

Kia Honoa Let's Connect...

2nd Quarter 2021



... with the Cancer Society Canterbury-West Coast Division

Juliana with her husband Mike and children Arabella, Ashley and Amelia



Juliana's Story

There is a saying "Life begins at 40," but Timaru Mum Juliana Sargeant says "this was not the case for me."

At the age of 40, Juliana was diagnosed with stage 3 bowel cancer. She was an otherwise fit and healthy mum with three children under 5 and was still breastfeeding her youngest at the time.

Juliana's cancer was discovered after she noticed some blood in her stools. Both Juliana and her GP initially thought the blood could be a result of haemorrhoids after giving birth but a colonoscopy revealed this was not the case.

Within weeks of her diagnosis, Juliana had to wean her baby and leave her family and horses behind in rural Timaru while she went to

Christchurch for six weeks of intensive treatment, including both radiation and chemotherapy. The Cancer Society provided Juliana and her baby Arabella with a place to stay in Christchurch at Daffodil House while Juliana received her treatment.

"I knew I had to adapt to my "new life" so I could benefit from treatment," says Juliana.

Juliana describes being able to have baby Arabella with her as "a godsend".

"She gave everyone else staying at Daffodil House so much joy and hope. I made so many new friends and some days I really miss them all."

After scans revealed that Juliana's tumour had shrunk she underwent a number of surgical procedures including a lower anterior resection (removal of part of the colon and rectum) and a loop ileostomy, which involved a temporary opening called a stoma being made in her abdomen. Juliana also had surgery to remove her uterus, ovaries, cervix and fallopian tubes due to the likelihood of the cancer spreading to these parts of her body.

"Living with this and young children was challenging but we got there," says Juliana.

Signs and symptoms of bowel cancer (*Matepukupuku puku hamuti*)

The bowel is a very important part of your body that helps you digest and absorb food and water.

Bowel cancer is cancer in any part of the large bowel (colon or rectum). Depending on where it starts, it may be called cancer of the colon (large bowel) or cancer of the rectum (lower end of the large bowel). Sometimes bowel cancer is also called colorectal cancer.

Bowel cancer is the second most common cancer in Aotearoa New Zealand.

If you notice any of the following symptoms and they last longer than four to six weeks, tell your doctor:

- Bleeding from your bottom or blood in your bowel motion.
- A recent change in your bowel motions (going to the toilet more often, diarrhoea, or a feeling that your bowel does not empty completely).
- Stomach pain, frequent wind pain, bloating or cramp.
- A mass or growth in your stomach (abdomen).

Juliana's most recent scans and blood tests have shown no sign of cancer and she has been able to tell her children that "the germ in mummy's tummy" has gone.

As well as providing accommodation for Juliana in Christchurch while she was receiving treatment, the Cancer Society's South Canterbury Centre also helped Juliana and her family by providing children's books explaining cancer in a child-friendly way, and organising childcare, vouchers, transport and physiotherapy sessions.

Every day,
71 New Zealanders
are diagnosed
with cancer





Moving on from cheques

It's time to say goodbye to cheques – but we don't want to say goodbye to you! Your ongoing support and generous donations enable us to do the work we do for those with cancer in our community. You can now donate in person by visiting your local Cancer Society centre, or by calling us on 03 353 9872. You can donate online with your credit card or by internet banking. If you would like to have a chat about joining our Regular Giver Programme, please give us a call on 03 353 9872 or drop us a line to donations@cancerwc.org.nz.

Check out our new look website!

Our Cancer Society website has had a refresh. It includes lots of information for people with cancer and their families. You can also donate via the website or find out about volunteering for your local Cancer Society centre. Check it out at <https://www.cancer.org.nz/>. We would love to hear your feedback!



We need your help!

The Cancer Society has launched a campaign to phase out tobacco sales in New Zealand.

Tobacco kills an estimated 4,000 New Zealanders every year. Smoking causes up to one-third of all cancer deaths and is the main preventable cause of cancer, yet tobacco is sold in more places than bread and milk throughout our communities. **We need your help to change this! Sign our petition!**

You can support us by getting online and signing the national petition at www.tinyurl.com/PhaseOutTobaccoSalesPetition.

We also have a physical copy of the petition at each Cancer Society centre, so you can drop into your local centre to sign the petition if you prefer.

SMOKES KILL
BUT ARE STILL SOLD
EVERYWHERE

Let's change this



Community comes together for Relay for Life

On Saturday 10th April, cancer survivors and carers, local businesses and members of the North Canterbury community (and beyond) came together at Rangiora's Dudley Park to take part in the Cancer Society's North Canterbury Relay For Life event.

Relay For Life is about celebrating cancer survivors, remembering family members and friends lost to cancer

and fighting back against cancer by raising funds to support the mahi of the Cancer Society.

48 teams and 600 participants completed continuous laps of the Relay for Life course during this 12-hour event. In total, our teams and the community raised \$121,320.00. What an amazing effort!





We are very excited to introduce you to a new member of our team – our fabulous Sunsmart caravan, which was gifted to us as part of our exciting partnership with Harcourts Grenadier to keep our communities safe in the sun. Over the past few months, the caravan has been out and about with the Cancer Society team at some great Canterbury events including Relay For Life North Canterbury, Le Race and the Les Mills City2Surf fun run in Christchurch. Keep an eye out for us at an event near you!

Ngā mihi nui, Harcourts Grenadier!

Work to start on new Cancer Society complex

Work is starting this month on construction of a new Cancer Society centre in Christchurch. The new building will be located at 74 Langdons Road in Papanui and will include 50 patient accommodation rooms to provide a home away from home for people from around the South Island who need to come to Christchurch Hospital for treatment.



Chief Executive of the Cancer Society's Canterbury-West Coast Division Elizabeth Chesterman says her team is looking forward to the long-awaited rebuild of their Christchurch facilities, which were destroyed by the 2011 earthquake.

"We were thrilled to receive confirmation earlier this year that we had been successful in securing Crown funding of \$6.5 million from the New Zealand Government's Shovel Ready Project Initiative Fund," Chesterman says.

"This funding from the Government has made it possible for us to proceed with confidence with our rebuild project which will cost more than \$20 million in total."

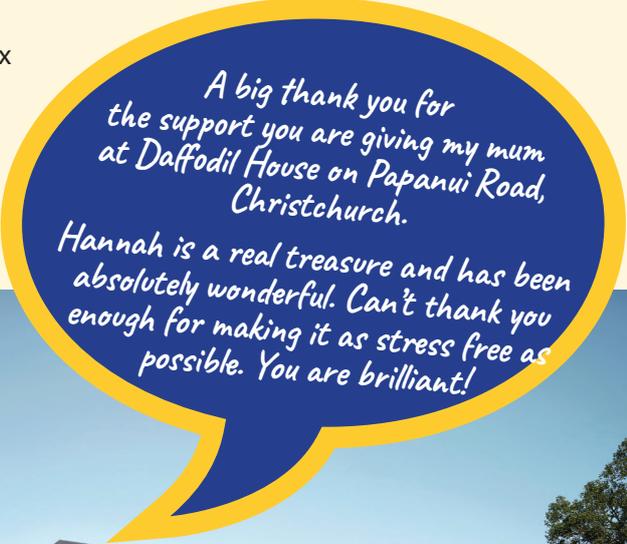
"Currently our patients stay in either Daffodil House or Daffodil Lodge (two former motels), while our Christchurch-based support staff are located in Fitzgerald Ave," Chesterman says.

"We are looking forward to having both our patient accommodation facilities and our support centre located within the same complex once the project is complete, which is anticipated to be by early 2023," Chesterman says.

"We are excited that our new site will offer our guests

easy access to a wide range of nearby attractions including shops, cafes, restaurants, cinemas, a library and the Graham Condon Recreation and Sport Centre," Chesterman says.

"We know from experience how challenging cancer treatment can be and we believe those staying with us will value being able to have their treatment and then enjoy some rest and recreation in modern, welcoming facilities away from the hospital environment."



A big thank you for the support you are giving my mum at Daffodil House on Papanui Road, Christchurch. Hannah is a real treasure and has been absolutely wonderful. Can't thank you enough for making it as stress free as possible. You are brilliant!





Kaye Adams, Wendy Smith and Jackie Claridge at Selwyn Centre

From Radiology to Volunteering

Cancer Society Volunteer Wendy Smith says "cancer touches everybody in some way or other". It has played a big part in her life, having lost both her Dad and her Grandma to cancer.

Wendy was born in the UK, where she worked as a medical secretary. During her career she worked in the Paediatric Department and saw babies born with cancer. After emigrating to New Zealand in 2007, Wendy worked in the Radiology Department at Princess Margaret Hospital until 2012.

Wendy says she decided to become a volunteer because she wanted to do something "positive and give back". Wendy helped out at the City to Surf in March, where the Cancer Society team were on hand to dispense sunscreen, and she intends to volunteer at future events including Daffodil Day and Selwyn's Relay For Life.

You can be a Business Champion

The Cancer Society is launching a new programme in the Canterbury-West Coast region to recognise businesses who support the Cancer Society's work in our communities.

Cook Brothers Construction is an example of a business that has become a valued partner of the Cancer Society's Canterbury-West Coast Division.

Cook Brothers Marketing Manager Annie Hagney says that the team at Cook Brothers Construction has faced

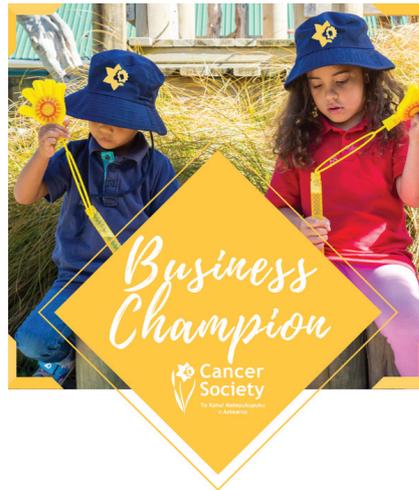
the battle of both fighting and losing loved ones to cancer.

"Members of our own team, families, industry peers and contacts have experienced living with cancer in one way or another," Hagney says.

"The Cancer Society touches so many lives, for us it is a very worthwhile cause."

If you would like to find out more about our Business Champion

programme, contact Erin Quigley by email to fundraising@cancercwc.org.nz.



Beautiful Cards Available

Our Cancer Society Centre in Ashburton is awash with beautiful images generously donated by local photographer Nel Davison. The images have been made into gorgeous greeting cards, which are for sale for \$3 per individual card or \$25 for a pack of 10 assorted cards. If you are in Ashburton, pop into the Cancer Society Centre at 122 Kermode St, and purchase a pack or two.



Annie, Nel and Sharon with cards

Get Muddy on the West Coast

West Coasters will have the chance to put themselves to the test in Greymouth's Mighty Mud Challenge on Sunday 1st August. The event involves navigating your way around a 3km course of natural and not-so-natural obstacles at On Yer Bike in Coal Creek.

All proceeds from the event go to the Cancer Society so get your family or work team together and register at the Cancer Society's West Coast Centre at 98 High Street in Greymouth or go to the Mighty Mud Challenge Facebook page.

WAYS TO CONNECT WITH US

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