

A woman with long dark hair is shown in profile, blowing a dandelion seed head. She is wearing a purple top and a silver ring. The background is a soft-focus field of yellow flowers. A blue circle is overlaid on the top right of the image, containing the text "Welcome to Cancer Council Western Australia".

**Welcome to
Cancer Council
Western Australia**





Cancer Council Western Australia

There's every chance that you or someone close to you will be affected by cancer. In fact, one in two Australians will hear the words "You have cancer" before the age of 85*. Cancer Council Western Australia is the leading cancer charity in the state, connecting the community in the hope of a future without cancer. It is our mission to minimise the incidence and impact of cancer in our community through advocacy, research, education and providing people affected by cancer with support to enhance their quality of life. It is with your help that we are able to achieve this mission. Cancer Council WA is a non-government organisation and relies on community support, and each donation makes a real difference in helping us fight this disease.

* www.aihw.gov.au/acim-books



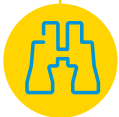
10 Ways Cancer Council WA Fights Cancer



Funding research - we fund more than \$2 million dollars in cancer research each year. We are the second largest funder of cancer research in Western Australia, behind only the National Health and Medical Research Council, which is a government body.



Cancer information - we receive over 13,000 calls per year to our Cancer Council Helpline (13 11 20) to answer questions about cancer, provide information, counselling, and support.



Early detection - we provide information on early signs and symptoms and promote the national screening programs. Finding cancers early can have a huge impact on treatment and survival, and goes a long way to helping save lives.



Wig service - we stock a collection of wigs and other head wear for people who have lost their hair due to cancer treatment. These may be borrowed, at no cost, for as long as required while going through cancer treatment.



Cancer support - we provide a wide range of support services to patients and their families, from practical and financial support, to exercise programs and complementary therapies.



Cancer prevention - we run a variety of programs to educate and support the community in adopting healthier lifestyles, including good nutrition, physical activity, reducing sun exposure, not smoking, and reducing alcohol use. We also have Regional Education Officers who deliver education and prevention programs in regional WA.



Advocacy - we are strong advocates on a number of cancer issues. For example, our work in the area of plain packaging and of controlling smoking in public places contributes to Australia's low smoking rates.



Cancer Council Shop - we stock a large range of quality, affordable sun protection products to help the community stay SunSmart.



Country patients matter - we offer accommodation for country patients while they're undergoing treatment in Perth, as well as free patient transport for our lodge guests. We have Support Coordinators located across WA to help deliver emotional and practical support to cancer patients and their families.



Providing practical cancer education for GPs and health professionals - we work to develop the cancer workforce through education programs, scholarships and networking.

Helpline

We provided over 1700 free counselling sessions to patients and carers in 2010.

In 2010, over 13,000 West Australians called the Helpline.

 Cancer Council
Helpline
13 11 20
www.cancerwa.asn.au

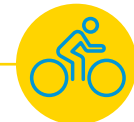
The Cancer Council Helpline is a telephone information service provided by Cancer Council WA that anyone in the community can access, whether you have cancer, are a health professional seeking more information, or for family and friends of someone affected by cancer. For the cost of a local call, you can talk about any concerns confidentially with cancer health professionals. This service connects the people who need our support to services in their area. We provide information about cancer, coping with cancer, and cancer treatments. The Helpline has a dietitian available to provide advice, and can provide free professional counselling sessions, or refer patients and carers to Cancer Council support groups.

The Helpline also connects people to our practical and financial assistance program, to help alleviate the burden of bills, or household chores like cleaning or gardening.

Services

Cancer Council WA provides support for patients and their carers when they need it most. We provide a variety of complementary therapies for patients, as well as our Life Now program, which allows patients and their carers to benefit from yoga, meditation, and exercise classes run in their local area by trained professionals.

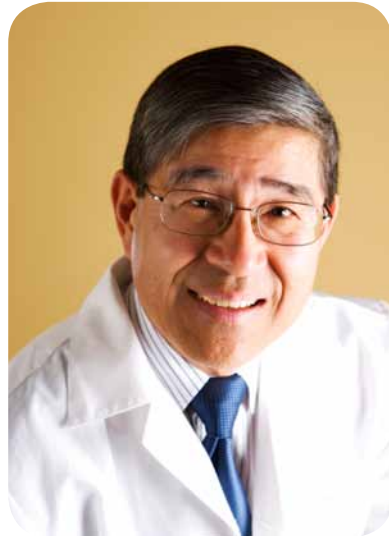
It's a fact that country patients often have worse cancer outcomes than those based in Perth, and at Cancer Council WA we are determined to offer country patients the support they need. We have regional staff throughout Western Australia to deliver services and provide patient support, and we offer accommodation for country patients and their carers who come to Perth for treatment.



Research

Every major advancement – whether in prevention, early detection, improved cancer treatment or reducing the impact caused by cancer – has been built on research efforts. “Research is what gives us hope that we will find an end to this disease, and that we may one day not just treat cancer but prevent it altogether” says Winthrop Professor Christobel Saunders, President Cancer Council WA.

Research is the key to unlocking the answers to cancer. It allows us to dispel myths, influence desirable changes in behaviour and inform public policy. We can explore new and improved ways of diagnosing and treating different cancers and undertake studies into enhancing the quality of life for those affected by cancer. Thanks to the generosity of the community, we are the second largest source of funding for cancer research in WA, second only to the National Health and Medical Research Council.



Winthrop Professor George Yeoh



“Knowledge is power in this ‘war’ against cancer. At every level, information is being collected and we are getting to know our enemy better and better!”

Winthrop Professor George Yeoh

Developing the Cancer Workforce

Fact:
Our Professional Development Centre ran 235 workshops in 2010/2011, and trained over 2000 health professionals.

Cancer Council WA is committed to developing the skills of health professionals in WA, to improve cancer patient outcomes and care. We run regular courses for Aboriginal and Torres Straight Islander health professionals who work with people who have cancer, provide scholarships for lymphoedema nurses, and run education sessions for General Practitioners to build cancer specific skills. We also provide the opportunity to build the skills of allied health professionals such as psychologists, social workers, exercise physiologists, and dietitians as well.

Our Professional Development Centre ran 235 workshops in 2010/2011, and trained over 2000 health professionals from across the state. The focus of the Professional Development Centre is on palliative care, and it is the only education centre of its kind in the state.



Prevention, Education and Advocacy

Up to half of all cancers can be prevented through a healthy lifestyle – it is this fact that drives our work in advocacy, education, and prevention programs. We advocate for policy and funding to improve cancer control, achieve better outcomes and services for patients, and develop healthy policies. Education plays a key role as well – we work to raise awareness and influence behaviour.

The importance of early detection, routine screening, and a healthy lifestyle should not be underestimated. Cancer Council WA raises awareness of lifestyle factors that increase cancer risk, and how changes in our behaviour can reduce our chances of developing cancer. Our work includes running programs in the community, workplaces, and schools to reduce sun exposure, promote good nutrition and encourage physical activity, reduce alcohol consumption, smoking rates and community exposure to tobacco smoke.

Changing behaviour is not easy. Many behaviours start while we are young, so ensuring children eat well, are active and are a healthy weight sets them up for life. But it's never too late to change, as the lifestyle factors that prevent cancer can also improve treatment and recovery. Our work continues to encourage people to adopt behaviours that could save their lives, whether it's undergoing screening programs, reporting symptoms to the doctor without delay or joining their school's parent council to help make the changes they know are important.

Early detection can make all the difference

When Tony Clarke received a bowel cancer testing kit in the mail, as part of the National Bowel Cancer Screening Program, he almost threw it away. He had no family history of bowel cancer, he was healthy, and thought the test wasn't relevant to him. To Tony's shock the results came back positive.

"I was in denial right up until I had the colonoscopy, thinking it was a waste of time and they weren't going to find anything."

Tony needed to have pre-cancerous polyps removed from the inside lining of his bowel and now believes the test probably saved his life.

In January 2011 the future of the National Bowel Cancer Screening Program was uncertain and the program had started winding down. Cancer Council Western Australia joined many voices across the country urging the Government to continue to fund this life saving program and to extend the reach to more Australians.

"I was in denial right up until I had the colonoscopy, thinking it was a waste of time and they weren't going to find anything."



Tony Clarke (Courtesy The West Australian)

Tony is one of dozens of West Australians who signed up to be a Bowel Cancer Champion and 'Get Behind Bowel Screening'. The Bowel Cancer Champions played an important role in sharing their stories and putting a human face to the many lives the National Bowel Screening Program has already saved. Bowel cancer is the second biggest cancer killer in Australia. Screening using a faecal occult blood test (FOBT) is a simple and effective way to find bowel cancer early and improve outcomes and survival.

In May 2011, Cancer Council WA welcomed the Federal Governments budget announcement to continue funding for the National Bowel Screening Program.

However, we still have a lot of work to do to urge the Federal Government to make sure the program invites all Australians over the age of 50 to screen every two years. That's why advocacy is so important, it gives a voice to West Australians and guides government policy for a better and healthier future.



How You Can Help



As a not for profit, non-government organisation we rely on the generosity of the community to fund our programs and services. There are many ways you can help to support Cancer Council WA.



Event Volunteers

Donate, or become a monthly pledge supporter

Your donation or monthly gift gives us the stability to support long term projects in cancer research and patient support. In return, you will receive updates and progress reports about Cancer Council activities, research, and programs, and information on keeping you and your family healthy.

You can also participate in Workplace Giving - a simple, tax efficient and cost efficient way to donate.

Do your thing

Get involved and support a Cancer Council event like Daffodil Day, Relay For Life, Pink Ribbon Day, Australia's Biggest Morning Tea, or Girls Night In. Or get creative and do your own thing, by organising a fun event to raise funds for Cancer Council WA.

Volunteer

We are grateful to our many wonderful volunteers, who donate their time all across the organisation, and at our events.

Make a donation in memory of a loved one, or in celebration of an occasion

Making a donation to Cancer Council WA in lieu of gifts or flowers can be a beautiful way to honour an occasion, a loved one, or an event.

Leave a Bequest

A gift in your Will can mean a legacy of hope in the fight against cancer. It's a powerful way to give a gift that will touch countless lives.

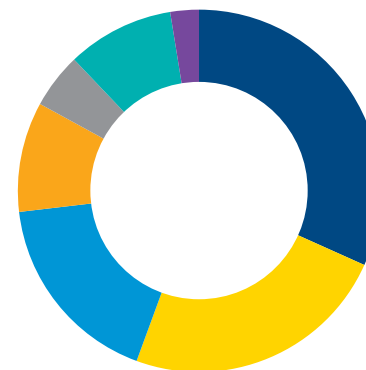
Become a Corporate Partner

We invite companies to partner with us, working together to develop programs to meet your marketing and corporate social responsibility objectives and our shared mission to defeat cancer.



Cancer Council WA bequestor Melissa Pickering and her son.

Where the Money Goes



- Education and Prevention
- Patient Support Services
- Fundraising
- Research
- Commercial and Business
- Administration
- Cancer Council Australia Contribution

Figure based on 2009/2010 Financial Year

How Your Gift Makes an Impact



\$20 can buy enough breakfast supplies for three people at Crawford and Milroy Lodge, our accommodation facilities for country patients



\$50 can fund one call to our qualified health professionals on our Helpline to answer any query relating to cancer at any stage of the cancer journey



\$100 can fund a counselling session for a patient, family member, or carer to help them through their cancer journey



\$200 can fund one person to attend a full term of Life Now exercise classes, to improve their overall health and cancer outcomes



\$350 can fund one of our patient transport vehicles for one month, allowing us to drive country patients staying at our accommodation facilities to their treatments



\$2,500 can provide a starter grant for researchers in the early stages of their career, helping to establish a research track record in cancer research

Be part of a
cancer-free
future.



Cancer
Council
Western Australia



Cancer Council
Helpline

13 11 20

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