

Local identities serve local community on Regional Advisory Committee

A key connection between Cancer Council NSW and the broader community is the Regional Advisory Committee (RAC), which supports and guides Regional Manager Annemaree Binger and staff of Western NSW to deliver on Cancer Council NSW's Mission to defeat cancer through engaging the community.

Our region stretches as far as the Queensland, South Australian and Victorian borders, with a combined area of 614,900 square kilometres and a population of 611,000.

The advisory committee helps develop and drive strategy and members are key contacts for those communities we provide cancer information and support to.

We asked several of the members of the RAC how their involvement in the committee came about, and what it means to them, with the following powerful responses.

Dr Janelle Wheat
Nuclear Medicine Researcher
Charles Sturt University

My involvement as Chair of the Regional Advisory Committee (RAC) is both professional and personal. My role at CSU in the Faculty of Science extends to community engagement and more personally, my research and the research of many faculty members centres on improving the outcomes for regional and rural oncology patients. My connection with the RAC is pivotal in linking CSU and its researchers with the Cancer Council in our region. Several key researchers have received Cancer Council grants at CSU over the last few years. Personally, several members of my family died from cancer when I was very young. This had an enormous influence on my early career decisions and led me to my initial qualification as a radiation therapist.

My role on the Regional Advisory Committee is one I hold dear to my heart. I am honoured to lead this group of influential leaders in our community to advocate the Cancer Council's mission to defeat cancer. I feel that in a very small way I am giving back to all the amazing people who looked after my family members when they were suffering and battling cancer.

Associate Professor Joe McGirr
Associate Dean, Rural Clinical School
University of Notre Dame

A combination of professional and personal factors has led to my involvement with the Regional Advisory Committee. Working as a doctor and in senior management in the health system I'm very aware of the need for better cancer services, and for more action on support for patients and for people to advocate for this.

Like most people in the community, cancer has affected my family – my mother and mother-in-law have both undergone treatment for cancer, and on my wife's side of the family there is a history of breast cancer.

Treatment is so much better now, but also so much more complex – people need help navigating the options which can be confusing. Having family members going through cancer treatment you also realise the demands of treatment in terms of emotions and time. Being on the Cancer Council NSW Regional Advisory Committee is a way I can do a little bit to support Cancer Council NSW and the great work it does.

Kerry Penton
Institute Director, Riverina Institute TAFE

My involvement in the Regional Advisory Committee is twofold.

From a professional perspective TAFE NSW Riverina Institute has a large staffing establishment of about 1440 covering the Riverina/Murray regions. Organisations such as ours are reflective of the communities in which they sit and therefore also reflect incidences of illnesses such as cancer on staff and their families. The greater understanding I have as the leader the more I can work to integrate

this area into our health and wellbeing strategy for our staff. Also, Riverina Institute is a large provider of education and training to those who live and work in the region, we can play an educative role as well as providing the education and training to those who will work in the area of cancer care through our training programs.

From a personal perspective my father died from lung cancer some years ago and this was my first experience with the disease, certainly the care and medical services available during his treatment and passing were well provided for in a regional setting like ours. My husband was also diagnosed with cancer of the oesophagus (from which he recovered) and then bowel cancer; unfortunately the second occurrence resulted in his death some four years ago. Throughout the 18 months he underwent treatment for the two cancers the care, specialist medical treatment and hospital care, which was available in the region, were amazing. I want to be able to contribute to the future development of services and importantly the research work Cancer Council NSW focuses on provides hope for the future.

Being a member of the Committee provides me with an opportunity to develop a better understanding of the role and support the Cancer Council provides at the state and regional level, to assist in providing advice from an educational perspective and to give feedback through the eyes of a carer through my personal experience. It is an opportunity for me to give something back, which may seem a bit clichéd, but is true. For me it is also in memory of my Dad and my husband.

Like most people I have lost family members and close personal friends to the disease while also watching others fight back as best they can. Being an honorary member of the Regional Advisory Committee gives me the opportunity as part of my community to report to the Cancer Council on matters related to cancer as they affect my area, particularly in cancer prevention activities that may be implemented and to the availability or lack thereof of medical services to those affected by the disease.

Mr Noel Hicks
Federal Member for Riverina 1980 to 1998

As a committee member of the Griffith Area Palliative Care program (GAPS) for a number of years I am well aware of the horrific toll that cancer is taking within our community. I am also aware that all is not lost, because of research being carried out under the auspices of Cancer Council and other organisations and because of the tremendous strides that have been taken that are assisting in prolonging life and giving sufferers a greater quality of life.

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Damien Williams
Managing Director
Riverina Cancer Care Centre

In 2001, I was given the opportunity to head up the team which established the Riverina Cancer Care Centre (RCCC) in Wagga Wagga. The establishment of the RCCC was a unique and very special project due to the enormous community support which continues today. The RCCC makes available state-of-the-art cancer care for patients from our region whilst remaining close to their home, family and friends. The RCCC stands as a testimony to the community's generosity and commitment.

I feel fortunate to have been given the opportunity to meet so many special people with a common commitment to ensuring the Riverina and South West Slopes community has the best possible cancer service. When the opportunity arose to become part of South West Regional Advisory Committee I did not hesitate to be involved. It's a small way I can give back to a community which has given so much whilst helping to guide improvements in cancer awareness and importantly the great work of Cancer Council NSW.

As a cancer professional and Director of the

Riverina Cancer Care Centre, I'm passionate about ensuring regional cancer patients have access to care immediately and of the same standard if not better than their metropolitan counterparts. Involvement with the Regional Advisory Committee and Cancer Council NSW is a very enjoyable and rewarding commitment. All our members are driven to work toward increasing community awareness of the many great programs run by the Cancer Council as well as improving cancer treatments and ultimately the defeat of cancer.

Bill Calabria
Managing Director, Westend Estate

The reason behind my involvement with the Regional Advisory Committee is mainly personal. As I have been involved in raising funds for terminally ill children and other charity organisations for over 40 years, I am in a position where I can pass on information to Cancer Council NSW about the needs of cancer sufferers in the Griffith region and the priorities for treatment. It is very important to make the community aware of the services Cancer Council NSW provides and where the money raised is spent.

I believe that being on the Cancer Council NSW Regional Advisory Committee is a way that I can help by providing information to those who have health issues. If these people know someone out there has their best interests at heart, and you can make their days better, then I feel what I have done is worthwhile because I love helping – if I can't do that then I shouldn't be on the Regional Advisory Committee.

Professor Rob Davidson
Professor of Medical Imaging, Associate Head of School and Head, Discipline of Medical Radiation Science, School of Dentistry and Health Sciences, Charles Sturt University

My reasons for being involved on the Regional Advisory Committee are several. I lost my father to prostate cancer over 20 years ago while he was still relatively young, so as with a lot of people I have been touched directly by cancer. Also, in my role at CSU as Head of Medical Radiation Science I will be able to bring some knowledge in the current direction of detection and some treatments of cancer and have a wide list of contacts that may be of assistance to the Cancer Council.

I hope my involvement with Cancer Council will have some benefit to those people living with cancer, and the family and friends of these people.

daffodil day

Get Involved in Daffodil Day on Friday, August 23

This Daffodil Day, every daffodil, every donation, grows hope; hope for better treatments, hope for more survivors and hope for a cancer-free future.

In 2013, thousands of Australians will help raise vital funds in the fight against cancer by ordering Daffodil Day merchandise to sell, volunteering to help out on the day and by donating money.

We are asking for your help! If you are interested in selling merchandise, volunteering on the day or hosting a 'wear yellow' event at work or a muffin day at school, please contact Laura Corcoran on 6937 2605 or lauraco@nswcc.org.au

There are endless ways in which you can get involved and help Cancer Council NSW in the fight against cancer.

For more information regarding Daffodil Day, please visit daffodilday.com.au

Cancer Council
13 11 20
1/37 Tompson Street, Wagga Wagga
www.cancercouncil.com.au

*Central point of contact for all cancer questions and services. Staffed by oncology professionals.

Cancer Council Information & Support Services

Who we are

Cancer Council NSW is:

- A community-funded, community-focused cancer charity dedicated to the defeat of cancer
- A member of Cancer Council Australia, along with our state and territory Cancer Council counterparts
- Based in your local community, and has many regional offices with trained staff and volunteers across regional and rural NSW. Western NSW's regional office is based at 1/37 Tompson Street, Wagga Wagga. We also have a community centre in Young as well as another office in Orange.

Why we do what we do

Around 1 in 2 people in NSW will develop cancer in their lifetime. This year alone, more than 36,600 people in NSW will be diagnosed with cancer.

How we do what we do

Through the development of prevention strategies, research into new treatments, and by providing clinical and emotional support to those affected by cancer, we work towards realising our vision of a society where lives are not cut short by or their quality diminished by cancer.

We have the broadest reach of any cancer organisation in New South Wales and have been a trusted cancer charity for more than 50 years.

We receive no direct government funding for our various programs, and rely on the ongoing and generous donations from the community to fund our work. All money raised directly benefits local people.

We have received NSW Health and the National Health and Medical Research Council funding for some specific projects (less than one per cent in 2010/11). Our total research expenditure for 2011/12 was \$15 million.

How we make a difference

- The experienced oncology nurses on our 13 11 20 Helpline respond to over 16,000 calls each year, from people seeking information about cancer, its treatment and effects
- We provide around 276,000 Understanding Cancer booklets on 40 different topics to hospitals, treatment centres, libraries and cancer patients and their families annually
- More than 36,000 volunteers work with Cancer Council NSW in our mission to defeat cancer, including many thousands of supporters who volunteer for events such as Daffodil Day. The latest volunteer satisfaction survey showed that 97 per cent of our volunteers derive a sense of accomplishment from their role with Cancer Council.

*If you have patients who require information in a language other than English, an interpreting service is available.

Australia's BIGGEST MORNING TEA

Thank you to all of our supporters!

2013 marked the 20th anniversary of Cancer Council's much-loved fundraising event, Australia's Biggest Morning Tea. The South West Region had over 630 registered hosts which is a staggering number. We would like to say a very big thank you to everyone who was involved with the morning tea! Your support is greatly appreciated and enables Cancer Council NSW to continue their vital work in the fight against cancer.

Community Speakers Program – Providing the community with relevant and up-to-date information about cancer

Developed by the Cancer Council, the Community Speakers Program provides the community with relevant and up-to-date information on cancer prevention, early detection, support services and Cancer Council events.

What is the purpose of the program?

The program provides a resource for community groups and health care providers in presenting professional, well-targeted presentations on cancer to a range of audiences, to increase the community's understanding of cancer and cancer prevention.

Who are the speakers?

Community speakers are specially recruited and trained to be one of the important links between Cancer Council NSW and the community.

Who is the Community speakers program for?

Community members involved in raising cancer awareness come from a variety of backgrounds. However, there are some

90% of NSW adults are not eating enough vegetables and 50% of NSW adults are not eating enough fruit.

Programs run in your region

Our staff run many programs across the region with the help of our volunteers. The whole purpose is to educate our community in the prevention of cancer – by either changing their lifestyle habits or through educating others in how to reduce their chances of cancer in the future. Although we run many programs, here is a selection of just a few which are currently running across the Riverina and beyond.

Is your child's school sunsmart?

More than 60 per cent of primary school and 82 per cent of childcare centres in the Riverina are SunSmart centres which have been accredited as part of Cancer Council NSW's SunSmart Program. This program supports childcare services and primary schools to develop and implement a best-practice sun protection policy that reduces children's exposure to UV radiation, and reduces their risk of skin cancer now and in their future. If you would like to register your school to be SunSmart then jump on our website for more information.

Eat It To Beat It

Eat It To Beat It is a FREE exciting program that encourages parents of primary school-aged children to eat more vegetables and fruit and help prevent cancer.

The Eat It To Beat It program has been successfully running in this region this year with over 25 schools already signed up for the program and over 300 parents having attended sessions so far.

Where other healthy eating programs are aimed at primary school children, the Eat It To Beat It program is aimed at parents – based on the findings that of NSW parents, 90 per cent don't eat enough vegetables and 50 per cent don't eat enough fruit. We know that what parents eat influences what the whole family eats.

What Eat It To Beat It offers:

The Eat It To Beat It program is free and simple for schools and organisations to run and includes:

- Nutrition Snippets for your Newsletter – we give you ongoing content with great healthy eating insights and ideas for parents
- Healthy Lunch Box Session for Kindergarten Orientation programs – we give parents simple, healthy lunch box advice and a showbag of goodies
- Fruit & Veg Sense Session for parents who want to know more – we show how they can save time and money making healthy meals the whole family will enjoy, and give them clever ways to entice fussy eaters.

Ask your school to sign up now because if they do before July 29 they could be eligible to receive a free Vertical Veggie Garden! Help students enjoy vegies more with a small, easy to hang and water Vertical Veggie Garden, complete with easy-to-grow seeds.

The simplest way

To improve the health of your school community

Eat It To Beat It provides parents with simple tools, information and support – from a single reliable source – to get the whole family eating enough fruit and vegetables

For more information on how to get your school involved contact Avril Grintell by email avrilg@nswcc.org.au or phone 6937 2600.

www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit



groups who may find this program particularly useful.

These include:

- Community development officers
- Multicultural groups
- Sports clubs
- Health promotion professionals
- Community and service groups
- Support groups

The program has been designed for a community audience, with most sessions running for approximately 30 minutes – including question time – but we can be flexible to suit the individual group's needs. Speakers bring all equipment and resources they will need.

What types of presentations are available?

- **Save Your Own Skin** – Skin cancer awareness, prevention and screening
- **Top 5 Cancers** – Awareness, prevention and screening of the most common cancers in men & women
- **Healthy Lifestyles: Reducing Your Cancer Risk** – Awareness of healthy diet and lifestyle choices for cancer prevention
- **All Cancers. All People. The Cancer Council NSW** – Information about the many ways Cancer Council NSW helps the community
- **You and Cancer Research** – Information on all types of cancer research funded by Cancer Council NSW
- **Call 6937 2600 to book your session.**

CanAct

Beat cancer together

Maureen Dietmann is the chair of the South West Advocacy Committee as well as a committee member of the advisory committee. Like a lot of people Maureen's family have been directly affected by cancer.

"Having two close family members die in one year from cancer-related illness brought home to me the reality of cancer and the need to find a cure," Maureen said.

"My involvement with Regional Advisory Committee and Advocacy Network is my way of trying to help to find a cure for all cancers."

"Being involved on both committees gives me a lot of personal satisfaction."

What is Advocacy?

Advocacy is public support for, or recommendation of a particular cause or policy. Advocacy is about being active – whether that's by telling your story, lobbying decision makers or mobilising others – and is one of the ways Cancer Council NSW is beating cancer.

Why do we do this?

Cancer Council works to defeat cancer. Our vision will be realised when lives are not cut short and quality of life is not diminished by cancer. Everyone in NSW deserves equitable health opportunities regardless of their economic, social, cultural or geographical situation.

We recognise that sometimes, large-scale change from government action – such as new funding, new laws or improving the system – is the most effective way to create change that lasts, and benefits everyone, now and in the future.

What we do

Along with our CanAct Community, the Advocacy Network lobbies the government for improvements in the treatment and care of people with cancer, and public health initiatives that reduce the incidence of cancer and increase cancer survival.

So how do we do this?

Everyone should have a voice on issues and entitlements around cancer and community members can be a powerful driver for change – individually, and collectively.

In the Riverina we have our Advocacy Committee helping communities identify issues that matter to them, and together, we develop campaigns aimed at creating changes in the system to reduce cancer risks and improve services for people in our community.

We work together with community members, local cancer networks and our staff across NSW to develop, implement and promote these campaigns. In the past, our CanAct community has helped us achieve significant successes in cancer outcomes.

You Can Act and make a difference! Visit CanAct.com.au or call our Wagga office on 6937 2600 to speak with one of our staff about joining our advocacy committee.

Connect with like-minded people and develop your advocacy skills.



Cancer Council

13 11 20

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www.cancercouncil.com.au

*Central point of contact for all cancer questions and services. Staffed by oncology professionals.

Wagga Relay for Life, with Chair Bill Wood

My life, like everyone else's, has been affected by cancer. One in two people are likely to hear a medical professional telling them they have cancer at some stage during their lifetime. The Relay for Life is my way of doing something about this. Cancer Council plays a role in reducing people's chance of getting cancer by making changes to their lifestyle, supporting people with cancer and funding research to help find a cure for cancer. So I feel supporting them is the best chance of reducing the devastating effect Cancer has.

Last year, the Wagga Wagga Relay contributed over \$250,000 towards the cause. Internationally, Relays around the world contributed \$5 billion.

So are we making a difference? You bet, and as survival rates continue to soar, we can be proud of our contribution to the fight against cancer.

But wait there's more – the Relay For Life is more than a fund-raising event. Every year people start the event as strangers and end up friends. Older people meet and talk with younger kids and teenagers. People from all different backgrounds mix without hesitation. Cancer sufferers and carers meet people who have been or are going through similar circumstances to themselves and they support each other. Over 2000 local people bonded together, with a perspective of what is really important in life.

What is Relay For Life?

The relay is a 24-hour event. People form teams and fundraise together before the event. Each team is allocated a campsite and Parramore Park is turned into a tent city. Not everyone is there for the whole 24 hours and not everyone camps out, and while there are a lot of people walking laps around the track it is not an event that requires any level of fitness to take part. You definitely do not have to be walking for 24 hours!

Relay for Life is a family event jam-packed with entertainment provided by Wagga's most talented performers and now including one of the most amazing fireworks displays you are likely to see. If you have never been to a Relay before you have to experience it to fully appreciate it.

How can I get involved?

Wagga's relay will be held October 12 to 13 at Parramore Park. The great people at the RSL and the Commercial Club are once again taking on the Major Sponsorship of our event, but there are plenty of other opportunities for sponsorship. If you have a business or group and would like to get involved we would love to hear from you. Email at bill@activefootclinic.com.au for more information.

The other way to get involved is to get a team together, or join an existing team. To do this go to <http://relay.cancercouncil.com.au> and find our Wagga relay.

People on our committee can support you through the fundraising and help answer any questions you may have. Don't hesitate to contact me if you have some questions. We also have a team meeting 7pm at the Commercial Club on Wednesday, July 3. We would love to see you there.

Who will you Relay for

Wagga Wagga
12th & 13th October

Sat 9.30am - Sun 9.30am

Relay for Life is a fun, outdoor, overnight fundraising event for the whole family that brings communities together to celebrate.



Register or donate now
www.relayforlife.org.au
6937 2600