

your IMPACT

 **Fight Cancer
Foundation™**
Giving hope. Saving lives.

Autumn Issue 2024



Thank you, for giving families a home-away-from-home at Christmas

Our Christmas Appeal for 2023, highlighted the incredibly moving stories of the Opie and Lodder families and their past and present struggles with cancer.

It was these experiences that led to the creation of the Bone Marrow Donor Registry and subsequently Fight Cancer Foundation. It is people like the Opie and Lodder families that have created hope out of pain and suffering.

Together, we will ensure that the work of our founding families continues and we honour their wonderful work.

Thank you to all those that donated to the Christmas Appeal. Your important donations have provided more than 20,000 nights of accommodation to patients and families – giving them *heart and hope*.



*Karen Opie Harris meeting
with our CEO Cara Davey*

A message from our CEO

Happy new year and welcome to the 2024 Autumn edition of *Your Impact*.

I am extremely proud to be appointed as the new Chief Executive Officer of Fight Cancer Foundation. While I've been on board since September 2022, it is my immense honour and privilege to now lead this organisation into its 31st year and beyond.

My vision is to ensure that every patient or family impacted by cancer has access to high quality accommodation to support their treatment. I know we can achieve this – together.

I am humbled by the strength and tenacity of those families who turned adversity into a movement of people dedicated to ensuring that we're there for patients and families impacted by cancer who need a home-away-from-home when and where they need it most.

I'm proud to lead Fight Cancer Foundation into this new chapter, staying true to our mission along with a future-focus will ensure Fight Cancer Foundation flourishes, grows and reaches its new potential and honour those families whose heart and hope created this innovative organisation.

I hope you enjoy reading this newsletter and hearing about some good news and ways you, your friends, family and community can get involved to continue making a difference.

Thank you for your support. Together, we are *giving hope* and *saving lives*. Fight Cancer Foundation is and has always been about family, and to us, that's just what you are.



Cara Davey

Cara Davey
CEO

Here's your update from our Accommodation Centres

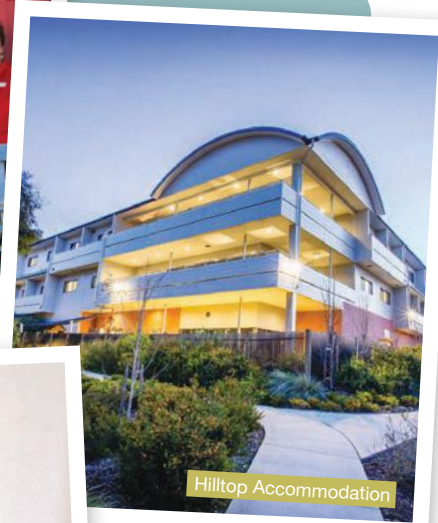
Our year has started off with residents enjoying morning walks around North Melbourne, relishing the sunshine before the temperature gets too hot.

Some residents are soon preparing to leave BMDI House and continue their recovery at home. They are excited to see friends and family and looking forward to being in their normal environment.

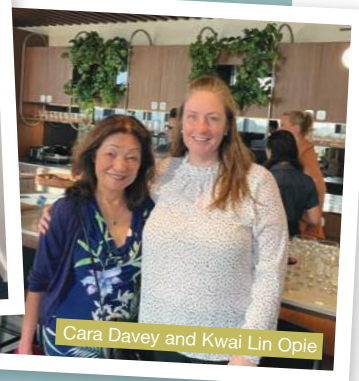
The supportive staff at Fight Cancer Foundation are pleased to look after our residents and ensure they have a comfortable, supportive and warm space during a very difficult time.



Swan Hill Branch



Hilltop Accommodation



Cara Davey and Kwai Lin Opie

↶ Baubles with messages of Christmas hope sent in from our wonderful donors.



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WEAR YOUR FOOTY COLOURS FOR KIDS WITH CANCER.

Just under 150,000 new cases of cancer are diagnosed in Australia annually – and almost 1,000 of them are in children and young people under the age of 18.

Fight Cancer Foundation’s Footy Colours Day is a national fundraising event where thousands of Australians come together to show their support for kids with cancer. This campaign raises money to help fund patient accommodation for more than 1,000 families each year, as well as cancer research into better treatments and outcomes for people of all ages.

This annual campaign is held nationally from July to September. The campaign aims to inspire

schools and workplaces across Australia to host a “Footy Colours Day” event – which can include a morning tea, BBQ, pizza night or sausage sizzle! At the event friends and colleagues dress up in their favourite sporting team colours and incorporate games and activities.

2023’s campaign raised an impressive \$600,000 with 1,249 registered workplaces, schools and individuals. Workplaces almost doubled funds raised from previous years.

We look forward to your impactful participation in 2024 to make this campaign the biggest year yet!



**Register
now for
2024!**

FOOTYCOLOURSDAY.COM.AU
#FOOTYCOLOURSDAY

Register today! →



When cancer fight is only half the battle

Brave six-year-old Daisy Pearse is fighting cancer and winning. But her mother, Ash, says challenges beyond the hospital ward are a burden that regional families should not have to bear.

After the Pearse family was dealt the cancer diagnosis, they were thrust into the awful predicament of having no fixed place to live while Daisy was in hospital.

“Being told you’re going to get a room and then it falling through is so disappointing,” says Ash.

Fight Cancer Foundation found the Pearse family a long-term accommodation solution so the family could stay together.

Pease help give families like the Pearse’s, a home-away-from-home while they fight against cancer.



Information, quoted material and image for this article has been sourced from Sunraysia Daily – 14 October 2023 - ‘When cancer fight is only half the battle’.

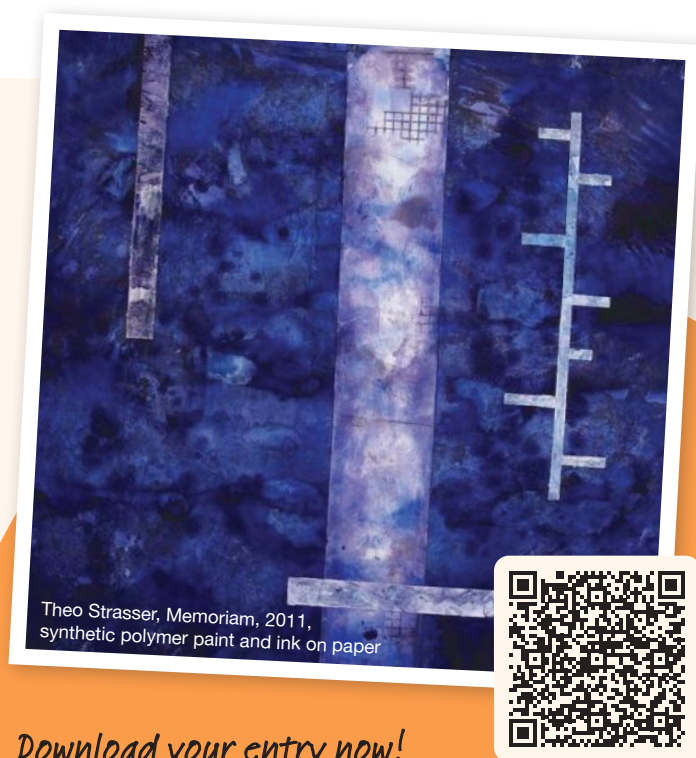
Our Community

The Croydon Branch is currently calling for entries to the 29th Annual Mayoral art exhibition. This year’s exhibition will focus on the theme, **Tangent**, inviting artists to explore different techniques materials and subject matter across the mediums.

Applications can be submitted until Friday 5 March 2024. The exhibition will be held at the Maroondah Federation Estate, 32 Greenwood Avenue, Ringwood.

Exhibition is open to the public from Tuesday 2 April - Saturday 4 May.

Open hours: Monday - Friday 9am to 5pm and Saturday 12pm to 4pm
(closed on Sunday and Public Holidays).



Theo Strasser, Memoriam, 2011, synthetic polymer paint and ink on paper



Download your entry now!

The entry form may be downloaded by **scanning the QR code** or by contacting **Alan Somers** at **asom9346@bigpond.net.au**



Buttery Dried Fruit Slice

Ingredients:

- 170g Unsalted Butter (melted and cooled)
- 3/4 cup Castor Sugar
- 1 cup Coconut
- 1 cup Self Raising Flour
- 1 cup Mixed Dried Fruit
- 1 egg (slightly beaten)

Topping:

1/4 cup of Castor sugar

Alternate Flavours:

Fruit can be replaced with Choc Chips, Nuts, Sultanas or a combination of these.

Method:

- 1 Preheat oven to 170 c (150 c fan forced)
- 2 Line slice tin (suggest 33 x 24 x 3 cm deep)
- 3 Place all dry ingredients in a bowl and add egg and cooled butter. Mix all items together until just combined.
- 4 Put in the lined slice tin and pat down.
- 5 Evenly sprinkle 1/4 cup of sugar over the top to give it extra crunch.
- 6 Cook for 35 minutes, until the top is golden.
- 7 Remove from the oven and place tin on a cooling rack. Leave the slice to cool completely then cut into square pieces.

*Recipe courtesy
of Lucy Koszela!*

Lucy has been volunteering at the FCF Recycle shop in Geelong for 13 years. She loves volunteering because the funds raised at the shop go towards Fight Cancer Foundation - a very worthy cause. Lucy also enjoys the friendly atmosphere in the shop! The volunteers have many common interests like cooking, craft and gardening they all enjoy working together.

Keep this in your recipe book!

**Such a
tasty little
treat!**



Meet a member of our team

In each edition, we introduce you to one of our passionate Fight Cancer Foundation team members.



Cara Davey

Chief Executive Officer,
Fight Cancer Foundation

What excites you about your job?

I believe that Fight Cancer Foundation is full of heart and hope for the future. I know we will create, innovate and evolve to meet the ever-changing landscape for those impacted by cancer.

What's your biggest challenge ahead?

Challenges are opportunities to me. I want to celebrate and honour the past, as well as bring my experience and skills from working with other cancer organisations to enhance what we already have.

Describe your perfect Sunday:

A morning walk with friends, reading, then Sunday roast with my beautiful family, and watching a romantic comedy to wrap it up.

Favourite quote:

Never let anyone dull your sparkle!
– Marilyn Monroe

Bringing *heart* and *hope* since 1989

Fight Cancer Foundation is a national charity dedicated to helping Australian families impacted by cancer by providing much needed accommodation throughout their cancer treatment.

Our support services include accommodation and funding vital research into cancer treatment and cures.



*Scan here to make
your gift today!* 

[donate.fightcancer.
org.au/donate](https://donate.fightcancer.org.au/donate)



 **Fight Cancer
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A lasting legacy for future generations

We have been fortunate over the past 30 years to have been included in 74 estates totaling \$3,400,000!

Many supporters have graciously decided to remember Fight Cancer Foundation in their estate plans. Large and small gifts are all welcome in order to provide home-away-from-home accommodation to patients and families impacted by cancer.

Our legacy supporters mean the world to both the Foundation and the Australians impacted by cancer that together we serve. Thank you.

Making plans beyond your lifetime is one of the most important things you can do for you, your loved ones and indeed for the community.

Please consider remembering Fight Cancer Foundation when you next update your will. Your impact will live on beyond your lifetime.

Scan here to learn more about leaving a gift in your Will.



Your donation directly supports families:



\$29 provides a book or toy for our youngest guests or their siblings.

Families must often uproot their whole lives to fight cancer together. Toys, books and games are a way for kids to retain a sense of fun and normality in an uncertain and sometimes scary situation.



\$75 covers a family's accommodation for one night.

This helps reduce the financial and emotional stress that families can feel when faced with a cancer diagnosis and having to relocate to a different city to get treatment.



\$128 provides a family with their first night's stay and a pack of essentials.

Arriving in a new city with no family or support is tough. You can give a family their first night's accommodation and some essentials to get them through the first few days of treatment.



\$525 provides a family with a home-away-from-home for a week.

By giving a family a reprieve from the cost of accommodation for one week, you enable them to focus on fighting against cancer, together.



\$1,000+ is a transformational gift for our Accommodation Centres.

This gift will go towards refurbishing a bathroom in one of our Centres so that they are accessible to cancer patients of all abilities and stages of treatment/recovery.