to our dedicated supporters who helped us get closer to that future this year—every minute, every hour, every day.



1. Cancer Council Branch Member Nancy Murdock and Ambassador Will McDonald from Channel 9 2. Premier Steven Marshall with Chief Public Health Officer Professor Nicola Spurrer at the Sod Turning for Cancer Council SA's new, integrated cancer building at 202 Greenhill Road Eastwood 3. Cancer Council Beat Cancer Project Mid Career Fellow Dr Susan Woods 4. Cancer Council SA supporters GenesisCare at the annual Daffodil Day stall with Chief Executive Lincoln Size 5. Cancer Council Beat Cancer Project Principal Research Fellow Professor Caroline Miller 6. Channel 7 Weather Presenter Gertie Spurling 7. Olympian Matthew Glaetzer at Daffodil Day 8. Cancer Council 13 11 20 Nurse Deb Roffe 9. One of Cancer Council SA's dedicated volunteers Pam Allen.

Thanks to you, we're here for every South Australian, across every stage of their cancer experience.

Here's what you've helped us to achieve in the past year.

2020



July

Cancer Council SA in conjunction with Country SA Primary Health Network (PHN), ran the "Get Screened and Get on With Living" campaign to encourage South Australians to keep up to date with their breast, bowel and cervical screening tests, even during periods of lockdown due to COVID-19.



August

On Friday 28 August Cancer Council SA staff and volunteers worked together to celebrate Daffodil Day and support South Australian cancer research. Despite a smaller number of stalls due to COVID-19 restrictions, the community still raised vital funds in support of a cancer free future.



September

Cancer Council SA's SunSmart Schools and Early Childhood Program celebrated 22 years protecting South Australian children and educators from harmful ultra violet (UV) radiation.

“I’d like to say a huge thank you to every single person who supports Cancer Council SA. Without Cancer Council SA, I can honestly say I wouldn’t be here today.”

– Nancy Murdock leads the Riverland Cancer Council SA Branch and is a three time cancer survivor, Global Hero of Hope and Cancer Council SA volunteer.



October

Premier Steven Marshall joined with Cancer Council SA Board Chair the Hon Karlene Maywald and Chief Executive Lincoln Size to announce a \$10 million State Government grant to build our new, integrated cancer building at 202 Greenhill Road Eastwood.



November

Cancer Councils across the country joined together, alongside the Australasian College of Dermatologists to bring back Sid the Seagull from the 1980s and remind Australians to Slip, Slop, Slap, Seek and Slide.



December

The Cancer Council Beat Cancer Project awarded more than \$200,000 to South Australia’s leading female researchers through the inaugural Women in Leadership Awards.

2021



January

More than 160 South Australians took part in the Ride for a Reason Distance Challenge throughout January, including Olympic Cyclist Matthew Glaetzer and Ambassador Pat Jonker, to raise critical funds for South Australians impacted by cancer.



February

More than 300 women (and a few men) took part in the eighth annual Marilyn Jetty Swim during the Channel 7 Brighton Jetty Classic, celebrating \$670,000 raised for Cancer Council SA since its inception in 2014.

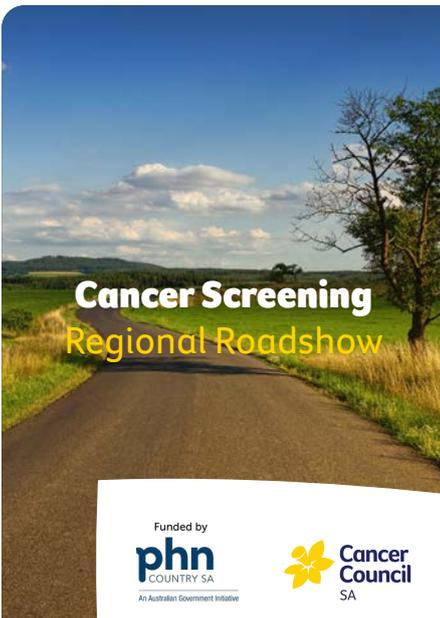


March

Premier Steven Marshall and Cancer Council SA Board Chair, the Hon Karlene Maywald turned the first sod at the new building at 202 Greenhill Road Eastwood, marking the start of the building's construction.

“Through your support, I believe I can make a real difference to the future of cancer treatment and give more Australians diagnosed with cancer the precious gift of time.”

- Cancer Council Beat Cancer Project Early Career Fellow Dr Madelé van Dyk from Flinders University.



April

Cancer Council SA's Prevention Team held the Cancer Screening Regional Roadshow in eight locations across the state. Funded by Country SA PHN, the roadshow promoted awareness of breast, bowel and cervical cancer screening amongst regional and remote South Australian communities with low cancer screening participation rates.



May

Nearly 2,000 South Australians had a cuppa for a cause and celebrated Australia's Biggest Morning Tea, raising more than \$1 million for South Australians impacted by cancer.



June

Mum of two and breast cancer survivor Jessica Marechal shared her story in our mid-year appeal with the South Australian community rallying around her to drive change.

Putting your generosity to work.

Cancer Council SA is proud to lead the way in education and prevention programs to help all South Australians reduce their cancer risk, while also providing up to date information and support services to those impacted, across every stage of the cancer experience.

Thanks to you, no South Australian has to go through cancer alone.

This year, thousands of South Australians supported Cancer Council SA through a donation, a gift of their time, or a fundraiser.

You raised an incredible **\$8.19 million** which continues to help the South Australian community in a number of ways.



Research

You helped to fund 23 new grants through the Cancer Council Beat Cancer Project including 11 COVID-19 hardship grants and five new research fellowships. Four of these were new grants to South Australian female researchers through the inaugural Women in Leadership Awards. Since its inception, the Cancer Council Beat Cancer Project has funded over 250 research grants with Cancer Council SA investing **\$2.9 million** into cancer research this year.

were able to invest over **\$7.3 million** in life-saving prevention programs, with Cancer Council SA securing SunSmart funding from Wellbeing SA, a long-term advocacy ask.



Support

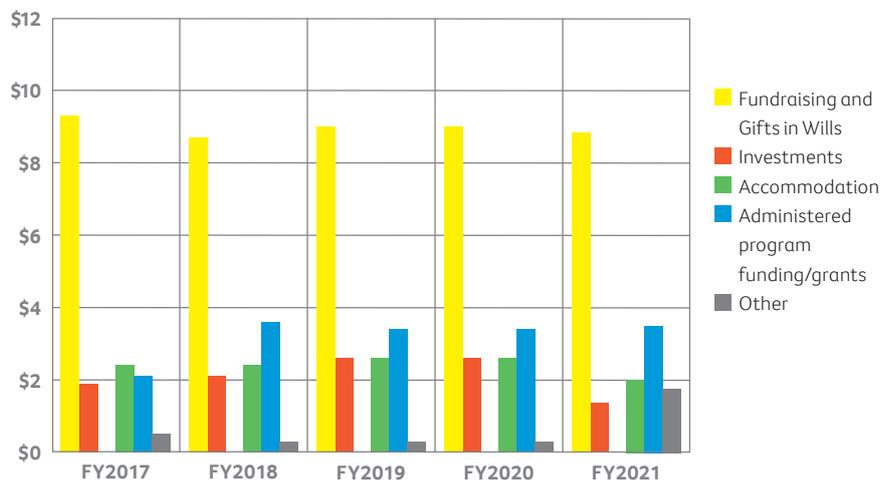
You helped to fund our practical and psychosocial support services for people living with cancer, including our new building, which will create a home away from home for every South Australian impacted by cancer. This year, Cancer Council SA was able to invest **\$1.8 million** in vital support services.



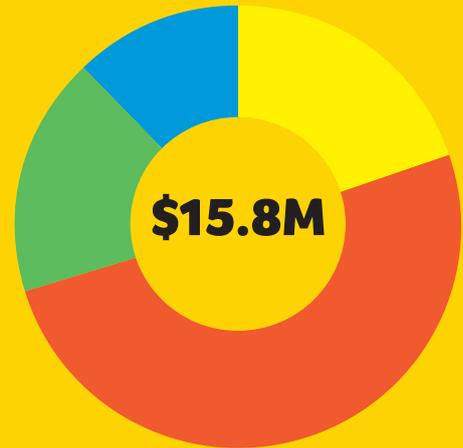
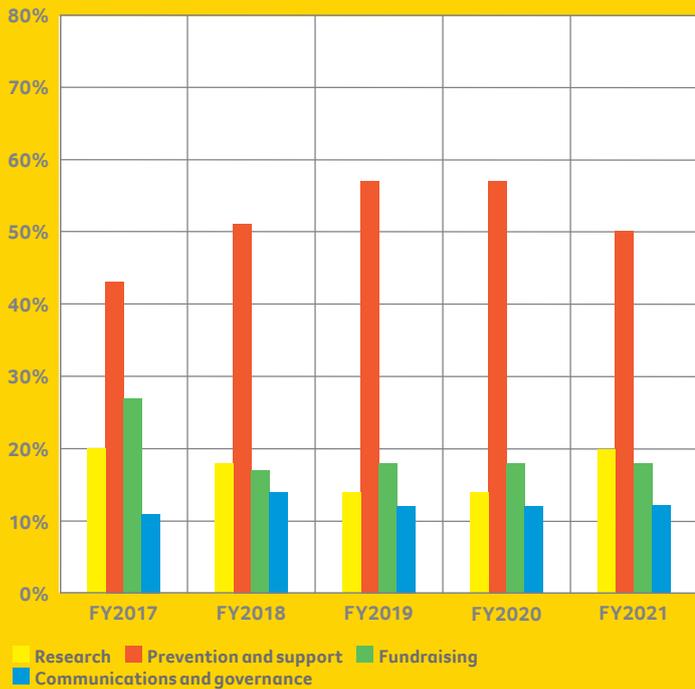
Prevention

You helped to fund our community education and prevention programs, empowering community members of all ages to reduce their cancer risk. This year, Cancer Council SA together with support from SA Health, Adelaide PHN and Country SA PHN,

Where the money comes from (\$ in millions)



How we put the money to work (percentage of every dollar spent)



Expense breakdown updates

- 18 per cent Research
- 46 per cent Cancer Control
- 16 per cent Fundraising activities
- 11 per cent Communication and support services

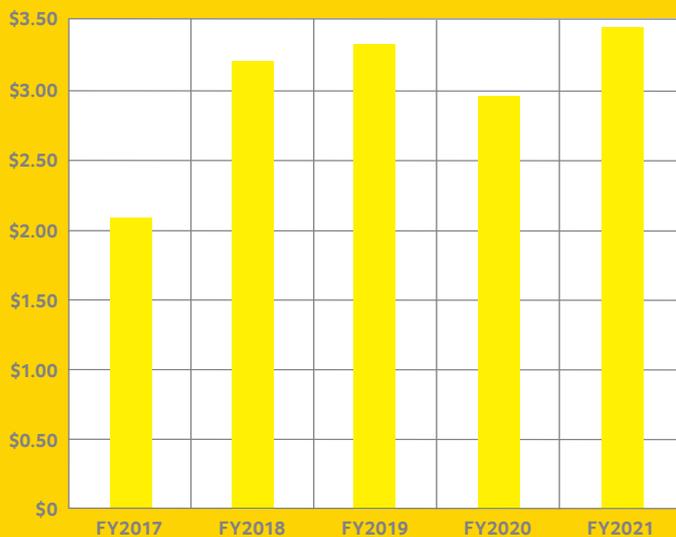
For every dollar invested in fundraising, how much is raised towards a cancer free future?

In the past year for every \$1 invested in fundraising, we raised \$3.42 to invest in achieving a cancer free future.

2021 saw the strongest return on each dollar invested in fundraising for the past five years reflecting strong Gift in Wills income which helped offset reduced spending and income levels for other fundraising initiatives.

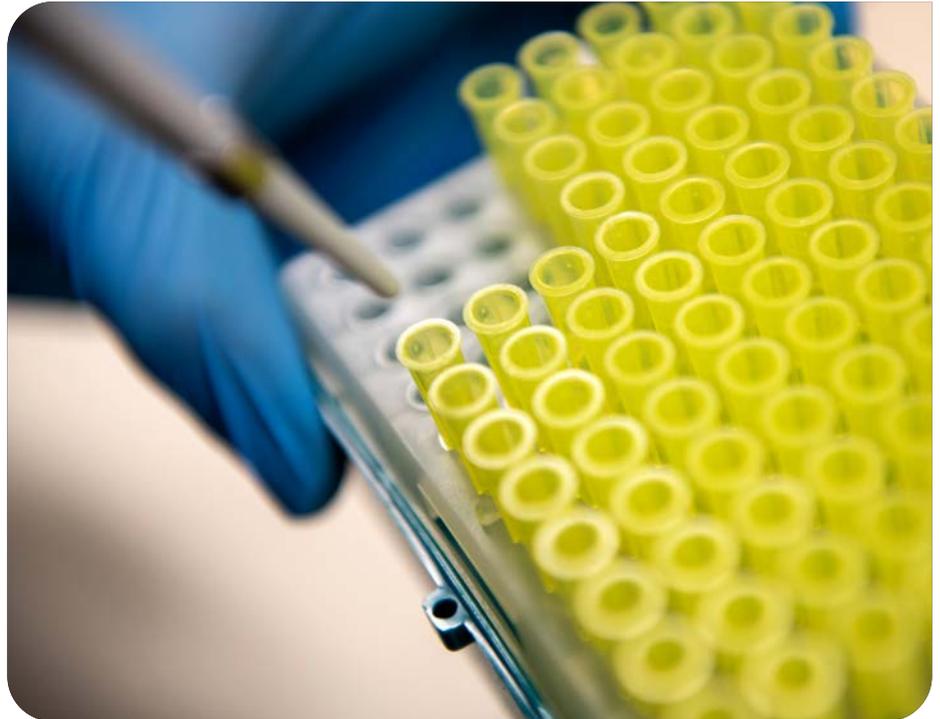
As the South Australian community recovers from the impacts of COVID-19, it is expected that fundraising income for event based programs in particular will recover to previous levels.

Dollars raised for every \$1 invested in fundraising



Targeting the cancer that's hurt you the most.

Cancer Council SA has been supporting South Australians impacted by cancer for over 90 years. We are proud to be the state's longest running and largest cancer charity, committed to supporting all South Australians impacted by cancer and the only organisation that works across every aspect of every cancer.



As South Australia's leading cancer charity with more than 90 years of experience, our expertise enables us to fund local programs that have a national impact, ensuring your hard earned donor dollar makes the biggest difference.

We know that every person has a cancer story. You might have lost your mum to breast cancer. You might have seen your sister battle leukaemia. Your dad might be receiving treatment for prostate cancer.

In addition to supporting our work across all cancers, you can learn more or make a donation towards our work in a specific cancer type and target the cancer that's hurt you the most.

Unique to Cancer Council SA, our cancer specific funds enable you to support research, prevention and support programs that make a difference to the lives of those impacted by a specific cancer type, while still supporting our vision of a cancer free future for every South Australian.

Learn more at cancersa.org.au



Breast Cancer.



Associate Professor Philip Gregory.

Associate Professor Philip Gregory's work on breast and prostate cancers has been funded by South Australians like you through the Cancer Council Beat Cancer Project for the past three years and is driven by his own personal experiences.

"Nearly everyone has a loved one or someone close to them that has experienced cancer. I have had several experiences with close family members that has really motivated me.

"In particular, my grandfather developed a really aggressive form of prostate cancer that was resistant to all the treatments the doctors tried.

"He was one of these larger-than-life types of people, always telling a joke, very optimistic, so it was hard to see him going through what he went through.

"I want to be able to help people and make discoveries that have long-term benefits. And I can do that with funding through Cancer Council SA."

Your support is making a difference now and into the future by funding researchers like A/Prof Gregory to make the discoveries that will lead to better and more effective diagnoses and cancer treatments. Discoveries that will improve the outcomes of people, like Jess Marechal, living with cancer.

"Over the years, research has come so far. Breast cancer hasn't always been treatable. Not everyone has been lucky enough to have access to new and better treatments that have contributed to the significant increase in survival rates we see today. I thank research for my life—research is saving people. It's saving families. It's saving mothers like me.

"We need to keep funding research. We need to keep finding new chemotherapy options, new drugs, and new information that allows us to do things differently."
Jess Marechal.

With your help, A/Prof Gregory will continue trying to understand why some forms of cancer spread and others don't, in the hope that we can diagnose people earlier and provide better treatment options to stop their cancers from spreading.



Cancer Council
SA | Breast Cancer Fund

Breast cancer is the most commonly diagnosed cancer and the second leading cause of cancer death in South Australian women. Every year, nearly 1,400 South Australian women receive a breast cancer diagnosis.

Bowel Cancer.



Dr Susan Woods.

While 90 per cent of bowel cancers can be successfully treated if found early, there is still a lot that Cancer Council Beat Cancer Project researchers are doing every day to help improve outcomes for South Australians diagnosed with bowel cancer.

Dr Susan Woods is one such researcher who has dedicated her career to eradicating bowel cancer death.

“The reality is that life-saving cancer research like mine wouldn’t be possible without support from South Australians.”

“A huge team effort is required to get the funding needed for investment in world-class cancer research—and that’s where you come in.”

“We have lost too many South Australians to bowel cancer and we need to do better. It’s through support from people like you that we are getting closer to improving treatments every single day.”

Sadly, Emma Sjoberg’s mum is one of the South Australians who lost her life to bowel cancer in 2018 after years of treatment.

For Emma, who was her mum’s main carer for a number of years, the final days were the hardest, but she has found comfort in being able to fundraise to support bowel cancer research and give back in honour of her mum.

“Watching mum deteriorate and get weaker and weaker was emotionally, mentally and physically hard, but it was also a privilege to be there when she needed it most. It made the hard days all worth it.”

“It’s so empowering to be raising funds to support those when they need it most, and in memory of my mum.”

“Mum was kind, caring and compassionate and loved a good laugh. I do it all for her, and I know she’ll be looking down on me with a smile.”



Cancer Council
SA | Bowel Cancer Fund

Bowel cancer is the third most commonly diagnosed cancer in South Australians. However, up to 90 per cent of bowel cancers can be successfully treated if found early, which is why screening is so important.



Prostate Cancer.

Professor Lisa Butler.

Prostate cancer is the most commonly diagnosed cancer in Australian men. Due to advances in early detection of prostate cancer over the past 20 years, most cases are now successfully managed by surgery, radiotherapy and/or active surveillance.

However, there are still no reliable methods to predict which tumours are likely to progress and become aggressive—and this is where the work of Cancer Council Beat Cancer Project Researcher Professor Lisa Butler can help.

With the help of donations from the South Australian community, Cancer Council SA has been able to fund Prof Butler's research for the past three years. In that time, and with your support, Prof Butler has made some exciting discoveries when it comes to stopping the spread of prostate cancer.

"Our work provides the ground-breaking opportunity to take drugs that are already being used for conditions such as angina and repurposing them for prostate cancer treatment to improve prognosis and quality of life."

Researchers have proven the effectiveness of this treatment method with successful tests on live tumours donated by Adelaide prostate cancer patients.

"Having quick access to freshly removed tumours allowed us to confirm that blocking fat metabolism in clinical prostate tumours stops cancer cells from growing and spreading."

"This is a great example of what can be achieved through collaboration between scientists, doctors, nurses and patients."

"This discovery might prove to be a crucial factor in slowing the mortality rate and giving patients a better chance of preventing relapse."



Lung Cancer.



Dr Madelé van Dyk.

Lung cancer is the leading cause of cancer death in South Australians.

Cancer Council funded researcher Dr Madelé van Dyk is leading an Australian first research project aimed at perfecting personalised treatments for cancer patients.

Dr van Dyk, together with her team at the Flinders Centre for Cancer Innovation, are working every day to find ways to use cancer medicines in a more efficient and safe way, and understand why people react differently to cancer medicines.

Her particular focus is to move away from the 'one-size-fits-all' approach to a more personalised approach that considers every person's individual characteristics.

“Every person is different in so many ways, so it makes sense that each person reacts differently when undergoing cancer treatment.”

“Selecting the right drug and selecting the right amount of drug is the ultimate goal in Precision Medicine. We're selecting the right type of drug really well, but are only half-way there, because we're still using a 'one-size-fits-all' dose. I believe we can do better.”

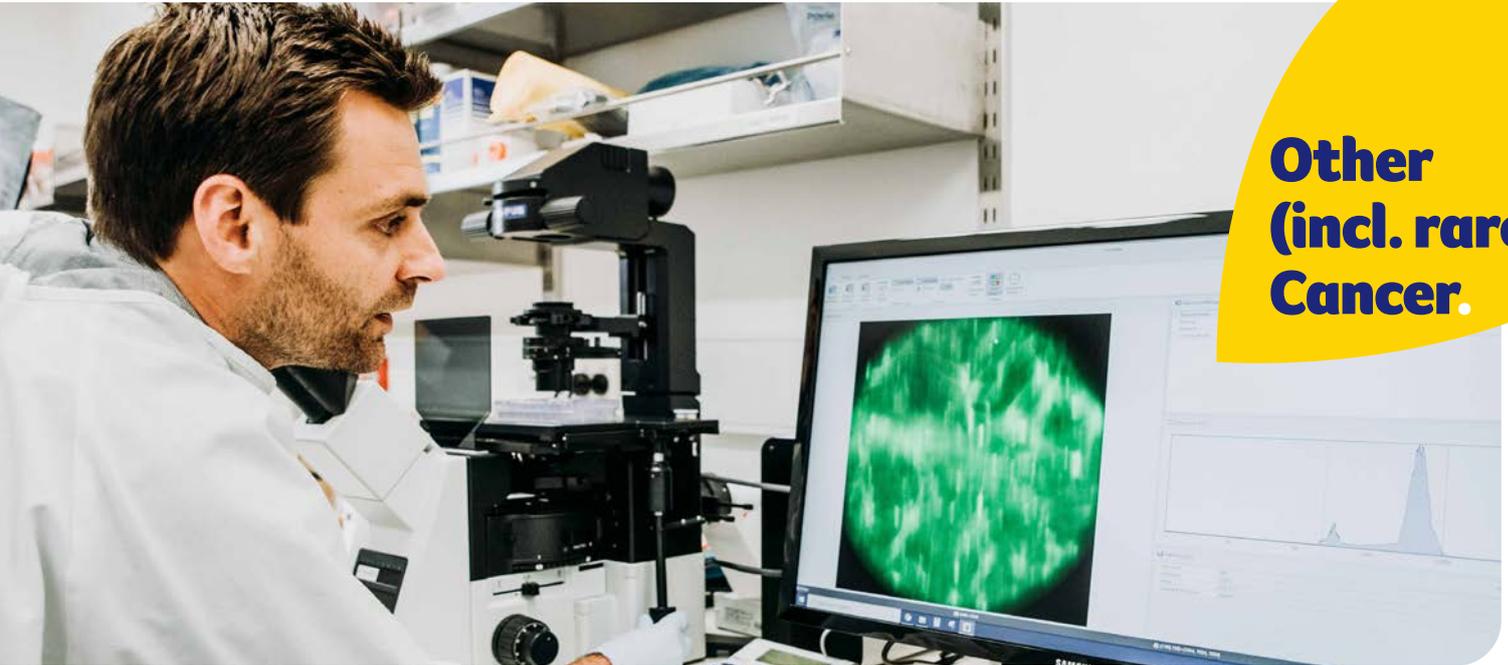
Working with oncologists and cancer patients, Dr van Dyk and her team have set up Australia's first Therapeutic Drug Monitoring Program, ensuring that every eligible patient in South Australia can have their drug levels tested through their oncologist, at any hospital, public or private, including those in remote areas.

Currently, the team are able to test the levels for six cancer drugs used to treat multiple types of advanced cancer, including lung cancer.

By monitoring drug levels throughout treatment, Dr van Dyk and her team can ensure that patients are receiving the right dose to make the biggest impact.

“Through your support, I believe I can make a real difference to the future of cancer treatment and give more Australians diagnosed with cancer the precious gift of time.”

Other (incl. rare) Cancer.



Associate Professor Cedric Bardy.

Brain cancer is one of the most devastating forms of cancer in Australia, with patients expected to live an average of 15 months after diagnosis. The chance of surviving five years after diagnosis is just 22 per cent.

Associate Professor Cedric Bardy, who receives funding from the Cancer Council Beat Cancer Project, is working on new research which will give hope to the countless South Australians and their families impacted by brain cancer.

Director of the Laboratory for Human Neurobiology at SAHMRI, he aims to understand the influence of the human brain on the progression and identity of cancer cells, with his research investigating how the body's own cerebrospinal fluid can impact chemotherapy and radiotherapy treatment for brain cancer.

"Cancer cells are notoriously clever and we suspect the biochemistry in the brain makes them even smarter.

"A solid tumour can be removed from the brain but there are always rogue cancer cells left behind. We think there's something about the brain biochemistry that helps these cells change their identity and become resistant to treatment.

"Our project aims to unmask these new identities so we can plan targeted, personal treatments to eliminate these remnant cancer cells."

A/Prof Bardy hopes that through the project, his team can better understand brain cancer and, ultimately, save more Australian lives.

"The diagnosis of brain cancer is often very sudden and made when the tumour is at an advanced stage. At such a dramatic moment in the patient's life, the best treatment options can often have marginal benefits, which is why this project is so important.

"Through understanding brain cancer cells and their resistance to treatment, we hope to help the thousands of Australians and their families who are affected by brain cancer every year."



Dr Tessa Gargett.

David Hoffman has survived cancer twice. In 2008, he was diagnosed with and survived prostate cancer, and then in 2014 he was diagnosed with stage 4 metastatic melanoma.



David on Daffodil Day.

David tried a trial which failed, before he started immunotherapy which he credits for saving his life. He went onto an immune therapy trial similar to that which is run by Dr Tessa Gargett, a Cancer Council Beat Cancer Project Early Career Fellow from the Centre for Cancer Biology.

Dr Gargett's research focuses on testing the feasibility and safety of CAR T cells—genetically modified white blood cells harvested from the patient's own blood with the unique ability to directly attack and kill cancers—to treat advanced solid tumours including melanoma.

Dr Gargett's work has been funded since 2019 through the Cancer Council Beat Cancer Project, a collaboration between Cancer Council SA, the South Australian Health and Medical Research Institute (SAHMRI), SA Health and three South Australian universities which funds some of the State's best and brightest cancer researchers.

"Chimeric antigen receptor CAR T cells are a promising new technology in the field of cancer immunotherapy. Essentially, CAR T cells are super-powered immune cells which work by enlisting and strengthening the power of a patient's immune system to attack tumours.

"They've had outstanding results in treating some forms of chemotherapy-resistant blood cancers, but similar breakthroughs are yet to be achieved for solid cancers – that's where this study comes in."

“Support from Cancer Council has made this revolutionary new cancer therapy available in South Australia, with a small phase 1 trial currently being undertaken for patients with melanoma, sarcoma and other tumours.”

– Dr Tessa Gargatt.

**Skin
Cancer.**



The people you helped support.

In 2019, Jessica Marechal was adjusting to life as a mum of two when she noticed a growing lump in her breast while breastfeeding her 10 month old son.

After visiting her GP and undergoing tests and ultrasounds, Jess was diagnosed with triple negative breast cancer. She was terrified.

Jessica quickly started treatment including four sessions of fortnightly chemotherapy, as well as a lumpectomy to remove the remaining tissue, followed by 30 sessions of radiation.

"Treatment was hard, but I was lucky that my husband was able to be home and have four months off work to be there for me and the kids as our main carer. He did everything.

"We found it hard to accept help and support, and I think Phil found my cancer diagnosis harder than me.

"He contacted Cancer Council 13 11 20 for counselling. I was really proud of him when he said he wanted to talk to someone.

"For him there had been so much change. He was lost. Counselling helped with that because he got to talk it out with someone who wasn't me.

"We also accessed financial assistance from Cancer Council SA through my breast care nurse—a one-off payment for bills. She managed all of that for me, I just had to send her a picture of my bill.

"It was a big relief. At the time Phil was still technically getting paid but I was struggling to get paid and waiting to get income protection.

"Through it all it was nice to know that support was there, if and when we needed it."

Thankfully, Jessica's cancer responded well to treatment, and she has been cancer free ever since.

Over the years, research has come so far, with the five-year survival rate for breast cancer now at 91 per cent. Not everyone has been lucky enough to have access to new and better treatments that have contributed to the significant increase in survival rates we see today.

With your help we can keep funding research. We can keep finding new treatment options, new drugs, and new information that allows us to improve quality of life and treatment outcomes.



Jessica with her husband Phil.



Jessica with her family.

Every day, we're investing in life-saving research.

Research is the key to unlocking a cancer free future. In South Australia, Cancer Council SA is the largest funder of cancer research in the state outside of the Federal Government.



\$1 raised
= **\$6.49 invested**

This means that through your support, we are funding the state's best and brightest cancer researchers to work toward the next cancer breakthrough, right here in South Australia. It means we can hand-pick the researchers that are making the biggest difference, ensuring the research we fund will change lives for generations to come.

Key areas of research you helped support.

This year we funded five new research projects through the Cancer Council Beat Cancer Project, a collaboration between SA Health, SAHMRI, Cancer Council SA and the South Australian universities.



Associate Professor Cedric Bardy; SAHMRI and Flinders University;
Brain cancer cell heterogeneity, plasticity and underlying resistance to chemo and radiotherapies.

Cancer cells are infamous for escaping treatments by rapidly changing their identity. The mechanism underlying such cellular plasticity is at the forefront of clinical oncology. However, the influence of the human brain on the progression and identity of cancer cells is poorly understood. Through support from the Cancer Council Beat Cancer Project, we will test how human cerebrospinal fluid may cause the failure of current chemo and radiotherapies by inducing cellular plasticity and evaluating new patient-specific treatments that may address this problem.



Associate Professor Richard D'Andrea; University of South Australia;
Understanding and targeting a unique metabolic vulnerability in acute myeloid leukaemia (AML).

The emerging concept that tumour cells re-wire their energy production and can adapt this to survive under stress has raised the question of how best to therapeutically target metabolism of cancer cells. We show that a specific AML subtype lacks this adaption capacity (metabolic plasticity) and is vulnerable to treatment with a new class of drugs that target metabolism. Through support from the Cancer Council Beat Cancer Project, we will test these drugs in animal models of AML and investigate strategies to optimise the response to metabolic therapy.



Cancer Council Beat Cancer Project has invested \$3.23 million towards cancer research projects in South Australia in the past five years.



Professor Deborah White; The University of Adelaide and SAHMRI; *The gut microbiome in acute lymphoblastic leukaemia: can it be harnessed to improve patient response and recovery from treatment?*

Acute lymphoblastic leukaemia (ALL) treatment is toxic, expensive and ineffective for many patients, though the reasons for this are unclear. Even when successful, treatment can lead to debilitating late-effects, and an increased risk of early mortality. The gut microbiome is increasingly recognised for its role in cancer. Through support from the Cancer Council Beat Cancer Project, we will investigate the role of the microbiome in ALL treatment response and late-effects and develop approaches to improve outcomes across the life-course.



Professor Tim Hughes; The University of Adelaide and SAHMRI; *Activating dormant leukaemic stem cells: a novel pathway towards cure in chronic myeloid leukaemia.*

Most chronic myeloid leukaemia (CML) patients need continuous tyrosine kinase inhibitor (TKI) therapy to maintain remission. We hypothesise that some leukaemic cells are kept in a “dormant” state, making them insensitive to TKI. This enables them to survive long-term and cause relapse if therapy ceases. Through support from the Cancer Council Beat Cancer Project, we will identify and characterise these dormant cells, then use novel drugs to activate and sensitise them to TKI-mediated eradication. This would provide a new curative treatment pathway in CML.



Dr Jacqueline Bowden; The University of Adelaide and SAHMRI; *Reducing parental facilitation of teenage drinking: new perspectives and approaches.*

Alcohol is the leading cause of death and disability among 15 to 24 year olds globally. Parents are the most common source of alcohol for underage drinkers, leading to risky drinking, poor mental health and alcohol dependence in adulthood. We know little about parents’ views on the ages of drinking onset that are acceptable. Through support from the Cancer Council Beat Cancer Project, we will examine parenting styles and parents’ views about their adolescents drinking, to develop new messaging to reduce parental supply.



“This is a really important area of research which will help us understand the role of the gut and related immune system in therapeutic response, therapeutic toxicity and the lifelong health impact of this therapy. This is such a much-needed area of research, that if successful, will change the life-course for our patients young and old.”
– Professor Deborah White.

Research Fellowships

Cancer Council SA is proud to support Dr Carmela Ricciardelli from the Robinson Institute, University of Adelaide through the **Lin Huddleston Ovarian Cancer Research Fellowship**. Dr Ricciardelli’s research focuses on new approaches for early diagnosis and treatment of advanced stage ovarian cancer by increasing our understanding of how the tumour microenvironment controls cancer progression and chemoresistance.



Dr Carmela Ricciardelli.

“Ovarian cancer is a devastating disease and the leading cause of death from gynaecological cancers, affecting approximately 1 in 80 women in Australia.”

– Dr Carmela Ricciardelli.

The **Peter Nelson Leukaemia Research Fellowship Fund** was established by Marjorie Jackson-Nelson in memory of her late husband Peter, who passed away from leukaemia. The Fellowship has supported 10 talented researchers, including current recipient Dr Laura Eadie, who is investigating new ways to treat T-cell acute lymphoblastic leukaemia (T-ALL).



Dr Laura Eadie and Marjorie Jackson-Nelson.

“I am proud to be a recipient of the Peter Nelson Leukaemia Research Fellowship Fund and am incredibly thankful for your generous support that makes this research possible.”

– Dr Laura Eadie.

Supporting women in research

Cancer Council SA is proud to support some of the states best and brightest female researchers as they work towards the next cancer breakthrough through the Women in Leadership Awards, established to recognise women who are leading the way in South Australian cancer research.

The 2020 award recipients were Professor Deborah White from SAHMRI, Professor Bogda Koczwara from Flinders University, Dr Kerri Beckman from UniSA and Professor Lisa Butler from the University of Adelaide.

Professor White, who is one of the state’s leading leukaemia researchers, said that the funding will support her research into gut microbiota and immune system in patients with acute lymphoblastic leukaemia.

Researching behaviour to make the biggest impact.

Cancer Council SA's Behavioural Research Evaluation Team lead the way in applied cancer research and evaluation. Thanks to your support, every day, they are ensuring that Cancer Council SA's programs and services are based on best-practice and are making the biggest impact in our community.



“Understanding how and why people make decisions is key to implementing programs and services that make the biggest impact.”
– Research Manager Dr Tony Daly.

In the past year, research from the Behavioural Research Evaluation Team has:



Led to the redevelopment of the SunSmart Workplace Education Program, to be launched in the next year.



Guided cancer service and resource development for established and emerging culturally and linguistically diverse (CALD) communities in South Australia.



Continued to inform the delivery of an Aboriginal and Torres Strait Islander targeted anti-tobacco campaign in South Australia.



Informed targeted alcohol consumption reduction campaigns for women during COVID-19 and healthy eating campaigns for men.



Tested the feasibility and acceptability of delivering a Healthy Living after Cancer Program to cancer survivors.



“Through Cancer Council SA's Behavioural Research Evaluation Team, we are able to ensure that our programs and services are effective in delivering on our vision of a cancer free future.”
– Cancer Council SA Chief Executive Lincoln Size.

Together, we can stop cancer.

Since Cancer Council SA was formed in 1928, advocacy has played a key role in our mission to invest in cancer research, ensuring people are aware of how to prevent cancer and fund support programs for people diagnosed with cancer.

Since 2010, Cancer Council SA's advocacy focus has been to obtain funding and legislative changes to support and protect South Australians.

We have seen a number of significant advocacy achievements, spearheaded by Cancer Council SA at the local level and by Cancer Council Australia nationally.

Here are some of our advocacy successes, only made possible through your generous support.



Ensuring funding is maintained to support SA's cancer registries.



Mandating sun protection policies for all South Australian schools.



Increasing the Patient Assistance Transport Scheme rate from \$30 per night.



Regulating unhealthy food advertising during children's TV viewing time slots.



Banning commercial solarium in South Australia.



Extending restrictions covering the handling and disposal of asbestos to homeowners.



Requiring kilojoule labelling on chain restaurant menus.



Ensuring ongoing government investment in the Cancer Council Beat Cancer Project.



Introducing smoke free alfresco dining at hospitality venues.



Obtaining a \$10 million grant for Cancer Council SA's new integrated cancer building.



Maintaining investment in quality quit smoking campaigns in South Australia.



Ensuring the National Bowel Cancer Screening Program is supported with investment of adequate resources for hospitals and clinics.



Banning smoking in South Australian prisons.



Introducing biennial Bowel Cancer Screening opportunities for people aged over 50.



Subjecting the sale and use of electronic cigarettes to the same laws as tobacco products.



Implementation of plain packaging of cigarettes.



Obtaining government funding for sun protection campaigns to change community attitudes around sun exposure.



**Thank you
for advocating
for a cancer
free future.**

Empowering Aboriginal and Torres Strait Islander people to cut their cancer risk.

Cancer Council SA remains committed to making meaningful impact in Aboriginal and Torres Strait Islander communities through a strengths-based approach—empowering, educating and supporting Aboriginal and Torres Strait Islander people to make positive changes to their health and ultimately, reduce their cancer risk.

Quitline Enhancement

Funded by the Tackling Indigenous Smoking Program, the Quitline Enhancement Program supports the creation of a culturally appropriate and safe space for Aboriginal and Torres Strait Islander people to engage with Quitline, in addition to increasing awareness about the dedicated Quitline service through a presence at Aboriginal and Torres Strait Islander community events.

This year, Quitline Enhancement staff continued to connect and engage with Tackling Indigenous Smoking workers through online meetings, discussions and promotion. Discussions focused on new ways of referring and working together along with education and promotion of Aboriginal Quitline. The Quitline Enhancement Team also partnered with the South Australian Cricket Association and Northern Territory NRL to further promote the quit smoking message to Aboriginal and Torres Strait Islander communities across the country.

Quitskills

An evidence-based, nationally-recognised program, Quitskills equips Aboriginal and Torres Strait Islander health workers with the confidence to effectively and appropriately support Aboriginal and Torres Strait Islander people in their quitting journey.

This year, the Quitskills team delivered training to

263 participants in all states and territories except Tasmania.

Research shows that Aboriginal and Torres Strait Islander People are three times more likely to smoke compared to non-Indigenous Australians. Combining a variety of backgrounds, both personally and professionally, the Quitskills team is passionate about presenting a program that makes a real impact in urban, regional and remote communities.



Quitskills Educator Michelle Simmons engaging with a student online.

Promoting cancer screening

Through funding from Adelaide Primary Health Network (PHN), Cancer Council SA developed a series of cancer screening videos featuring Aboriginal Ambassadors and health experts to promote the importance of cancer screening participation in Aboriginal and Torres Strait Islander communities.

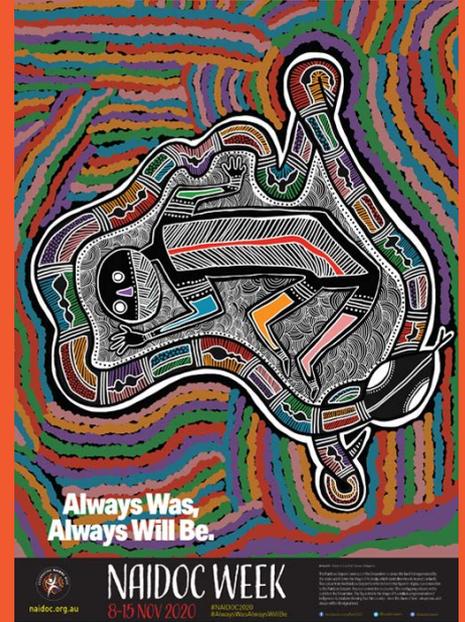
“When I was approached to be a Cancer Council SA Ambassador, I jumped at the opportunity. I think it’s very important, not only for community, but for your immediate family, to understand just how important screening is. Almost 10 years ago, I lost my brother to bowel cancer. He didn’t know about the symptoms and had never done a bowel cancer test so just thought he had a hernia. If he had known more, the outcome might have been different. Then, three years ago, I lost my twin sister to bowel cancer.

To lose two people to bowel cancer, especially when there is a such a reliable screening test, is really hard. I can’t stress enough how important it is to do the test as bowel cancer can develop without any symptoms at all. I don’t want anyone to go through what our family’s been through, which is why promoting cancer screening is so important to me.” – Aunty Janice Rigney Cancer Council SA Aboriginal Ambassador.

Focusing on cultural inclusion

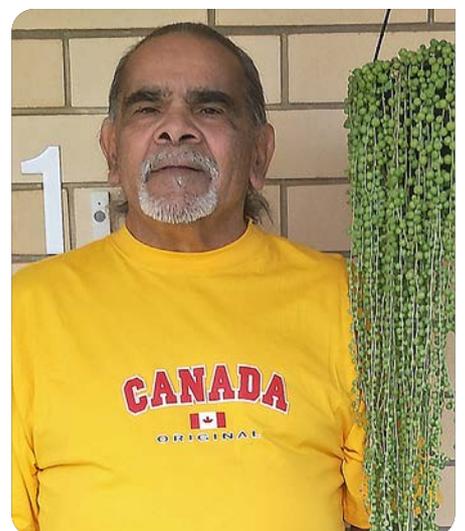
In the past year, Cancer Council SA’s Aboriginal Network Group continued to support the organisation through educating staff and management on the importance of cultural inclusion in the workplace.

A key deliverable of Cancer Council SA’s Reconciliation Action Plan, the Group were instrumental in supporting staff to recognise key cultural awareness days, including NAIDOC Week, National Sorry Day, National Close the Gap Day and Reconciliation Week.

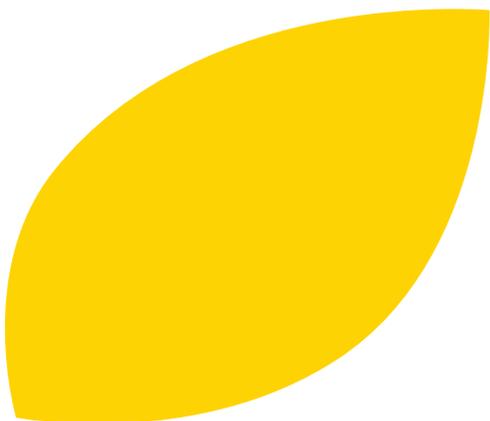


Aunty Janice Rigney Cancer Council SA Aboriginal Ambassador.

“At the end of the day, looking after your health really is up to you—it’s a life or death situation. Do you want to live a bit longer, or do you not want to? It might seem harsh but people need to understand. I meet people whose family members didn’t do the test and passed away. My message to people is to just do a little test and that’s it—by not doing it, you really are making a life or death decision.” – Ned Koolmatrie Cancer Council SA Aboriginal Ambassador.



Ned Koolmatrie Cancer Council SA Aboriginal Ambassador.



Our home for all South Australians impacted by cancer.

In January 2021, Cancer Council SA began work on our new, integrated cancer building located at our original office site of 202 Greenhill Road Eastwood. The building will bring together cancer research, prevention and support services alongside 120 rooms of supportive accommodation for regional and remote South Australians impacted by cancer.

In the past year, Cancer Council SA provided

28,700
nights of accommodation.



There are

31

cases of cancer diagnosed in South Australia every day.

For every person diagnosed, another three to five people are impacted and half of all Australians will face a cancer diagnosis in their lifetime.

Because of the complexity of cancer treatment and the absence of specialist services in rural areas, most people living in country communities need to travel to Adelaide for at least some of their treatment. Bearing the cost of travel and accommodation in the city, for what may be weeks or months of treatment, can be very expensive. Add the fact that those diagnosed can also be dealing with the costs of expensive medical treatments and a loss of wages. It's clear that the financial impact alone of a cancer diagnosis can be an almost unbearably heavy burden for South Australians and their families. Don't forget the stress caused by leaving family, friends and loved ones. These combined economic and psychological effects of a cancer diagnosis are taking a huge toll on South Australians living in rural areas.

The solution

Cancer Council SA's new building will offer so much more than supportive accommodation. Our vision is to create a home for all South Australians impacted by cancer, combining research, prevention, information and support services alongside a new, benchmark 120-room supportive accommodation facility to deliver a cancer free future for all South Australians.

Taking an integrated approach, the new facility will ensure we are there with the best care for every South Australian—every minute of every hour of every day—for generations to come.

Designed to accommodate people from all over the state with a variety of cancer needs and disability access options, the facility will deliver a range of health, emotional and financial benefits to people affected by cancer, all under the same roof.

It will help make sure that no one living with cancer in South Australia needs to go through their cancer diagnosis alone. By addressing every aspect of cancer care, our new facility will ensure we can be there every step of the way and give every South Australian diagnosed with cancer every chance of survival.



“This project is a once in a lifetime opportunity to better serve all South Australians, regardless of where they live, by taking supportive patient care to the next level for this generation and the next.”

– Cancer Council SA Board Chair the Hon Karlene Maywald.





“I know what it’s like to go through some pretty significant cancer treatment. Luckily I live in Adelaide, close to my doctors and specialists —but I know that for everyone, that’s not the case.

“Cancer Council SA’s new building will bring together cancer research, prevention and support services, alongside 120-rooms of supportive accommodation for regional and remote South Australians going through cancer treatment.

“The new building will be the home for every South Australian impacted by cancer, regardless of where they’re from, or where they are in their cancer experience.”

– Will McDonald Channel 9 Newsreader.

A once in a generation project for Cancer Council SA

Cancer Council SA’s new building will be state of the art, with the facilities designed to specifically meet the needs of every South Australian impacted by cancer. Features include:

Social Worker rooms – with qualified staff to help guests navigate the emotional, physical and mental challenges a cancer diagnosis can bring.



Activity room – providing an informal place for guests to gather, relax, meet and share stories.

Dining room – provides meals to guests and allows for the tailoring of meals to specific dietary requirements.



Guest lounges, laundries and balconies – located on every floor for the guests convenience.

“Based in regional South Australia, I know just how important the lodges are. They truly are a home away from home, a place of comfort. We’re all going through the same experience together. I like to say we’re all in the same storm, all trying to get to the same port.”
– Letchemi Pillai from Waikerie.



“I had some family that I was able to stay with but chose to spend every second week at Cancer Council SA’s Greenhill Lodge. I just needed to be around people who understood what it was like. They’d thought of everything—it’s amazing what they do there.”
– Scott Collins from Mount Gambier.



A range of rooms – to suit guests with different cancer needs and experiences, including family rooms and rooms with wheelchair access. Every room will feature a queen bed and recliner.

A home for all Cancer Council SA’s essential services – including prevention, research, advocacy, support and fundraising programs to deliver a cancer free future for every South Australian.



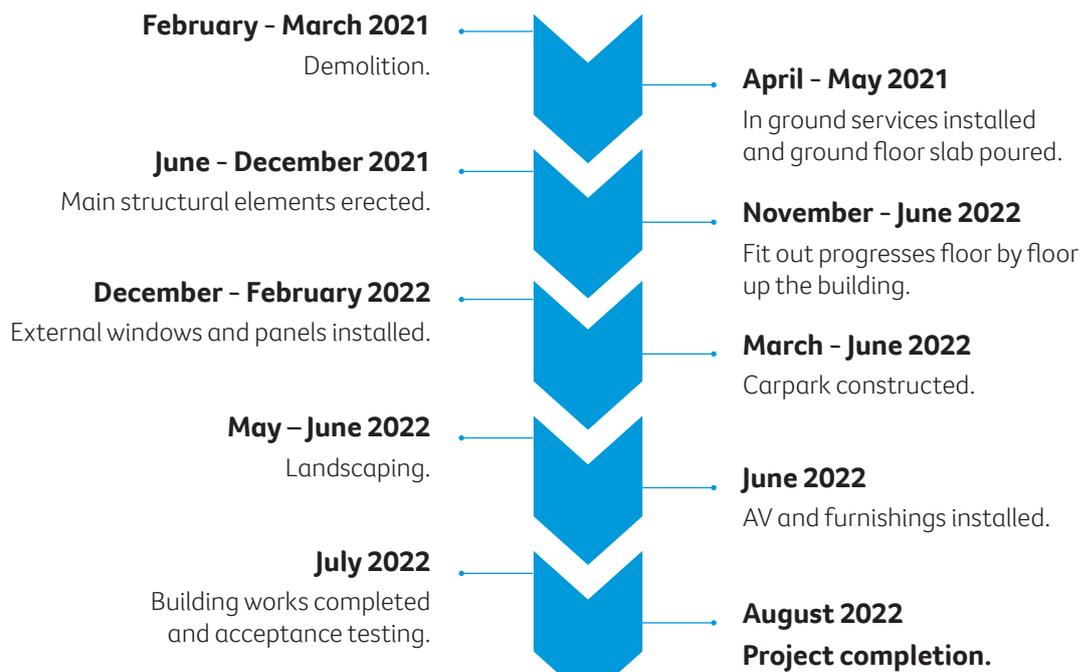
Stay up to date on the progress of the build, via our website at 202greenhill.com.au





“This facility will be a home away from home for the thousands of regional South Australians who need to travel to Adelaide for their treatment.”
– Premier Steven Marshall.

Construction timeline



Here with you every step of the way.

Supporting people affected by cancer is at the heart of everything we do. Across all stages of a cancer experience—from diagnosis, to coping with treatment, to life beyond cancer—our support services are here by your side to make sure you don't have to face your cancer diagnosis alone.

These are the South Australians we helped through their cancer diagnosis this year, thanks to the generosity of people like you.

More than

117,500

resources were distributed to the community about cancer, treatment and assistance programs.



Who we support

More than **4,400** connections were made with Cancer Council 13 11 20 for information and support in the last year.



Whether it's a family member supporting a loved one, someone who's just been diagnosed, a grieving partner or child or a health professional after expert information, we were here with you every step of the way.

Person with cancer diagnosis	54%
Family/friend of someone with cancer	31%
General public	10%
Health Professional	4%
Workplace	1%

People who contacted 13 11 20 FY20/21 (percentage)



Whatever your cancer question, we're here to help. From questions about your personal diagnosis, to how to navigate the road ahead, our cancer nurses provided appropriate information and support to every person who needed it.

Psychological/emotional support	30%
Practical issues	29%
General information	19%
Treatment and management	13%
Early detection/screening/symptoms	5%
Diagnosis/progression of disease	3%
Prevention/risk factors	<1%
Research	<0.5%

The nature of the enquiry and subsequent information and support given to callers by 13 11 20 cancer nurses. FY20/21 (percentage)



Of the 4,400 connections made to 13 11 20 this year.

Female **78%**
Male **22%**



Cancer Council 13 11 20 phone service runs from 9.00 am to 5.00 pm, Monday to Friday, with our cancer nurses also operating an online web chat service.

Phone **87%**
Call back service **13%**
Email and web enquiries **5%**
Other (visit/web chat/fax) **3%**

Method of contacting 13 11 20 cancer nurses FY20/21 (percentage)



Questions to our 13 11 20 cancer nurses are many and varied, with the main topics being:

1. How to access professional counselling
2. General discussion about cancer treatment
3. Coping with cancer
4. What to expect with a new diagnosis?



Calls relevant to **65** different cancer types were answered, including:

Adenoid cystic carcinoma, anal, appendix and pseudomyxoma peritonei, bile duct, bladder, blood, bone, bowel, brain, breast, cervical, gall bladder, gynaecological, head and neck, kidney, leukaemia, liver, lung, lymphoma, melanoma, mesothelioma, myeloma, neuroendocrine tumours, ocular melanoma, ovarian, pancreatic, penile, prostate, rare and less common, skin, small bowel, soft tissue sarcoma, stomach and oesophagael, testicular, thyroid, upper tract urothelial, uterus, vaginal and vulvar cancers.



"Being able to connect with South Australians going through cancer through the Outreach Nurse role is truly a rewarding experience."
13 11 20 Outreach Nurse
Polly Baldwin.

Reaching out into the community

In addition to our Cancer Council 13 11 20 phone service, Cancer Council SA also re-introduced our Outreach Nurse Program in 2021.

Based at the Flinders Centre for Innovation in Cancer, Outreach Nurse Polly was able to connect with South Australians on a one-on-one basis, providing face-to-face support, information and advice to family members, friends and loved ones impacted by cancer.

Counselling those through a cancer diagnosis.

Cancer Council SA Counsellors Helen and Cris supported more than 800 South Australians last year. They share why counselling to them is more than just a job.

"We are Helen and Cris, Counsellors here at Cancer Council SA, and thanks to your support, we have been available for countless South Australians whose lives have been turned upside down over the past year by both a cancer diagnosis and COVID-19.

"We saw the impact of it all firsthand.

"Every day, we were experiencing an increase in telephone call appointments and check-in calls. We heard the complex and overwhelming feelings of fear and worry too many South Australians were faced with.



Cancer Council SA Counsellors Helen and Cris.

"Many of our clients saw going to treatment as a scary thing as they had to go alone, they were worried about falling through the cracks in the system, and most of all they felt incredibly isolated.

"But, because of the community's generosity, we were able to be there to be a listening ear, a helping hand and a constant support to thousands of South Australians during a time when they needed it most.

"2020 highlighted that cancer doesn't occur in a vacuum and the importance of cancer support. The service was able to pivot and be flexible enough so to be provided from home.

"We are so grateful for the support of the South Australian community who allow us to be there for those experiencing a cancer diagnosis, their carers, family and friends."

Assisting those with financial hardship

A cancer diagnosis has a significant impact on many aspects of a person's life. For some, it can affect their finances, which is where Cancer Council SA can help. Cancer Council SA's Financial Assistance Program helps South Australians impacted by cancer by helping to pay some of their financial expenses.

Whether it's paying a gas or electricity bill, or assisting financially, the program helps to reduce some of the stress of a cancer diagnosis, ensuring South Australians can focus on their treatment.

*"We also accessed financial assistance from Cancer Council SA through my breast care nurse—a one-off payment for bills. She managed all of that for me, I just had to send her a picture of my bill."
- Jessica Marechal.*

This year, **278** grants were provided to help ease the financial strain of a cancer diagnosis.

How counselling provided a lifeline for Kathryn.

Every year, hundreds of South Australians turn to Counsellors Helen and Cris to support them and their loved ones through a cancer diagnosis. Kathryn De Angelis is just one of those South Australians who turned to Cancer Council SA when she needed it most. This is her story.

"In August 2019, my husband Tom was diagnosed with cancer. It came completely out the blue—he was fit and healthy, with a cough and shortness of breath his only symptoms. A visit to the doctor confirmed that he not only had cancer in his kidney, but that it had also spread to one of his lungs. It was such a huge shock to both of us.

"He began immunotherapy treatment immediately, however in September we found out that the cancer had grown in size. It was another blow, and it was during that time that I first made contact with Cancer Council SA. Having lost my father to cancer and watched my mother battle cancer, I was already a huge supporter of what they do and had been donating for a number of years, so I knew where to turn for support.

"I connected with a Cancer Council 13 11 20 cancer nurse who was wonderful and suggested that we make an appointment with a Cancer Council SA Counsellor.

"Tom and I made an appointment with Counsellor Cris and she was just marvellous. We did our appointments over the phone and she was such a fantastic support. She gave us practical tips as well as some links to websites we could visit and meditations we could try together. She encouraged us to do activities when Tom was feeling up for it, like go for walks, and helped us enjoy each other's company.

"Tom was really worried about becoming a burden on me and Cris was there to help him work through those emotions. She helped Tom understand how much we wanted to help him and be there for him during his treatment. Sadly, Tom passed away in December 2019, just four months after his diagnosis. It really was a huge shock to all of us, especially because it happened so quickly. The January after Tom's passing I reached out to Cris and she suggested we continue our regular phone sessions together.

"Just a couple of months later, COVID-19 broke out, which compounded my grief further. I started having sessions with Cris once a fortnight and then the timeframe between appointments got longer as the grief stopped being such an enormous blanket around me. Tom and I did not have children, so it was really important for Cris and I to continue to have our sessions, especially during COVID-19 when I was isolated from family and friends.



"She was aware that I was by myself and really helped me talk through my grief and how to cope with it during an incredibly stressful time. She listened to me and helped me with practical strategies when I needed it. She really helped me get through.

"Now, more than a year on from Tom's passing, I can't thank Cris enough for how she supported me. It was so wonderful to have someone with the skills and experience to support me who wasn't intimately involved in Tom's diagnosis and treatment. She was able to listen and provide advice, and I didn't feel like I was burdening family and friends who were going through their own grief. Her objectivity, skills and empathy were just wonderful and the experience has motivated me to leave a gift in my Will to the Counsellors as a thank you for all that they did for me and my family.

"My message to anyone impacted by cancer is to reach out to Cancer Council SA and ask for help and support. I can't thank them enough for what they did for us."

Connecting those through a cancer experience

Cancer Council's Cancer Connect Program is a free, confidential service that provides an opportunity for South Australians to talk with someone who has "walked in their shoes" and really understands what it's like to go through a cancer experience.

Through Cancer Connect, those going through cancer are linked by phone to a trained volunteer with a similar cancer experience who can listen to concerns and provide support. Carers can also talk to other carers about the changes and challenges they are facing. In the last year, we continued to build on our Cancer Connect Program, with a new group of Cancer Connect Volunteers onboarded to help roll out the program to even more South Australians who need it.



"When I call people and tell them that I was diagnosed in 2002 and am still here today, I can hear their relief—speaking to me helps them to realise that people can survive a diagnosis, and that there is hope out there"
- Cancer Connect Volunteer Ian Fisk.



"Being able to be present at the Cancer Information Centres to let people know what Cancer Council SA can do to help them—whether it's a little Wallaroo getaway or over the phone counselling—I'm sure it's a huge help to all the people who go to any of the hospitals for treatment."

- Cancer Information Centre Volunteer Peter Dunn.

Counselling those through a cancer experience

Whether you are directly or indirectly affected by cancer, our free counselling service offers those impacted by cancer with an opportunity to discuss their cancer experience and its impact on their life.

Our counselling service remained uninterrupted throughout COVID-19, with counselling also moving online to accommodate those unable to attend appointments physically due to COVID-19 limitations and restrictions.

Providing information when you need it

Cancer Council SA is proud to run Cancer Information Centres at the Royal Adelaide Hospital, Lyell McEwin Hospital and Flinders Medical Centre.

Cancer Council SA partners with each of the hospitals to deliver the Cancer Information Centres, with each centre focused on connecting visitors to information with the support of caring volunteers who will guide them to available information and support services.

In the past year, Cancer Council SA supported more than **800** South Australians through counselling support.



Stopping cancer before it starts.

Finding cancer early and taking steps to prevent it occurring are two of the most effective ways to reduce the impact of cancer in our community.

At least one in three cancers diagnosed in Australia can be prevented through a healthy lifestyle. Evidence shows that regular participation in national bowel, breast and cervical cancer screening programs reduces the rate of cancer mortality through early detection.

Melanoma

is no longer the leading cause of cancer death in 12 – 24 year olds, thanks to education and prevention programs like the SunSmart Schools and Early Childhood Program.

SunSmart leading the way

This year, the SunSmart Schools and Early Childhood Program celebrated 22 consecutive years of protecting young South Australian children.

The free-to-join program supports schools, early childhood centres and out of school hours care (OSHC) services to develop and implement best-practice sun protection, with evaluation of the program showing SunSmart members have better policy and practices in place than non-members.

This program is only made possible through the generous support of the South Australian community.

“Going through the process to be recognised as a SunSmart school has taught the college updated methods of approaching things, new procedures to look at and certainly new areas to focus on. There has been a noticeable shift in seeing students and staff understanding why we do things to be SunSmart as opposed to simply blindly putting on hats every day.” – Samaritan College Principal Damien Judd.

This year, the SunSmart Schools and Early Childhood Program protected

124,000

South Australian children and their educators from harmful UV radiation.



1 in 3 cancers are preventable.

Partnering to deliver the SunSmart message

In the past year, Cancer Council SA partnered with the South Australian Sports Institute and South Australian Cricket Association to further promote the SunSmart message to even more South Australians. Australian Beach Volleyball player Zachery Schubert and Strikers women’s players Darcy Brown and Amanda-Jane Wellington actively promoted the SunSmart message to the community, encouraging every South Australian to Slip, Slop, Slap, Seek and Slide when the UV is 3 and above.

“Growing up on a farm, the UV rating is something I’ve always been aware of and I really like the idea of having this information readily available on my phone through the SunSmart app. I have fair skin and burn quite easily, so no matter what the weather looks like, I always take steps to be SunSmart as it’s really important for my overall health and being able to perform to the best of my abilities on the court.”



“I’m a big advocate for putting on sunscreen, seeking shade and wearing a hat and long sleeves when I can.”
– Australian Beach Volleyball Player Zachery Schubert.

Spotlight on bowel cancer

Bowel cancer is the third most common cancer, and remains the second leading cause of cancer death in Australia.

In April, Cancer Council SA launched the 'Spotlight on Bowel Cancer' campaign which focused on promoting bowel cancer prevention and screening for those aged 50–74, through print, radio, digital and social media.

With research suggesting that people who speak a language other than English at home are less likely to screen for bowel cancer, a strong culturally and linguistically diverse (CALD) element was also included, with a series of infographics being translated for use with the social media campaign.

Cancer Council SA also made revisions to the popular high fibre meal plan to include a weekly shopping list. The resources were designed to make it easier for those looking to make positive dietary changes, with the updated resource viewed over 3,000 times.

Educational presentations were also offered to the community to learn more about bowel cancer, with one online webinar receiving over 2,000 views.

Raising awareness of breast cancer

Breast cancer is the most common cancer and the second most common cause of cancer death in Australian women. However research shows that around a quarter of breast cancers in Australia can potentially be prevented through simple lifestyle changes. Though the exact cause of breast cancer is unknown, there are some lifestyle factors that can increase your risk, including drinking alcohol, carrying excess weight and not getting enough physical activity.

In October, Cancer Council SA led a breast cancer awareness campaign to coincide with Breast Cancer Awareness Month, educating South Australians on how to cut their risk. The campaign included the development of visual assets for social media sharing and new educational resources, which resulted in a reach of over 38,000 women.

This year's campaign also included tailored resources for Aboriginal and Torres Strait Islander women and women from CALD backgrounds.

Educating South Australians on the dangers of alcohol

In December 2020 the National Health and Medical Research Council (NHMRC) released new recommendations stating that Australians should drink no more than 10 standard drinks per week, and no more than four standard drinks on any one day.

Throughout December and January Cancer Council SA launched an alcohol education campaign to promote the new guidelines and educate South Australians on the link between alcohol consumption and cancer risk.

“Alcohol causes seven different types of cancer and when it comes to cancer risk, there is no safe level of drinking. Alcohol is a Group 1 carcinogen—the highest available—this means it is an acknowledged cause of cancer and even small amounts increase the risk of cancer; particularly of the bowel, breast, mouth and pharynx, liver, larynx, oesophagus and stomach.”

“Your risk increases with every drink you have and is the same no matter what type of alcohol is consumed—whether it's beer, wine or spirits.”
– Cancer Council SA Community Education Coordinator Diem Tran.

High fibre meal plan

A guide for breakfast, lunch, dinner and snacks for one adult.

Dietary fibre is the part of plant foods such as vegetables, fruits, wholegrains, legumes, nuts and seeds that cannot be digested in the stomach or small intestine. Instead, it passes relatively unchanged into the large intestine where it is fermented by friendly bacteria.

Dietary fibre is not only great for our digestive health, but it also assists in the prevention of diseases such as diabetes, heart disease and bowel cancer. Men should aim to consume 30g of dietary fibre per day and women should aim for 25 g per day.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Oven-baked oats. Serves 2.	1/2 cup miso with 1 cup milk and 1 cup canned fruit.	2 slices granary toast, 2 poached eggs, 1 tomato slice, 1/2 avocado slice, 1/2 cup spinach.	Porridge. Serves 2.	2 slices of granary toast, 1/2 avocado, 1 cup baked beans, 1/2 cup spinach.
Lunch	Zucchini slice** (make the night before). Serves 4. Serve with slice of multigrain bread.	Multigrain wrap with leftover chicken salad. Serves 4. Serve with slice of multigrain bread.	Tuna salad with 2 grainy crockers and 2 slices of multigrain cheese. Serves 2.	Left over veggie noodle soup with a multigrain bread roll.	Left over chicken and root pumpkin salad with a multigrain bread roll.
Dinner	Chicken salad*. Serves 2. 1/2 cup of yoghurt with 1 cup frozen berries.	Pasta bake*. Serves 6. Serve with 1 cup mixed salad.	Veggie noodle soup*. Serves 4. 1 medium piece of fruit.	Chicken and root pumpkin salad*. Serves 4. Serve with 1/2 cup of yoghurt with 1 cup frozen berries.	Vegetable curry*. Serves 6. Serve with 1/2 cup cooked rice.
Snacks	4 tbsp Hummus with 1 cup of carrot and celery sticks and 4 grainy crackers. 1 medium piece of fruit.	Piece of zucchini slice. 4 tbsp Hummus with 1 cup of carrot and celery sticks and 30g of unsalted nuts.	1 cup of chopped strawberries. 2 corn thins with 1 stop packet butter.	2 corn thins, 1/2 cup ricotta, 1 sliced tomato, 1/2 cup sliced cucumber. 1 medium piece of fruit and 30g of unsalted nuts.	1/2 cup of yoghurt with 1 cup corned beef. Bikkies/smoothie lute oats instead of bread. *Feeding for two people, double recipe.

*Feeding for two people, double recipe. **Prep ahead for convenience. *Meal used 1/2 cup spinach, 1/2 tomato, 4 slices of cucumber, 1/2 avocado, 1/2 grated carrot.

For these recipes and more head to <http://160.30/healthy-meal-ideas> concernsa.org.au



Meal plan shopping list

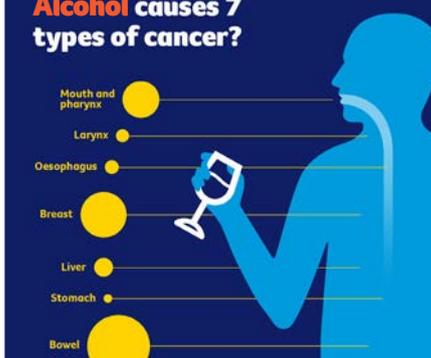
All the ingredients you'll need for 2 people for your high fibre meal plan. Don't forget to check the pantry before going to the supermarket.

Vegetables Fresh <input type="checkbox"/> 2 medium zucchinis <input type="checkbox"/> 1 1/2 small butternut pumpkins <input type="checkbox"/> 4 medium-sized brown onions <input type="checkbox"/> 2 medium-sized red capsicums <input type="checkbox"/> 1 medium-sized green capsicum <input type="checkbox"/> 1 medium-sized yellow capsicum <input type="checkbox"/> 1/2 a celery <input type="checkbox"/> 1kg carrot <input type="checkbox"/> 1kg baby red potatoes <input type="checkbox"/> 3 bunches asparagus <input type="checkbox"/> 120g rocket leaves <input type="checkbox"/> 250g mushrooms <input type="checkbox"/> 150g sublimata olives, capped <input type="checkbox"/> 280g baby spinach leaves <input type="checkbox"/> 3 tomatoes <input type="checkbox"/> 3 Lebanese cucumbers <input type="checkbox"/> 250g mushrooms <input type="checkbox"/> 1 baby red potato <input type="checkbox"/> 2 punnets of cherry tomatoes <input type="checkbox"/> 2 small red onions <input type="checkbox"/> 1 medium broccoli head Canned <input type="checkbox"/> 450g can baby beans <input type="checkbox"/> 450g can baked beans <input type="checkbox"/> 2x 400g can chickpeas <input type="checkbox"/> 400g can brown lentils <input type="checkbox"/> 2x 400g can crushed tomato <input type="checkbox"/> 450g can corn tomatoes Frozen <input type="checkbox"/> Frozen peas	Fruit Fresh <input type="checkbox"/> 1 medium apple <input type="checkbox"/> 2 oranges <input type="checkbox"/> 2 lemons <input type="checkbox"/> 8 medium-sized pieces of fruit of your choice (eg. apples, pears, lemons) <input type="checkbox"/> 1 banana <input type="checkbox"/> 3 punnets strawberries <input type="checkbox"/> 1 punnet blueberries <input type="checkbox"/> 1 lime Canned <input type="checkbox"/> 450g canned peaches in natural juice <input type="checkbox"/> 825g canned fruit in natural juice of your choice Frozen <input type="checkbox"/> 3 avocados <input type="checkbox"/> 500g frozen berries Dried <input type="checkbox"/> 1 small pack dried cranberries Breads and cereals <input type="checkbox"/> Rolled oats <input type="checkbox"/> Wholemeal self-raising flour <input type="checkbox"/> Pack of multigrain crockers <input type="checkbox"/> 1 loaf multigrain bread <input type="checkbox"/> Muesli <input type="checkbox"/> Multigrain wraps <input type="checkbox"/> Wholemeal panna or sprout pasta <input type="checkbox"/> Muesli/roasties <input type="checkbox"/> 4 multigrain bread rolls <input type="checkbox"/> Corn thins <input type="checkbox"/> Rice Dairy and alternatives <input type="checkbox"/> 200g low-fat natural yoghurt <input type="checkbox"/> 2x 1kg low-fat yoghurt <input type="checkbox"/> 250g reduced-fat grated cheese <input type="checkbox"/> Low-fat cheese slices <input type="checkbox"/> 2x low-fat milk <input type="checkbox"/> 50g reduced-fat fats <input type="checkbox"/> 2x 40g reduced-fat ricotta <input type="checkbox"/> 400ml can oatmeal milk	Lean meats and proteins Fresh <input type="checkbox"/> 1 dozen eggs <input type="checkbox"/> 10x 100g chicken breast <input type="checkbox"/> 2x 100g tin loins in spring water <input type="checkbox"/> 2x 115g fish fillet of your choice Herbs and spices <input type="checkbox"/> Mixed herbs <input type="checkbox"/> Black pepper (to taste) <input type="checkbox"/> Ground coriander <input type="checkbox"/> Baked garlic powder <input type="checkbox"/> Cajun seasoning Dried <input type="checkbox"/> 1 fresh head of garlic <input type="checkbox"/> 2-inch piece of fresh ginger <input type="checkbox"/> Basil leaves <input type="checkbox"/> 1 tsp rosemary <input type="checkbox"/> Flat leaf parsley Healthy fats <input type="checkbox"/> 1 pack almond slices (110g - 120g) <input type="checkbox"/> Olive oil <input type="checkbox"/> 120g mixed nuts, natural and unsalted <input type="checkbox"/> Peanut butter Other <input type="checkbox"/> 1 small apple juice (no added sugar) <input type="checkbox"/> 1 pack pappas 150 - 200g <input type="checkbox"/> Balsamic vinegar <input type="checkbox"/> Tabasco (ketchup and pasta) <input type="checkbox"/> 1.5L vegetable stock, salt reduced <input type="checkbox"/> Open-mustard <input type="checkbox"/> Hot curry paste
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Did you know...

Alcohol causes 7 types of cancer?



- Mouth and pharynx
- Larynx
- Oesophagus
- Breast
- Liver
- Stomach
- Bowel

The high fibre meal plan is available at concernsa.org.au/healthy-meal-ideas/ PREV_High_Fibre_Meal_plan.pdf



Helping South Aussies understand the link between diet and cancer.

New Cancer Council SA data released to coincide with Dietitian’s Week in March 2021 showed that only a quarter (26 per cent) of South Australians consider low fruit consumption an important cancer risk factor, with just over half (51 per cent) aware of the link between low vegetable consumption and increased cancer risk.

The data helped to inform a public awareness campaign on the importance of a healthy diet in reducing cancer risk, which reached over 120,000 South Australians.



“Whilst most people know that we should be eating two serves of fruit and five serves of vegetables every day for good health, many of us don’t realise that it can lower the risk of some cancers, especially of the digestive tract.”

– Cancer Council SA Community Education Coordinator
Diem Tran.



The African Women’s Federation of SA.

Connecting with CALD communities

Throughout the past year, Cancer Council SA extended their prevention work into a number of culturally and linguistically diverse communities (CALD) through support from a dedicated CALD Project Officer.

There were a number of successful collaborations that led to improved outcomes for CALD community members, including collaborations with government agencies such as Wellbeing SA and BreastScreen SA, and community organisations such as Non-resident Nepalese Association (NRNA), Adelaide University Rotaract Club, Chinese Welfare Association and African Women’s Federation of SA.

Cancer Council SA also began work on translating resources into other languages to enable even more South Australians to receive vital prevention messaging.

“We’ve got a fantastic relationship with Cancer Council SA. It’s such a well-respected organisation and I feel confident and comfortable in referring women, both in my role with the African Women’s Federation and as a leader within my community, to Cancer Council SA for information and support.”

“The women we work with face a number of health issues, particularly where to go to for help, and Cancer Council SA has always been a trusted source of information for the women we support.”
– Manager of the African Women’s Federation of SA and Chairperson of the Sierra Leone Community and Sierra Leone Women’s Association of SA, Constance Jones.

In the past year, Cancer Council SA delivered

39 community engagements to promote cancer prevention messages, reaching over

700 community members directly.

Due to COVID-19 safety restrictions,

8 of our community education sessions were delivered virtually.



“In May of 2016, after a visit to a BreastScreen SA mobile unit in my regional hometown, I received the fateful call at work...You will need to come to Adelaide to have some further tests—your recent mammogram has shown a potential irregularity. The week passed and I entered that

doctor’s room, still convinced it was nothing, as even with a biopsy, statistics were in my favour. Imagine my shock when the first words that came out of the doctor’s mouth were “You know of course that you have cancer”.

“To those who don’t think mammograms are important I say this—if not for that visit to BreastScreen SA, I might not have seen my daughter get married in my own garden, or my gorgeous little granddaughter born. Have that test no matter how inconvenient. That lost half hour of your life, might mean you have a life!”

– Decima McTernan, breast cancer survivor from Naracoorte.

Cancer screening saves lives

Australia’s breast, bowel and cervical cancer screening programs are world class. Research shows that the five-year survival rate for breast cancer is 91 per cent and around 90 per cent for bowel cancers. Both can be successfully treated if found at an early stage. Cervical cancer is one of the most preventable cancers, with the HPV vaccination and new cervical screening tests putting Australia on track to eliminate cervical cancer as a public health issue by 2035.

The **5** year survival rate for breast cancer is

91 per cent.



“I got my first bowel cancer screening test in the mail in 2018 and it came back all clear, so when I got sent the second test last year, I figured I’d get the same outcome.

“But when the doctor called and asked me to see him straight away, I was worried. I booked that appointment pretty quickly. I was told that while my first sample was fine, my second sample tested positive for blood. I was booked in for a follow-up colonoscopy a couple of months later. When I woke up, the specialist told me that they found a few polyps which had not progressed to become bowel cancer. It was a huge relief.

“You never really know what’s going on inside you, I had no symptoms, and everything felt all right so would never have noticed anything was wrong. It’s scary to think what would have happened if I didn’t do the test.”

– Tim Paget from Kingston.

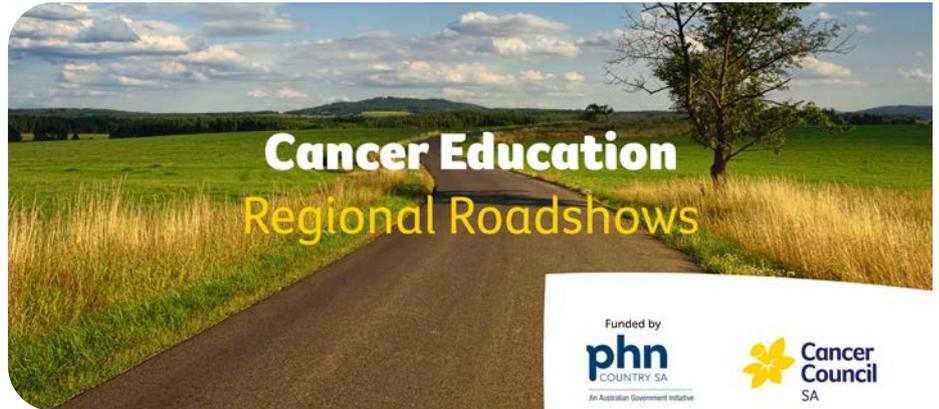
Cancer Education Regional Roadshows

In the past year, Cancer Council SA delivered two roadshows to regional and remote communities—The Skin Cancer Awareness Virtual Roadshow and the Cancer Screening Regional Roadshow.

With South Australians who live in regional and rural areas having up to 31 per cent higher chance of developing skin cancer compared to those who live in metropolitan areas, **Cancer Council SA's Skin Cancer Awareness Virtual Roadshow** helped to educate regional South Australians on the importance of sun protection.

The virtual project was funded by Country SA Primary Health Network (PHN) and was extended from the previous year due to COVID-19 travel restrictions in 2020. In lieu of completing the last leg (Mid North, Far North, Riverland and Kangaroo Island) due to the continued uncertainty of travel, a decision was made to develop a series of skin cancer educational videos to support online promotion, awareness and education for skin cancer prevention and early detection.

A collaboration between Cancer Council SA and Country SA PHN, the **Cancer Screening Regional Roadshow** visited



at-risk regional communities to educate them on the importance of screening and early detection.

Cancer screening rates in regional areas often fall below the South Australian average, putting regional South Australians at a greater risk of developing late-stage bowel, breast and cervical cancer.

The project focused on raising awareness through social media and local radio and visited eight locations across four regions of South Australia to encourage cancer screening participation.

Two free Zoom webinars were offered to regional communities, delivered by our experienced Senior Prevention Project Officer.



“Australia is one of the leading countries in the world when it comes to cancer screening programs on offer, with the national bowel, breast and cervical screening programs saving hundreds of South Australian lives every year. Despite this, there are still a number of regional South Australians who aren’t taking their tests, or are unaware of what tests they’re eligible for.”
 – Cancer Council SA Senior Prevention Project Officer Tamara Shipley.



Thank you!

With your help, we can continue to work towards our vision of a cancer free future for every South Australian.

As a not for profit, the generosity of the South Australian community is vital in enabling us to make that vision a reality.

Supporting us to support you.

Throughout the past year, we have seen South Australians stand up like never before and show their support to those impacted by cancer in our community. Through the generosity of the South Australian community, we have raised more than \$8.9m in the past year, which has enabled us to fund vital programs and services that save lives.

South Australians have raised funds in new and exciting ways—whether it’s colouring or shaving their hair, dressing up as Marilyn Monroe, hosting a fun-filled morning tea, Riding for a reason or taking part in The Longest Day golf challenge—every dollar raised made a huge difference to those who needed it most.

As community leaders for over 90 years, we understand that it’s important for South Australians to be able to direct their donation to the cancer that has impacted them most, enabling donors to direct their hard earned funds towards our work in a specific cancer type.

We have also seen many South Australians choose to leave a gift in their Will to Cancer Council SA, another meaningful way to make a difference for future generations. Gifts in Wills are an incredibly powerful way to leave a legacy and we are so grateful to every South Australian who has left us a gift in their Will to us this year.

Every dollar raised and every donation made, whether it’s big or small, makes a huge difference. As a not for profit organisation, we rely on the power of the South Australian community to do our critical work. It’s only through the community’s generosity that we are able to work towards a cancer free future every single day. On behalf of every South Australian impacted by cancer, thank you so much for your incredible support.



Cancer Council SA staff say thank you.

Better together: the power of community.

Every year, Cancer Council SA is committed to working with an incredible community of supporters to help achieve our vision of a cancer free future.

Here are some of the ways we were active in your community this year.

Anyone can be a Marilyn

Established in 2014, the Marilyn Jetty Swim has become an iconic part of the Channel 7 Brighton Jetty Classic.

It sees more than 300 women (and a few men!) swimming or paddling 400 metres around the Brighton Jetty—all dressed head to toe as '50s icon Marilyn Monroe. Bec Sherman was the first woman to join the Marilyn sisterhood in 2014, and she has taken part in nearly every event since.

"I didn't really know what it was, but it sounded like fun, so I decided to register. My other friends must have been a bit slow off the mark, because years later, I found out I was the first person to register, ever."

In 2018 when Bec was diagnosed with Epithelioid Hemangioendothelioma or EHE, a rare cancer that grows from the cells that make up the blood vessels, it made her commitment to be a Marilyn even more important to her.



Bec with her daughter.

"Every year I stop and think "do I want to do it again this year" but then I think about how empowering it is and I can't stay away. It's an inspirational experience, especially being there from the beginning and seeing how the event has grown year on year."



Since 2014, the Marilyn Jetty Swim has raised more than \$670,000 for South Australians impacted by cancer.



A community of support

Cancer Council SA couldn't do the work we do without our army of community supporters. And what an army it is! Our inspirational Community Ambassadors supported Cancer Council SA by sharing their stories with local businesses and volunteering at Cancer Council SA events across the state.

South Australian personalities also got on board this year to help us spread the Cancer Council SA message to those who needed it most, including Channel 9 Newsreader Will McDonald, Olympic Cyclist Matthew Glaetzer, Australian Beach Volleyball player Zachery Schubert, and influential South Australian Keith Conlon. Sports commentator Dennis Cometti also came on board as the face of National Patio Day.

1. South Australian Sports Institute Hockey athletes showing their support for Cancer Council SA
2. Matthew Glaetzer
3. Zachery Schubert
4. Channel 9 Weather Presenter Chelsea Carey
5. Dennis Cometti
6. Will McDonald
7. Keith Conlon



We couldn't do what we do without the generous support of the South Australian community.

A huge **thank you** to every single Cancer Council SA supporter and ambassador who helped us work towards our vision of a cancer free future.



The Longest Day

This year, the ultimate golf challenge—The Longest Day— was an incredible day. Not only did the day see 240 participants challenge their skill, strength and stamina, they also raised more than \$148,000 for South Australians impacted by cancer.

Every dollar the event raised has already gone a long way in helping Cancer Council SA continue vital support services, research and prevention programs to bring a future free from cancer closer.



Max Rides for a reason

Little Max Rocca, our youngest ever Ride for a reason participant at just four years old, made it to the front page of The Advertiser in January this year when he pledged to raise funds for people like his Grammy who have been through cancer. Olympic cyclist and cancer survivor Matthew Glaetzer heard about Max's efforts and made the junior rider's day by paying him a visit and giving him a special tour of the velodrome alongside some VIP Ride for a reason supporters.



Adelaide Relay For Life

One of the highlights of any Relay For Life event is the Survivor and Carers Lap, and at this year's Adelaide Relay, it was dedicated to someone very special—young Poppy. Poppy was diagnosed with T-cell acute lymphoblastic leukaemia (T-ALL) on 31 January 2020 when she was just two years old and has been undergoing treatment ever since. Poppy had planned to take part in the Adelaide Relay alongside her parents and five year old brother Chase, and officially open the event by cutting the survivors and carers lap ribbon (the opening lap of the event).

Sadly, Poppy was receiving treatment and was not well enough to attend, however her big brother Chase stepped up to do the honour on his sister's behalf. Not only did Poppy's family and friends open the event on her behalf, they also took part with each and every member vowing that this first Relay will not be their last!



Thanks to our inspiring community of supporters who change lives every day.



Port Pirie and Gawler Relays—both a huge success

What a weekend it was back in March as the community stepped out to celebrate, remember and fight back with the Relay For Life events at Port Pirie and Gawler!

It's safe to say, these two events did not disappoint and the energy on the day from all involved—from participants, volunteers and visitors—was truly electric.

More than 500 excited attendees across both events helped bring the Relay spirit to life.

The Gawler event raised more than \$80,000 with the Port Pirie Relay raising more than \$29,000.

We can't wait to see everyone step out with us again in 2022!



Foodland Corporate Partnership

Did you know Foodland has been supporting Cancer Council SA for many years through events such as Australia's Biggest Morning Tea and Daffodil Day?

Every year the South Australian supermarket holds its own Biggest Morning Tea in the board room of their head office, with plenty of generous local suppliers such as Vili's and Balfours regularly donating to the morning tea celebrations.

It's a great day and a fantastic opportunity to gather everyone together whilst also making a difference.



Dean honours Judith's memory

Dean Rowe has dedicated his life to raising awareness and funds for ovarian cancer after losing his wife and love of his life, Judith, to ovarian cancer in March 2017. Through Judith's legacy he hopes research can find better ways to detect and treat ovarian cancer, and he's already made an incredible contribution.

Over the year, Dean has raised and donated \$35,664, and in June he dropped into the Cancer Council SA office with another cheque for \$15,000 that was raised in just six months. This takes Dean's total to \$50,664.

Life's too short for boring hair.

In March this year, Charles Totani from Sarah Constructions raised more than \$3,700 for Cancer Council SA by colouring his hair blonde. He shares why the fundraiser was so much more than just a change of hair colour.

"I lost my cousin Jai to Ewing's sarcoma, a rare cancerous tumour that most often occurs in and around the bones. Jai was incredibly special to me, we grew up together, played soccer together and spent a lot of our lives together.

"Jai was diagnosed with cancer in 2014. He felt a pain in his groin, which at the time he thought was osteitis pubis or some kind of soccer injury. He went to get it checked out, and during scans the doctor found a lump, which they diagnosed as Ewing's sarcoma. It spread pretty quickly, and I watched him go through countless surgeries and over 52 weeks of chemotherapy over the next seven years. Throughout, he never gave up and continued to be such an incredible presence in so many people's lives. The treatment gave him the gift of time and he was able to get married and spend time with family and friends. He also fulfilled one important dream, to be the head coach of his pride and joy soccer team, the 'Adelaide Pumas', which also saw the team finish in first position last year. Two days before his 31st birthday, he passed away.

"Losing Jai left such a big hole in my family and on the wider community. He was such a great guy and didn't have a bad bone in his body, so to see him battle so bravely for seven years was really hard, but also really inspiring. Throughout his treatment, Jai continued to give back, supporting charities and advocating for others impacted by cancer. After he passed away, I wanted to continue to honour his legacy.

"My older brother is a hairdresser, so together we came up with the idea of colouring my hair blonde and raising money for Cancer Council SA. I have dark brown hair, so to go platinum blonde was a definite change!

"I emailed everyone at work to let them know what I was doing, and the support was just incredible. I don't really like to discuss personal matters at work, but Sarah Constructions is such a great organisation with a strong culture, I knew that they would understand and support me every step of the way.

"To raise such an incredible amount was so rewarding and was also such a wonderful way to honour Jai and his memory. Watching a loved one battle cancer can be hard and really emotional, so to turn something so hard into something so

positive while also helping others was a really great feeling. It made me feel like I was a part of something bigger, and I know the money raised will help other people like Jai, which is the greatest reward of all.

"If I wasn't working at Sarah Constructions, I'm not sure I would have had the courage to do something like this – the support from every single person I work with has been incredible and has inspired me to continue to making a difference.

"If Jai taught me anything, it's that you should seize every moment – after all, life is too short for boring hair!"

Sarah Constructions are proud to be the builder for Cancer Council SA's new home for South Australians impacted by cancer, with all the money raised through Charles' fundraiser going towards the new building.



Charles with his cousin Jai.



Lincoln Size with staff from GenesisCare (from left to right), Sian, Basia and Karen.

Cancer Council
SA
\$10
for one bunch of daffodils.

APRIL DAY 2021
SITE

We couldn't do what we do without the support of the South Australian community.

Together, you help us fund vital programs and services that lead us towards a cancer free future.

Here are just some of the ways you have showed your support this year:



Make a donation - Every donation, big or small, helps to get us closer to a cancer free future than ever before. You can choose to make a general donation, or direct your donation towards a specific cancer that has impacted you the most.

Set up a regular giving donation -

Regular giving is a great, easy way to support vital programs and services for South Australians impacted by cancer. It's easy to set up and makes sure that every month, you are making a difference and providing a continuity of funding to support South Australians who need it most.



Leave a gift in your Will - Gifts in Wills are a powerful way to leave a legacy that will make a difference for future generations impacted by cancer.



Volunteer and help us achieve a cancer free future - Every year, more than 200 South Australians volunteer their time to support Cancer Council SA. Whether it's volunteering at an event, helping to make thank you calls or driving our Transport to Treatment buses, we couldn't do the work that we do without our incredible volunteers.



Register to host your own fundraising event - Consider yourself the Queen of morning tea? Want to get the girls together for a night in? Or are yellow events more your style? Hosting an event is a great way to get together with family, friends and loved ones and make a huge difference to those who need it most.

Host your own community fundraiser-

Whether you are inspired to shave your head, walk across Australia or simply be the event host with the most—why not “Do it For Cancer” and host a community fundraiser?

Donate via a personalised wedding favour-

A special and unique way to commemorate your wedding day and thank your guests for helping you celebrate, while supporting South Australians impacted by cancer.



Donate to a friend - If you know someone who's raising funds for Cancer Council SA, why not make a donation and show your support. The more money they raise, the closer we'll get to a cancer free future!



Make a donation in memory of a loved one

- Make a donation in memory of a loved one lost to cancer and know that your donation will help South Australians for generations to come.

Thank you to our incredible volunteers.

Each and every year, we are honoured to have the support of countless South Australians who generously volunteer their time, energy and skills to help us support those in our community affected by cancer.



While our volunteers were quiet during the 2020/21 financial year due to COVID-19, their passion and support to return to their roles over the past few months has been incredible to see.

Some of the first volunteers to return included Relay For Life volunteers who made our Gawler, Port Pirie and Adelaide events possible, and our Transport To Treatment volunteer team who make it possible for those staying at our lodges to get to treatment at some of our major hospitals.

The support of our volunteers makes a life changing difference to those in our community impacted by cancer, ensuring no one has to go through cancer alone.

By donating their time, knowledge and energy to help Cancer Council SA support those in our community affected by cancer, each and every one of our volunteers ensures we can continue to fund ground-breaking research and provide vital services to those who need them most.

Thank you for your dedication and support towards our vision of achieving a cancer free future, even during such a difficult year.

In the past year

202 individual volunteers supported Cancer Council SA.

Volunteers attended

118 individual events and filled

1,528 individual job roles.

Our volunteers dedicated

5,949 hours to Cancer Council SA.

Volunteers making a difference.

Adelaide Relay For Life

The annual Adelaide Relay For Life is the biggest Relay in the state and sees families, friends and loved ones come together to make strides towards a cancer free future.

In an uncertain COVID-19 environment, the Adelaide Relay For Life Organising Committee, made up of a group of dedicated volunteers, brought the event to life in just under 16 weeks.

The team of volunteers adjusted to the new, nine-hour Relay For Life format instead of the traditional overnight Relay. They engaged with participants, motivating them to fundraise and came together in the lead-up to and on the day to make sure the event was not only a success, but it was able to go ahead safely and meet all the relevant COVID-19 restrictions.

Overall, 35 teams took part, raising more than \$91,000 for Cancer Council SA, which is an incredible achievement.

The volunteers behind the scenes

Every week, Cancer Council SA's team of dedicated warehouse and office volunteers give up their time to pack essential items, and provide administrative assistance enabling us to deliver programs, services and events to the South Australian community.

From packing host kits for Australia's Biggest Morning Tea, to organising site boxes for Daffodil Day, our warehouse volunteers are very much the people behind the scenes, helping to deliver iconic Cancer Council SA events and services, while also adhering to COVID-19 restrictions.



The Adelaide Relay For Life Organising committee with Cancer Council SA staff.



Cancer Council SA volunteer Jan Curtis.

The people behind the scenes.

Through building a culturally sensitive environment, Cancer Council SA has been able to create a workplace which is innovative, considers different perspectives and empowers staff to make educated decisions.

Nearly 100 staff members work together at Cancer Council SA to help deliver our vision of cancer free future. Throughout the past year, Cancer Council SA has built on our commitment to deliver a diverse and supportive workplace that values the individual backgrounds, knowledge and cultural diversity of staff and the role they play in supporting those impacted by cancer.

The training helped staff to better understand the challenges faced by Aboriginal and Torres Strait Islander people and in turn, how we can better support them to achieve a cancer free future.

Feedback from staff was positive and indicated that by participating in the training, staff gained a greater awareness of the impacts of grief amongst Aboriginal and Torres Strait Islander staff and how it shapes communication and decision making.

In the next year, Cancer Council SA will further review the Reconciliation Action Plan and engage an internal working group to prepare an Equity and Diversity Plan.

Cancer Council SA staff – a snapshot

Number of staff



15

Male



76

Female



1

Unspecified

Genders in Management roles at an Executive level (including leadership)



5

Male



16

Female

Average length of service

3.98 years

96 training courses attended

35 new hires

Age profile:

<20: **0**

20-29 years: **10**

30-39 years: **26**

40-49 years: **23**

50-59 years: **25**

60 years and above: **8**

Cultural Awareness Training

During the months of May and June, Cancer Council SA staff participated in Cultural Awareness Training with Rosemary Wanganeen from the Healing Centre of Griefology.

Cancer Council SA Values

CAN DO

Innovation

We look to the future

Courage

We are brave

HIGH PERFORMING

Stretch

We strive for success

Excellence

We are always improving

STAKEHOLDER DRIVEN

Creating Value

We deliver social impact

Accountability

We own our actions

OPENNESS AND INTEGRITY

Openness

We are respectful and supportive

Integrity

We are honest and trustworthy

Thanks to our Board.

Cancer Council SA is fortunate to have a volunteer Board comprised of a highly committed group of people from diverse professional backgrounds, with expertise in corporate governance, medicine, health, law, finance, community issues and business.

On behalf of the every South Australian impacted by cancer, thank you for your dedication and commitment to achieving a cancer free future.



The Hon. Karlene Maywald
BOARD CHAIR



Professor Fran Baum
DIRECTOR



Ms Jennifer Richter
DEPUTY CHAIRMAN



Ms Rosey Batt
DIRECTOR



Professor David Watson
DIRECTOR



Mr Jason Russo
DIRECTOR



Mr Jim Birch
DIRECTOR



Ms Nicolle Rantanen Reynolds
DIRECTOR

We would also like to recognise the following outgoing Board Members who volunteered their time in the past year:



Mr Con Michalakis
DIRECTOR - retired 14 October 2020



Mr Greg Boulton
DEPUTY CHAIRMAN - retired 14 October 2020



The Hon Catherine Branson
DIRECTOR - retired 9 April 2021

Thanks to our Executive.

Cancer Council SA's Executive team is committed to supporting every South Australian impacted by cancer through leading our research, prevention, advocacy and support programs.

Made up of passionate individuals dedicated to making a difference, Cancer Council SA's Executive team is passionate about supporting all staff to ensure every South Australian has every chance to survive their cancer diagnosis.



Lincoln Size
CHIEF EXECUTIVE



Carol Moore
GENERAL MANAGER, QUALITY, SAFETY AND RISK



Russell Schrale
GENERAL MANAGER, MARKETING, FUNDRAISING AND RELATIONSHIPS



Lucy Ayre
GENERAL MANAGER, FINANCE AND COMPANY SECRETARY



Melanie Schmidtke
GENERAL MANAGER, SERVICES, RESEARCH AND EDUCATION



Kerryann White
GENERAL MANAGER, CORPORATE SERVICES



We would also like to thank outgoing General Manager, Corporate Services and Company Secretary, Tony Seibert who finished up in the role on Thursday 1 April. Tony remains as Project Lead for the new building.

We're here for all South Australians.

People with cancer

We provide practical and emotional support, financial and legal assistance, information services and more.

Regional groups

We provide resources and support to help build regional and rural community engagement.

Future generations

We work to create a future where cancer is no longer feared but seen as a preventable and manageable disease.

Cancer researchers

We raise the funds that make research breakthroughs possible.

Health professionals

We have information and support services where health professionals can refer those affected by cancer.

Carers and families

We have a wide range of information and support programs, including the **13 11 20** information and support phone and webchat service.

Government

We help advance policy and legislation by being a source of expert information and the voice of the community.

For confidential information and support about cancer, Monday to Friday 9.00 am – 5.00 pm:

- call Cancer Council **13 11 20**
- chat online at cancersa.org.au
- email askanurse@cancersa.org.au

Interpreting service available **131 450***