



BRAIN TUMOUR
ALLIANCE AUSTRALIA Inc.

Brain Cancer Action Week Edition

3 TO 9 MAY 2015

This newsletter was produced with the assistance of the prize won by the Australian Society for Sports History team, captained by Robin Poke.



LETTER FROM THE CHAIR

Twenty-seven of the participants at the 2nd National BTAA Summit, Melbourne, First day of IBTA Week, 2014.

This edition of the BTAA Newsletter marks Brain Cancer Action Week | 3rd to 9th of May 2015.

Brain Cancer Action Week is an awareness and fundraising initiative of Cancer Council NSW in collaboration with the Cancer Institute NSW, NSW Oncology Group Neuro-Oncology, Grey Matters, Sydney Neuro-Oncology Group, Brain Tumour Alliance Australia and Cure Brain Cancer Foundation. Activities to support the week including an education forum on Friday 8 May at the Menzies, Sydney, are on our events page. <http://www.btaa.org.au/events>

One of the longest-standing 'special' annual occasions is the 11th hour, of the 11th day, of the 11th month. The words for that remembrance include those from Laurence Bunion's Poem, 'For the Fallen':
*"They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them."*

This is not to equate the terrible sacrifice made by soldiers in war to the involuntary suffering of people with serious diseases. Instead, it is to highlight that faced with the otherwise incomprehensible loss, a time honoured tradition is to take a dedicated time to actively remember and reflect on what exactly was lost, and why.

By its very name, Brain Cancer Action Week places particular emphasis on the 'why'? Annual 'occasions' bind together those left behind, those living with the disease, and those with an interest in the question: 'Why does it have to be so'? It emboldens this cohort to be more strident in advocacy.

On that note, it is worth remembering the October 2014 Second National BTAA Summit, where consumer advocates contributed ideas on how to advance research and support. Brain tumour care coordinators Di Legge from the Austin and Marcia Fleet from Royal Melbourne Hospital lent their expertise and experience to discussions on maintaining effective support groups. Special thanks to the Cure Starts Now for contributing funding, and to the Cure Brain Cancer Foundation for contributing expertise and follow-up analysis. The top suggestions at the Summit were:

CONTINUED PAGE 2

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INSIDE THIS ISSUE

**Australian Cancer
Consumer Network**

Mel Goes Gray In May

**Rain Hail or Shine -
Tasmanians show their
generosity.**

Toni Badenach's Story

Travel Insurance Update

+MORE STORIES INSIDE



Summit participants at work on their priorities.

LETTER FROM THE CHAIR

CONTINUED FROM PAGE 1

Prevention

More GP awareness

Diagnosis

Earlier access to GP and MRI; 3-month follow-up (post-diagnosis) for clarification / understanding; Brain Cancer sniffer dogs (Why not! Sniffer dogs exist for melanoma)

Treatment

Every child to have access to a clinical trial; Fast track drugs (targeted therapies) on the PBS (reimbursed)

Support & Care

Neuro-oncology care coordinators for every patient; Age appropriate rehabilitation and care

Research

More money for globally co-ordinated research; Australian involvement in globally coordinated clinical trials

Research Enablers

Patient database for researchers (across all parameters); Public awareness of brain cancer issues

Other

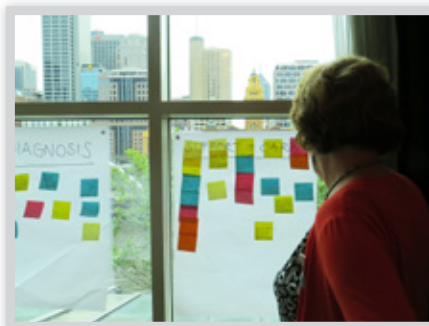
More promotion / awareness / advertising; High profile representation; Single national flag bearer

The most-widely supported top priorities were: 'Care coordinators' and 'More money for globally coordinated research'.

BTAA believes brain tumour care coordinators make a huge difference to patients and their families - providing support through treatment decisions and other support. We continue to advocate for more funding so everyone has access to these services. While BTAA is not in the position to fund the positions, BTAA provides educational grants to enable allied health professionals to

attend professional development/training events within Australia and internationally, with assistance from the **Nicola Scott educational trust**. See more details below.

Attendees at the Summit included representatives from BTAA, Blackwood 8, Grey Matters, the ACT Brain Tumour Support Network, the James Crofts Hope Foundation, the United Brain Tumour Support Group, the Brisbane BT support group, the Cure Starts Now, the Cure Brain Cancer Foundation, the Peace of Mind Foundation, the Robert Connor Dawes Fund, the PNet Cancer Foundation, the Cancer Council Victoria and Brainlink. The next Summit will be in Brisbane in conjunction with COGNO, on Thursday 22 October 2015.



Catherine Hindson views some post it note priorities

Sadly, author and active patient and research advocate **Sally White** was unable to attend the Summit due to ill-health. She passed away in January 2015. She inspired me and all others to do more for advocacy and to savour each day as survivors. News of her passing was met with widespread shock, and social media was filled with statements of sadness from the many hundreds who were helped by her words and actions. Our sympathy to **David White** and her **Blackwood 8** team who will be supported by our community to continue Sally's extraordinary work.

Too many lose their life to brain tumours. In this issue, **Sue Badenach** writes how her daughter **Toni**, her family and



Marcia Fleet and Di Legge pass some skills on at the BTAA Summit.

friends worked hard to make the most of her life, holding on and being there for her young daughter. Thanks Sue for sharing Toni's story.

Our founding Secretary, Public Officer and longstanding committee member **Denis Strangman** produced a submission from BTAA to the Senate Inquiry into cancer drugs in Australia. The submission is available on our News page on our web site.

Also in this issue, committee member **Mark Dalliston** writes of his own personal dietary regimen, and how having control of his diet helps to give him control over his life.

Sometimes, the smallest of actions can make all the difference.



There is a Monkey in my Chair, BTAA Summit Oct. 2014

BTAA needs help to grow. We have over 1,300 supporters who get our free e-news. But we have less than 100 financial members, and a low annual membership fee. Survivors, their carers, families and friends regularly host fundraising events and/or provide regular donations to BTAA.

However, there are many more support activities that could be undertaken if there were the funds. This edition describes how you can have fun hosting a Wearing a Hat for a Day and fundraise for BTAA's brain tumour support and advocacy activities. Thanks Mel Johnson for holding a second Mel Goes Gray in May for BTAA and Brainstorm at the Bathurst Panthers.

We would love people to use our new fundraising facility which takes care of all the receipting online for your tax records. And remember just \$25 will allow BTAA to provide an information kit to a newly diagnosed patient and their family.

Visit www.btaa.org.au to sign up for our e-news, donate to BTAA, become a member and find out information about our national community.

Matthew Pitt,
BBiotech (Hons), MPH
Chair, BTAA

Australian Cancer Consumer Network

BTAA was well represented at the launch of the Australian Cancer Consumer Network at Parliament House on 26 November 2014. The launch was hosted by Sally Crossing from Cancer Voices Australia, Senator Deb O'Neill and Mr Dan Tehan MHR, co-chairs of the Parliamentary Friends of Cancer Causes. The Australian Cancer Consumer Who's Who in 2014 directory is available at:

<http://www.cancervoicesaustralia.org/wp-content/uploads/2014/12/ACCN-Whos-Who-2014-Directory.pdf>



*Catherine Hindson, Matt Pitt,
Kate Vines (Rare Cancers Australia)*

Forthcoming Scientific Meetings and Educational Grants

8th COGNO Annual Scientific Meeting

Friday 23rd - Saturday 24th October 2015

Brisbane, Australia

International speakers will include Prof Martin J Van Den Bent MD and Prof Kenneth D Aldape MD.

See www.cogno.org.au

Please tell your care coordinator/neuro nurse that BTAA has educational grants of \$500 available for allied health professionals to attend COGNO or other events in Australia.

We also have a program of grants of \$1,500 to assist allied health professionals to attend international events such as ASCO in Chicago and SNO in San Antonio in 2015, and ISPNO in 2016.

The grants are made possible by the Nicola Scott Educational fund.

[Email treasurer@btaa.org.au for more information.](mailto:email_treasurer@btaa.org.au)



DIARY DATES

2015

3 – 9 May Brain Cancer Action Week, includes Sydney patient forum (see BTAA events page on web site)

29 May – 2 June ASCO Annual Meeting, Chicago. (BTAA Education grants available)

25 – 31 October International Brain Tumour Awareness Week

22 and/or 25 October BTAA National Summit, Brisbane (t.b.c.)

23-24 October COGNO ASM, Brisbane (BTAA Education grants available)

19-22 November 2015 SNO ASM, San Antonio, Texas, USA (BTAA Education grants available)

2016

12-15 June ISPNO, Liverpool, UK (BTAA Education Grants available.)

Concession postage stamps for people with a brain tumour

By Denis Strangman

Australia Post was expected to apply to the Australian Competition and Consumer Commission to increase the cost of a “regular” stamp from 70 cents to \$1 when the new regulations come into effect. Australia Post is expected to increase the costs of a “regular” stamp from 70 cents to \$1 if and when new regulations come into effect. People with a brain tumour who hold a Health Care Card can obtain stamps at a concession cost of 60 cents. Register by visiting a Post Office and can purchase 50 concession stamps immediately or during the next 12 months. On registering you later receive a bonus 4 concession stamps.

See: <http://auspost.com.au/parcels-mail/concession-account-conditions-of-use.html>

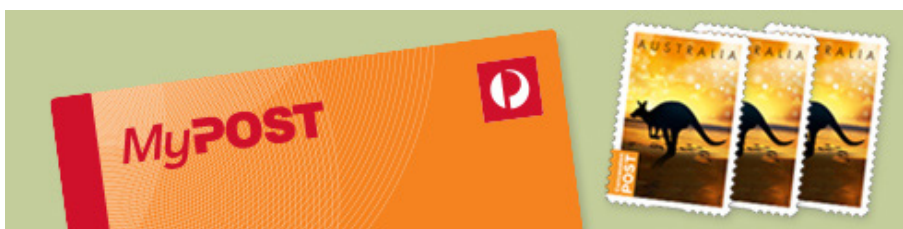


Image source: www.auspost.com.au

Mel Goes Gray In May

Thanks Mel Johnson for hosting your second Mel Goes Gray in May for BTAA and Brainstorm.

The event is on 30 May at the Bathurst Panthers Club, 132 Piper Street, Bathurst. Tickets are available from the club reception. Mel is hoping Dr Brinda Shivalingham will be able to get along to the dinner and speak about the work of Brainstorm. BTAA’s Catherine Hindson and Renee will be represent BTAA. Please think about having a weekend in Bathurst and joining them.

Thanks Colin McCulloch and Bartercard and the Panthers Bathurst for support for the auction and raffle prizes.

For more information see <http://www.btaa.org.au/events/6/mel-goes-gray-in-may>



RAIN, HAIL AND SHINE

Thanks to Senator Bilyk's office for both these reports.



Photos L-R

Ready for the rain, hail and shine.

Senator Bilyk walking with Cure Brain Cancer's Head of Engagement, Barrie Littlefield, whose daughter Eloise died of a brain tumour aged 10.

Tasmanians showed their generosity with over two hundred people turning up to Margate's Dru Point Centennial Park on Sunday, 1 November 2014, to raise funds for brain cancer research.

They were undeterred by the weather, which included wind, rain, a brief period of sunshine and even a hailstorm!

Senator for Tasmania, Catryna Bilyk, organised Tasmania's first Walk4BrainCancer and was very pleased with the success of the event which raised over \$13,000 for Cure Brain Cancer Foundation.

"This money will provide valuable funding for medical research to better understand, prevent and treat a disease which kills more Australians aged under 40 than any other cancer and more Australian children than any other disease," Senator Bilyk said.

Many of the people who turned up to walk on Sunday had friends and relatives who had been diagnosed with, and tragically, died from brain cancer.

One of the walkers carried a small teddy bear in memory of her son, Cohen, who passed away from brain cancer at the age of seven.

The bear was given a registration bib and did the walk Cohen was unable to.

Two other walkers, Louise Patterson and Julie Hendy

Cartwright, provided significant help with the organisations of the event, which was also supported by the Kingborough Council and the Rotary Club of D'Entrecasteaux Channel.

Over \$1,600 was raised by Ms Hendy-Cartwright, whose husband had recently died of brain cancer.

Senator Bilyk was herself diagnosed with two brain tumours in 2008 only several months before she took up her seat in the Senate.

Senator Bilyk's tumours were successfully operated on, and she made a full recovery.

Her experience has motivated her to become a strong advocate for support and research to help others living with brain tumours and brain cancer, especially children.

Brain Tumour Awareness Group

Senator Bilyk established the (non-partisan) Parliamentary friendship group, the Brain Tumour Awareness Group (BTAG) and is co-convenor with Liberal Senator for Victoria and Parliamentary Secretary to the Minister for Education and Training, Scott Ryan.

The role of BTAG is to educate and empower the broader community with regard to brain cancer and brain tumours by:

- increasing awareness and understanding of the health issues and impact of brain cancer and brain tumours to politicians and community leaders;
- identifying and liaising with the medical profession, researchers and experts working in this field; and
- providing a forum for discussion and dissemination of information on associated topics of interest.

Among its activities, BTAG has participated in Brain Tumour Awareness Week events at Parliament House, organised the distribution of grey awareness ribbons to Members and Senators and encouraged them to organise or participate in Awareness Week activities in their local communities.

During Awareness Weeks, BTAG members have moved motions in the House of Representatives and Senate (carried unanimously) and made speeches highlighting the impact of brain tumours and cancers.

BTAG has also helped to distribute information to Members and Senators from organisations such as Brain Tumour Alliance Australia, the International Brain Tumour Alliance, Cure Brain Cancer Foundation and the Royal Australian and New Zealand College of Radiologists.

BTAA's Paediatric Project Update

By Mary Anne Rosier

BTAA has now imported a paediatric brain tumour handbook developed by the Brain Tumour Foundation of Canada to include in a package customised for each family. We also include an age appropriate gift for the child and their siblings. Together with Catherine Hindson I am working with paediatric brain tumour care coordinators in all the centres treating children across Australia to enable us to reach every family with a child diagnosed with a brain tumour. Thanks to Colin McCulloch and Bartercard for support with the posters. To receive this handbook phone BTAA's freecall number 1800 857 221 (Free from a landline only) Or visit our website and order online.



Thanks Helen Steel for these lovely bears

CLINICAL TRIALS

The clinical trials Australia & New Zealand website is <http://www.anzctr.org.au/>, and it has a search function (www.anzctr.org.au/TrialSearch.aspx). For example If you type in 'glioblastoma', and select the trial status as 'recruiting', you'll get the result for recurrent glioblastoma (i.e., glioblastoma that has returned after the standard treatment of surgery and concurrent temozolomide and radiotherapy).

You can also use the Aus NZ Clinical trials site to indirectly search the USA government site, www.clinicaltrials.gov, or you can just go to that address and using the advanced search function, type in 'glioblastoma' and location 'Australia'. This will list ten active trials in recurrent glioblastoma that are currently recruiting and have trial sites in Australia. For more information speak to your health professionals about current and forthcoming clinical trials.
Email chair@btaa.org.au

Wear a Hat for a Day

By Mary Anne Rosier

BTAA would love to hear from people who can Wear a Hat for a Day for brain tumour awareness. You can wear a hat on any day, including during International Brain Tumour Awareness Week, 25th Oct - 31st October 2015.

BTAA has chosen this week to have its annual fundraiser and awareness raiser. By having a Hat Day for BTAA you are raising awareness in the community, about the brain tumour illness, plus, you are helping BTAA reach more people. BTAA can only assist people if they know our organisation exists. BTAA is the only national support and advocacy organisation, in Australia, for the brain tumour patient and their carers/loved ones.



Go to the BTAA Web site to set up your fund raising page and email btsupport@btaa.org.au for your free fundraising kit.

Travel Insurance Update

By Denis Strangman

Many of our members and supporters have spent a great amount of time and effort in attempting to obtain overseas travel insurance coverage for themselves and their family with their brain tumour being recognised as a pre-existing medical condition. Some have succeeded but most have not.

This prompted BTAA to raise the subject with the industry peak body, the Insurance Council of Australia (ICA).

Mr Robert Whelan, the CEO of the Council, has eventually replied to BTAA after two of the Council's internal committees looked at the subject. (See a collection of extracts from Mr Whelan's letter reproduced as an insert to this Newsletter.)

One of BTAA's suggestions was that a letter from an applicant's treating specialist that the patient is well enough to undertake a proposed overseas trip should be the major factor in determining eligibility.

The Council has replied that its members advise that such a letter "would be taken strongly into consideration" in assessing an application but it is no guarantee of coverage.

At least this is a start. BTAA has sent the Council's letter which contains this statement to the professional bodies covering neurosurgeons and oncologists, the Neurosurgical Society of Australasia (NSA) and the Medical Oncology Group of Australia (MOGA), and has asked that they inform their members of its contents.

Our main advice is to shop around among the insurance providers but to also obtain a letter from your specialist. If you are completing a case-by-case assessment required by a provider also make use of a supporting letter from your specialist. If you are completing a self-assessment form then provide as much detail as possible but be alert for catch-all provisions that might be relevant to other illnesses but not to yours. Good luck and let us know how you get on!

Readers who have experienced difficulties in this area should contact the BTAA Freecall number 1800 857 221 or email enquiries@btaa.org.au.

NB: Talk to your oncologist before flying, especially long distance routes that travel to high altitudes for advice. Some prescribe steroids to assist those who may have problems with swelling.

Welfare Review and brain tumour patients

By Denis Strangman

In the review of welfare payments by Mr Patrick McClure the Disability Support Pension (DSP), which is relied on by many brain tumour patients and their families, will be replaced by a Supported Living Pension (SLP). (See pages 86-87 of full McClure Report downloadable from:

<https://www.dss.gov.au/our-responsibilities/review-of-australias-welfare-system>

The SLP (as has the DSP) will be based around the impairment tables brought in when Ms Jenny Macklin was Minister in 2011. The applicant will need at least 20 points based on one impairment table or 30 points based on multiple tables. The most relevant table is number 7 "Brain Function", which is to be used "where the person has a permanent condition resulting in functional impairment related to neurological or cognitive function."

A specialist should provide a report when it relates to a brain tumour.

An example of something that would attract 20 points would be for the applicant to have severe difficulties with being "...unable to plan and organise routine daily activities (such as an outing to the movies or a supermarket shopping trip)."

If they have only moderate difficulty with this kind of task they could pick up more points with a moderate functional impact e.g. the person "has difficulty performing day to day household activities (e.g. changing the sheets on a bed or sweeping paths)".

The applicants will also need to be aged 22 or over, have a work capacity of less than 8 hours per week, be permanently restricted in their capacity to work (i.e. for at least another 5 years), and "have their condition fully diagnosed, treated and stabilised".

The wording of the last requirement, which is not new, remains problematical – when is a brain tumour patient's condition ever "fully diagnosed, treated and stabilised"?

Meanwhile, the Department of Social Services has clarified one point for us under the existing arrangements – a person on Newstart while being assessed for the DSP will not be financially disadvantaged: "If a person receiving Newstart Allowance is later granted DSP, payment of DSP is backdated to the date of claim for DSP, provided that the person was qualified and the pension was payable at that date. Any Newstart Allowance already paid for the same period is deducted from the arrears of DSP." (Email from DSS Enquiries Officer, 3 March 2015).

See also

<https://www.dss.gov.au/our-responsibilities/disability-and-carers>



Getting Control – My Dietary Guidelines

By Mark Dalliston, Committee member of BTAA

The diagnosis was bad, brain cancer. However the prognosis was worse, 6-12 months. I was not given hope just treatment. After the treatment finished I felt afraid. That was the hardest period. After this I turned to things I could control. One of these was diet.

What Is Wrong With Eating What You Like?

I asked myself what changes I could make to my diet. I was told to eat what I liked. This didn't sit well with me. Eat, drink and be merry for tomorrow. I believed that no advice was the wrong advice.

Fortunately I was not an emotional eater. If you are then try drinking water before meals and controlling portion sizes through using small bowls. This may help.

Regaining Control

It is OK to control your lifestyle. Aim to get to 10% under your normal weight. Or least lose any fat you are carrying around the middle.

There are too many fad diets out there discuss. I used the popular 5:2 diet with success. It really fasting not a diet with hard and fast rules about what to eat.

What to Avoid

I recommend avoiding spending a small fortune on supplements. If you are going to take them trying taking one at first and see if you notice any changes after two weeks. There are loads of false promises on slick websites, so beware.

Processed and fast food should be avoided. I believe they both promote inflammation. Inflammation is bad news for any cancer patient.

Ketogenic Diet

One of the diets I tried was the Ketogenic Diet. It is based around a very low carbohydrate intake. The theory is to starve cancer cells of the energy that they need.¹ I tried this diet without success. The main problem was with the increased protein. This led to problems with constipation.

Cancer & Inflammation

Inflammation aids the spread of cancer. This has been shown in other cancers.² The discovery that an anti-nausea drug kills brain tumour cells is currently being used in a new treatment using a peptide associated with inflammation.³

It also causes side effects by increasing the pressure in the skull or specific areas of the brain. Therefore inflammation in the brain should be reduced or eliminated to lessen the risk of the cancer spreading or increasing its side-effects.



Mark Dalliston and his daughter Cara



My Recommendations

So what options do we have regarding diet to feel in control again?

- eat more fruit and vegetables
- avoid fast and processed foods (and additional calories)
- try the oldest form of dieting in the world - fasting
- diet changes help you feel in control



Other Food For Thought

Other options you may considering include portion control. I believe that smaller is better. As long you are covering the food groups and not eating too few calories. You still need to be in the healthy range for BMI.⁴

Other questions whether to include meat or no meat, dairy or no dairy and vegan or vegetarian only. It really comes down to personal preference as long you follow the other recommendations.

Due to my initial experimentation with diets, I thought it unfair to foist my latest dietary whim on my 7 year old. Today we still eat separate dinners.

Summary

A doctor's focus is preparing you for treatments. However you can benefit from taking ownership of those things within your sphere of control. Feeling positive about your diet should provide you with more confidence and help you avoid emotional eating.

It is better to rely on healthy eating rather than fad diets or supplements. Sometimes there are old solutions to modern problems, in this case fasting. Fruit and vegetables should be the foundation of any diet.

References

¹ Starving Cancer: Ketogenic Diet a Key to Recovery - <http://www.cbn.com/cbnnews/healthscience/2012/december/starving-cancer-ketogenic-diet-a-key-to-recovery/>

² Why Cancer and Inflammation? - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1994795/>

³ Brain tumour cells killed by anti-nausea drug - <http://www.healthcanal.com/cancers/37049-Brain-tumour-cells-killed-anti-nausea-drug.html>

⁴ Your BMI - <http://www.heartfoundation.org.au/healthy-eating/Pages/bmi-calculator.aspx>

* This article is not intended as medical advice. It reflects the author's opinions and experience. Please speak to your doctor or a dietician for advice on diet and exercise.



TONI'S STORY

Toni Badenach was diagnosed with a brain tumour in 1994. She passed away in 2015. Her second diagnosis was March 2012 - surgery and chemo gave her a longer life but was not to be the answer for Toni. Toni's sister Kristy and her relatives and friends raised money for BTAA in November 2013 in their "Walk For Toni" as well as an art auction.

By Sue Badenach

Toni was first diagnosed with a brain tumour in her last year of her Arts/Law Degree at the University of Tasmania in 1994. At that time she made a comment to a friend "I'm going to sit my exams and then I'm going to deal with what's happening in my head."

Toni sought medical advice in Melbourne and in 1995 she underwent surgery and then a round of radiotherapy. Following this she completed her Legal Prac in Melbourne and began her career as a lawyer. Toni completed her Masters in Law and various other qualifications related to her work as a lawyer. She worked at mid and large tier law firms in Victoria and Tasmania for a number of years. After much deliberation she then commenced her own consultancy business in the area of Industrial Relations Law.

Follow up consultations over many years and regular MRI scans declared her to be free of brain cancer.

The birth of her daughter Emerson in 2011 was to bring her and her husband great joy then unfortunately a regular MRI in 2012 revealed the growth of another tumour and this time her very skilful surgeon, who had looked after her since 1995, was unable to remove it all.

A year of chemotherapy only held the progress of the brain cancer so reluctantly, after exhausting many possible avenues, she slowly deteriorated during 2014 and sadly passed away early January 2015 at 43 years of age.

Toni had many plans for her future but she was dealt a very bad hand and was unable to fulfil many of her dreams. She was very brave, resilient and determined in accepting the challenges life presented to her. She would often look up at a blue sky and reflect that we should appreciate all we have and not take anything for granted.

Her huge wish was to be here for her beautiful daughter but in her Toni has left a wonderful legacy. As a family we are struggling to come to terms with the terrible journey she and we have endured.

In November 2013 Toni's sister and some friends organised a "Walk For Toni" to raise funds for BTAA - a great event.

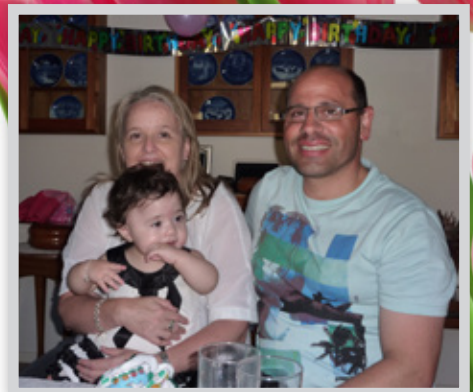
At Toni's Memorial Service in January 2015 a facility was available for donations to The Cure Brain Cancer Foundation and we were able to make a contribution to that great cause as well.

Toni wrote a song for her beautiful legacy, Emerson, while she was having some respite in palliative care and it was sung at the Memorial Service we held for Toni - amazing.

Sleep peacefully our darling girl. We love and miss you so much.



Toni's favourite colour was pink and shades thereof and she loved tulips, reading, travelling, shopping, her family, and most of all her beautiful daughter.



Toni with her daughter Emerson and her husband Vince taken not so long after her second diagnosis.

BTAA'S NEW WEBSITE

BTAA's new web site allows us to provide greater emphasis on information and new functional areas e.g. Events, Get Involved and integration with our social media presence. It also promises ease of maintenance for BTAA's volunteer site administrators. Thanks to GSK which provided independent funding put to the development of the new website.

www.btaa.org.au



SUPPORT BTAA

BTAA needs and appreciates your support. BTAA is a small non-profit organisation that relies on the support of our community to be the unified voice of all Australians living with a brain tumour. We are run by a volunteer committee with no paid staff. All our income goes to support those living with brain tumours. Read what we spend your money on in our Annual Report on the publications area of our web site.



Make a Positive Difference and Set Up A Fundraising Page on the BTAA Site

BTAA now has a facility on our new web site to enable anyone to set up and customise their own fundraising page to raise funds for BTAA. Note that you will be asked to create an 'Account' so that you can create your page and then come back and manage it later.

Your fundraising effort can be for a personal challenge, and you get friends and family to sponsor you, or a celebration you've turned into a fundraiser, where you ask your guests to donate in lieu of gifts.

Setting up the page on our web site rather than a third party fundraising website means BTAA gets 100% of the funds (none are lost to commission).

Donate directly to BTAA.

CBA. BSB: 062 900
Account number: 10603153

Send a cheque made out to:

BTAA to PO Box 76
Dickson, ACT, 2602

BTAA has been endorsed by the ATO as a deductible gift recipient.

Become a financial member of BTAA.

Entrance fee \$20

Annual subscription \$10 payable up to 5 years in advance.

Email treasurer@btaa.org.au

Some Ideas to Get You Started

You can fundraise for almost any reason, and here are a few ideas to get you started:

- Wear a Hat for a Day for BTAA
- Give a birthday party for BTAA
- Participate in a fun run - look for BTAA on the list of charities in the big runs. (via Everyday Hero facility)
- Host a morning tea
- Do a beach walk
- Bike ride somewhere far away
- Have a DVD movie marathon

THANKS FROM THE BTAA

Thanks to all who donated to BTAA via our web site, bank account, the Everyday Hero Channel, or any other way including holding a Wear a Hat for a Day for BTAA. Thanks for ongoing support from:

Ren Pederson and the Cure Starts Now, **Colin McCulloch** and **Bartercard**; **Sylvia Gallagher**, **Joan Pitt**, **Debbie Pollard**, **Michael and Tracy Scott** and the family and friends of the late **Nicola Scott**; **Kate and Richard Vines** and **Rare Cancers** and **Rare Voices**; **Ren Pederson** and the **Cure Starts Now**; the team at the **Cure Brain Cancer Foundation**; Mel and Peter Johnson and the team behind **Mel Goes Gray in May**. Particular thanks to those who made donations in memory of the late Sharon LeRoy and Nicola Scott. And a generous donation from a **Victorian with a keen sense of humour** who wants to be anonymous.

Very special thanks to **Helen Steel** who knits bears for BTAA's paediatric packs. And finally thanks again to **Andrew Simpson** whose regular donations support the call service for our 1800 Freecall service.

And BTAA has been kept afloat during 2015 due to the generosity of the **Peter Vanzwan's Charity Gold Day** at the Gold Creek Country Club. Thanks golfers. Special thanks to **Tricia Berman** for help with various projects.



KEY CONTACTS

BTAA Freecall

(From landlines) number
1800 857 221.
enquiries@btaa.org.au
treasurer@btaa.org.au
www.btaa.org.au

Useful Links

<http://www.btaa.org.au/page/29/useful-links->

State/Territory Support Services and Groups

<http://www.btaa.org.au/page/26/support-organisations>



The national Australian organisation for the brain tumour patient, family and caregiver.

BTAA Inc offers:

- hope and peer support;
- links to brain tumour support groups;
- educational grants for allied health professionals;
- information to assist making treatment decisions;
- advice to government and policy makers; and
- resources for adult and paediatric persons diagnosed with a brain tumour

from the patient, family and caregiver perspective.

www.btaa.org.au
Freecall 1800 857 221

ABN 97 733 801 179. Incorporated in the ACT: AO4837



SPREAD THE WORD!

Please LIKE, ADD, SHARE, COMMENT and SPREAD the word via our Twitter, Facebook and LinkedIn accounts! This not only helps our voice to be heard but also gives you a chance to reach out, interact and communicate with BTAA and the wider brain tumour community!



Brain Tumour
Alliance Australia



@BrainTumourAA



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