

Childhood Cancer Support's
heart to heart
NEWSLETTER

2016 | Dec-Feb Quarter



CHILDHOOD
CANCER SUPPORT

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Coming up...

- April Camp Crystal
ANZ Golf Day
- May - Membership Renewals
June
- August Mackay Raft Race
- Sept Cancer Awareness Month
Talk Like A Pirate Day



CHILDHOOD
CANCER SUPPORT

A MESSAGE FROM THE NEW CCS INTERIM BOARD PRESIDENT TREVOR RETHAMEL

Hi All,

Welcome to the new quarterly newsletter.

It is with much regret that I inform you that Bill Thompson has retired as President of the Board due to family and work commitments.

Bill will remain a member of the Board until a replacement Board member can be found.

This brings to a conclusion 30 years of involvement of the Thompson family with CCS. Bill and Narelle Thompson have been an integral part of CCS and it would be fair to say that without their contribution CCS would not be the successful caring organisation it is today.

I would personally like to thank Bill, Narelle and the whole Thompson family for their many years of dedicated work for the organisation.

Kind Regards,

Trevor Rethamel

CCS Family

a message from DARCY

So I was never originally going to write a post like this but I feel Facebook could do with a more positive vibe after what's been a pretty hectic year for a lot of people. Turns out yesterday was exactly 5 years since I was diagnosed with T-Cell A.L.L and life pulled the brakes on hard at the worst time. It was an extremely difficult 12 months following that for not only myself but all of family and most importantly my mother. The amount of support we had from family, friends, even strangers is truly the reason that got us through. (Shoutout to RCH Brisbane for their medical staff who I owe my life too as well, I am forever in debt to you guys)

Now to the point. I've lost a lot in my short amount of time on this planet, but I've almost lost a hell of a lot more. And I count my blessings every day for the things I have and the people who are still here with me and the ones who have also left my side. I've got amazing girlfriend and the best bunch of mates you could ask for.

I've met some incredible people who I consider family, but aren't the slightest bit related. My message is this, shit will hit the fan and life will suck for everyone at some point. But everything heals with time you've just got to be patient. Make time for the people you care about most. If you love someone don't let a day go by without them knowing. Look out for your friends and family cause that's they are the best thing you'll ever have in life.

an update from the Bethamel Family

Just over 12 months have passed since our return home to Townsville following Lucy's 9 month intensive chemotherapy treatment for Acute Lymphoblastic Leukaemia. Lucy was diagnosed in February, 2014 and we spent the majority of the 9 months at CCS.

Despite being back home, our life is far from what it was like prior to diagnosis. In fact, we realize it will never be the same. It is our "new normal", a phrase that resonates with many other oncology families.

For Lucy, her new normal is exciting! She has just completed Year 3 and, despite needing some extra tutoring due to the amount of school she missed in Year 2, she loved being back at school full time, and catching up with her friends. She also returned to dancing, singing and drama lessons, and gymnastics and netball are in her sights for next year. Fortnightly blood tests and monthly hospital trips for chemotherapy are second nature to her and she knows more about the blood system than any other 9 year old I know! We often get told by friends that Lucy has her spark back...her laughter, energy and zest for life shines through. She just wishes her hair was longer!

One thing that Lucy has had to deal with these past 12 months is coping with the devastating news of oncology friends passing away. Nothing prepares you for this. It's been a horrendous year with several of our dear friends whom we met during our stay at CCS gaining their angel wings. News like this unsettles all of us to the core, and is one aspect of our oncology journey that is very difficult to cope with.



For me, my "new normal" has its' highs and lows. I recall the day that Lucy and I arrived home. A day that, despite desperately wishing for it to happen sooner than later, when it did finally arrive, I was filled with apprehension and fear. The reality hit me like a tonne of bricks and my emotions were all over the place. Yes, we were bringing Lucy home, but our "care package" wasn't coming home with us. We were leaving behind our sanctuary - our team of doctors, nurses, social workers, close friends who live in Brisbane and our beloved CCS family. We were on our own and it seemed surreal. (cont.)

We still await Lucy's fortnightly blood tests with a tinge of nervousness, as these results tell us in truth, how well Lucy really is. I still find myself "scrolling" the internet and on-line support groups, keeping up to date with the latest developments in leukaemia research. Going away on our first family holiday in September was a welcome relief, despite it being some hours away from the closest hospital!

Our ties with CCS remain very strong. For our family, it is now our turn to support the organisation that supported us in our time of need. It's about giving back – not just in a fundraising manner – but more importantly, raising awareness about the support services that CCS offers to regional families like ours.

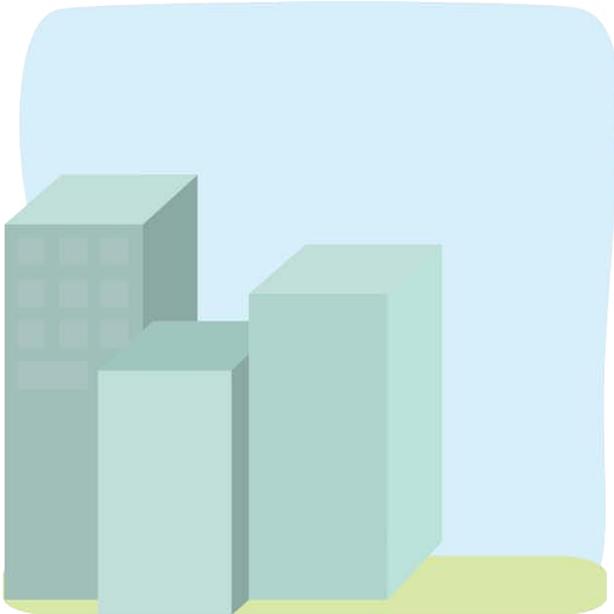
Each time Lucy and I travel back to Brisbane as part of her ongoing treatment plan, we ensure we stop in at the Herston office to say hi to Gina and the rest of the gang. In doing so, we have met many more families who have come to stay at CCS since we've left. A highlight of the past year was going to Camp Crystal for the very first time. It was such a unique and wonderful experience for us. Words can't explain the "high" that camp gives you. For me, it was a blessing to reconnect with so many friends again.

2016 is going to be an exciting year for us. It signals the end of Lucy's gruelling 2 ½ year treatment protocol and the beginning of another chapter in our lives. Whatever becomes our next "new normal", I am ready to take it on. I will remain forever grateful to everyone that has been part of our journey and the huge part that CCS has played in getting us to where we are today.



And as for Lucy... her and her sisters are already planning the party that we will have to celebrate the end of her treatment. It will be a party like no other, in recognition of the strength, determination, resilience and bravery that Lucy has shown throughout her cancer journey. It will be a party, fit for our hero!

- Tracey Rethamel



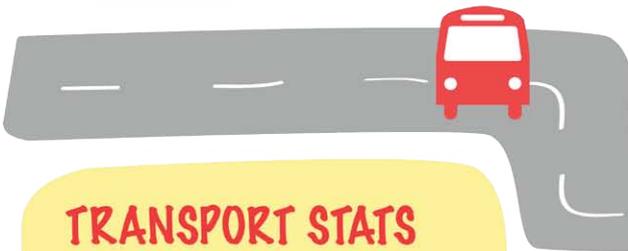
ACCOMMODATION



37 families,
a total of **161** people.

3939 nights' accommodation.

For one family, their 3rd stay since 2012.



TRANSPORT STATS

	RUNS	PASSENGERS
JAN - FEB	151	401
MAR	158	341
APR	87	230
MAY	204	645
JUN	155	507
JUL	125	343
AUG	125	440
SEPT	130	447
OCT	141	488
NOV	144	561
DEC	132	451
TOTAL	1552	4854

CANCER TYPES



Leukaemia	9
Brain Tumour	6
Ewing's Sarcoma	5
Osteosarcoma	5
Neuroblastoma	4
Hodgkin's Lymphoma	1
Wilm's Tumour	1
Aplastic Anaemia	2
Rhabdomyosarcoma	3
Peripheral Malignant Nerve Sheath Tumour	1

WINNER!!

JAYCO SWIFT OUTBACK CAMPER TRAILER

Valued at \$21,490



PROUDLY DONATED BY



TOWNSVILLE
& CAIRNS

A generous opportunity came to light in 2015 by Brendan & his team at Jayco Townsville & Cairns allowing Childhood Cancer Support to run one of the biggest raffles the organisation has had to date.

A brand new Jayco Swift Outback Camper Trailer was proudly donated allowing one lucky winner to have the chance to win this beauty just in time for Christmas.

On Friday the 18th of December at 5pm the winner was announced. Congratulations to the lucky and well deserved couple from Gordonvale. A great start to the Christmas period and your travel adventures in 2016.

On behalf of Childhood Cancer Support thank you to Jayco Townsville and CCS Family Ambassadors Trevor and Tracey for all their hard work to pull this raffle together. A huge thank you to everyone who supported and assisted with the raffle and those who purchased tickets into the draw. The proceeds raised from the Jayco Raffle will go towards the continued support CCS provides to regional oncology families who have children living with cancer.





DID YOU KNOW?

Located less than 800m away from the Lady Cilento Hospital South Brisbane, Childhood Cancer Support offers short-term accommodation on Annerley Road, Woolloongabba.

These facilities are available to oncology families.

Short-term accommodation is ideal for regionally based families who are required to return to Brisbane overnight for post-treatment appointments and check-ups at the Lady Cilento Children's Hospital.

Our short-term accommodation facilities are styled similar to that of a hotel room, and include:

- Furnished single rooms (1 – 2 beds per room)
- Ready-made beds and clean linen
- Coffee-making and microwave appliances
- Shared bathroom facilities
- Shared kitchen facilities
- An outdoor and communal area
- Family drop-in area
- On-site office

Childhood Cancer Support's transport and recreational services are also open to all short-staying guests. Transport services run Mon - Fri 7:15am - 3:15pm.

For more information please visit: www.ccs.org.au or contact the office on **ph: 3252 4719**

WE'RE MOVING!

We are excited here at CCS as we are moving our office to our new location at 87 Annerley Road Woolloongabba, bringing us that one step closer to the new Lady Cilento Children's Hospital. But be sure, we will continue to support our families at Herston and will ensure that we still provide the same level of service. If you are visiting the area feel free to drop in for a Coffee, Cake and Chat at our new digs.

Keep an eye on our Facebook page, Website and future Newsletters for updates on our newly acquired houses on Crown St and Stephens Rd. Over the next quarter working bees will be held to get our new properties up and running in order for additional families to be accommodated whilst their child is in Brisbane for treatment at the Lady Cilento Hospital.

We are pleased to have found premises so close to the new Children's Hospital, in fact the houses are a mere 8 minute walk.

We look forward to your continued support throughout 2016 and beyond as we take this next step in taking care of regional oncology families.



FAMILY CHRISTMAS PARTY



FAMILY CHRISTMAS PARTY

An end of year Christmas celebration to remember! 2015 wrapped up with the annual Family Christmas Party, a hit with the kids, families and CCS team. There were piñatas, a candy cane treasure hunt, a jumping castle and more! Santa and his elves came to say hello and caught a ride in with the QLD Fire Brigade and surprised the kids with gifts. We hope everyone who came had as much fun as we did!





PIRATING SUCCESS

What a great day!

Thank you to Bus QLD, all businesses, schools near and far and individuals who supported and got involved with Talk Like A Pirate Day 2015.

We were blown away by everyone's generosity once again and enjoyed seeing how much fun everyone had being Pirate's arrrrrrghh. These much needed funds will go towards accommodation situated near LCCH. The most successful TLAPD to date! We look forward to this year's TLAPD.

Thank you



FUNDRAISING TO MAKE A DIFFERENCE

Every year, Childhood Cancer Support is lucky to have a number of enthusiastic supporters who set aside time to fundraise for the cause. As a smaller organisation, community fundraising has an impact that is felt deeply and directly.

With the expansion of Childhood Cancer Support on the Southside to be closer to the Lady Cilento Hospital, fundraisers are of the utmost value to CCS. We are heavily reliant on the generosity of the community, and feel the difference of every dollar raised.

Now that 2015 has come to a close, we feel it's important to address the generous individuals who have donated their time, their talents or their money to help us continue doing what we do. We look forward to 2016.



STUART LEGG - NEW YORK MARATHON

On November 1st 2015 Stuart Legg competed in the New York Marathon. Stuart was fortunate enough to win his spot in one of the largest and most well known marathon runs around the world. It was Childhood Cancer Support (CCS) that Stuart chose as his nominated Charity.

Beginning with meeting a young girl named Maddie Cook at an open home in Mudgeeraba, Stuart was inspired by the cancer battle Maddie had fought whilst staying at Childhood Cancer Support. Upon their meeting Maddie had entered remission and her story had touched Stuart's heart.

In 2013 Stuart raised \$3000 for CCS by running 3 marathons in 7 weeks. The NY Marathon was seen as another opportunity for Stuart to give back.

Speaking to Stuart back at the beginning, he said "Challenge yourself, and you'll be better for it, alongside making a big difference to these families going through the most painful challenge of their lives. Do it because you can!"

Stuart has once again raised over \$3000 for Childhood Cancer Support through the New York Marathon fundraising event. A fantastic achievement and one that CCS is truly grateful for.

CHUBBA BUBBA BOUTIQUE RAFFLE

Chubba Bubba Boutique is an online Australian based baby and children's boutique store that launched in 2010. This year Chubba Bubba Boutique held an online raffle and chose Childhood Cancer Support as their nominated Charity raising just over \$1000. We have been fortunate enough to have them back on board for 2016 for another fundraising event. Thank you Chubba Bubba Boutique, we look forward to working with you again. To learn more about Chubba Bubba Boutique visit www.chubbabubbaboutique.com



Rhi's wigs for kids hair donation | Childhood Cance...
Please support Rhi in her campaign to raise money for patients who have lost their hair due to cancer treatment. It takes 8 pony tails to make 1 wig... 6 year old Rhiannon decided to chop off her bea



RHI'S WIGS FOR KIDS HAIR DONATION

Rhiannon is a brave 6-year-old little girl who, with the help of her family, set up a fundraising page to raise money for her courageous decision to cut off her hair. Rhi donated her beautiful curls to Pantene Beautiful Lengths Charity who make wigs for those who have lost their hair during cancer treatment. This decision also lead Rhi to nominate Childhood Cancer Support as her chosen charity to raise funds for and the final tally came in at just over \$1000. Through her kind heart the money raised has gone towards something bigger than she would have ever hoped.

ALIYAH'S CUT FOR A CAUSE

An inspiration! 12-year-old Aliyah, another brave soul, also cut her hair this month all whilst raising funds for CCS. Raising \$2588 with an initial goal of \$1500, Aliyah went above and beyond. Aliyah donated her long hair to Variety who provide specialised wigs for individual children who have lost their hair due to medical conditions. Two great causes, with one humble girl making a big difference.



Cut for a Cause | Childhood Cancer Support
Hi, my name's Aliyah and I am 12 years old. On the 4th of December I will cutting off my hair and I'd love your support! You might be wondering why? I have been blessed with a healthy life so far and I can't imagine what some children and their...



CAMP CRYSTAL

Each year, Childhood Cancer Support organises a free camping getaway for families.

Families of children who are presently facing or have faced childhood cancer, regardless of what stage they are currently at, are welcome to join the camp. Some families may have children who are newly diagnosed, some may be in remission, some may be long-term survivors and others may be parents or siblings of those who have passed.

Filled with fun activities suitable for the whole family, Camp Crystal is a weekend-escape for families to recharge and remind themselves that there is a life to be lived outside of hospital appointments and treatments, and a place where you can come to enjoy yourself, relax and reflect.

We are excited to be writing to you as Camp Crystal planning is well under way and applications for attending camp 2016 have now opened.

This year Camp Crystal has partnered with Scouts Queensland therefore we are pleased to announce that camp will be held at the Baden Powell Park, Samford QLD. A short 23km drive from the heart of the Brisbane CBD, surrounded by bush land.

Camp will be running from Friday 1st April till Sunday the 3rd April 2016. Interest levels are high so please note spaces are limited and therefore a place cannot always be guaranteed. It is important that your applications are in this week.

Camp Crystal is a free event at no cost to our families. If you would like to find out how you can support Camp Crystal 2016 please visit our website www.ccs.org.au.

For more information on Camp Crystal please contact the CCS office on 3252 4719 or email info@ccs.org.au.



CORPORATE SUPPORTERS



Thank you to our supporters and those who have continue to get behind CCS and the families. A big thank you to our corporate supporters with the transition to the Southside. You have all been invaluable; not only with your support and business acumen but more importantly the remarkable generosity from each individual within your organisation shown towards our families. We look forward to our long-term partnerships into the future.



ESSENCE OF TIME
PHOTOGRAPHY

WWW.ESSENCEOFTIME.COM.AU

"During a time when you and your family are going through a difficult time in your lives, like a childhood cancer, family photos are a treasured gift. To have photos during such a hard time that does not focus on cancer, sickness or side effects that have effected your child but rather capture the love, strength, character and bond you experience as a family is something to be cherished. Andy Graves did just that for us. When I look at those photos I remember the support, love, silliness and comfort they provided each other during that time in our lives. Thanks to Andy's photos I have treasured memories that we can frame, display in our home and share with our friends and family." – The Kiely Family

Childhood Cancer Support has teamed up with generous supporter Andy Graves from **Essence of Time Photography**, who has put together a photography program for both CCS families and non-families who have children living with cancer.

Professional photography can be beneficial in numerous ways, from allowing families to decorate their temporary lodgings with some beautiful family shots, to enjoying the therapeutic process of photography itself. Andy himself comes to CCS to take relaxed, natural family photos as a free service to families.

If you are interested in utilising Andy's services, please contact the CCS Office on (07) 3252 4719 or email info@ccs.org.au to enquire about bookings.

To see more of Essence of Time Photography, visit www.essenceoftime.com.au

VOLUNTEERS AND WORKING BEES



Over the past few years the boys from St Joseph's College Gregory Terrace and the girls from Brisbane Girls Grammar School and St. Mary's College Ipswich have been a consistent support network for CCS. These fine young high school students have been humble and kind hearted by taking the time over the last few years to give back.

In October last year, Luke and the year 11 boys from Gregory Terrace spent the afternoon at CCS Herston Accommodation doing yard maintenance, washing the families cars, and painting the new back fence, which was then followed by a sausage sizzle and mingling with the families.

The Brisbane Girls Grammar girls are also regular visitors at Wednesday Coffee Cake & Chat where they spend time with the children and families of CCS, providing activities and arts and crafts. The girls are also regular volunteers at events such as Talk Like a Pirate Day, and the Family Christmas Party.

The smallest tasks can go a long way, and here at CCS yard maintenance, cleaning and even Coffee, Cake & Chat are fundamental to the continued support provided to oncology families.

To see how you can help in 2016 or become a volunteer, please visit www.ccs.org.au.



BRISBANE GIRLS GRAMMAR SCHOOL



heartfelt supporter

Want to make a real difference?

Become a Heartfelt Supporter for Childhood Cancer Support.

Heartfelt Supporters play a huge role in allowing Childhood Cancer Support to continue providing the facilities and services that families need. The year 2015 has seen our Heartfelt Supporters raise more than \$30,000, which has helped immensely in providing accommodation maintenance and improvements, the ongoing costs of the transport services, assisting campaign initiatives and importantly the backing and encouragement to move the Southside to be closer to the Lady Cilento Children's Hospital, Brisbane.

A Heartfelt Supporter of CCS agrees to make an ongoing monthly donation, starting at a minimum amount of \$10. Your monthly donation will commence on the 1st of each month and continue until further notice from you. All donations are tax deductible.

If you would like to make a real difference, sign up today at:

www.ccs.org.au/how-can-you-help/join-the-heartfelt-supports-club/



Childhood Cancer Support's
heart to heart
NEWSLETTER

2016 | January Issue

When your child is diagnosed with cancer, everything else life takes a backseat.

Childhood Cancer Support provides something that every family needs in a crisis – a home away from home for the whole family; a place where the whole family can be together during a very challenging time.

Childhood Cancer Support is one of a kind – a family focused charity offering regional families a place to call home while their child is undergoing life-saving treatment.



CHILDHOOD

CANCER SUPPORT

To find out more about Childhood Cancer Support, go to:

www.ccs.org.au

MAKE A DONATION | BECOME A HEARTFELT SUPPORTER