

Thanks to you, Cancer Council ACT launches a SunSmart Secondary School Project

The University of Canberra's Centre for Research and Action in Public Health (CeRAPH) recently completed an evaluation of Cancer Council ACT's SunSmart Services from 2007 to 2010. There is recent evidence that suggests some sun protection behaviours are decreasing amongst ACT secondary school students, despite the increased risk of skin cancer from sun exposure before the age of 30.

A key recommendation from the evaluation was for the expansion of the comprehensive SunSmart program in the ACT for the more susceptible population segments, including ACT secondary school students.

Cancer Council ACT's SunSmart Secondary School Project aims to learn more about what initiatives are likely to succeed amongst Canberra secondary school students that will see an increase in sun protection behaviour and attitudes. The project will place emphasis on year 7 and 8 students in 8 different schools and will investigate

if and how Cancer Council ACT can assist schools in the future towards implementing some of the strategies.

Cancer Council ACT is aware of the challenges and potential barriers that may accompany an all-year and one size fits all program approach. This project will therefore aim to investigate achievable and realistic alternatives that individual schools can incorporate into their current strategies around skin cancer prevention and awareness.

School communities have a responsibility and a duty of care to implement skin cancer prevention strategies in the interests of student and staff health and general wellbeing. Strategies should be practical in terms of each individual schools environment and circumstances.

Participating schools will receive the project feedback and findings early in Term 1 of 2012.

This project is funded by Cancer Council ACT supporters. Thank you.

Events Calendar

October	Girls Night In
24 October	Pink Ribbon Day
20-26 November	National Skin Cancer Action Week
5 February	World Cancer Day



Photo courtesy of Queensland Health

Cancer Council ACT strongly supports plain packaging of cigarettes

On 31st May each year the World Health Organization (WHO) celebrates World No Tobacco Day (WNTD). The theme of WNTD 2011 was the WHO Framework Convention on Tobacco Control (FCTC) which is the world's leading tobacco control cause. The FCTC is a treaty which has been in force since 2005 and currently has 170 signatory parties, including Australia. The FCTC reinforces that all people have the right to the highest standard of health and provides new legal dimensions for cooperations in tobacco control.

One of the key obligations outlined in the FCTC is to 'regulate the packaging and labelling of tobacco products'. Several Australian tobacco control organisations have been instrumental

in advocating the introduction of plain packaging legislation, which will effectively standardise the appearance of all brands of tobacco products. In addition, a higher proportion of tobacco product packaging will be required to display graphic health warnings.

The Australian Government has recently introduced draft plain packaging laws to parliament, demonstrating its commitment as a signatory to the FCTC. Depending on the outcome of recent legal action taken by Phillip Morris and British America Tobacco against the institution of plain packaging in Australia, tobacco manufacturers could be required to conform to the plain packaging legislation by early as July 2012.

Below: These images illustrate the proposed design for plain packaging of tobacco products. Retrieved from: www.yourhealth.gov.au



Cancer Council ACT strongly supports the Australian Government's plain packaging initiative as a potentially effective measure to reduce smoking rates, particularly amongst young people.

For further information please contact Cancer Council ACT on **(02) 6257 9999** or email **tobaccocontrol@actcancer.org**

Thank you for making Relay For Life 2011 our best yet!



In early April, the 12th annual Relay For Life event was held at the AIS running track proving to be one of ACT's largest and most popular fundraising events with over 160 teams and almost 3,500 people participating this year.

Everyone enjoyed 24 hours of entertainment including local bands and dance troupes. There were plenty of kid's activities including jumping castles, putt putt golf and special appearances by Brumby Jack and Victor the Viking. A special thanks goes to our amazing MCs Bec Dent and Amy La Porte from Southern Cross Ten who kept the crowds motivated with their quirky sense of humour and fantastic rapport.

A very moving candlelight ceremony was held at 9:00pm where local girl, Krystal Guy shared her cancer story which was a tragic reminder of what Relay For Life is all about.

We are very grateful to the Canberra community for supporting Relay For Life. Their generosity helped raise a remarkable \$393,000. Congratulations to Rosemary Drabsch and her team The Bold Bandanna's who took the prize for the highest fundraising team, raising an incredible \$18,000. Well done team!

We are always looking for enthusiastic and motivated people to join the Relay For Life organising committee. If you are interested please contact our fundraising team on (02) 6257 9999 or email events@actcancer.org

Canada Day Fun Run

On Sunday 17 July Cancer Council ACT, in conjunction with a group of volunteer organisers, held the first Canada Day Fun Run. The day saw over 200 enthusiastic participants take part in either a 5km or 10km run/walk around the Mt Stromlo running track. A delicious pancake breakfast was provided by the Lions Club of Belconnen after the fun run.

Over \$4,000 was raised with all monies going directly to Cancer Council ACT to fund cancer research, prevention, education and supportive care programs in the ACT region.

Cancer Council ACT would like to particularly thank Zoe Routh, Robert Routh, Lisa Moore and Dwayne Currie for beginning a new fun run and keeping the Canadian connection. We'd also like to thank all participants and supporters for ensuring the event's success.



Top: The Carpe Diem team Above: Candlebags line the track in honour of those lost to cancer



ABS Fun Run

Now in its 22nd year, the ABS (Australian Bureau of Statistics) Fun Run was held on Thursday 19 May. Over 800 participants took part in this event on a beautiful autumn day at Lake Ginninderra.

Congratulations and thank you to all who participated in the run and those who made donations which raised \$7,850 for Cancer Council ACT. A big thank you to Sue Capon and the ABS social club for organising another fantastic fun run!



Above: Dr Aude Fahrer at the Australia's Biggest Morning Tea launch

Well Done! Over \$200,000 raised in ACT Biggest Morning Teas

This year's launch of Australia's Biggest Morning Tea (ABMT) was held on Tuesday 10 May at the Hyatt Hotel Canberra.

Our guest speaker this year was Cancer Council ACT research grant recipient, Dr Aude Fahrer of the Research School of Biology at The Australian National University. Aude's work includes research that could pave the way for new treatments for a variety of cancers. Thank you to our event sponsors, Hyatt Hotel Canberra, Adore Tea at Federation Square and Whisk Kitchenware Woden and to all of those who attended and contributed to this event.

Officially held on 26 May, Australia's Biggest Morning Tea is one of Cancer Council ACT's largest fundraising events with many morning teas taking place throughout the month. This year ABMT raised just over \$200,000.

Over 700 Canberra residents registered to host a morning tea across the ACT. We are very grateful to all who participated. All funds raised will go towards our vision of promoting a healthier community by reducing the incidence and impact of cancer in the Canberra area through research, information, education and supportive care programs.

Thank you to all our hosts and guests who donated so generously to this cause. Without you its success would not be possible.

Thank you for making our Tax Appeal a success

Thank you to everyone who donated to this year's Tax Appeal raising over \$47,000 in the fight against cancer.

A big thank you to Warren Carloff and his family for kindly sharing his inspiring story with the community. Warren, an Australian Federal Police Officer and a father of three, was diagnosed with bowel cancer at age 31.

The bowel cancer diagnosis nearly destroyed Warren but with strong support from his family and friends, colleagues at the AFP and Cancer Council ACT, he has come through it with renewed strength and confidence. Thanks to education from Cancer Council ACT he was aware of the early warning signs and hope triumphed when he was declared cancer-free after surgery and therapy. It's stories like Warren's that highlight the crucial importance of the work Cancer Council does in the ACT.

Australia's Biggest Morning Tea at Parliament House

Prime Minister Julia Gillard and opposition leader Tony Abbott graciously hosted an Australia's Biggest Morning Tea event at Parliament House this year, which drew national media attention and was great exposure for the event.

Ms Gillard gave special thanks to VIP host Domenica who has been hosting the event for 3 years now and has raised over \$10,000 in this time.

Right: Mr Tony Abbott, Honourable Hendy Cowan and Prime Minister Julia Gillard at Australia's Biggest Morning Tea at Parliament House



Providing support and information for people living with cancer

Cancer Council ACT hosted the Living with Cancer Education Program (LWCEP) on 16 July at the Southern Cross Club in Woden. The LWCEP is a free information and support program for people diagnosed with cancer and for those who support them.

The program included presentations from Dr Yu Jo Chua, Medical Oncologist at the Canberra Hospital and dietitian/nutritionist Mariame Iraki from Nutrition Australia. The one day program provided participants with the opportunity to ask questions and discuss concerns about cancer. Participants also learned about a variety of topics such as cancer

treatments and side effects, improving communication with health care teams, personal reactions, diet and nutrition and community support.

All participants were invited to attend a new four session cancer support group facilitated by Cancer Council ACT. The group first met on 21 July and provided participants with the opportunity to continue to foster friendships made within the program and to further discuss topics of interest from the program.

The Living with Cancer Education Program is made possible by you making donations to Cancer Council ACT.

For more information about the program and course dates contact Sue West on **(02) 6257 9999** or email sue.west@actcancer.org



Facilitator Elizabeth Done and Dr Yu Jo Chua at the Living with Cancer Education Program

Have you got a story to tell... We need your help!

We are currently looking for people who've been affected by cancer and believe in the positive work Cancer Council ACT provides and would be willing to share their story with the community in our appeal letters. We need you to share your story to raise

awareness in the ACT community, inspire hope and encourage people to support our work through donations.

Cancer Council ACT receives very little government funding and relies heavily on donations from the ACT community

to continue vital work in education, awareness, supportive care services and research in the fight against cancer.

For more information contact Alissa Lang on (02) 6257 9999 or email alissa.lang@actcancer.org



Cancer Council ACT says thank you Daffodil Day Appeal

Cancer Council ACT would like to say a big thank you to Liza and her family for sharing their story with us in our Daffodil Day Appeal in August this year, in conjunction with the 25th anniversary of Daffodil Day.

Funds raised will help Liza and others like her to have an earlier diagnosis, new treatments or to extend and enhance the time they have left with their families.

At the time of print, over \$13,000 has been raised by Cancer Council ACT donors. Thank you for enabling us to continue the great work we do.



An amazing 25th anniversary for Daffodil Day, thanks to supporters and volunteers!

We were blessed with a gorgeous pre-spring day for the 25th anniversary of Daffodil Day on August 26. The ACT was covered in a sea of yellow, with over 3,500 bunches of daffodils and our brightly coloured merchandise on sale in and around the Canberra area. Over 200 dedicated volunteers provided

valuable assistance selling our items at the 28 shopping areas throughout the ACT. The support for Daffodil Day has been phenomenal and already the Canberra community has raised well over \$100,000 that will help fund our cancer prevention program and research projects.



What a Great Gift Idea!

When asked what you would like for Christmas or your birthday do you often think "there isn't anything I want"? Do you have friends or relatives who really don't need anything? We have the solution! Make a donation to Cancer Council ACT and give the gift that keeps on giving.

Gift cards can be provided. For further information contact Alissa Lang on **(02) 6257 9999** or email alissa.lang@actcancer.org

Cancer Council ACT gets Facebook



Cancer Council ACT was proud to launch its own Facebook page this year allowing us to further promote our vital work within the community and share pictures and information from our wonderful events such as Relay For Life and Australia's Biggest Morning Tea. Thank you to all supporters for your fantastic feedback.

To join us on Facebook go to www.facebook.com/pages/Cancer-Council-ACT and like our page.

Vale Dr John Buckingham



19 July 1947 - 29 March 2011

The Cancer Council ACT was saddened by the death of Dr John Buckingham. A well-loved, dedicated specialist breast cancer surgeon and member of the Council for many years. He is greatly missed.



New Cancer Resource

Cancer Council has produced a new booklet for people affected by Cancer of Unknown Primary, covering diagnosis, treatment, managing symptoms and support. For a copy please call the Cancer Council Helpline on **13 11 20**.



Upcoming Events



Monday 24 October 2011

This October Cancer Council's Pink Ribbon Day is your chance to help raise money and awareness for all Australian women affected by breast cancer.

To order merchandise or to volunteer at a site please visit www.pinkribbonday.com.au or call us on **(02) 6257 9999** for more information.

Throughout October 2011

Girls Night In is an opportunity for women to invite their friends, family, colleagues and neighbours for a night of fun to help raise money for women's cancer research and support.

Please visit www.girlsnightin.com.au or call **(02) 6257 9999** for more information.

Turn your \$27 donation into \$40!

Workplace Giving - The most effective way to give.

Workplace Giving enables employees to give directly to Cancer Council ACT from their pre-tax pay. It is one of the simplest, most tax-effective and cost-effective ways to donate. Employers, if they wish, can show staff that they support the choices they make by matching funds donated by their employees. By setting up an automated

pre-tax payroll deduction from your salary you stand with us as a committed supporter of a cancer-free future.

Your employer can set up your regular donation to us through their payroll system by downloading our Workplace Giving registration form at www.actcancer.org

Donations received will assist Cancer Council ACT to continue its vital work within the community by funding research, information and supportive care services for people affected by cancer.

If you have any queries contact Alissa Lang on **(02) 6257 9999** or email alissa.lang@actcancer.org

Thank you for making Regular Giving an ongoing success

Regular monthly donations allow us to plan for long term research, supportive care and education programs as they provide an ongoing and predictable source of funding for the fight against cancer.

Cancer Council ACT has been running a regular giving program for the past five years and has acquired approximately 85 regular givers over this time. These regular donations have been extremely important and vital

to the work of Cancer Council ACT. However we needed to increase the number of regular donors to continue our supportive care, long term research, information and education programs.

Cancer Council ACT decided to launch a Face to Face street fundraising program in March this year with the aim of acquiring 600 new regular givers each year. A similar initiative has seen tremendous success for other state Cancer Councils.

Face-to-face fundraising in NSW has been incredibly successful raising \$14 million last financial year. Cancer Council ACT is hoping to replicate NSW's success to fund much needed research projects and support services.

If you would like to know more about the program please contact Alissa Lang on **(02) 6257 9999** or email alissa.lang@actcancer.org



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