



## Awareness Bulletin #13

April 2021

### Welcome

On behalf of the Geelong Region Cancerians, please enjoy our first Awareness Bulletin for 2021.

### Message from our Founder, Phillipa Challis OAM

#### ***Together we can outsmart cancer.***

These words sum up the Geelong Region Cancerians (GRC) aim to raise awareness about uterine cancer and funds for research into all cancers.

As a result of the work of our small, dedicated committee and the assistance and patronage of supporters since the launch of the GRC in April 2018, monies donated to the Australian Cancer Research Foundation (ACRF) for cancer research totalled \$49,000 at the end of 2020.



At the GRC Annual General Meeting in January, several people were farewelled, and new committee members welcomed. My thanks to the Inaugural Chair Helene Bender OAM, Secretary Michelle Challis and Treasurer Tim Birchall for their three-year terms, and Mitchell Saffin for last year. Their willingness to assist with my wish to raise awareness about uterine cancer is greatly appreciated.

An important goal envisaged for 2021 is the increase in our number of GRC supporters. Please encourage family and friends to subscribe to our Awareness Bulletin – you never know when the information will become invaluable. [Subscribe](#)

### Uterine Cancer – Increasing numbers diagnosed.

Did you know ... our founder Phillipa Challis, and committee member Maureen O'Keeffe, are both uterine cancer survivors?

Uterine cancer is the fifth most common cancer in women and the most diagnosed gynaecological cancer in Australia.

Each year, about 3,200 Australian women are diagnosed with uterine cancer (up from 2,800 only a few years ago). Most are over 50 although there has been an increase in younger women being diagnosed with the disease in recent years.

The most common symptom of cancer of the uterus is unusual vaginal bleeding. This may include: a change in menstrual cycles, bleeding between cycles or being heavier than normal, continuous with no break, or spotting after menopause.

There is no screening test for uterine cancer. If you have concerns, please speak to your doctor. For more information about uterine cancer, go to [canceraustralia.gov.au](http://canceraustralia.gov.au)

### Events in 2021 - Save the Dates

- Silver Circles – Saturday 1 May
- Giving Month – June
- Pie Drive – July
- Health Information Panel – Monday 6 September
- Grand Final Week Celebration – Sunday 19 September
- Trivia Night and Silent Auction – Saturday, 22 October



# GEELONG REGION CANCERIANS

Bellarine, Geelong, Golden Plains, Queenscliff & Surf Coast

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## Our first fundraising event for 2021 – Silver Circles

The Silver Circles fundraiser is based on the Super 66 numbers drawn each Saturday night with only 100 tickets sold and numbers ranging from 00-99. The draw is over a 10-week period from Saturday 1 May to Saturday 3 July inclusive. Each ticket has 30 chances to win a prize over 10 weeks.

Last year this fundraiser saw all 100 tickets snapped up very quickly and GRC supporters are invited to be part of this event in 2021. [Tickets are \\$20 each](#) and information about the Silver Circles will be sent out separately.

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## Message from our Chair, Liz Grant

I am honoured to have been elected as Chair of the Geelong Region Cancerians for 2021.

I would like to thank the outgoing committee members and past committee members who have positioned GRC well to continue raising funds to help beat cancer in 2021.

Our 2021 committee includes new members Jennifer Jarrard (Secretary), Christine Crowder (Treasurer) and Deb Fribbins (committee). Our first fundraising event for 2021, Silver Circles, sold out fast last year and would encourage you to buy a ticket early so you don't miss out. GRC supporters will be advised by email shortly when the tickets are ready for purchase.

In addition to fundraising for cancer research, we are also planning several ways to increase awareness, both through our Awareness Bulletins and events, as gynaecological cancers such as uterine cancer often remain undiagnosed until the symptoms are too debilitating to ignore.

I look forward to working together with you to help beat cancer in 2021.

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## GRC proudly supports ACRF

Australian Cancer Research Foundation (ACRF) believes a world without cancer is possible. Guided by some of the brightest minds in cancer research, the ACRF continuously looks for new and improved ways to prevent, detect and treat cancer. They back bold ideas – ideas that lead to breakthroughs and discoveries that help everyone diagnosed with this complex and disruptive disease.

ACRF was founded in 1984 by the late Sir Peter Abeles and the late Lady Sonia McMahon. Since then, donors have provided grant funding of over \$165M to 78 visionary programs in 42 research organisations.

TOGETHER WE CAN  
OUTSMART  
CANCER

ACRF's track record has resulted in significant outcomes, including the development of the cervical cancer vaccine, new medical devices for cancer imaging and targeted radiotherapy, gene editing, the ZERO Childhood Cancer program, and improved and more personalised treatments.

[www.acrf.com.au](http://www.acrf.com.au)

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### Facebook

Please 'Like' and 'Follow' us on [www.facebook.com/GeelongRegionCancerians/](https://www.facebook.com/GeelongRegionCancerians/)

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### Website

Stay up to date at [www.geelongregioncancerians.com.au](http://www.geelongregioncancerians.com.au)

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