

Impact

SUMMER 2025

Your legacy –
creating a better
future for
New Zealanders
facing cancer



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Ron with his wife and three children



Ron is a passionate sailor, a dedicated father, and an active member of his local community. After the devastating loss of two of his beloved sons, Graham and Barry, to cancer, Ron was inspired to leave a gift in his Will to the Cancer Society.

Ron's connection to the Cancer Society is deeply personal. Losing just one son to cancer is devastating but losing two is unimaginable. Navigating the challenges of treatment twice for his sons whilst living in a rural community, meant the Cancer Society played a crucial role in helping his family.

"We were uncertain about what was going on [when my son Graham had to travel hours from home for treatment], but the Cancer Society stepped in and offered us accommodation when we needed it."

This support was invaluable, allowing Ron's wife to be by their son Graham's side as he underwent crucial cancer treatment.



Graham

Devastatingly, Graham's battle with liver cancer was short, and he passed away six days short of his 10th birthday not long after his diagnosis. Ron fondly remembers his son, describing him as full of life despite the circumstances, and cherishes their time together.

Later, Ron's second son Barry, was diagnosed with brain cancer in his 30s. Again, the Cancer Society's support proved invaluable. Ron recalls that during Barry's treatment, the family continued to receive assistance with accommodation, which alleviated some of the burden during such a trying time. The Cancer Society's services allowed the family to focus on Barry's

well-being while knowing they had the support they needed.

With the loss of two of his sons to cancer, Ron has felt deep gratitude for the help the Cancer Society provided to his family, during such a difficult time. This kindness inspired Ron to leave a gift in his Will, to ensure other Kiwis can receive the same support.

"I wanted to leave something behind, and the Cancer Society was there when we needed them. I want to make sure their services can continue to help others in the future."

Ron's generosity reflects his enduring gratitude and hope. His legacy will ensure that other families, like his own, can find support and comfort when they need it most.

From Andrew's Desk

Welcome to the summer edition of our Circle of Hope Impact newsletter for 2025. I hope you have had a wonderful festive season, filled with joy, laughter and meaningful moments with loved ones. As we step into the new year, I'm excited to share updates on the impact you've helped create and how, together, we can make an even greater difference in the year ahead.

Today, I'm thrilled to let you know that the Cancer Society Auckland Northland Board has approved the purchase of a Whangarei piece of land on which we plan to build a much-needed lodge for Northland cancer patients. With more cancer treatment options set to be available in Whangarei, the need for a Lodge close to the hospital is immense. To be able to offer the same convenience for Northland patients, as others around the country is incredibly special - and this was an opportunity we simply couldn't ignore. I look forward to bringing you ongoing updates.

Within this Newsletter, you will learn about an incredible Cancer Society supporter, Ron, who was inspired to leave a gift in his Will. Discover Patrick's story who found the Cancer Society Lodge invaluable during his journey. And meet Elise who is dedicated to helping those with cancer process what they are going through. On page three, read the latest research about the impact alcohol has on your health.

Thank you so much for your dedication and commitment to our vital work. Legacy gifts create a lasting impact and are a powerful way to protect future generations through groundbreaking cancer research,



Chief Executive, Andrew Young

life-saving prevention programs, and crucial support for Kiwis facing cancer.

Ngā Mihi,

Andrew Young
Chief Executive Officer

The Cancer Society Lodge - A second home for Patrick

Patrick is the kind of person who can brighten any room. With his quick wit, big personality, and knack for making friends wherever he goes, it's no surprise that everyone at the Cancer Society Lodge knows him.

"I'm a chatty bugger, I know everyone here because I just talk too much!"



Patrick

His natural friendliness made him a familiar figure at the Cancer Society's Domain Lodge, where he stayed while undergoing cancer treatment.

Patrick's cancer journey began with a diagnosis that came as a shock. Curious as to why he had such a husky voice to later find out it was Glottic cancer. It wasn't just the treatment he had to face, but the practical challenges. Living in Whangārei meant long commutes to Auckland for radiation therapy.

"At first, I thought I'd just drive back and forth, but by the second week of treatment, it was clear that wouldn't work. That's when I found out about the Cancer Society Domain Lodge."

The Lodge quickly became a home away from home.

"It's better than a hotel. The staff are fantastic, the volunteers are wonderful, and the community here - well, we're all in the same boat, rowing together."

"I met this woman, an older lady, who was sitting beside me at dinner one night. She was in pain; I could see it in her eyes. I gave her a hug. It made me cry. You realise there's always someone worse off than you."

The Cancer Society's support extended beyond Domain Lodge. As Patrick's hip condition worsened during treatment, they arranged transportation to and from his appointments. "I couldn't manage the

walk anymore, so they started giving me taxi rides. It helped immensely."

Patrick is candid about how his experience at the Cancer Society's Domain Lodge shifted his perspective.

"I didn't use to support charities because I thought none of the money gets to the people who need it. But now that I know how this place works, I would absolutely donate. If I won the lottery, I'd give a heap of money."

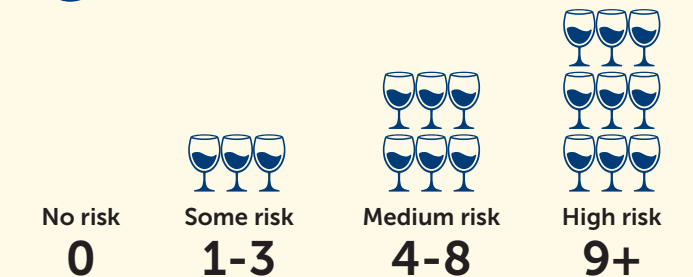
As Patrick looks to the future, he's ready to return to his beloved caravan up North, and the life he loves. But he'll never forget the kindness and care he experienced at the Cancer Society's Domain Lodge - a place that became so much more than just a roof over his head.

We are so grateful that Patrick and thousands of other Kiwis across New Zealand can find comfort in our services while receiving their cancer treatment. Thank you for ensuring we can continue these vital services into the future.

Alcohol's Role in Cancer

Most people are aware that smoking, radiation from the sun, and obesity can increase your cancer risk. However, there is a lesser-known culprit that not only increases your risk of developing some cancers but is also completely preventable - alcohol consumption.

The Cancer Society New Zealand is pleased to support the release of the Royal Society Te Apārangi's new factsheet, *Ka Hua Mai Te Mate Pukupuku I Te Inu Waipiro - Alcohol Causes Cancer*. This resource is an important step in raising awareness about the link between alcohol and cancer, helping people make informed decisions about their health.



Did you know that alcohol is a Class 1 carcinogen, and even low levels of regular consumption can increase cancer risk?

"Alcohol causes at least seven types of cancer, including common cancers like breast and bowel cancer, as well as more difficult-to-treat cancers like oesophageal cancer. It doesn't matter what type of alcohol it is—the more we drink, the higher our risk." – Emma Shields, Cancer Society's Evidence and Insights Lead.

Despite long-standing research confirming this link, the Cancer Society's studies show that many New Zealanders are unaware of the risks. The factsheet aims to raise public awareness and prompt action from the government to reduce alcohol-related harm. This highlights the need to be mindful of the cancer risks associated with alcohol and consider taking steps to reducing the risk in our lives.

To view this resource and others head to cancer.org.nz/about-us/cancer-society-media-releases/

- 0** Number of drinks a week to avoid cancer.
- 1** Drink per week increases risk of **breast cancer**.
- 1** Drink per week increases risk of **bowel cancer**.
- 3x** The amount your risk of **mouth and throat cancer** goes up when you **drink 5 standard drinks a day**.
- 5x** Your risk of **mouth and throat cancer** if you get **alcohol flush**.

Healing Beyond your Diagnosis

Elise has been a psychologist at the Cancer Society for a year now, helping those with cancer and their loved ones to process what they are going through after the challenge of a cancer diagnosis.

"I've seen how a physical health condition can interact with mental health quite negatively."

As a psychologist for the Cancer Society, Elise understands how physical health and mental health can cross over with each other in this way. She takes care to create a place free of judgement for her clients to express themselves, so she can support them as best she can.

Elise has found that even some clients who were reluctant at first left counselling feeling more settled and that it had been a helpful experience.

"Not everyone needs support, but a lot of people do."

"Especially when you have that interaction between cancer and mental health, it just comes together and sometimes it makes a bit of a mess."

"My role is to support people whatever they may bring. It's providing a safe space. That's one of the number one things I hear with feedback, is that it's a place where someone can come and be vulnerable, to be scared, to be angry, to be confused, and just bring their full selves without any worry of any judgement, or expectation, or any kind of push back."

"I have also been affected by cancer. I think it's a struggle to find someone who hasn't."

It's easy to see that Elise's motivation to help those going through cancer is in part due to her own life being affected in the same way.



Elise -
Psychologist

"When I raise the topic that I work as a psychologist for the Cancer Society, the first thing someone does is talk about their own experience with cancer. People want to share their stories, and so my reason for coming to the Cancer Society is partly to do with that."

"I believe in the power of connection, and building that rapport, and that relationship. And how just having someone there to listen is powerful itself without any technique or approach."

It's through incredible legacy gifts that Elise is able to provide a safe space for Kiwis facing cancer to share their fears, anger, and hopes without judgment. Elise's dedication ensures that those navigating the challenges of a cancer diagnosis can find

support, connection, and understanding when they need it most. It's your generous support that makes this vital care possible. Thank you for standing with us to ensure no one faces cancer alone.