



Action for Smokefree May!

Auahitūroa - A Eulogy to Tobacco

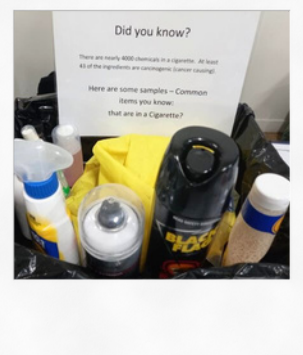
The Gisborne/Tairāwhiti Cancer Society had an amazing opportunity to promote Smokefree awareness and education information at the Auahitūroa – A Eulogy to Tobacco travelling Art Exhibition held at Te Poho o Rawiri Marae, Gisborne from the 20th – 22nd May 2024.

The main objective of the exhibition was to prompt conversations that acknowledge the role tobacco has played in New Zealand's culture and the impact it has had on whānau, hāpu, iwi and hāpori. The aim was to create a space that shares voices of the community through various mediums of art.

The hope was that through this platform there would be increased awareness about a Smokefree Aotearoa and encourage discussions about the impact of smoking in New Zealand. Auahitūroa seeks to say goodbye to the deeply ingrained smoking culture in our country and acknowledges the harm tobacco has caused to communities. Auahitūroa was held in support of World Smokefree day 31st of May and Smokefree May month.

We informed rangatahi/young people of the impact cigarette smoking and e-cigarette/vaping can cause individuals of all ages. Our information stand inspired conversation with our 'Did you know?' display. Where we discussed the nearly 4000 chemicals in a cigarette, at least 43 of which are carcinogenic (cancer causing). We provided some samples of common

items you might find around your home, that are used in the 4000 chemical mix. Attendees found it surprising and thought provoking. It was a fantastic opportunity to be involved in this event, especially being able to share information with our rangatahi to influence their future decisions regarding smoking or vaping.



Out in the Taranaki Community!

We were a part of an awesome collaboration of Taranaki community organisations for Smokefree May - Our Taranaki Roadshow. The Taranaki Cancer Society attended every event from Stratford, to Hāwera, Ōpunake and Waitara over the month of May. Each event was well-attended by the public. We had free BBQ and fruit, shared information, held giveaways, prize-draws and did a survey with a focus on outdoor smoke/vapefree venues in the community. There were Quit Coaches on hand to register those keen to quit smoking and vaping, and to provide useful information about the dangers of both. It was great to see that the majority of people who completed our survey were keen to see a Smoke and Vapefree Aotearoa/New Zealand and the majority supported keeping spaces like beaches, parks, playgrounds and outdoor dining areas completely smoke and vapefree too!

Daffodil Day is Almost Here!



We are hard at work here at the Cancer Society getting ready to make Daffodil Day 2024 a huge success! There's something happening for everyone this year and we would love for you to get involved and have an amazing time helping the community. You could volunteer for Daffodil Day, attend one of our many exciting events, or donate to a collector on the day. Whatever way you support Daffodil Day it will make a difference!

- If you are a school or a business you can register to have your own personalised fundraising page where you can direct your community to donate, get access to free digital resources and stickers.

To register go to cancersocietycd.org/school-business-resources

- We have a great online store where you can buy fresh daffodils, cookies, pens, and other merchandise. All to be delivered 28th August 2024 before Daffodil Day. **Order today at cancersocietycd.org**
- We are always looking for people in the community to get involved! There are so many different ways to help out such as collecting at a stall, delivering orders and helping organise at your local centre. For more information on how to volunteer go to cancersocietycd.org/volunteer

We also have a number of awesome local events taking place in each centre which you might be interested in! Here are some details:

- **Taranaki - Cycle of Hope Morning Tea.** 30th August 9.30am - 12pm, Presbyterian Church Hall, Hāwera, morning tea available for \$10, tickets available from T&H Electrical and the Hāwera Cancer Society Office
- **Whanganui - Remix Runway Youth Fashion Showcase.** 16th of August, doors open 6.30pm for 7pm start, held at the Whanganui Racecourse Eulogy Lounge. Tickets available online at events.humanitix.com/remix-runway-a-youth-fashion-event-ab49h5yp
- **Manawatū - Levin High Tea.** 10th August, 1pm - 3pm, at the Uniting Church Hall, 87 Oxford St Levin, tickets \$25 available at Papr Plus, Levin, or Winchester House, Levin.
- **Hawke's Bay - Daffodil Day Races.** 7th September, from 10.30am, HB Racecourse, tickets available at hbracingevents.flicket.co.nz/events
- **Gisborne - Gas Guzzlers Breakfast.** 4th August, 8.30am - 11am, Reads Quay, behind the courthouse. Free entry to the car show. Our stall will have fresh home baking, daffodils, raffle tickets and lots of fun activities to enjoy. Classic cars, hot rods, vintage cars and bikes of interest are all welcome.

Thrillseekers Jump For Cancer!

The excitement (and fear) was palpable at the Cancer Society Jump Day at Taupo Tandem Skydiving NZ on the 25th of May as 15 jumpers got ready to take to the skies! Check out the awesome pictures we snapped of our jumpers in action.

If you'd like to tick skydiving off your bucket list next year then why not do it while raising funds to support the Cancer Society? Raise \$1,000 as a part of Jump For Cancer before the end of May 2025 and get a free skydive at any of our skydiving partner locations, **find out more at jumpforcancer.org.nz**



Volunteering provides teen with a purpose in the present - National Volunteer Week

Kate, a Year 13 at Palmerston North Girls' High school, signed up to be a volunteer with the Manawātū Cancer Society two years ago. "I've had lots of experience with cancer, and I hate it – it's a horrible thing." Kate's Nana passed away in 2020 from ovarian cancer, she's had an aunt go through breast cancer and she recalls, as a child, meeting patients with cancer when she accompanied her father who's a surgeon on ward rounds.

Her first experience of volunteering for the Cancer Society was as a Daffodil Day collector in 2022.

"I loved it, I love the community vibe and I knew I wanted to do more. I asked Jenny, the volunteer manager at the time, 'What else can I do?'"

Since that first day collecting, Kate's volunteer duties have expanded to selling raffle tickets, helping on the phone with Daffodil Day planning and coordination, and engaging with the public through health promotion activities at events such as Relay For Life and community days.

"Volunteering made me feel good and not hopeless about something that can make you feel pretty hopeless – cancer."

Kate says she finds it "uplifting" to be around the "positive lovely people" at her local Cancer Society.

"At school you are learning things that you know may be useful one day, but don't feel that useful right, but when I'm volunteering at the Cancer Society I feel useful now. I'm doing something that is making a difference."

The Cancer Society is excited to have rangatahi (young people) like Kate joining the team of volunteers supporting our work across Aotearoa New Zealand.



Meet Marie - one of our amazing volunteers

In early 2001, I was diagnosed with breast cancer and the support I received from the Cancer Society was absolutely amazing. They helped me come to terms with the outcomes I faced and so I signed up as a volunteer contributing to the cause doing any and many jobs as needed. The Whanganui Rangitikei Waimarino Cancer Society in early years was manned by a couple of people - part timers, health promotion and support. To help others I undertook breast cancer support training and certification, that was in 2003.

In that same year I was part of the Daybreak Rotary team that organised the first ever Relay for Life in Whanganui to raise funds for the Cancer Society. It was after the first Relay for Life and the funds raised that enabled three new staff to be employed which broadened the work being done in our communities. I have participated in all 19 Relay for Life events held, even one in Taihape!

I went on to volunteer for 14 years - helping other breast cancer ladies with their journey. During which time I was a vice president, a president and a delegate for the Cancer Society Central Districts. Now I am an executive committee member and a receptionist on Friday mornings, which is lots of fun.



I really enjoy the work we do to assist the staff in their roles to enable successful outcomes for all connected with the Whanganui Rangitikei Waimarino Cancer Society. If you, or someone you know might be interested in volunteering please give us a call on (06) 348 7402 or visit www.cancer.org.nz/get-involved/volunteer

Prostate Cancer Checks Save Lives!

You'd be unlikely to find someone as dedicated to fighting prostate cancer as our Whanganui volunteer Lance Patterson. After experiencing prostate cancer himself in 2015 Lance has made it his mission to encourage men to get checked.



He and a group of other men who'd experienced the cancer, got together with the Cancer Society and put together a flyer to explain prostate cancer to men and the importance of getting checked. They then went out and walked the streets handing out flyers encouraging others to take the risk seriously. He shares a story of meeting a young couple 21 or 22 years of age whose wife booked him in for a check after meeting Lance; it turns out the young man had prostate cancer. "Thank god we got that done" was the call he received a few weeks later. Another story he shares is of a presentation he gave to a construction team. "30 seconds of discomfort is a lot better than the alternative. The doctor's a professional, let them do it!" he said to the group. 27 out of the 30 went to the doctors and got checked after his talk, four or five were suspected of having an enlarged prostate, one had a medical procedure. These results are lifechanging and encourage men to set up a habit of getting checked which saves lives.

He's a passionate person who's taken a cause close to him and made a genuine difference in the lives of many men. He does it all with good humour and an incredible sense of positivity. We couldn't be prouder to have Lance as a Cancer Society ambassador out in the community encouraging men to get checked. Thank you for everything you have done and continue to do Lance – it's greatly appreciated by us and the men that you've helped.

Every day 10 kiwis are told they have prostate cancer, each year 700 men die from the disease, if you'd like to get checked contact your doctor and they can arrange a blood test, called the PSA test, and/or a digital rectal examination (DRE). Often there aren't symptoms for this type of cancer so it's worth talking to your doctor about getting checked. Just remember Lance's words "It's only 30 seconds of discomfort." You can read more about prostate cancer by going to www.cancer.org.nz/cancer/types-of-cancer/prostate-cancer

UP COMING EVENTS 2024

August

30thDaffodil Day

September

All Month.....Cervical Screening Awareness Month
Prostate Cancer Awareness Month

1st.....Father's Day

16th - 23rd...Māori Language Week

15th.....World Lymphoma Awareness Day

24th.....World Cancer Research Day

October

All MonthHealth Literacy Month
Breast Cancer Awareness Month
Melanoma Awareness Month

10th.....World Mental Health Day

GRANTS THANK YOU

The Cancer Society Central Districts Division and its regional centres are immensely grateful to the following grant providers who have provided support in the past few months.

Their support alongside our generous donors allows us to continue supporting people with cancer in the community.

- Grassroots Trust Central
- Monty Fairbrother Charitable Trust
- One Foundation
- Pelorus Trust -Manawatu
- Royston Health Trust
- The Lion Foundation

