



## Awareness Bulletin #15

August 2021

### Welcome

On behalf of the Geelong Region Cancerians, please enjoy our August Awareness Bulletin.

### Message from our Founder, Phillipa Challis OAM

Adapting to living in a world during COVID has meant being open to new ways, being creative, and doing things differently.

Olympic Games competitors all mention having team support, especially those who have won gold medals, and they acknowledge how important that was in achieving their goal.

As Geelong Region Cancerians strive to achieve the goal of informing the community about the prevention and detection of uterine cancer as well as raising funds for research, team support is the core of our existence.

Over the last 18 months new fundraising initiatives evolved and were embraced with good outcomes. Thank you everyone who has given and continues to give team support to GRC.



### Pie Drive

A big thank you to our supporters, their families and friends who ordered Routleys pies and sweet treats! Donations we received in lieu of orders was also greatly appreciated.



### Women's Health Week Panel Discussion September 6

Geelong Region Cancerians in partnership with Geelong Regional Libraries are pleased to present as part of Women's Health Week an inspiring panel of speakers, who will share their personal experience and expertise when facing cancer.

The panel discussion **Strength and Positivity when Facing Cancer** will be held on **Monday September 6, 2021 from 6:00 - 7.30 pm at the Geelong Library & Heritage Centre**, The High Ground Room, Level 5, 51 Little Malop Street, Geelong.

Speakers include:

**Sue Mackey**, cancer survivor, psychology practice manager and author of the book **Positive Oncology, An Optimistic Approach to the Big C**.

**Sarah Huntly** a physiotherapist with 20 years' experience, who over the last 4 years has specialised in Oncology Rehabilitation, and

**Ann Cook**, a uterine cancer survivor of 5 and a half years, who is keen to share her story and encourage early detection.

Geelong based Family Law Barrister and Mediator **Allana Goldsworthy** will be our moderator and MC for the evening.

This is free event. Bookings are essential.  
[Book online](#)



# GEELONG REGION CANCERIANS

Bellarine, Geelong, Golden Plains, Queenscliff & Surf Coast

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## Advocate for yourself ...



Women know how their body feels, it feels not quite right, or when they don't feel good. A doctor's diagnosis attributing the symptoms you present with to a particular condition usually results in a good outcome.

There are however occasions when women are concerned with the way they feel after treatment. Two women who acted on their feelings and sought further advice were diagnosed and had a different outcome.

One 57 year old uterine cancer survivor said she knew something wasn't right for about a year but kept being told it was 'normal' for her symptoms for a woman of her mid years of life". She had further exploratory tests and subsequently a lifesaving operation with a good outcome.

A 45-year-old woman kept getting abdominal bloating and knew something wasn't right. Her doctor tested for Celiac disease, and she was given the all clear. She continued to bloat so persisted with her GP and was sent for further testing. Her life could have been a lot shorter if she had ignored the signs any longer as she had an endometrial carcinoma. While uterine Cancer is talked about as being a disease of women predominantly aged 70+, the two cases mentioned emphasise the importance for women of all ages to listen to their body and not ignore anything unusual.

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## \$5 for 1 in 21: Our Annual Giving Campaign in 2021

Our annual giving campaign raises money for cancer research with all donations going to the Australian Cancer Research Foundation ([ACRF](#)). All donations are tax deductible [Donate now](#)

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## Join Our Committee



**Karen Oliver** is the most recent addition to the GRC committee.

She has a background in Allied Health (Podiatry) and has worked for many years in public health. As Operations Manager for Aged Care at genU her portfolio includes managing respite services and carer supports.

A resident of Ocean Grove, Karen is delighted to be a committee member. For fun Karen enjoys long distance running; the furthest she has run is 42 kms at the Honolulu Marathon in 2018.

If you would like to be involved at committee level and contribute to the aims of the GRC a vacancy currently exists. **Meetings are held from 8:30am to 9:30am on the third Friday of the month** in Findex Offices, 235 Rylie Street, Geelong.

To obtain a Position Description or for further information please email [info@geelongregioncancerians.com.au](mailto:info@geelongregioncancerians.com.au)

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## Events in 2021 - Save the Dates

- Health Information Panel – Monday, 6 September [Book online](#)
- Grand Final Week Celebration – Sunday 19 September
- Trivia Night and Silent Auction – Friday, 22 October

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## Contact Us

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