

FELLOWSHIP FUND

PIONEERING CANCER SURVIVORSHIP RESEARCH



Be part of a better future for cancer survivors.



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NATIONAL CENTRE FOR
CANCER SURVIVORSHIP



Who is the National Centre for Cancer Survivorship?

Located at University of New South Wales, the National Centre for Cancer Survivorship (NCCS) is Australia's leading integrated centre of research and clinical services focused on renewing quality of life for people who have survived cancer.

Cancer is a major cause of ongoing illness in Australia, with one in two people developing the disease during their lifetime, but only one in five dying from cancer before the age of 85. While the incidence of cancer in Australia is increasing, survival rates are improving which means many more people are living as cancer survivors.

CANCER IS A MAJOR CAUSE OF ONGOING ILLNESS IN AUSTRALIA, WITH ONE IN TWO PEOPLE DEVELOPING THE DISEASE DURING THEIR LIFETIME.

Through innovative research, NCCS identifies the needs and develops new interventions to enable cancer health practitioners to provide the best care and support survivors require. Supported by some of Australia's leading cancer specialists and researchers, the Centre is dedicated to better understanding and addressing the physical, emotional, and practical challenges faced by survivors of adult and childhood cancers.

As a research centre of the University, and through our affiliation with the Prince of Wales Hospital and Sydney Children's Hospital, the NCCS is proud to be a part of *The Bright Alliance* - a new health and research centre bringing together cancer and blood disorder researchers, clinicians and patients. The NCCS excited to see what new ideas and discoveries we can foster in this innovative translational research environment.

Australian cancer survivors now exceed one million

Early in 2016, the number of cancer survivors in Australia reached one million. The increase in cancer incidence combined with the decrease in overall mortality means there are many more people living with cancer, leading to an increasing emphasis on living beyond a cancer diagnosis.

For many of Australia's million cancer survivors, life after cancer is as good as — sometimes even better than — it was before. But many others pay a high price for the success of their life-saving treatment. They experience physical and psychological effects of the cancer and its treatment that affect their ability to work, care for their family, be active, and to do the other 'normal' things of life before cancer.

Led by a group of leading cancer specialists and researchers, the NCCS is Australia's first comprehensive cancer survivors research centre dedicated to better understanding and addressing the physical, emotional and practical challenges faced by cancer survivors.

MANY CANCER SURVIVORS PAY A HIGH PRICE FOR THE SUCCESS OF THE LIFE-SAVING TREATMENT.



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Improving lives for cancer survivors in Australia and internationally

The National Centre for Cancer Survivorship exists to find new and better ways to care for cancer survivors through research. A set of core values guides every aspect of what we do; the following beliefs are at the heart of our work:

**OUR CENTRE EXISTS TO
FIND NEW AND BETTER
WAYS TO CARE FOR
CANCER SURVIVORS
THROUGH RESEARCH.**

- » We believe in evidence-based medicine: our research seeks to understand the needs of cancer survivors and to develop prevention and treatment strategies through clinical research.
- » We believe in innovation: our clinical research utilises leading methods and creative study designs to facilitate discovery of new knowledge.
- » We believe in excellence: we seek to conduct research that is highly regarded by peers, clinicians and patients to inform the best approaches to high-quality care for cancer survivors.
- » We believe in collaboration: our research is strengthened through partnerships with other organisations, and our findings are disseminated widely to inform clinical practice nationally and internationally.

As a university-affiliated centre, the NCCS undertakes research to determine best practice methods for prevention of health problems in cancer survivors and treatment of those with established health concerns. The Centre disseminates this information to relevant health practitioners across Australia and around the globe, guiding their approaches to better care for the millions of cancer survivors worldwide.

Our life-changing work and research

Wherever possible we collaborate with other research institutions, health organisations and community groups to help better understand cancer survivorship and help improve the lives of cancer survivors of all ages.

**WE COLLABORATE WITH OTHER
RESEARCH INSTITUTIONS, HEALTH
ORGANISATIONS AND COMMUNITY
GROUPS TO IMPROVE THE LIVES OF
CANCER SURVIVORS OF ALL AGES.**

The NCCS offers consultation with our team of specialists in post-cancer care and conducts innovative research that brings together local experts to coordinate studies in the areas of:

- » Post-cancer fatigue
- » Bone health
- » Cancer genetics
- » Fertility and sexual dysfunction
- » Psychological and practical unmet needs
- » Lifestyle interventions to improve quality of life



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The NCCS is currently working on the development of a 'triage tool' for evaluation of the current and future health care needs cancer survivors. This tool is based on identification and weighting of factors from the pre-cancer health status, the type of cancer, the treatment modalities given, and the on-treatment toxicities. We anticipate that the triage tool will allow a rapid assessment of the characteristics and complexities of current and future health concerns, which can then be linked to appropriate referral pathways following completion of successful cancer treatment.

A major population based survey in NSW is also being undertaken by the NCCS using a technique called data linkage based on the *45 and Up Study* of 250,000 people in NSW being followed longitudinally who have consented for research linked to their health care records. Cancer survivors in this large study will be compared to those who have not had cancer in order to quantify a wide range of health outcomes.

Community support for cancer survivorship is vital

While the improving cancer survival rates are a good news story, cancer survivorship presents its own unique challenges. Nowadays, a cancer diagnosis is not always considered terminal, but it is definitely creating a burden on our community as a growing chronic illness.

The growing number of survivors highlights the need to address cancer survivors' unique physical and psychosocial needs, and to develop and provide coordinated care that helps to prevent or reduce the late effects of cancer that adversely affect survivors' health and quality of life.

The increase in cancer incidence combined with the decrease in overall mortality means there are many more people living with cancer, leading to an increasing emphasis on living beyond a cancer diagnosis. However, many survivors pay a high price for the success of that life-saving treatment.

NCCS exists to research and develop models of cancer survivorship care to improve the current gap in clinical practice and provide positive outcomes for cancer survivors of all ages.

With such a large number of Australian cancer survivors, and many more millions of their families and friends affected, we believe it is a priority to raise awareness and funding for survivorship research.

Over the next few years we hope to partner with individuals and organisations that will help strengthen our ability to make a positive long-term impact on cancer survivorship. We hope you can be part of this.

You can be part of a brighter future for cancer survivors

By investing in NCCS, you can make a significant difference to the wellbeing of cancer survivors and help improve their lives. With your support, the Centre can enhance our clinical trials and fund additional research, allowing us to gain access to a better understanding of cancer survivorship.

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The NCCS Fellowship Fund

One of the biggest challenges with undertaking research is funding the actual work itself. It's not sexy, it's not particularly tangible, but it is vital to improving the lives of cancer survivors in the future.

The NCCS Fellowship Fund has been developed as a way of enabling philanthropic-minded individuals, families and businesses from across Australia to come together and fund the bright minds who are pioneering cancer survivorship research.

"ONE OF THE BEST THINGS ABOUT COMPLETING MY PHD WITH THE NCCS WAS WORKING IN A MULTI-DISCIPLINARY TEAM OF DIFFERENT MEDICAL AND ALLIED HEALTH PROFESSIONALS."

- CAROLINA, PHD SCHOLAR

With your commitment, young researchers can gain greater insight to address the physical, emotional, and practical challenges faced by survivors of cancers. Our clinical team develop their projects around three specific research goals that align with gaps in

cancer survivorship knowledge. The outcomes from our research underpins provision of best practice survivorship care, both nationally and globally, as well as influence policy and practice in care of cancer survivors. These research goals are:

Goal 1: Develop and test models of cancer survivorship care

Goal 2: Develop and test treatments for the major health problems of cancer survivors

Goal 3: Identify predictors of outcome for cancer survivors

Meet one of our NCCS Scholars

Carolina is an Exercise Physiologist who has recently completed her PhD with the support of an NCCS Scholarship. Her PhD was in medically-unexplained fatigue states where a large focus was a randomised control trial of cognitive behavioural therapy and graded exercise therapy for post-cancer fatigue.



As the Project Coordinator and Exercise Physiologist, Carolina was an integral part of our Cancer Australia-funded project called the Treatment of Post-Cancer Fatigue Study (TOPS). This study evaluated a multi-disciplinary intervention for post-cancer fatigue in a randomised controlled trial.

"It was reassuring that my NCCS supervisors, Professor Lloyd and Professor Goldstein, were both experienced and successful researchers as well as physicians who saw patients. They understood the real-world challenges of type of side-effects patients with cancer experience," Carolina says.

A PhD Scholarship with the NCCS gave Carolina the opportunity to combine clinical work together with research; a valuable asset for any researcher. Plus, there are opportunities to attend national and international conferences which help improve confidence in her work but also provided networking opportunities with others in the field.





We invite you to partner with us

The NCCS is looking for Australian individuals, families and businesses to partner with us to help fund the crucial cancer survivorship research positions that will move us forward over the next few years.

Contributions to our Fellowship Fund will support a Masters Scholar, a PhD Scholar and a Post-Doctoral Fellow. On average, both a Masters and PhD Scholar will spend three years completing their studies. To correlate with this, and to ensure some stability and continuity to their research, the NCCS intends to engage a Post-Doctoral Fellow for an initial period of three years also.

By directly supporting just one researcher through our Fellowship Fund, you can make a difference in the lives of thousands of people.

The annual costs associated with each research position are indicated below.

Masters Research Scholar | \$40,000

PhD Research Scholar | \$55,000

Post-Doctoral Fellow | \$120,000

We are seeking support from individuals, families or businesses who are willing to invest \$1,000 or more annually, for three years.

The NCCS initially welcomes gifts to our Fellowship Fund through a pledge; a formal statement of intention to make a gift to our organisation. With a pledge, you may complete your gift by making regular payments over time, allowing you to give more generously than you originally may have considered. What is more, each payment on your pledge is tax deductible as with any donation you would make to our organisation.

**YOUR INVESTMENT IN OUR
RESEARCHERS CAN MAKE A
WORLD OF DIFFERENCE TO
CANCER SURVIVORS
EVERYWHERE.**

If you are interested in investing in an entire scholarship, please do get in touch to discuss the opportunity with us.

When the NCCS have a commitment of at least \$40,000 (annually for three years) we will call upon our Fellowship Fund members to initiate their pledges as we will then be able to offer a Masters Scholarship. Further scholarships will be offered as the Fellowship Fund grows.



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Collaboration is key

As many people understand, the key to pioneering research is collaborating with experts in the field, those passionate about the outcomes and the community. At NCCS we know that true success will come from relationships with positive outcomes for everyone.

If you're a business and you are look to achieve some marketing value from a charity partnership, we can certainly meet your needs. Alternatively, if you're an individual or family, you may prefer to remain anonymous, or not, either way we can tailor our recognition of your support to suit your needs.

As a member of the Fellowship Fund, we can offer you a range of benefits including:

- » Your business logo and website on our Fellowship Fund page on the NCCS website (www.nssc.org.au)
- » Full use of our logo and branding on your company's website and collateral
- » Co-branded communication to our database of supporters
- » Promotion of your business through our Facebook page (www.facebook.com/NationalCentreforCancerSurvivorship)

Furthermore, as a part of the Fellowship Fund you will be able to demonstrate your commitment to cancer survivorship research, expand your reach to a new audience and better relate to the more than one million survivors and their families across Australia.

Ultimately, you will play a vital role in helping to find new and better ways to care for cancer survivors through research.

Please consider partnering with us to change the future for cancer survivors

The NCCS pioneers research that supports the development of evidence-based care and health services for Australian cancer survivors. You can be a part of that too.

We invite you to have a conversation with us about this opportunity.

Please feel free to get in touch with our Executive Officer, Roshana Sultan.

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