THE Daffodil

STORIES OF YOUR SUPPORT

Cancer Council SA



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Kindness like yours makes a world of difference

Your kindness and support have a real impact on South Australians facing cancer. Thanks to people like you, we are there to provide meaningful support when they need it most.

As you will read in this newsletter, we are very excited to share the early stages of an amazing new project. Planning is now underway to build a new supportive accommodation facility in Adelaide's northern suburbs, meaning we will be able to provide wrap-around support services to even more regional South Australians travelling to Adelaide for treatment.

These services, including counselling and the Transport to Treatment program, can meet people where they are in their cancer experience and provide the support they need.

We are so incredibly grateful for your ongoing support and hope you enjoy reading about the impact you are having on people facing cancer.

Thank you for bringing hope to regional South Australians impacted by cancer

In June, we shared the sobering financial realities facing many South Australians undertaking cancer treatment.

When the price of everyday expenses like fuel and groceries started climbing in March this year, our financial assistance program—funded by people like you—saw a 200 per cent increase in demand compared with March 2025.

The message was clear: being away from home for cancer treatment was becoming even more difficult to manage for many country people.

Lisa, one of the Social Workers at Greenhill Lodge, sees firsthand how valuable our support services can be to people struggling to make ends meet.

"Even if we are unable to change someone's diagnosis, we can help to take some of the practical stress away from their lives thanks to the people who donate." Lisa says.

The community rallied together this tax time, raising more than $190,000 for support services that allow more South Australians to ease financial pressures during some of the hardest moments life can have.

"Thanks to your generous donations, we can continue to support our guests going through the most difficult of times, by providing financial relief."



Lisa, Social Worker at Greenhill Lodge

Thank you for supporting regional South Australians impacted by cancer.

Lea's story: turning her experience into hope for others

Lea loved netball more than anything, so the lethargy was the first thing that did not fit. Her family initially put it down to having a bad cold, but suddenly she was unable to play out a game. Instead, she was exhausted to the point where she struggled to get out of bed.

After seeing the family doctor, she received the horrifying news. At just nine years old, Lea was diagnosed with leukaemia.

"It was terrifying. I was just so confused. It's one of those things that you don't ever think it would happen to you until it does," she says.



Lea, on her 16th Birthday



Lea's Biggest Morning Tea



Lea, in hospital

Lea faced nearly two years of intense treatment, with the added challenges of isolation through missing school, sport, and her friends. She eventually reached remission and aimed to make up for lost time, but there was more to come.

In her first week of high school, Lea learned her cancer was back. This time, she needed to go to Sydney for a bone marrow transplant. Luckily, her older sister, Nadia, was a perfect match.

"I owe her everything," Lea says.

Now in Year 11, Lea has been in remission for several years. She felt it was time to start sharing her story and find a way to give back. Lea rallied her friends and family together, inviting them into her home for her first Australia's Biggest Morning Tea.

Lea's friends fundraised for her, family members turned up early to cook more food than everyone could eat, and she bravely shared her full story with everyone for the first time.

Across all of that support, Lea's little community raised almost **$2,500** for South Australians impacted by cancer.

While she says her next big challenge is making it through Year 12 next year, Lea wants her efforts to lay the foundations for others to find the support she got during her treatment.

"It's giving me hope that, by doing something like this, it can help others who are having a similar experience," she says.

Lea's message for others facing something similar is simple: *"There's always light at the end of the tunnel. Going through an experience like that, it's terrifying … but it gets better."*

Feeling inspired to fundraise like Lea? Visit cancersa.org.au/give or click here to find out how you can fundraise for Cancer Council SA.

Your support is backing South Australia's next generation of cancer researchers

Thanks to the kindness of people like you, Cancer Council SA funds early- and mid-career cancer researchers each year through our Research Fellowship Program. This important funding allows these researchers to pursue new ideas, right here in South Australia.

One of these researchers is Dr Zeyad Nassar, a 2026 mid-career fellowship recipient based at Adelaide University and SAHMRI, who is working on a better way to treat prostate cancer.

Prostate cancer is one of the most common cancer types diagnosed in Australia. It is estimated that nearly 29,000 people were diagnosed with prostate cancer in 2025. Most patients still get similar treatments, but their cancers can be genetically very different.

Dr Nassar's research aims to tailor individual treatments for people diagnosed with prostate cancer, using a strategy called *"synthetic lethality"*. Cancer cells can often survive with one genetic fault. This strategy targets a second, linked partner gene in the cancer cell.

By blocking these partner genes, Dr Nassar's research aims to destroy the cancer cells, while leaving the surrounding healthy cells largely unharmed. It is a precise, targeted approach and one that could lead to new and more effective treatment options for prostate cancer.

Your kindness supports a whole community of researchers, like Dr Nassar, who are working towards breakthroughs across many different cancers. Dr Nassar's research is one example of what that support makes possible. Thank you for helping change the future of cancer treatment, right here in South Australia.



Dr Zeyad Nassar

Because of your kindness, Cancer Council SA invested over $1.8 million into life-changing cancer research this past year, bringing new treatments one step closer for South Australians.

Visit cancersa.org.au/researchfellowships or click here to read about our 2026 Cancer Council SA Research Fellowship recipients and their research.



Your kindness meant Yvette found the support she needed

For the past three years, Yvette has faced many challenges in managing her mantle cell lymphoma diagnosis. Across multiple treatments, there was an unfortunate side effect from a clinical trial which changed absolutely everything.

"It was the CAR T-cell treatment that I ended up with encephalitis, which has affected parts of my memory, but not my executive function," Yvette says.

Before the trial, Yvette held senior leadership roles. She used those skills to help shape organisations and give back to her community.

The sudden change from leader to barely able to remember what happened in a day was a giant shock to Yvette's sense of self. It terrified her.

"[I was] very much calm and in control. I'd lost all of that, completely, as memory went. I'm relying totally on other people to help me, day by day," Yvette says.

Yvette felt like she had lost herself and no longer had the confidence to even leave the house. But, after her husband encouraged her to see a Cancer Council SA counsellor, Yvette began taking steps towards reclaiming her self-identity.

"The counsellor was somebody I could really link with and trust," she says. *"There's no rush, there's no judgement. Just, let's see what we can do that you can manage with."*



Yvette during treatment, with her husband, Peter



Yvette and her husband, Peter

Today, Yvette is feeling much more in control. Her memory is slowly returning and she's contributing to the community again. Yvette's belief in herself is back, meaning she can now sit on three boards across three significant organisations—something she says is all thanks to taking the leap and accessing counselling.

"It just slowly built up my confidence with other people. Whereas, prior to that, I just wanted to stay within the confines of home," she says.

Because of your generosity, people like Yvette have somewhere to turn when they need it most. Finding the support to get back to herself is something Yvette will forever cherish.

"I can't say a big enough thank you. Their efforts to support this service are just so rewarding to the people who need the support or need the help," she says.

Thank you for making that possible.

Last year, Cancer Council SA's qualified counsellors delivered almost 1,100 counselling sessions to support people through their cancer experiences.

More than a lift: meet John



John, at Greenhill Lodge

Meet John, one of our valued Transport to Treatment drivers at Greenhill Lodge.

After he retired, John was looking for a meaningful way to give back to the community. He'd spent years running his own construction business and wanted to do something that meant he could connect with others, brighten their day a little and (most importantly) indulge his love of driving.

Cancer Council SA's Transport to Treatment program was a natural fit.

"My wife has had cancer twice. I thought, 'What a good way of giving back into something I can contribute to,' to assist other people, knowing what she went through with her treatment," he says.

John has been volunteering with Cancer Council SA for nearly six years now and hasn't looked back. Each week, he gets behind the wheel and drives Greenhill Lodge guests to treatment. With each trip, he gets to make new connections and spend real time with the people he transports.

"It's one of those things where, once they get talking and they know that you're a friendly person, then the conversation branches out. It's really, really good. I wouldn't want to do anything else," he says.

For the regional South Australians who stay at Greenhill Lodge, coming to Adelaide for treatment can be incredibly daunting. When they're unsure of what to expect or if they just need a sounding board, John's steady companionship and humour for those short bus trips can have a lasting impact.

Your support helps make Transport to Treatment possible. It's because of people like you that John, and all our amazing volunteers, can be there to help people facing cancer know that there are others there to share the load.

In the past year, Transport to Treatment volunteers covered approximately 32,000 kilometres, getting up to 42 people a day from Greenhill Lodge safely to and from their treatment.

Feeling inspired by John's story? Visit cancersa.org.au/volunteer or click here to find out how you can become a Cancer Council SA volunteer.



Something sweet to brighten your day

A small treat for you, as a thank you for the big difference you make. Enjoy this simple apple and raspberry crumble recipe.

Apple and raspberry crumble

Serves: 6

Ingredients

- ¼ cup (40g) plain flour
- 1½ cups rolled oats
- 60g reduced-fat margarine*
- 30g macadamias, coarsely chopped
- ¼ cup (60ml) maple syrup
- 6 apples, peeled, cored and cut into small chunks
- 250g raspberries
- 2 tsp vanilla extract

* *Can be substituted with dairy-free margarine*

Method

1. Preheat the oven to 200°C.
2. To make the crumble, combine the flour and oats in a medium bowl. Using your fingertips, rub in the margarine until clumps form.
3. Stir in the macadamias and syrup until well combined. Set aside in the fridge.
4. Toss the apples, raspberries and vanilla in a large bowl to combine. Place the apple mixture in the base of a 1.25L (5 cup) capacity deep, oven-proof dish. Sprinkle the chilled crumble mixture on top.
5. Bake for 40–45 minutes, until the crumble is crisp and golden and the fruit is tender. Cool slightly before serving.

Cooking tips

We used Pink Lady apples for this recipe. If unavailable, use Granny Smith or Golden Delicious varieties. Make this in smaller individual serves for the kids to grab as an afternoon snack.

The warmth of your kindness, in their own words

Every year, we receive cards and letters from past Greenhill Lodge guests thanking us for the comfort, care, and company they found during one of the hardest times in their lives. We wanted to share some of those messages with you.

It's your kindness that gave them a warm place to stay, a friendly face at the front desk, and one less thing to worry about while they focused on their treatment. Here, in their own words, is what your generosity has meant to them.

"The Cancer Council Greenhill lodge is a godsend to all country people unfortunately affected by cancer. I feel so lucky to have been able to stay here and be touched by all the wonderful, dedicated people who work here. We owe all of you so much, your impact on me will always be remembered with gratitude. Thank you." - Sue

"This facility is amazing and we country folk are so lucky to have this lovely place to stay in. Everyone has been so caring from reception, kitchen, drivers, cleaners, and newfound friends and volunteers." - Erica and Trevor

"We cannot express our gratitude. We have felt so secure, supported, and respected during a difficult time. Thank you!" - Trevor and Gary

"My family and I would like to express our deep appreciation and gratitude to all the staff at the Lodge. Over the past seven weeks, we have been blessed to have such kind, considerate, and understanding people making this difficult time for our family comfortable and cared for. A big thank you for all that you do and the things that go unnoticed." - Tim, Karen and Lachlan

"Thank you so, so much for everything you have done for me. You all have made my time here incredibly easier, and I truly cannot put into words how grateful I am for your support. Being able to use this facility again has meant so much to me. Thank you from the bottom of my heart." - David

Behind every one of these messages is you. Thank you for making Greenhill Lodge a place where no one has to face cancer alone.

In the past year, your kindness gave regional guests over 35,700 nights of comfort at Greenhill Lodge.

A new home away from home for regional South Australians

Cancer Council SA is planning to increase its capacity to care for regional South Australians travelling to Adelaide for treatment with a new supportive accommodation service.

The new 50-room accommodation facility, set to be built in Adelaide's northern suburbs, will give even more country people a safe and affordable home away from home while they access cancer treatment.

Cancer Council SA has committed $20 million towards this $60 million project. When complete, the facility will be able to support a further 2,500 cancer patients and their carers each year.



Your kind generosity has already done so much for country people through Greenhill Lodge. With this project, we can do even more together.

Wherever they live, more South Australians will have somewhere to stay when treatment takes them away from home. We will share more as the project progresses.