

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 Helen'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.

I know that a lot of you support the Cancer Society because, like me, you hate the thought of someone facing cancer alone. It's the human side of what we do that makes this place so special. Demand for our services has continued to climb this year as our population keeps growing, diagnoses keep increasing and the cost of living remains high. Staring down the barrel of a cancer diagnosis can be overwhelming and scary for anyone, but this is especially true for the more vulnerable members of our community who face all sorts of additional challenges.

Thank you for choosing us.
Thank you for choosing them.

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 Darcy who has found joy and meaning through volunteering as a driver for the Cancer Society. 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, Helen Carter

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

Ngā Mihi,

Helen Carter
Chief Executive Officer

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 accommodation and included transportation to and from his appointments. "I couldn't manage the

walk anymore, so they arranged for transport to my treatment. It helped immensely."

Patrick is candid about how his experience at the Cancer Society's 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 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.

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 Lodge, where he stayed while undergoing cancer treatment.

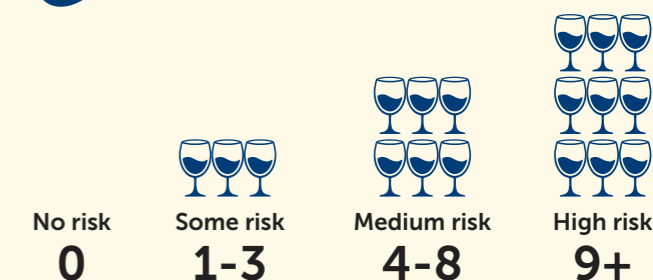
Patrick's cancer journey began with a diagnosis that came as a shock. Curious as to why he had such a husky voice to later find out it was Glottic cancer. It wasn't just the treatment he had to face, but the practical challenges. Living far from treatment meant long commutes to hospital for radiation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

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**.

Darcy's *Inspiration to* Make a difference

Since moving to New Zealand from Canada three years ago, Darcy has found joy and meaning through volunteering as a transport to treatment driver for the Cancer Society with his partner Brenda.

Cancer has had a major impact on both of their lives. At 17, Darcy lost his stepmother to glioblastoma shortly after he had left to join the military. He has also lost his uncle to colon cancer, and his aunt has been diagnosed with stage four breast cancer. Brenda's mother has had breast cancer, and her father has had throat cancer.

Darcy began driving for the Cancer Society last year and loves the way it allows him to work more closely with the community he wants to help.

"I think now that I'm a bit older, and I have a bit more of an ability to give, it means a lot to be able to do that.

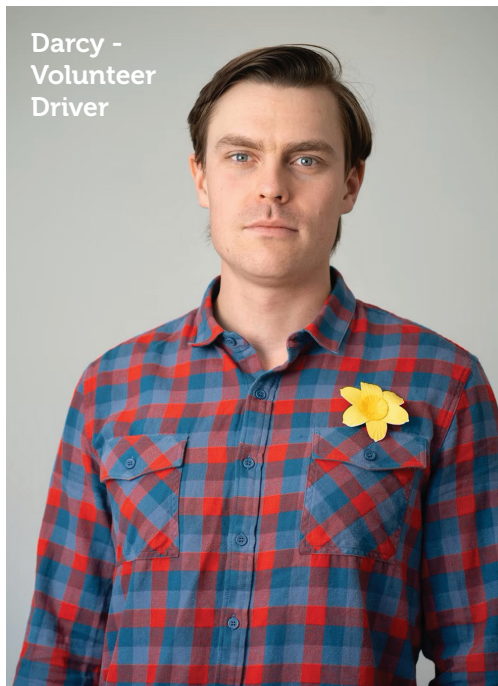
"It is a big thing that fills my cup as well and it leaves me very satisfied."

"At the end of the day knowing that I've done something to someone that is going to have a net positive benefit."

Darcy has been particularly moved by the optimism and desire to push through that those he drives show. He has found that just by listening and sharing stories he can help more than with just transport.

Darcy says his stepmother had a way of telling you what she wanted, of delivering bad news with a smile.

"The 1 in 3 was my stepmum, Barbara Lynne Marshall."



"I'll never forget it how she'd have this smile on, but she'd just be able to pick you apart and break you down and then build you back up in a sentence without breaking a sweat. It was a sight to behold."

The loss of Darcy's stepmother was a major reason behind his choice to volunteer with the Cancer Society, which he and Brenda have found to be a fulfilling way to help those going through cancer. They have seen the impact they've made by setting time aside and giving a listening ear.

"Even if you're thinking about it, just reach out and find out more. Be the change you want to see, because you never know when you're going to be on the flip side of it. You never know if you might be needing all this direct support."

We are so grateful for volunteers like Darcy and Brenda, who generously give their time to support people going through cancer. Darcy's dedication, shaped by his own experiences, ensures that patients feel heard, supported, and cared for beyond just a ride. It's through incredible legacy gifts that the Cancer Society can offer these invaluable services. Thank you for making this possible.