

HealthyLiving

Cancer Care Centre Inc.
Quarterly Program and Newsletter

Annual General Meeting See page 2

Free Gut Health Workshops

for members and Unley Residents. See page 7

New Cancer Immunotherapy Treatment

with Prof Simon Barry
See page 10 & 11



The leading provider of supportive cancer care in South Australia, since 1985

Cancer Care Centre Inc is a community based, not-for-profit organisation offering a wide range of complementary care to support cancer patients and their families. Complementary care refers to a variety of holistic health services which enhance wellbeing on physical, emotional, mental and

spiritual levels. Areas specific to cancer care include interpersonal support such as counselling and support groups; stress management approaches such as meditation and massage and nutritional approaches such as diet and nutrients. Research has demonstrated that complementary care improves cancer patients'

wellbeing and may assist them to better tolerate their medical treatment for optimal outcomes. Cancer Care Centre Inc staff consist of a variety of dedicated health care professionals and trained volunteers – many of whom have been affected by cancer in their own lives. We support individuals and families to empower

themselves as they travel the cancer journey. We provide an environment which complements medical treatment as clients work towards wellbeing.

To keep up to date with what's happening at the Centre, visit our website www.cancercarecentre.org.au or follow us on Facebook.

**Cancer
CareCentre**
a place of help, hope and understanding

Cancer Care Centre Inc
76 Edmund Ave,
Unley SA 5061
Call (08) 8272 2411
cancercarecentre.org.au

People's Choice Lottery

Over 100 Prizes to be won!

While you'll be helping to fundraise for the Cancer Care Centre through the People's Choice Community Lottery, you'll also go into the draw with 115 prizes worth more than \$360,000.

1st Prize Toyota Rav4 GXL

2nd Prize Toyota Corolla Ascent

3rd Prize Harvey Norman Package

And loads more

Go online and enter "Charitable Organisation" then "Cancer Care Centre" when prompted.

Or follow this link: <https://communitylottery.peopleschoicecu.com.au/public/community-groups/cancer-care-centre>

Thank you to all those who have bought tickets already.



Notice of Annual General Meeting 2019

You are cordially invited to attend the Annual General Meeting of Cancer Care Centre Inc at which we will present the Annual Report and Highlights that have occurred throughout the year.

Annual General Meeting

Date: Wednesday 25th September 2019

Time: 7pm

Location: Cancer Care Centre
76 Edmund Ave, Unley

Nominations for the Board are welcome with three positions currently vacant. Further information can be obtained at email: admin@cancercarecentre.org.au

It will be an informative and enjoyable evening. An invite to join the Board for refreshments will conclude the evening.



The Centre would like to thank the following people for their generosity:

A M Humphreys

Alec King

Amy Halliwell

Anne White

Calandra Scott

Christine Madden
*In memory of
Mal Potticary*

Chris Humphries

Deirdre Knox

Dianne & Michael
Hockley
*In memory of
Malcolm Potticary*

Ferne Tabe

Gwenda James

Helene Hipp

James Kearney

Jenny Leak

John Kearney

Julie Leslie

Karin Meyer

Katharina Brandwyk

Kerry Anne Smith

Leanne Saracini

Lilly Pours

Liz Hewitt

Margaret Butler

Margaret Nelson

Margaret Wallace

Monica Wheel

Paypal

Peter Hancock

Recreations SA Inc

Russell Talbot

Sarah Braybrook

Shirley Paterson

Suzanne Linford

Thank you to our Cancer Care Champions:

Ray & Jocelyn Nicholson

Julie & Malcom Potticary

Donations made after 31st May 2019 will appear in the next edition of Healthy Living.

Like us on Facebook and follow us on Twitter



Remember to like Cancer Care Centre on Facebook and spread the word to friends.



@CANCER_CARE

Note: The Cancer Care Centre is a support and resource organisation and provides information of a general nature. It does not recommend any specific treatments.



Please give generously

What your donation will do for Cancer Care Centre and its clients:

With a fully tax deductible donation of:

- \$100** help purchase books for the library collection
- \$200** help purchase organic ingredients for our vegetarian cooking course
- \$300** help subsidize the cost of 'Journey to Wellness' course
- \$600** help mail out an edition of Healthy Living

These are just a few of the costs that can be covered by a fully tax deductible donation.

You can make your contribution by:

- becoming a Cancer Care Champion
- donation – by completing the 'cut out' slip on the next page and post-marking the envelope 'reply paid' (donations are 100% tax deductible)
- bequest – by contacting the Centre Coordinator for details
- in memoriam donation – by naming the Cancer Care Centre.

Your gift to the Cancer Care Centre will assist the support and care of cancer sufferers and their carers.

Thank you for supporting the Cancer Care Centre.



Cancer Care Centre Father's Day Movie Night

Celebrate your father and come and join us for a night of fun!

Movie: Once Upon a Time in Hollywood

Once Upon a Time in Hollywood is a 2019 comedy-drama film written and directed by Quentin Tarantino. The film stars Leonardo DiCaprio, Brad Pitt, Margot Robbie, Emile Hirsch, Margaret Qualley, Timothy Olyphant, Austin Butler, Dakota Fanning, Bruce Dern, and Al Pacino. The film is set in an alternate 1969 Los Angeles where an aging television actor and his stunt double embark on an odyssey to make a name for themselves in the film industry. It features a large ensemble cast who star in multiple storylines in a modern fairy tale tribute to the final moments of Hollywood's golden age.

Date: 26th August 2019

Time: 6.30 pm

Cost: \$25



Get your tickets online via
try booking: [https://www.
trybooking.com/516419](https://www.trybooking.com/516419)

Or contact the Centre on
08 8272 2411 to book your ticket.



Image by Source, Fair use, [https://en.wikipedia.
org/w/index.php?curid=60263751](https://en.wikipedia.org/w/index.php?curid=60263751)

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☐ Cheque / Money order payable to:

Cancer Care Centre and posted to:
 Centre Coordinator
 Cancer Care Centre
 Reply Paid 83842
 76 Edmund Ave Unley SA 5061

☐ Direct credit to:

BSB: 105 011
 Account number: 075 271 440
 Account name: Cancer Care Centre Inc
 Reference: Your name

☐ Telephone:

For credit card payment by telephone
 please ring the Centre Coordinator on
 (08) 8373 1470
 Monday – Friday, 10.00am – 4.00pm

Thank you for your generosity.
 Your support is greatly appreciated.

ABN 73 640 293 985

MESSAGE FROM THE MANAGER



We are now half way through the year and have been busy here at the Centre. We have recently had National Volunteer week and as always are very grateful to our wonderful team of Volunteers here at the

Cancer Care Centre, without them we just would not be able to do the wonderful work we do!

I would like to thank The Honey Shoppe at the Central Market for donating honey towards a little gift of appreciation. All our volunteers received a small jar of honey with a thank you note saying "Thank you for BEE'ing our volunteer" (See pictures).

Peter Binkie was a wonderful man who bequeathed a large amount of money to the Centre which has created the Peter Binkie Memorial Fund, these funds will allow us to create retreat, respite and education for those in need. The centre now has a subcommittee working to organise special days that will run over the next 10 years in memory of Peter Binkie. This includes our Journey to Wellness which was recently conducted free of charge for our members.

A big thank you to Glenelg Masonic Lodge and Freemasons Foundation, Grants SA, Bendigo bank and the City of Mitcham for grant money to aid the Cancer Care Centre. From the Glenelg Masonic Lodge and Freemasons Foundation we received a grant of \$1,499 to purchase a new video conferencing system and from Grants SA a \$3,968 grant for a new Smart TV for volunteer training and support group facilitation. The City of Mitcham has provided a grant of \$2,500 to start the *Cherrington House Therapeutic Community Garden* which is really exciting, so stay tuned for more details. From the Bendigo Bank we received a \$550 grant to purchase two new double-sided pull up banners and a new large vinyl banner to hang at functions. Again, thank you and much appreciation to these supporting organisations.

The Cancer Care Centre held a Mother's Day Movie Night this May. A big thank you to the Centres Member Liz Rauseo-Clark, an SA Power Network Employee and Vicki Shearer from the SA Power Networks Employee Foundation, our very own Marketing & Events Committee Tamara, James, Tiffany and Julia for putting on a fantastic evening and raising \$11,500 for the centre, see page 6 for more details.

We had two events that raised money for the Centre; a big thank you to Judy Gent and Recreations SA Inc. who held a Royal Gala Night and raised \$1,111.50 for the Centre. A big thank you to teenager Tara Artini and Stephanie from *Beauty is in the Hair* for the fundraising of \$410 in *Tara's Helping Hair* see page 12 for more details.

Another thank you goes to Zeena Anthony-Qureshi and Megan from Lynch Myer Lawyers for coming to the Centre and talking to our members about Estate Planning. Very interesting and informative evening for all those who attended.

I recently attended our *Seeds for Health* workshop, which is a four week organic seedling and gardening workshop which is held twice a year in spring and autumn at the Fern Ave Community Garden. Wow! what a little gem of a course! To read more please see page 13.

We are very lucky to be running four Gut Health Workshops over this year; thanks to the City of Unley we are able to offer this workshop free to members and City of Unley residents, please see page 7 for more details.

We have an exciting collaboration with Professor Barry Simon of the University of Adelaide, please see page 10 and 11 for an interview reported by Lee Hutton one of our resident counsellors.

Please put in your diary: Tuesday 25th September 2019, 7pm for our upcoming AGM. All the best and stay warm!

Calandra Scott
 Manager



Mother's Day Movie Night Fundraiser

Big thanks to the Cancer Care Centre Marketing & Events Committee, who put together a wonderful evening at the cinema!

Stepping back in time to see the movie *Stan & Ollie* at the beautiful Capri Theatre in Goodwood which interestingly was built around the same era. We were fortunate to have a volunteer of the Capri Theatre play the organ, it was amazing as it rose from beneath the stage floor. and It was a wonderful spectacle for all to see.

Special thank you also goes to Liz Rauseo-Clark a member of the Centre and employee of SA Power Networks. Thanks to Liz and her hard work and support for involving the Centre with SA Power Networks Employee Foundation. SA Power Networks Foundation were able to offer dollar for dollar fundraising matching!

SA Power Networks Employee Foundation presented the Cancer Care Centre Chair, Meredith Ridgway with a cheque for \$11,500 recently. A truly wonderful result for the Centre and thank you to all those who attended and made the evening so special.



GUT HEALTH WORKSHOPS

Free for Cancer Care Members & Unley
Residents - Spaces Limited

Gut Health Theory Workshop

Facilitator: Paul Kern

9th June or 6th Oct 2019

1pm - 4pm

Gut Health Cooking Workshop

Facilitator: Chris Wake

21st Aug or 6th Nov 2019

6.15pm - 7.30pm

**SPACES LIMITED - BOOKINGS ESSENTIAL
PLEASE CALL THE CANCER CARE CENTRE ON
08 8272 2411**

All Workshops Held at the Cancer Care Centre
76 Edmund Ave, Unley, SA 5061

Special Thanks to Unley City Council For Grant Received

What's on at the Centre... Weekly Programme

What is Pathways?

Pathways is an opportunity to spend time with one of our trained Support Workers in a private, quiet environment to explore and prioritise goals, needs and skills regarding your cancer journey, or if you are a carer, to explore how you can be of support, while at the same time taking care of yourself. Pathways appointments are available most days. Please ring the Centre to book your free Pathways appointment.

Monday

Young Women's Support Group

A friendly support group for women under 45 to discuss issues affecting them on their cancer journey.

1st & 3rd Monday of the month

6.30pm – 8pm

By donation, Non-Members \$10

Please register your interest by telephoning the Centre on 8272 2411.

Melanoma Support Group

Facilitator: Karen

Last Monday of the Month

10.30am – 11.30am

Massage – Remedial, Relaxation, Myofascial; Craniosacral, Trigger Point

Therapist: Ryan

Fortnightly, Monday mornings

Members \$40, Non-Members \$85

Nutritionist

Facilitator: James Hart

Weekly, Monday afternoon 5pm

Members \$40, Non-Members \$85

Counselling

Counsellor: Natalie

Weekly, Monday afternoons

Members \$40, Non-Members \$85

Tuesday

Massage – Lymphoedema, Oncology, Energy body processes

Therapist: Judy

Fortnightly, Tuesday mornings

Members \$40, Non-Members \$85

Massage – Oncology, Relaxation

Therapist: Therese

Fortnightly, Tuesday mornings

Members \$40, Non-Members \$85

Reiki

Facilitator: Colomba

Weekly, Tuesday morning

Members \$40, Non-Members \$85

Men's Support Group

This group provides an opportunity for men to discuss issues affecting them on their journey, whether they are a patient, carer or partner of a patient.

Facilitator: Mel

1st & 3rd Tuesdays of the month

7pm – 9pm

By Donation, Non-Members \$10

Please register your interest by telephoning the Centre on 8272 2411.

Wednesday

Group Meditation

Facilitator: Dharmamodini

No booking necessary

Weekly, Wednesday mornings

10.30am – 11.30am

Members \$7.50, Non-Members \$10

Counselling

Counsellor: Nicole

Weekly, Wednesday mornings

Members \$40, Non-Members \$85

Counselling

Counsellor: Lee

Weekly, Wednesday afternoons

Members \$40, Non-Members \$85

Massage – Lymphoedema, Oncology, Bowen Therapy, Kinesiology, EFT

Therapist: Sarah

Weekly, Wednesday mornings

Members \$40, Non-Members \$85

Massage – Oncology, Remedial, Craniosacral

Therapist: Lyndon

Weekly, Wednesday afternoons

Members \$40 Non-Members \$85

One on One Yoga

Facilitator: Donna Myer

Wednesdays Weekly

5pm or 6.30pm spots available

Cost Members: \$10 per session or \$25 for 3

Please register your interest by contacting the centre on 8272 2411.

Thursday

Thursday Women's Support Group

A friendly support group for women over 45 yrs of age to discuss issues affecting them on their cancer journey.

1st & 3rd Thursday of the month

10am – 12 noon

By Donation, Non-Members \$10

Please register your interest by telephoning the Centre on 8272 2411.

Massage – Lymphoedema, Oncology, Remedial

Therapist: Erin

Fortnightly, Thursday afternoons

Members \$40, Non-Members \$85

Counselling

Counsellor: Lynne

Weekly, Thursday afternoons

Members \$40, Non-Members \$85

One-on-One Meditation

Facilitator: Lynne

Weekly, Thursday afternoon

Members \$20, Non-Members \$30

Courses and Workshops

Please ring the Centre on 8272 2411 to book into a workshop or course as bookings are essential. If you have any other workshop ideas please contact the Centre to discuss.

Friday

Acupuncture

Facilitator: John Zocchi
Weekly, Friday Mornings
Members \$40, Non-Members \$85
June Special – 2 sessions for \$50

Counselling

Counsellor: Helene
Weekly, Friday afternoons
Members \$40, Non-Members \$85

Massage – Lymphatic, Reflexology

Therapist: Lyn
Weekly, Friday afternoons
Members \$40, Non-Members \$85

Massage – Oncology

Therapist: Vicki
Monthly, Friday afternoons
Members \$40, Non-Members \$85

Monday – Friday

Resource Centre

The library is an easy and convenient way to find information and inspiration. Come in and have a browse and ask our friendly staff how this great resource can help. Internet research can be arranged for you by one of our volunteers.

The library is open during office hours
9.30am – 4.00pm, Mon – Fri.
No Charge – Members' facility only

Sunday

Journey to Wellness

A highly recommended course for all our new members. This 3-week course covers a range of topics specifically designed to assist cancer patients to maximize their wellbeing on a physical, emotional, psychological and spiritual level.

Facilitators: Sarah Trangmar, James Hart, Lynne Murphy, Anne-Marie Halligan and Dharmamodini.

Dates: register your interest for Sep 2019
Time: 10am to 4pm (1 hour for lunch)
Location: Cancer Care Centre
Gold Coin Donation for Members as funding has been obtained.
\$150 non Members
Bookings Essential, please call the Centre on 08 8272 2411 to book your spot.

Gut Health Workshop – Theory

Facilitator: Paul Kern
Sun 6th Oct 2019
Free for Members and Unley Council Residents Non Members \$80
Please register your interest by contacting the Centre on 8272 2411

Monday

Hero's Journey – Art Therapy Workshop

8 Week course
Facilitator: Rebekah Popescu
2nd Sep to 21st Oct 2019, 10am to 12.30pm
By donation for members thanks to funding, \$150 non members
Bookings Essential

Wednesday

Yoga – Gentle

Gentle yoga will support healing and wellbeing. It's safe, fun & easy to do. 8-week course with no prerequisites

Facilitator: Tina Spencer
19th Jun to 7th Aug & 28th Aug to 16th Oct 2019 2.30pm – 3.45pm
Put your name down to register your interest.
Cost: Members \$85, Non-Members \$125

One on One Yoga

Facilitator: Donna Myer
Wed Weekly 5pm or 6.30pm spots available
Cost Members: \$10 per session or \$25 for 3
Please register your interest by contacting the Centre on 8272 2411.

Juicing Workshop

This monthly workshop shows you how easy it is to make your own fresh juice and harness all the goodness of vegetables and fruit.

Facilitator: Cherie Gauci
1st Wed of the Month 1pm – 2pm
Members \$7.50, Non-Members \$10

Seeds for Health – Gardening Course

Facilitator: Di Bickford
Four Week Course
Register your interest for Sept 2019
10 am – 12.30pm
Members \$55, Non-Members \$80
Bookings Essential

Gut Health Cooking Workshops

Facilitator: Chris Wake
Wed 21st Aug or 6th Nov 2019
6.15pm to 7.30pm
Free for Members and Unley Council Residents Non-Members \$80
Please register your interest by contacting the Centre on 8272 2411.

Thursday

Vegetarian Cooking Class

Facilitator: Natalie from *Cooking up a Storm*
Thursday 22nd Aug 2019, 12noon to 3pm
Members \$70, Non-Members \$100
Bookings Essential

Mindfulness Meditation

5 Week Course
Facilitator: Loretta
5th Sept to 3rd Oct 2019, 6.30pm to 8pm
Cost: \$60 Members, \$100 Non Members
Bookings Essential

Friday

Mandala Art Meditation Workshop

Facilitator: Cathy Gray
Frid 12th Jul 2019 6.30pm to 8.30pm
Cost Members \$30, Non-Members \$40
Please register your interest by contacting the Centre on 8272 2411.

If you have any other workshop ideas please contact the Centre to discuss.

With the exception of Wednesday morning meditation, you are advised to contact the Centre on (08) 8272 2411 to confirm course commencement dates and times, and to make bookings for all courses listed.

A new cancer therapy with high on target efficacy and minimal side effects

Talking with Professor Simon Barry on cancer immunotherapy.

You are a hospital scientist at the Women's and Children's Hospital in Adelaide and professorial fellow in the Robinson Research institute, part of the University of Adelaide, what has led you to researching immunotherapy?

I started out doing a Bachelor of Science degree in Biochemistry which is the mixture of how biology and chemistry talk to each other and then went on to do a doctoral degree in a kind of immunology looking at the question of 'how does a particular cell get born and get programmed?'

Since then I have developed an interest in "how does the immune system work and how does it recognise things that it should see such as infections or virus's but be smart enough not to mistake things as threats that it shouldn't, like your normal tissues and food in your gut etc?"

In the 90's this was poorly understood, then in the 2000's I was working for a biotech company very interested in the area of auto immune illness (e.g. arthritis) and controlling the immune system... that's when I got very interested in what normal or abnormal immune responses look like, leading me to this area of cancer immunology.

Immunotherapy is a new treatment many may not have heard of, and if people have heard of it many do not know that it means....can you explain it in layman's terms?

Immunotherapy is an umbrella term that captures "a way that the body harnesses the immune system and make it good to recognise cancer cells in the body."

There is more than one immunotherapy and it's been evolving fast. Early clinical science in immunotherapy about 10 years ago was using a process of taking a biopsy

of some immune system cells that had recognised an existing tumour', 'grow those cells', that is those cells helping to fight the cancer. They would deliver the cells back to the person. There was a lot of excitement about this process, but this turned out not to hold the great promise we all hoped for.

Recently, it became more obvious that the immune system is trying to recognise cancer in anybody, but it can fail because it is getting confused by the fact that cancer cells are "sort of a normal tissue" and that's the reason why your own immune system doesn't immediately recognise it and reject it as cancer. This understanding has led to the next wave of immunotherapy, approaching the question "how does cancer 'turn off' the immune system?" "It turns out that the cancer cells have learnt how to 'talk to the immune system' and 'hypnotise' it.

This next wave of immunotherapy, which is hitting the clinics now, is driven by understanding how the 'hypnosis' works and then using antibodies to "block" the hypnosis. These antibody therapies are known as "check point inhibitors" and they are having big successes in the last 3- 5 years in some cancers, but not every cancer type.

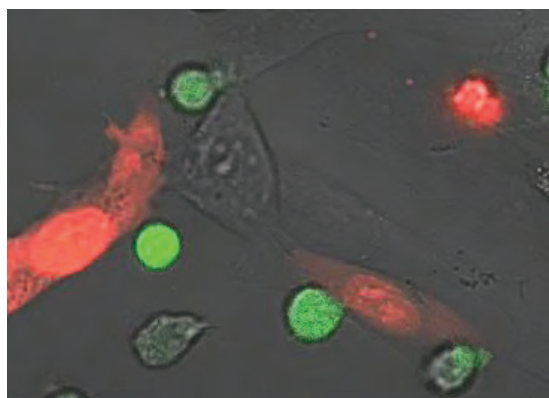
Cancer cells are good at determining what works and what doesn't. This means they change themselves so that the 'check point inhibitors' may no longer be effective. It's in some cases. It's similar to the flu virus, you know how we need a different vaccine one every year. Cancer cells can learn how to give the immune system a new "leave me alone" signal.

This has led to the most recent phase, the CAR-T cell approach which is what I'm working on.

So the short history of Immunotherapy is that 'check point inhibitors' are better than initial 'tumour infiltrating lymphocytes (white cells)' and it maybe that CAR-T cells are better than check point inhibitors. But, what might end up happening is that each person might need a combination to get the perfect re- arming of their immune system. So it's an ever evolving process.

How does the CAR T cell therapy work then?

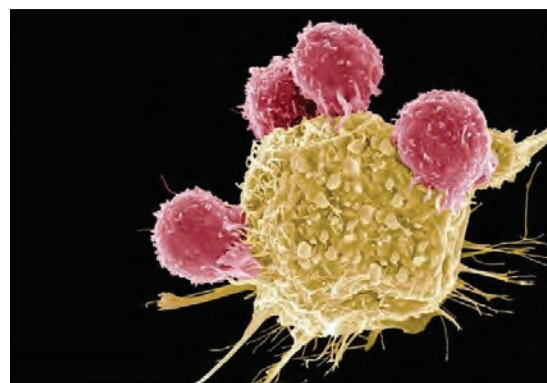
Look at the picture (above / below/ adjacent) of the pink and yellow cells, this is a real picture using "electron microscopy". It shows the little 'fingers' of immune system cells 'talking' to other cells. I have spent years trying to understand how it does this ... It's like a nose and tongue "sniffing and tasting" another cell and deciding "do I need to do anything here?" Immune cells are highly connected to the environment they live in, they talk to nerve



Left: This is a shot from an assay in the lab where we test whether the CAR-T cells can kill the cancer cells, the cancer cells go red when they have been assassinated...

Right: This is a photo of "Immune soldiers"- immune cell (pink) reaching out and sniffing out the cancer cell (yellow).

(Stock photo, Getty images)



cells, sense nutrients, and respond to levels of stress hormones.

CAR T cell therapy is giving the immune cells "a licence to kill". Arming the immune cell with the ability to instantly recognise the cell as cancer and assassinate it. It is no longer vulnerable. It's like giving the immune cell the key to the cancer cell lock, but not to any other lock, and when the lock is opened the cancer cell is killed.

Because of this direct arming of the immune cell, it is potentially no longer vulnerable to the cancer cell's ability to hypnotise and confuse the immune cell into ignoring the cancer cell, but also it's less likely to accidentally kill other cells in the body.

The amazing clinical data for CAR-T cells has come from leukaemia therapy. CD 19 is a protein that exists on leukaemia cancer cells, and this has been used to arm some CAR-T cells, giving them the identifying key for assassinating these cancer cells. This only works on a subset of cancer, but it has inspired many labs to look for new cancer keys. In our lab, we have been looking for a "master key" of solid cancers (tumours) and we have had some breakthroughs.

You said the goal of Immunotherapy is to have a high target killing cancer cell rate and minimal side effects. I googled 'immunotherapy side effects' and it listed some of the same symptoms as chemotherapy and radiotherapy such as fatigue, fever, weakness, dizziness, aches, nausea, vomiting and diarrhoea headache. Can you comment?

The good news is that there is no evidence yet that there will be any of the long term or types of side effects experienced with chemotherapy or radiotherapy. However, the symptoms you mentioned have been reported especially in the early trials of using CAR T cell immunotherapy. This was due to the unprecedented successful "killing rate" of the therapy against the blood cancer cells! The early patients experienced symptoms of a 'cytokine storm' which is the immune systems reaction to infection. The immune system was dumped with so many "dead cancer cells" that it responded to it as a "threat"! So, the immunotherapists learnt very quickly to either clinically manage those symptoms, and / or take a gentler approach in administering the therapy to avoid that immune response.

At what stage is CAR T cell therapy research at? When will it be available?

Check point inhibitor therapies and CAR T cells against blood cancer therapies are being used now. The CAR T cells therapy has had up to a 98% disease free rate for some leukaemia's, which is very promising.

In describing our research, I like the analogy of a "lock and key" and in the last 2 years we went looking for the lock and key that would work on multiple different solid (tumour) cancers. We built our little 'lock and key' CAR T cell and it first worked on breast cancer. I thought "that's a fluke"., then it worked on another type, and by the time we got to the third, we realised we have something very promising!

In the lab, using human cells in the flask (lab conditions...) our 'key' has been fitting the 'locks' of up to 9 cancer types including triple negative breast, prostate, pancreas, ovary, glioma, neuroblastoma (two very difficult to treat brain cancers). But, this is a very controlled setting (in the lab) unlike when the cancer cells are growing in a human being. To use the lock and key analogy, we can test the "key" presenting only one lock in the lab, but in a human, there might be 4000 doors on a dark street that the immune T cell is navigating to find the right door lock.

But when it then worked in the pre-clinical mouse models as a next step, that was another 'Aha moment ...!'

We have set ourselves a very ambitious goal to hold safety studies by end of 2020. A Phase I Clinical trial is a toxicity study using small numbers of people). This is the first step in learning if the therapy is safe to administer, and if that succeeds, we will then proceed to a phase 2 study of efficacy. We are looking to partner with people with expertise and existing processes to do this study.

If it is effective, conservatively, it would take another 5-10 years for the treatment to be available for use in man.

Can the patient use the complimentary therapies at the same time as Immunotherapy?

Absolutely! My personal view is "Do anything that helps you to feel better, as long as it does not interfere with the therapy, there is more than one way to help someone feel better as well as get better.

Your immune system is absolutely listening to your body, how it you are feeling, if you are calmer, you are not making as many stress hormones and so not distracting your T cells with something else.

You will be engaged with the Cancer Care Centre (CCC) and community as part of your ongoing work to develop immunotherapy, what's that about?

By partnering with CCC I have several goals;

- To share new treatment innovations as they emerge;
- To learn from consumers about what they want from cancer researchers, and how we can include that in our research communications;
- To determine what influences there are on consumers when deciding about treatment options

Thankyou Prof Simon Barry, we look forward to hearing more from you about the progress of immunotherapy in our next edition of Healthy Living. Watch out for part 2 talking with Prof Simon Barry!

All the best for your developing immunotherapy treatment.



Professor Simon C Barry, Ph.D.

Head, Molecular Immunology Group
Robinson Research Institute

Member, RRI Executive
Theme Leader, Healthy Adolescents and Children

Fundraising Support

Recreations SA Royal Gala Dinner Fundraiser

Thank you to member Judy Gent and Recreations SA for their recent Royal theme fundraiser.

With over 40 people attending the well decorated event full of fun and games. The night raised \$1,111.50 for the centre. Thank you to all those involved!

Thank you to the following businesses that supported the night with prizes:

- Sandy Creek Hotel
- Lyndoch Hotel
- Wrenbrook Retreat
- Bremerton Wines at Langhorne Creek
- Lyndoch Butcher
- Viva Auto Repairs



Tara's Helping Hair

Tara contacted the Centre after deciding to cut her hair for the first time, she wanted to raise money for a good cause...ours!

And donate her hair to be made into wigs for kids. A kind and lovely gesture from the young teenager.

The big day happened on the 29th May a big thank you to Stephanie Calipari who donated her time for Tara and cut her hair for her. Stephanie works at:

Beauty is in the Hair

404B Magill Road, Kensington Park

Tara raised \$420 for the centre all up and her hair was sent to Variety SA to be made into a wig.

Thankyou Tara for your support!



Seeds for Health – Organic Gardening Workshop

I recently attended our “Seeds for Health” workshop, which is a four week organic seedling and gardening workshop which is held twice a year in spring and autumn at the Fern Ave Community Garden. Wow! what a little gem of a course!

The course is facilitated by Diana Bickford. Diana is a certified organic seedling farmer from Bickleigh Vale Farm, you will find Di at local farmers markets at Sophie Thompsons open gardens and on the board of the Adelaide Farmers Market. Di has been running our Seeds for Health course for 16 years with the help of Cath Coen, Pam Robinson and Jill. Below is a little taste of what happens.

Week 1 We started by explaining where we lived and our gardens the types of conditions and issues we are having, were given our notes and got to know each other. We then went down to the garden and cleared out a section of the vegie patch and planted Celery, 2 different types of Kale, broccoli, Asian greens, different types of lettuce, beetroot and some others. We then were given a tray to put seeds in and take home to germinate...fingers crossed! There were lots of seeds to choose from I chose broccoli, snow peas and beans to grow from seed. Lunch was amazing this week was all produce from Cath's garden and a yummy vegie and lentil soup.

Week 2 of seeds for health focused on composting... Glorious day to be in the garden.

We had Steve from Wagtail Urban Farm come and speak and talk us through the process and answer all our questions.

Our amazing Lunch was pumpkin soup harvested from last week and an array of home made salads, the theme this week was tomatoes, so we had chutneys and pasta sauce and sundried tomatoes...yum!

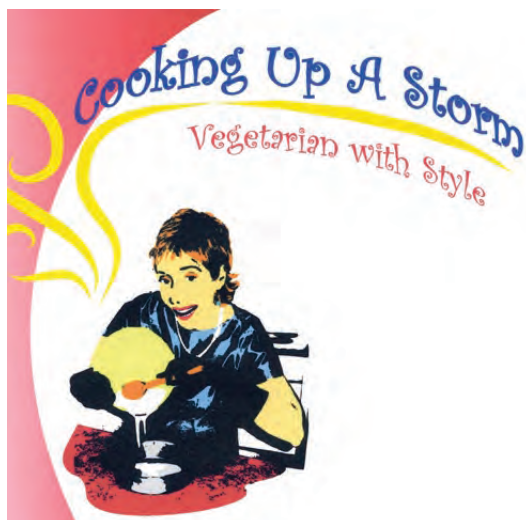
Week 3 Today's focus was soil health, then it was into the garden to plant some organic garlic (there were plenty for us all to take some home to plant as well) and were shown how to make a beer trap to catch slugs and snails. Jill showed us a few different ways we could make wicking beds and we had another fabulous lunch made from the eggplants we picked in the garden the week before.

Week 4 Today we looked at the PH level in everyone's soil and in the Cancer Care Centre's Plot. Pam went through keeping Bee's and we planted more seed and got to take more of Di's seedlings home. Everyone bought something yum to share this week for lunch and it was delicious.

This hands-on holistic experience includes guest speakers and focuses on producing your own “healthy food”. It's a chance to connect with nature, meet like-minded gardeners, gain important health benefits, increase self-reliance and experience the fun of a great community garden spirit! Big Thank you to Dianna and her team who all donate their time and expertise to make this such a great course. Highly recommended!

Calandra Scott





Cooking workshop – on again

A demonstration cooking class at Cancer Care with Natalie Playford from *Cooking Up A Storm*.

Be Inspired! A relaxing, fun afternoon learning some yummy, easy vegan dishes that you can then cook at home.

Natalie uses a variety of plant proteins with easily sourced ingredients. Come and enjoy this delicious cooking class. Copies of recipes and tastings included.

Cancer Care Cookbooks will be available at a reduced price for all participants. Cost \$15 (Normally \$25).

One-Day Workshop

Facilitator: Natalie from *Cooking up a Storm*

Thursday 22nd August 2019

12 noon to 3pm

Members \$70, Non-Members \$100

Bookings Essential.

Mandala Workshop

Enjoy a deep focus, or concentration so deep that you lose track of time – welcome to the world of creating mandalas.

Join highly acclaimed art teacher Cathy Gray as she guides you in creating your own mandala art works.

No prior art experience is necessary; all that you need is a sense of discovery and an interest to create.

Friday 12th July 2019

6.30pm to 8.30pm

Members \$30,

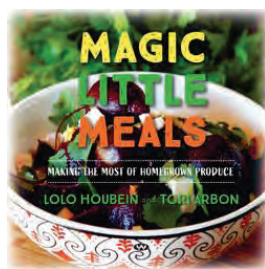
Non-Members \$60

Bookings Essential.

Includes the mandala on paper and pens to use.



New Books in the library



One Magic Square

by Lolo Houbein

One Magic Square shows how, with a ten-minute effort, you can start your own productive food garden on a single square metre. By following these plot designs you can keep your labour pleasurable as your self-sufficiency increases. Take control of your own fresh food supply! Food gardening is the most intelligent adult endeavour on earth – Lolo Houbein shows you how to do it, and why you should. Winner of the 2008 Gourmand World Cookbook Awards for Best Innovative Cookbook. 'This timely guide will assist first-time and experienced gardeners take control of their own food supply at a time of water restrictions and increasing fuel and food prices. An engaging and motivational guide to growing your own food – very easy to follow.' Sumptuous magazine.



Magic Little Meals

by Lolo Houbein and Tori Arbon

Warm, witty and wise, this practical garden-to-table cookbook will help you to not just grow your own food – but eat it, too.

Put yourself in the expert hands of gardening guru Lolo Houbein, author of the international hit *One Magic Square*, and organic farmer Tori Arbon, of urban food-growing workshops *Magic Harvest*.



Sophie's Patch

by Sophie Thompson

Inspiration and practical ideas from popular *Gardening Australia* presenter Sophie Thomson

A gorgeous, inspirational and fun gardening book jam-packed with ideas, tips, projects and great advice all based on Sophie's own garden in the Adelaide Hills, South Australia.

Sophie has transformed what was once a dry, windswept cow paddock surrounding her historic stone cottage into a lush garden. But it's not a mere showplace it's a working garden that reflects all Sophie's passions: a kids' garden, an 'obsessive-compulsive' gardener's treasure trove, a recycled/repurposed garden, a haven for beneficial insects & bees, and a productive garden supplying her family with fruit, veg and eggs year-round. It's also a work in progress that everyone can learn from, including:

- Sophie's 10 guiding principles (including soil, climate and waterwise gardening)
- Top tips for planning your patch – from design principles to plant selection
- Sophie's favourite plants – from top trees to great groundcovers
- The edible garden
- Garden structures that reduce, reuse and recycle – Sophie's garden has everything from an old tram carriage that now houses chooks to garden sculptures, a pizza oven and practical and striking 'gabion' walls, all made from repurposed materials
- Kids in the garden
- Wildlife gardening.

A big thank you to our wonderful volunteers



Cancer Care Centre...
a place of help, hope and
understanding



Been diagnosed with cancer?

Start your journey with a free Pathways appointment.



Pathways is a free service offered by the Cancer Care Centre to people with cancer.

In a caring and supportive environment, one of our Support Workers will meet with you and listen to your story.

Telling your story is an opportunity to spend time with someone who cares, in a private, quiet environment to explore and prioritize goals, needs, and devise a healing plan appropriate to you and your personal cancer journey.

A Pathways appointment is also available to carers of someone with cancer. The Support Worker will explore how you can be of support to that person, while at the same time taking care of yourself.

The Support Worker will link you to services that will help assist you – either within Cancer Care Centre or with other community organisations.

A Pathways appointment is of one-hour duration and is your first step in complementary care for your cancer journey.



Cancer Care Centre... empowering individuals and families as they travel the cancer journey.