



# Summer Lights

**EVENT HOST KIT**

# THANK YOU FOR REGISTERING TO HOST YOUR SUMMER LIGHTS EVENT.

We are delighted to welcome you, your friends and family together this summer for your Summer Lights event.

Together we are helping to save lives and support people to thrive by raising funds to discover and develop cancer research breakthroughs and provide crucial wellness and supportive care.

Inside this event pack, you will find everything you need to help you get started, with ideas and inspiration to host your party, dinner, BBQ, picnic or whatever event you can imagine. In the lead up to your event, we will stay in touch to help you with recipe ideas, quiz questions and competitions, so keep your eye out.



Together we are giving hope to people with cancer by funding research breakthroughs and providing access to world-leading wellness and supportive care.

## About the Olivia Newton-John Cancer Wellness & Research Centre



The Olivia Newton-John Cancer Wellness & Research Centre (ONJ Centre) is a partnership between Austin Health and the Olivia Newton-John Cancer Research Institute. We are a comprehensive cancer centre, meaning we not only treat cancer but also carry out breakthrough research and clinical trials.

But we are more than that. We put our patients at the heart of everything we do. This includes focusing on their minds and spirits and not just on their bodies.

We work to help patients live better with cancer and defeat it through our world-class treatment, integrated research, leading clinical trials and tailored wellness programs.

# YOU MAKE IT POSSIBLE

## Understanding what we do and the impact we have on those affected by cancer.

- Over 50 per cent of the breakthrough research we undertake and 100 per cent of our wellness and supportive care programs wouldn't be possible without support from people like you. By donating to the ONJ Centre you can help so many people live better with cancer and defeat it.
- We need to raise \$2 million per annum to provide the Wellness & Supportive Care programs and an additional \$3million to fund new research into cancer treatment and ultimately toward finding a cure.

The ONJ Centre was created to transform the lives of the thousands of people affected by cancer each year.

Our Wellness & Supportive Care programs help people address the challenges of cancer beyond their medical treatment. The programs are focused around three pillars - Emotional Wellbeing, Be Active and Eat Well. Being able to participate in our innovative wellness programs increases patients' chances of survival and minimises the risk of their cancer returning.

It costs over \$1 million each year to maintain our Wellness & Supportive Care programs.

That is \$1,675 per patient and their family, for one year, to benefit from the programs we provide. We have over 9000 visitors to our Wellness Centre every year.

The Olivia Newton-John Cancer Research Institute is integrated within the ONJ Centre. Our research laboratories sit alongside patient treatment facilities so our researchers and clinicians can work together every day to discover and develop research breakthroughs to deliver better health outcomes for patients. On average, it costs \$94,000 per patient to work closely with a Clinician Scientist, which enables the rapid translation of scientific discovery into clinical trial of new, better cancer treatments. That is \$260 per day. There are over 70 clinical trials led by Institute investigators and over 200 active trials in total within the ONJ Centre to date.

## How the impact of your donations will help those affected by cancer this year:

- \$25 will help provide a PhD student time on their research projects at the ONJCRI.
- \$45 will provide the opportunity for a patient to attend a Carer's Forum, to meet and talk with others who are caring for someone with cancer over a shared meal.
- \$65 will provide the opportunity for a patient to experience an Oncology Massage, which is particularly helpful if a patient is experiencing pain, nausea, anxiety or fatigue.
- \$75 will help provide time at the laboratory bench for a senior researcher.
- \$200 will allow a PhD student to work in the laboratory for one day.
- \$260 can give a patient access to a four week, Living with Cancer Program for people with brain tumours.
- \$840 will help deliver crucial wellness programs for a patient and their family for six months.



# TOP TIPS TO HELP YOU PLAN THE PERFECT SUMMER LIGHTS EVENT:

1. Choose an idea for your event and set a date for a night that will sparkle. For those summer lovers you may choose to host a picnic in the park, or an outdoor dinner. Make sure you host your Summer Lights event before the end of summer.
2. Now you have decided to host your event you need to register ONLINE. Register your event and set up your online fundraising page using the login details sent in your registration confirmation email. You can personalise your page, invite your guests and share on social media.
3. Think about how you will raise funds; will you charge guests an entry fee; ask them to donate to play some games or hold a raffle? For every \$50 you raise online you will go in the draw to win some pretty amazing prizes. Or you can win the title of highest fundraiser. Go to [summerlights.com.au](http://summerlights.com.au) to see the prizes you could win.
4. Share your story on Facebook – ensure you tag [@ONJCancerCentre](https://www.facebook.com/ONJCancerCentre) so we can hear about the great work you are doing to support us. Also make sure you use the [#summerlights](https://www.instagram.com/summerlights). Each week of February, we will be featuring a winning event story shared on Instagram.
5. After your event, securely bank your funds using your online fundraising supporter page or our downloadable pledge form. Make sure you bank early for the chance to go in the early bird draw to win.

If you have any questions about Summer Lights and want to get in touch with us please contact us on [03 9496 5753](tel:0394965753) or email [events@onjcancercentre.org.au](mailto:events@onjcancercentre.org.au)





# **EVENT PLANNING GUIDE**

**MAKE IT A NIGHT TO REMEMBER**

**Host your own Dinner Party – BBQ - Picnic.**



**Plan a movie night – maybe inspired by Grease.**



**HERE ARE SOME FUN EVENT IDEAS FOR YOUR SUMMER LIGHTS EVENT**



**Plan a trivia night**

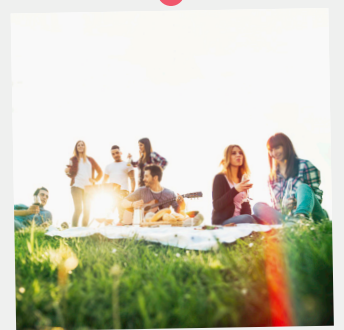
**Host your own Karaoke Night or lip sync battle**



**Host a scavenger hunt**



**Create a flash mob**



**Have a concert**

**Create a twilight sporting tournament**



# THANK YOU

[SummerLights.com.au](https://www.summerlights.com.au)



Through your kindness, and the kindness of others like you, we can pursue vital research into better treatments and cures, as well as continuing to provide crucial wellness programs for patients and their families.

Proudly supporting



**Olivia  
Newton-John**  
Cancer Wellness & Research Centre

A partnership between Austin Health and the Olivia Newton-John Cancer Research Institute

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