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It's been an incredible year so far, and it's all thanks to you.

With your kindness and compassion, we have been able to achieve incredible things and help those who need us the most, when they need us the most, wherever they are in their cancer diagnosis.

We are always incredibly grateful to you for your generosity and thoughtfulness, and this year as we face challenges alongside you all, we are so appreciative of our fantastic community.

Please enjoy this update showcasing your impact.



Thank
you!



Thank you for giving hope to young families like Mikayla's.

In the lead up to tax-time, we heard from Mikayla who bravely shared her experience going through cancer treatment while pregnant with her baby girl Stevie.

Mikayla was 23 weeks pregnant when she was given the devastating news that her cancer, Hodgkin Lymphoma, had come back. She was only 18 years old when she was diagnosed for the first time, and now at 21 she had no option but to endure chemotherapy again, but now, while pregnant.

"When you go through cancer the first time, you're a little naive about it all. But when you relapse, it is terrifying. You know what you have to go through. You know what is ahead of you. And now I was also pregnant." - Mikayla

Mikayla shared her story in hope to raise much-needed funds for cancer research like Associate Professor Stephanie Reuter Lange's, which aims to find new

methods of tailoring cancer treatments, which would mean fewer side effects on young bodies like Mikayla's.

Mikayla's story touched so many of you and with your incredible support we have raised over **\$140,000** for life-changing cancer research into better treatments for people like Mikayla, right here in South Australia.

Mikayla is now 25 years old, and her cancer is under control. She has a beautiful three-year-old daughter and is so thankful to all those who donated to help fund research that can improve treatments, so others don't have to experience the side effects she still lives with every day.

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

Your gifts ensure we can be there for country people like Fiona.



In August, Fiona very kindly shared her cancer story in hopes of raising critical funds for Greenhill Lodge, which her and her husband are immensely grateful for.

In 2022, Mount Gambier grandmother Fiona was shocked to find out that what she thought was fibroids, was in fact stage 4 uterine cancer. Fiona needed immediate cancer treatment, and without it, doctors said she'd only live for another couple of months. But treatment would be in Adelaide, over 400kms from her home. Not only would she have to pay for treatment, but she'd have to pay for accommodation in Adelaide for an unknown period. Fiona was desperate for more time with her grandchildren, but she couldn't afford the costs of both treatment and

accommodation in Adelaide. Thanks to past donations like yours, Fiona and her husband were provided with accommodation and she could receive treatment.

Fiona shared her cancer experience in the hope of raising funds for Greenhill Lodge, emphasising that without it, she likely wouldn't be alive today.

Thanks to the wonderful compassion of the South Australian community, Fiona's Appeal raised over **\$35,200** for Greenhill Lodge, ensuring that every South Australian has the best possible chance of surviving cancer.

Thanks to people like you who so kindly donate to Cancer Council SA, Fiona could receive treatment, while having access to transport to treatment, counselling, and social work appointments.

Your gifts are still helping Fiona today as she travels from Mount Gambier to Adelaide every 21 days for maintenance treatment. Fiona gladly bakes scones for our guests and staff to enjoy at Greenhill Lodge and is incredibly grateful that she has such a comfortable and convenient place to stay in Adelaide.

Thank you once again, for your kindness, compassion and generosity which means people like Fiona have the best chance of surviving their cancer diagnosis.

Shining a light on families this Christmas.

This Christmas, we are honoured to be sharing Petrea's story of how cancer has had a generational impact on her family – touching both her mother and her 22-year-old son.

Petrea was still coming to terms with the unexpected loss of her mother who sadly passed from lung cancer just 16 weeks after being diagnosed, when just one year later, their doctor confirmed that her 22-year-old son Alex had a rare and aggressive form of lymphoma.

"I never thought in my wildest dreams that my 22-year-old, healthy, intelligent son would have to deal with this. But it's the cards that we've been dealt. And it's made me realise that cancer doesn't pick and choose its victims. No one is immune." – Petrea



This year's Appeal hopes to keep families like Petrea's together at Christmas. With the generous support of people like you, we need **\$135,000** to support critical cancer research. Together, we can give families like Petrea's the gift of more Christmases together.

Keep an eye on your letterbox or inbox for more about Petrea's story and how you can support vital cancer research in the lead up to Christmas.



How Ern is leaving a lasting legacy.

“My name is Ern and last year I was diagnosed with cancer for the second time. Thankfully they caught it early both times, so I’ve been lucky but there are many people out there who aren’t as lucky. Which is why I’ve left a gift in my Will to Cancer Council SA so hopefully one day they can find a cure.

It started back in 2012. We have a history of cancer in the family, with my dad having had prostate cancer, so I’ve been having regular checkups for years.

I got my normal six-monthly blood test results back, but this time they’d found something unusual. I was in complete shock when they told me it was bowel cancer – I had no idea I was crook to be honest, I didn’t have any symptoms. Before I knew it, I was having surgery which thankfully was successful.

A decade passed and I hadn’t had any other problems, but I kept up with my regular checks. Then in March last year, they found something again – this time it was prostate cancer. When they told me I just thought ‘here we go again, I thought once was enough’. I’d seen my dad go through treatment for prostate cancer and it really knocked it out of him, so I was worried about what it would be like for me.

I had 20 rounds of radiation all up and I’ve been really lucky. I would see other people at the clinic having radiotherapy or chemo who looked really ill, and I just said to my wife ‘I feel like I shouldn’t be here’. It felt like our experiences were worlds apart.

That’s why I wanted to leave a donation to Cancer Council SA in my Will towards bowel and prostate cancer research. I’ve had such a good run, but hopefully it’ll help out other people who are diagnosed down the line so they can have the experience I’ve had.

My wife and I have had a Will for years, but it hasn’t been updated since the kids were babies, so it was well overdue! We had talked about leaving a donation, so we got in touch with Cancer Council SA who sent us some paperwork. We just told the lawyer how much we wanted to donate and handed them the paperwork from Cancer Council SA – it was so easy.

I have four kids, eleven grandkids and seven great grandkids, and knowing that cancer runs in our family I want to make sure that I leave a legacy for my family and future generations who are impacted by this terrible disease.” - Ern

If you would like to know more about leaving a gift in your Will to Cancer Council SA, please contact Vanessa from our Gift in Wills team at vwoode@cancersa.org.au or on 08 8291 4185.

You're funding new ovarian cancer research.

You're helping us invest in South Australian cancer research through our 'Cancer Council SA Research' fellowship program (formerly known as Cancer Council Beat Cancer Project). Our research fellowships will continue to provide vital funds to a wide range of research including new and better treatments, understanding the hows and whys of cancer, and finding ways to prevent cancer and disease relapse.

And, it's all thanks to your generosity that we can invest in brilliant South Australian researchers, like Dr Carmela Ricciardelli from the University of Adelaide.

Dr Ricciardelli is an ovarian cancer researcher whose project aims to investigate a new therapy called chimeric antigen receptor T (CAR-T) cell therapy as a potential new treatment for ovarian cancer.

In her Ph. D studies, Dr Ricciardelli studied the role of the stroma in regulating growth and function of the prostate gland. She was fascinated in how those cells interacted with other cells and her first postdoctoral position focused on how certain cells progress cancer in the prostate. The discovery that the large network of proteins and other molecules that surround, support, and give structure to cells and tissues in the body was not just 'goo' but provided instructive clues to cancer cells, inspired her to further her research, this time focusing on ovarian cancer.

With no screening for ovarian cancer, it is the deadliest gynaecological cancer and globally accounts for more than 150,000 deaths annually. In Australia, over 1,500 women are diagnosed and approximately 1,000 women die from ovarian cancer each year, which is one woman every eight hours.

The startling fact is that 80 per cent of women still lack effective treatment options, so the research into this targeted therapy is crucial to prevent disease relapse and could be an effective treatment for ovarian cancer patients when chemotherapy treatment fails.



Dr Ricciardelli says "My ultimate aim is to make a difference and improve survival outcomes for people diagnosed with cancer. Recently, I was touched by cancer in a personal way when my sister was diagnosed with advanced breast cancer. My personal experience has made me even more determined to work as hard as possible to make a difference."

We know that research continues to find ways to better manage cancer, but it's only thanks to your kind gifts that we can enable potentially life-changing research like Dr Ricciardelli's, and we are so grateful for your generosity.



This year, Cancer Council SA has invested almost **\$2 million** into the state's best and brightest cancer researchers working towards the next cancer breakthrough.

Cancer Council SA has funded **11 cancer research** projects happening here in South Australia in 2024.

You're helping people like Taylor cope while caring for her sister.

"My younger sister Liana was only 22 when she was diagnosed with a really rare type of cancer in her sinuses called nasopharyngeal carcinoma. We are best mates, so I was by her side through the whole experience supporting her alongside my parents. She even moved in with me and my husband for a few months while she was going through radiation.

Things got really hard towards the end of her treatment. Liana was experiencing a lot of pain and side effects from radiation, and I had to have some difficult conversations with her – which as a sister is really hard.

When I found out that my family could access six free counselling sessions through Cancer Council SA, I jumped at the opportunity. I wanted to be the best version of myself to be able to help Liana.



When you're supporting someone with cancer, particularly as a sibling, you can have some very confusing emotions arise and I would feel a lot of guilt about that. I tried my best to work through my emotions, understanding how best to process them so I could provide a safe and loving space for Liana.

The counsellor was amazing. She validated how I was feeling and gave me strategies to cope including helping me set boundaries for myself.

I'm so thankful for the kindness of generous people like you who made sure that support was available to me when I needed it most. Thank you for being there for me and my family." - Taylor

In the past year, kindness like yours has provided more than 1,000 counselling sessions to people like Taylor.

On behalf of all South Australians who have accessed support thanks to your generosity, thank you.



Meet PJ, a counsellor your gifts are funding.

Hi PJ! Tell us a bit about yourself.

Hi, I'm PJ (Paula-Jean). I've been a counsellor here at Cancer Council SA for nearly three years and it's been the most rewarding of roles. It's great to be able to provide a safe space for people going through such a difficult time.

Who is able to access our counselling service?

We are here to support anyone impacted by a cancer diagnosis including partners, carers, family and friends – and during every stage of the cancer experience from diagnosis through to survival and bereavement support. We can provide sessions over the phone and video call too, so no matter where you live, we are here to help.

What kinds of challenges are people coming to speak to you about?

Often people are just looking for somewhere to be able to process what they're going through – which is so different for every single person. We speak with people about anxiety around treatment, surgeries and scans; relationship changes under the stress of the situation; managing symptoms like fatigue and low motivation; coping with fear of cancer coming back after treatment; and strategies to handle uncertainty, overwhelm and grief.

Why is it important to have a free counselling service available to people impacted by cancer?

With the cost of living rising and the significant financial challenges that come with a cancer diagnosis like loss of income while undergoing treatment, access to professional support can be out of reach for many which is why this service is so crucial. We are so thankful to our amazing donors who make it possible.

To access our free counselling service with PJ or one of our other experienced counsellors, call Cancer Council SA on 13 11 20.

The Weber family's hairy sacrifice!

Julia and her family have had a number of family members and close friends go through a cancer diagnosis.

When Julia's father was diagnosed with cancer, she reached out to Cancer Council SA for available support services and more information about his diagnosis. And so, when her best friend was also diagnosed with cancer, she knew where to look for support and where to direct her friends.

Recognising how valuable these support services are to those in a cancer experience, Julia was inspired to do her own fundraiser. Though initially she was just planning on a vibrant colour change, when her best friend was diagnosed with late-stage breast cancer she decided to make a hairy sacrifice and chop off her long locks. Her nine-year-old daughter and 11-year-old son were just as enthusiastic and joined in!



"It's been an amazing journey raising funds for Cancer Council SA, we're blown away by all the support and donations we received. We are all loving our new buzz cuts and looking forward to having some fun with the styles as they grow out!" – Julia

Reaching out through her networks across social media and work contacts, they had a very fun afternoon with family and friends and turned it into a shaving party, raising an amazing **\$5,500** in the process!

Julia loves her new look and her family is loving theirs, too. For anyone considering the low hair maintenance lifestyle for a fantastic cause, Julia can highly recommend it!



If you would like to learn more about fundraising for Cancer Council SA, you can scan the QR code, visit doitforcancer.com.au, or contact our team directly on 1300 65 65 85.

Brilliant Banana Bread.

Serves: 10

Preparation time: 10 minutes

Cook time: 40 minutes or until golden and cooked through

Ingredients

- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- 1 tsp ground cinnamon
- 1/2 cup firmly packed brown sugar
- 2 overripe medium bananas, mashed
- 2 eggs, lightly whisked
- 1/2 cup skim milk
- 50g margarine, melted

Method

1. Preheat oven to 180°C.
2. Line a 11 x 21cm loaf tin with non-stick baking paper.
3. Sift the combined flours and cinnamon into a large bowl. Stir in the sugar and make a well in the centre.



4. Mash bananas in a medium bowl. Add the eggs, milk, and melted margarine, and stir until well combined.
5. Add the banana mixture to the flour mixture and stir until just combined.
6. Spoon the mixture into the loaf tin.
7. Bake in oven for 40-45 minutes or until a skewer inserted into the centre comes out clean.
8. Leave to cool in tin for 5 minutes. Turn onto a wire rack to cool completely.

Including wholemeal self-raising flour boosts the dietary fibre in this recipe. A high-fibre diet can cut your bowel cancer risk.