



Network Update

CCLHD Research & Innovation Symposium

The NSW Regional Cancer Research Network was delighted to attend the Central Coast Local Health District (CCLHD) Research and Innovation Symposium, held from February 11 to 13, 2025 in Gosford. The event brought together researchers, healthcare professionals, and innovators to showcase work in clinical trials and cancer research. Hosted by CCLHD, in partnership with the Central Coast Research Institute (CCRI) and the University of Newcastle, the event highlighted the region's commitment to advancing healthcare through research.

The symposium opened with a series of pre-symposium workshops on offering valuable training and educational opportunities. This included a dedicated Clinical Trials Partnership Day on 11 February where the NSW Regional Cancer Research Network was pleased to host the afternoon workshop session focused on enhancing the capacity of cancer research in regional NSW.

The Clinical Trials Partnership Day also featured a number of sessions including presentations from the CCLHD on the role of clinical trials on the Central Coast; clinicaltrialsNSW (NSW Ministry of Health) on the NSW Clinical Trials Unit, which



plays a crucial role in supporting clinical trials across the state; and the Rural, Regional & Remote (R3) Northern Cluster Clinical Trials Support Unit (CTSU).

The symposium continued with plenary sessions on February 13, where attendees had the opportunity to learn more about ongoing research and quality improvement projects through oral presentations and poster displays.

Study Seeks PhD Candidate for Pilot Project to Improve Cancer Survivors' Well-Being Through Combined Exercise and Mindfulness Interventions

Adult cancer survivors frequently face ongoing challenges, including anxiety, depression, fatigue, and physical pain, which can greatly diminish their quality of life. Recognising these difficulties, a new research initiative aims to explore holistic care methods to enhance both mental and physical health for cancer survivors.

Southern Cross University (SCU) is seeking a motivated PhD candidate to lead a pilot study examining the feasibility, acceptability, and potential benefits of

combining exercise and mindfulness interventions for adult cancer survivors. While both interventions have shown individual promise in alleviating symptoms such as fatigue, stress, and pain, there is limited research on their combined effects—making this study a critical step toward advancing care for cancer survivors.

NSW REGIONAL CANCER RESEARCH NETWORK

PHD SCHOLARSHIP OPPORTUNITY

COMBINED EXERCISE AND MINDFULNESS INTERVENTION FOR CANCER SURVIVORS

Project funded by Southern Cross University and the NSW Regional Cancer Research Network (through the Cancer Institute NSW Translational Cancer Research Capacity Building Grant program) in partnership with the Mid North Coast Local Health District.

The pilot study will focus on assessing recruitment rates,

treatment adherence, and the ability of the combined interventions to support both survivors and their caregivers, who also experience significant emotional and physical strain. By exploring this novel approach, the research aims to offer valuable insights that could lay the groundwork for a larger-scale study on improving the overall well-being and quality of life of cancer survivors.

Dr Belinda Barton, a psychologist based at Southern Cross University, will serve as the primary supervisor for this project, with Associate Professor Kellie Toohey (SCU), a clinical exercise physiologist, providing secondary supervision. The research will be conducted at SCU's Coffs Harbour campus, where participants will be recruited from the Coffs Harbour Health Campus Hospital.

Application Deadline: 10 March 2025

This project is funded by Southern Cross University and the NSW Regional Cancer Research Network (through a Cancer Institute NSW Translational Cancer Research Capacity Building Grant) in partnership with the Mid North Coast Local Health District.

[More info...](#)

NSW Cancer Research Education Statewide Seminar Series

The Single Patient Digital Record project and how this may help support clinical and basic science research

Tuesday 18 February

12:30 PM - 1:30 PM

[Online event](#)

The NSW Health Single Patient Digital Record (SPDR) project is creating a comprehensive digital record for each NSW Health patient, integrating data from various healthcare sources. As well as optimising access to vital patient information for clinicians treating patients, this statewide, single-source system has the potential to enhance clinical and basic science research by providing opportunities to improve

clinical decision-making and potentially providing real-time access to patient data, facilitating more accurate and efficient research. It supports clinical trials by streamlining data collection and analysis, and it can potentially link to biobank data, offering a richer, easier-to-access dataset for researchers, potentially

The poster features a dark blue background with white text. At the top, there is a white banner containing logos for Maridulu Budyari Gumul, Cancer Clinical Academic Group, NSW REGIONAL CANCER RESEARCH NETWORK, and Sydney Cancer Partners. The main title is in large, bold, white font. Below the title, the date and time are listed. At the bottom, there is a white banner with funding information and logos for NSW Government and Cancer Institute NSW.

Maridulu Budyari Gumul | Cancer Clinical Academic Group | NSW REGIONAL CANCER RESEARCH NETWORK | Sydney Cancer Partners

The Single Patient Digital Record project and how this may help support clinical and basic science research

Tuesday February 18, 2025
12:30 PM – 1:30 PM

The NSW Cancer Research Education Statewide Seminar Series is generously funded by the Cancer Institute NSW through Translational Research Capacity Building Grants. | NSW GOVERNMENT | Proudly supported by Cancer Institute NSW

advancing medical research and improving patient outcomes. This webinar is to provide an update on the project, discuss projected timelines and to stimulate discussions on optimisation for the purposes of research, while maintaining data privacy.

Speakers

Dr Teresa Anderson AM

Chief Executive, Single Digital Patient Record Implementation Authority

Dr Georgina Kennedy

Senior Research Fellow Medicine & Health

Maridulu Budyari Gumal (SPHERE) Cancer Clinical Academic Group

Dr Ryan Sullivan

Research Technology Lead; Head of the Australian Imaging Service

Chair

Professor Geoffrey Delaney AM

Lead, SPHERE Cancer CAG Medicine & Health

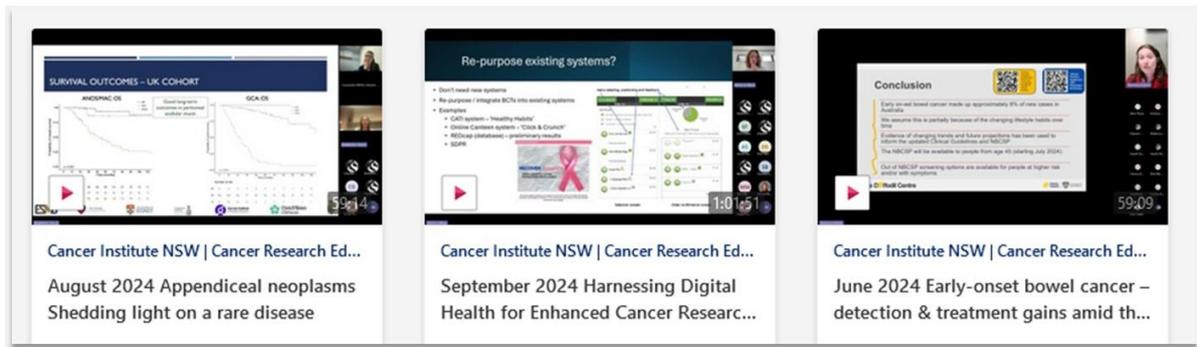
[Register here](#)

About the Seminar Series

The NSW Cancer Research Education Seminar Series is led in 2025 by the [Maridulu Budyari Gumal \(SPHERE\) Cancer Clinical Academic Group \(CAG\)](#) in collaboration with [Sydney Cancer Partners](#) and the [NSW Regional Cancer Research Network](#). Supported by the [Cancer Institute NSW](#) through the [Translational Cancer Research Capacity Building Grants](#) scheme. These informative seminars will take place online on the third Tuesday of every month throughout 2025

Join the Cancer Institute NSW Cancer Research Education (CREd) Portal

The Cancer Institute [NSW Cancer Research Education \(CREd\) Portal](#) supports knowledge-sharing and collaboration between cancer researchers across the state and the Cancer Institute NSW. The portal provides a space for coordination of education activities and resources, recordings of the NSW Statewide Cancer Research Education Seminar Series and the 2024 NSW Cancer Research Symposium in Data Linkage.



Please note that access to the CReD Portal requires membership, which is available to you through the NSW Regional Cancer Research network. If you are not already a member, please let us know via [email](#) and we can assist with establishing your access.

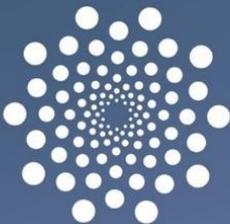
Network Member Achievements

Congratulations to NSWRCRN Clinician Research Fellow, Fern Beschi!

The Network extends our warmest congratulations to NSWRCRN Clinician Research Fellow, Fern Beschi, for her recent successful PhD confirmation.

Fern, who is a recipient of NSW Regional Cancer Research Network funding through a Translational Cancer Research Capacity Building Grant from the Cancer Institute NSW, is a Palliative Care Pharmacist based at the Calvary Mater Hospital and is undertaking her PHD through the University of Newcastle. Fern's PhD research focuses on the use of continuous subcutaneous infusions (CSCI) in palliative care, aiming to enhance the management of symptoms for patients with life-threatening illnesses, including cancer. Her research addresses challenges related to drug stability and compatibility in CSCI, as drugs may degrade over time or interact in ways that affect their effectiveness and safety. Fern's work seeks to improve the understanding of these issues, with the goal of optimising the use of CSCI in both hospital and home care settings while minimising risks to patients.

Fern is supervised by NSW Clinician Research Fellow, Associate Professor Jennifer Schneider, and Dr Mark Mather.



NSW REGIONAL CANCER
RESEARCH NETWORK

Need professional
support for
your cancer
research?

[Submit a request online](#)

Sector Opportunities and Events



Save
the date

**13–14 August
2025**

NSW Cancer Summit

SAVE THE DATE | NSW Cancer Summit 2025

13 – 14 August

International Convention Centre (ICC) Sydney

The inaugural NSW Cancer Summit 2025 will unite leading minds to help shape the future of cancer prevention, treatment and care.

From cutting-edge laboratory research and groundbreaking innovations to prevention strategies, treatment advancements and holistic care approaches, the Summit will spotlight NSW's world-leading efforts to support people impacted by cancer.

This two-day event will offer a dynamic platform for seeding new ideas, identifying key challenges and delivering expert insights in cancer control.

The program will feature multi-stream sessions, including keynote presentations from distinguished speakers, abstract and poster presentations, panel discussions, workshops and networking opportunities.

Experts will delve into pioneering cancer research across the entire translational research pathway, from laboratory research to patient care and beyond.

The program will also include a focus on optimising behaviour change in prevention, risk-based screening, precision medicine, technological innovations in artificial intelligence (AI) and the use of real-world data in cancer treatment.

[More info, including sponsorship opportunities...](#)

ONLINE EVENT | Australian Cancer Plan and its implementation from a regional perspective

**Thursday 27 February
12.30–2.00pm**

Are you a regional or rural cancer worker? Do you work in a metropolitan centre invested in lifting outcomes for rural and regional patients? Then join us for the first national Regional Cancer Forum, an educational initiative dedicated to improving the treatment, care and survival of people experiencing cancer who live in regional and rural areas around Australia.

The Regional Cancer Forums aim to address the educational needs of Australia's regional and rural cancer workforce by facilitating reciprocal learning between metropolitan and regional cancer colleagues.

This inaugural session will feature leading experts exploring the impact that the Australian Cancer Plan will have on regional, rural and remote communities. The metro cancer workforce is also encouraged to attend and participate. Topics covered will include:

- Overview of the Australian Cancer Plan through a rural, regional, and remote lens
- Implementing the Plan in rural, regional, and remote Australia
- Initiatives for Aboriginal and Torres Strait Islander communities affected by cancer
- Consumer advocate perspectives on the initiatives supporting people affected by cancer

This will be followed by a panel session audience Q&A.

[More info...](#)

WEBINAR | NHMRC Speaking of Science – Discovering a breakthrough in the fight against cancer

Did you know that both the key underlying cause of the rare chronic blood cancer myelofibrosis (MF) and its treatment were discovered in Melbourne, Australia?

In this [Speaking of Science](#) webinar hosted by NHMRC in acknowledgement of World Cancer Day, you will hear from PM prize-winning scientist, as well as molecular and cancer cell biologist, Professor Andrew Wilks about his highly successful academic career and journey towards drug discovery and development.

With over 30 years' experience in cancer research, Professor Wilks has made significant and unique contributions to Australia's health and medical research sector with the commercial application of his own basic research.

Professor Wilks will discuss how he discovered the drug momelotinib that is used in the fight against MF, and how he took it from bench to bedside to treat the estimated 1 in 100,000 people diagnosed with MF. There will be a Q&A session at the end, so we encourage you to attend and ask questions!

The webinar will take place on **Tuesday 18 February 2025 at 10:00AM–11:00AM AEDT.**

[Register for this webinar on Eventbrite now!](#)

Email media@nhmrc.gov.au for further information about the event.

HYBRID EVENT | Australian Precision Oncology Symposium 2025 (APOS 25)

**Friday, 7 March 2025: 1pm – 5:30pm | Followed by the symposium dinner
Saturday, 8 March 2025: 9am – 2:30pm**

APOS 25 will showcase a pivotal moment in cancer care, as precision oncology moves from theory to transformative practice. Designed for Australian oncology professionals-including oncologists, researchers, pathologists, and members of the life science and advocacy sectors. APOS 25 is set to be an impactful gathering of thought leaders in precision oncology.

[Click here to register for in-person attendance](#)

[Click here to register for virtual attendance](#)

PaCCSC & CST Research Forum 2025: The Science behind the Art of care: Clinical trials in cancer symptoms and palliative care | 27-28 March 2025

27-28 March 2025

International Convention Centre (ICC), Sydney

In 2025, the PaCCSC & CST Research Forum explores the scientific foundations and the evidence that informs practice to enhance quality of care. This event has been given 'Consumers Included' status Cancer Voices in recognition that the perspectives of patients, survivors, carers and other members of the public affected by cancer are part of the planning and program of the forum. Researchers, healthcare professionals and consumers interested in palliative care and cancer symptom management clinical research are invited to register.

Key dates

- CST Emerging Trialist Award nominations close: 21 February 2025
- Registrations close: 19 March 2025

[Register here](#)

Are you looking for a health consumer for your project or new initiative?

Whether you're a researcher seeking valuable insights, or health staff member looking for consumer participation, [NSW Regional Health Partners'](#) Consumer Connect has consumers ready to support your projects, services or new initiatives. [More info ...](#)

Want to keep up to date?

We're now on [Blue Sky](#). Find us [@nswrcrn.bsky.social](#)

Follow us on [LinkedIn](#) and [X \(Twitter\)](#)!

We acknowledge the many Traditional Custodians of Country throughout regional, rural and remote NSW and honour their Elders, families and descendants, past and present. We recognise and respect their cultural heritage, beliefs, and deep and continuing relationship with the land and waterways. We acknowledge that they are the proud survivors of more than two hundred years of dispossession.

The NSW Regional Cancer Research Network is funded by the [Cancer Institute NSW](#) through a Translational Cancer Research Capacity Building Grant and established through [NSW Regional Health Partners](#).