

THE Daffodil

STORIES OF YOUR SUPPORT

We're making a difference, together.

What a difference we have made together. It truly warms my heart to know that we have such a beautiful community of individuals, whose kindness means that we can be there for every South Australian impacted by a cancer diagnosis.

It gives me great pleasure to announce that in 2023, you helped us raise an incredible **\$440,100** through our appeals! We couldn't be more grateful for your contributions.

In this edition, you'll read about how your gifts at Christmas are funding critical research that is lighting the way to a better future for South Australians like Rosel, who is living with long-term side effects from the brain cancer treatment that saved her life.

We also have an update on how you are funding our counselling services that mean so much to those like Carina who was struggling to process her own grief after receiving a diagnosis of stage 4 breast cancer.

Plus, keep an eye out for our healthy pasta bake recipe on the back page!

Without your amazing support, our work simply wouldn't be possible. Thank you so much for making a difference in the lives of thousands of South Australians every day.



Kerry Rowlands

Kerry Rowlands
Chief Executive
Cancer Council SA

Thank you for making life-saving research possible.

Just before Christmas, we were fortunate enough to share Rosel's story with you, a story of strength and resilience. Rosel is living with lifelong side effects as an outcome of her treatment for brain cancer, including daily seizures and losing her ability to walk. Her loving husband Andy has devoted his life to caring for Rosel full-time.

Rosel and Andy's story touched so many of you and with your incredible support, we have raised over **\$75,400** for vital cancer research into better treatments, right here in South Australia!



Andy and Rosel



Dr Paul Joyce

You're funding Dr Paul Joyce's research at University of South Australia into nanomedicine, which has huge potential to reduce side effects from treatment, and could change lives like Rosel's.

We are so grateful for your kind and generous donations which make research like this possible. Because of you, researchers like Dr Joyce are one step closer to changing the lives of those impacted by a cancer diagnosis.

Your gifts are ensuring that no family has to go through cancer alone.

Last month, Carina was brave enough to share her personal cancer story with us, in the hopes of raising critical funds for our counselling service.

When Carina received a life-changing diagnosis of breast cancer, she had her family at the forefront of her mind. As a single mother, Carina wanted to protect her three daughters at all costs. Seeking assistance from Cancer Council SA's counselling service to support her family in coping with her diagnosis, she also grappled with her own grief.

Two years after receiving the all clear, Carina found out that her cancer was back... and it is stage 4. Now, Carina is facing new challenges like planning for what this new future will hold all while making sure her girls have the support they need, every step of the way.



Carina and her three children

Your generous donations really do mean that we can be there for families like Carina's, throughout their entire cancer experience – from diagnosis, through to treatment, and life beyond cancer.

Carina says, "As a single mother, being diagnosed with cancer was an extremely lonely and terrifying experience. I didn't have a partner to lean on. Regular counselling gave me the comfort and support I needed, helping me stay strong for my children."

Thank you so much again for your kind donation. Your generous contributions will help us to ensure that South Australians impacted by cancer, like Carina, will always have the support and care when they need it most.

Thanks your incredible generosity, we are pleased to share that Carina's appeal has already raised over **\$17,000!**



Kylan Beech recognised for incredible fundraising efforts!

Last month, one of our amazing fundraisers Kylan Beech won the Young Citizen of the Year Award 2024 for his incredible efforts in raising over **\$85,000** for Cancer Council SA, in honour of his mum Tammy who passed away unexpectedly from lung cancer in 2016.

Three years after losing his mum and at just 17 years old, Kylan found inspiration in his loss, and came up with the idea for '220 For Tammy'—to ride 220 kilometres from Adelaide to Barmera alongside his brothers, to raise money for cancer research into early detection of cancer. The inaugural ride saw the brothers raise \$30,000, tripling their initial goal of \$10,000.

"Mum was the kind of person who always put others before herself and I started thinking—maybe I should take a leaf out

of her book and do that as well. My hope with '220 for Tammy' was that it would be a way for us all to remember and celebrate mum. And it was," Kylan says.

In October 2022, Kylan and his brothers decided to make 220 For Tammy even bigger. They got back on their bikes, but this time they would ride a huge 2,200 kilometres from the Gold Coast to Adelaide. The boys battled through falls and floods to raise a massive \$55,000, which was announced at a gala event for 260 guests on the day they arrived in Adelaide.

This acknowledgment of Kylan's amazing commitment to South Australians impacted by cancer, could not be more deserved. We are so proud to have been involved in Kylan's journey and to witness his ongoing dedication to supporting cancer research.

Three special reasons why Shaun took on the ultimate golf challenge.

Shaun took on The Longest Day ultimate golf challenge for the second time in December, completing an incredible 72 holes and walking the entirety of the course – a massive 40 kilometres – to recognise the incredible challenges people going through cancer treatment face each day. He did all this to recognise the countless times his own family has been touched by cancer.

“Once I saw the ad, I was drawn in to take part because of my sister, mother and stepfather. I want to make it easier for other families. Lots of families can’t afford cancer treatment and what comes with it. If I can assist in any way financially, that’s what I want to do,” Shaun explains.

Shaun’s family was first touched by cancer when he tragically lost his sister to an undiagnosed familial adenomatous polyposis – a rare, inherited bowel cancer condition that his two nieces have sadly both inherited.

He then supported his mum through a devastating diagnosis with non-Hodgkin’s lymphoma – a cancer that isn’t curable but manageable with treatment. Eight years later, she received a second diagnosis of Hodgkin’s lymphoma. To add to it all, while his mother was going through this ongoing and exhausting experience, Shaun’s step-dad was diagnosed with a secondary cancer on the parotid gland.

The devastating impact cancer has had on Shaun and his family has been huge. Time and time again he has seen first-hand the impact of cancer and the toll treatments have taken on his loved ones. Through The Longest Day he wanted to make a difference and support other South Australian families facing a cancer diagnosis.

“I certainly knew it would be a challenging day. The reason for [walking the whole way] is I want to feel the fatigue and mental challenge that I’ve seen my family go through in their cancer treatments. That’s the driving force for me because I have seen it first-hand too many times,” Shaun says.

Inspired by Shaun’s incredible determination, his local golf club – Mawson Lakes Golf Club – signed up to host a Longest Day at their course, encouraging more passionate individuals to jump on board and raise a huge **\$14,700** together for the vital work that Cancer Council SA does every day.



Shaun and Sid the Seagul



Shaun (third on the right), and his friends

Seeing Shaun out on the golf course, determined to provide hope to other families impacted by cancer, truly means so much. A huge congratulations to Shaun for taking on this huge challenge again and helping us make a difference in the lives of South Australians impacted by cancer.

So far in this financial year, The Longest Day has raised over **\$158,000!** A big thank you to the golf clubs and participants for their incredible efforts.



If you would like to learn more about The Longest Day, please either scan the QR code, call 1300 65 65 85, or visit thelongestday.org.au

Funding research that will change the lives of South Aussies living with cancer, thanks to you.



Dr Emma Kemp and Dr Katia Ferrar

In November, we were so excited to announce funding for cancer research that will have a direct, and life-changing impact on those who are living with cancer and cancer survivors. Brand-new fellowships were awarded to two outstanding researchers, based right here in South Australia, who are dedicated to finding better ways to support people impacted by cancer, at every stage of their cancer experience.

The recipients of the Cancer Wellness and Cancer Support fellowships are Dr Katia Ferrar and Dr Emma Kemp from Flinders University.

Dr Kemp's research is investigating how we can provide the right resources at the right time to support people impacted by cancer. Over the next three years, Dr Kemp will aim to explore the psychological impacts of cancer on patients and carers to find better ways to support them to navigate this difficult time in their lives.

"Many people seem to experience the two extremes of either not finding resources or being overwhelmed with resources... It's about ensuring people have what they need to live a psychologically and physically well lifestyle, after treatment or if treatment is ongoing," Dr Kemp explains.

"This is a massive opportunity for me to take some significant strides in better supporting people who have received a diagnosis of cancer, and their loved ones."

Dr Ferrar's research will investigate how physical activity can help improve the lives of people impacted by cancer, as well as looking at the benefits of a variety of other wellness therapies.

"There is extensive evidence showing the importance of exercise in cancer wellness. This fellowship really demonstrates the insight of Cancer Council SA and Flinders Foundation in acknowledging the importance of something quite distinct from the medical aspects of oncology research," Dr Ferrar says.

At Cancer Council SA we are committed to be here for every South Australian impacted by cancer with best practice support and information. Research like this ensures that we can continue to develop our support services to meet the needs of those impacted by cancer.



This important research would not be possible without the incredible support of people like you. Thank you for ensuring that we can continue to fund research projects that have the potential to change lives.

Your exclusive sneak peek at our upcoming Tax Appeal!

In May, we are honoured to be sharing the story of Lauren who lost her beautiful little boy, Zane, to brain cancer at just seven years old.

When two-year-old Zane fell over unexpectedly on a family trip at the river, their lives changed forever. Lauren was in complete and utter shock to learn that Zane had an aggressive tumour in his brain. Through every moment of the gruelling treatment, and surgery to remove the tumour, Lauren never left her little boy's side.



"We started intense chemotherapy for the next 14 months. You wouldn't wish it on your worst enemy but through every moment Zane was inspiring. He never whinged, he never complained." – Lauren

This tax-time, we are hoping to raise **\$135,000** to fund life-saving cancer research into better treatments that will give hope to families like Lauren's, who are facing the most unthinkable of circumstances.

Keep an eye out for more about Lauren and Zane's story, and how you can support vital cancer research this tax-time.

Meet our social worker, Kathryn, who your gifts are funding.

Kathryn has been with Cancer Council SA for the past eight months, and says she feels truly honoured that our Greenhill Lodge guests allow her to be part of their journey.

Social work is one of the vital services Cancer Council SA's Greenhill Lodge offers to our regional guests who have travelled hundreds of kilometres to Adelaide for life-saving cancer treatment.

Not only are our guests going through the overwhelming experience of a cancer diagnosis and treatment, but they are also away from the comforts of home, their family and their community.

"As social workers, we like to walk beside someone and meet them where they are to help them through whatever challenge or crisis they are experiencing at the time. While a cancer diagnosis is the reason they are here, it doesn't mean they are not working through other challenges as well and being able to assist someone with this is the most rewarding part of my role."

Kathryn is there to check in with guests who are feeling overwhelmed by their cancer experience and help them access supports and information that can help.

"We recognise where people have barriers to getting help and assist them to both access available supports and empower them to be able to seek these supports for themselves in the future."

"This can vary from discussing practical issues, assisting with Patient Assistance Transport Scheme forms, providing them with information about services, or just offering a safe and confidential space to talk about some of the emotions they may be experiencing."



Kathryn, Cancer Council SA Social Worker

"One of my favourite quotes that I associate with as a social worker is: 'If you can't look on the bright side, I will sit with you in the dark'—I feel this sums up social work perfectly."

We can't thank you enough for ensuring that Kathryn can be there for our guests during a difficult and challenging time.

"While I have only been with Cancer Council SA for a short time, I have been amazed by how much our guests truly appreciate the support we provide which is proof that what we do makes a big difference in their lives."

Thanks to your generous contributions, Kathryn and our Social Work team can be there for regional South Australians when they need it most.



In the past year alone, more than

2,600

appointments with a social worker were provided to our guests to assist with emotional support, and access to available services and practical support.

In the past year, we provided over

27,900 nights

of accommodation for regional South Australians needing to come to Adelaide for their cancer treatment.

Pasta Bake.

Serves: 6

Dietary fibre per serve: 11g

Preparation time: 10 minutes

Cook time: 40 minutes

Ingredients

- 1 tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, finely chopped
- 2 cups mushrooms
- 400g tin brown lentils
- 2 x 400g tins crushed tomato
- ¼ cup olives
- 2 cups spinach leaves, washed
- 2 cups wholemeal penne pasta
- 1 cup reduced-fat cheddar cheese, grated

Method

1. Preheat oven to 200°C (180°C fan forced) for 10 minutes.
2. Meanwhile, add oil to large non-stick frypan on medium high heat, add onion, garlic and mushrooms and cook until soft.
3. Add lentils, olives and tomatoes. Simmer for 5 minutes or until reduced to a thick consistency.
4. Prepare the pasta according to the packet instructions. Drain and rinse pasta in colander, removing most of the water.



5. Stir spinach through sauce until lightly wilted. Add pasta and mix until well-combined.
6. Brush a large baking dish (lasagne style) with olive oil and pour the pasta and sauce mix in.
7. Sprinkle cheese evenly over the top.
8. Bake for 15 minutes or until the cheese has melted and begins to turn golden brown.
9. Serve with a side salad.

Alternatives

- Make it gluten-free by substituting 2 cups wholemeal pasta for 2 cups gluten-free pasta.
- Try swapping spinach for kale.
- Swap mushrooms for capsicum, eggplant and zucchini.

Acknowledgement goes to Cancer Council Queensland for original development of this recipe.

2024 Fundraising calendar.

MARCH



16-17 MARCH



MAY



4-5 MAY



JULY



AUGUST



26-27 OCTOBER



2-3 NOVEMBER



DECEMBER



ALL YEAR

