

# Embrace

## Our Central Districts Health Promotion Team in Action!

### Green Prescription Program!

Health Promoter Rahel Boon facilitated four SunSmart education sessions in Palmerston North, Feilding and Levin as part of Sport Manawatu's Green Prescription Program. Over the four education sessions, there were a total of 86 adult participants in attendance. The education sessions focused on the SunSmart behaviours (Slip, Slop, Slap and Wrap), information about Ultraviolet Rays and UV Index', as well as information about how to find good sunscreen products.

For more information about the Green Prescription Program, you can find Sport Manawatu on Facebook! If you would like Cancer Society to host an education session for your community group contact your local centre.



### SunSmart Sensory Story Time!

What a fantastic opportunity it was to team up with Katie Hagen, the Assistant Principal from Kōwhai Specialist School in Hastings. Kōwhai Specialist School is an innovative, inclusive school for students aged 5-21 years with special needs. Just before the start of summer, we delivered seven fun SunSmart learning sessions across three satellite schools to Katie's wonderful students. We incorporated sensory experiences into a SunSmart story, encouraging students to protect their skin from harmful UV exposure - Slip, Slop, Slap and Wrap! We are so thankful to all the teachers and teacher aides who contributed to bringing the session together.



### South Taranaki Community Family Fun Day!

In February, the Taranaki Cancer Society team were a part of the South Taranaki Community Family Fun Day. We attended to get out into the community and share what we do - but also as a great opportunity for teambuilding as we got involved in the adult team challenge they held. The challenges were a bit of madness and fun for the day that really helped us to "gel" and get to know each other. We may have come last but we got a lot out of it as team.

Our stall had a bit of everything that we do at Cancer Society - Health Promotion - HPV awareness - HPV Vaccine Promotion, Sunsmart, volunteer recruitment, Relay For Life promotion, and showcased our various Supportive Care services. It was a really neat day covering all the mahi we do in our community. We have recently welcomed two new members to our team and this was a great opportunity to get to know what we do for our local community. ■





## Manawatu - Ikonic Kiwiz

The Manawatu Relay For Life is the oldest in New Zealand, and it shows with the incredible teams who keep coming back to take part every year. Ikonic Kiwiz is one of those teams who have been participating in the relay with other teams for many years. As cancer affected team captain Bruce Raharuhi's whānau, his daughter Chanel, took the step to create a whānau team to acknowledge the journey her Mother was having to fight back against Cancer. Ikonic Kiwiz have been involved as a whānau team since 2013 and wanted to acknowledge survivor Peggy Warren who walks on behalf of their team every year.

Ikonic Kiwiz bring an awesome energy to the track and spend the full 24 hours cheering others on. Bruce says "We do it to support others who have been through that journey and offer a bit of hope to people. It's not about the racing it's about the community, helping others affected by cancer."

We want to thank Ikonic Kiwiz for how much effort they put in every year to make the event fun and enjoyable for everyone. Thank you to all those who came together to make Relay For Life Manawatu an awesome event.



## Taranaki - Stratford High

For many of us Relay For Life has become a tradition that we take part in every year. This is evident in the case of Stratford High who have been taking part in the Taranaki Relay For Life for 17 years now - even running their own Relay Your Way when the physical event was changed last year. This awesome group brings the students and the local community together. 34 students took part over the course of the event, anyone was welcome year 9 through to year 13. They have a great friendly competition with the "Battle of the Schools" where each school does a chant for a judging panel, competes to raise the most money and for best decorated gazebo. They loved the event and it shows with students and the community coming back year after year. They wanted to say a big thank you to CMK Accountants for sponsoring their

t-shirts, and New World for providing Easter eggs for their raffle.

We love to see the incredible and creative ways the community takes up the Relay For Life challenge and Stratford High School exemplify this. Thank you to Stratford High School and everyone else in the community who do incredible work to make the event the special experience that it is.



## Whanganui Relay for Life - Pick & Mix

Pick & Mix were one of our awesome new teams who got involved in the Whanganui Relay For Life this year! The team had 27 members brought together by Joanna Macbeth. They had been involved in Relay For Life in the past with their kids school and have a personal connection to cancer in the family which motivated them to take part. They brought together a collection of friends to raise money for a good cause - and had a bit of friendly competition to see who could raise the most along the way. They thought the event was fantastic and well organised, and were happy to see so many people from the community coming together to take part. They can't wait to take part again in 2024.

We want to say a huge thank you to Pick & Mix and all of the teams and individuals who came together to make Relay For Life Whanganui happen this year.





## Relay Your Way!

### Hawkes Bay Relay Your Way – Karamu High School

Due to the impacts of Cyclone Gabriel we had to change Relay For Life in the Hawke's Bay to Relay Your Way. We knew this change alongside the recovery for the region meant some people weren't able to take part, but Karamu High School picked up the baton and ran with it! The school's year 13 leaders organised a 12 hour relay which ran from 7am to 7pm with each class competing a 400 metre lap before passing the baton to the next class. The students and school community made an incredible effort walking 4,456 laps which when added up was 1,782.8 kilometres - longer than the length of New Zealand! They were motivated to organise the event because they know everyone is affected by cancer in some way or another.

We want to say thank you to Karamu High School for the incredible mahi they put in to make their Relay Your Way happen, and all others who came together to help fight cancer in March despite the change in event.



### Gisborne – HULLKfit

Our Gisborne whānau have done an incredible job taking up the Relay Your Way challenge for the last two years. One awesome group that got involved and ran their own 24 hour Relay was HULLKfit who brought hundreds in the community together. Like many others cancer has affected the close family of organisers Margaret and Kara Hull who wanted "To do something to get out there and help". They had awesome community support with businesses coming on board to sponsor lighting to keep the track going over night. At its height there were over

200 people on the track with many others coming in and out over the course of the event.

We were disappointed not to be able to run a Relay For Life in Gisborne this year, but people like HULLKfit keep the hope alive. Thank you to the team at HULLKfit and all those who took part in Relay Your Way across Gisborne. ■



## Meet Anne one of our amazing volunteers!

Anne is one of our many incredible volunteers who has taken up the opportunity to help make a difference in the lives of those who have cancer. She started volunteering a number of years ago after going through her own journey with cancer. Anne volunteers at the Addis House reception on a Tuesday and Thursday, as well as helps manage our resource centre for patients and regularly volunteers as an oncology host.

As an oncology host she helps clients pre and post treatment and has been doing so since the program started. The role ranges from helping get clients around the hospital in a wheelchair, to showing them around the ward, to booking shuttles, or waiting with them while family come to pick them up.

When asked if she would recommend others get involved as a volunteer she said "Yes, it's a very personal thing and can get emotional at times. You have to be ready for those having good and bad days and be there to help patients no matter what they are going through."

If you'd like to help we are always looking for more volunteers, particularly oncology hosts like Anne. If you or someone you know might be interested in volunteering please give us a ring on (06) 356 4011 or visit [www.cancer.org.nz/get-involved/volunteer](http://www.cancer.org.nz/get-involved/volunteer) ■



# Hobby Craft Expo!



A massive thank you to Trevor Parrant and the team for organising the Hobby and Craft Expo fundraiser for the Cancer Society! The event brought together exhibitors from Wellington all the way up to the Bay of Plenty in fields from model aircraft to diamond art to knitting! The three day event took five months to

put together and was the first time it's happened since the 1960's! There were over 35 exhibitors and 500 plus people attended over the course of the weekend. All proceeds after costs are being donated to the Cancer Society. Trevor runs it because he knows from personal experience the journey people with cancer go through and how the Cancer Society helps people get through it.

The event will be running again next year, if you would like to get involved the team would always like more exhibitors! Please get in touch with us if you would be interested in having a stand we'd be happy to put you in touch. ■

**in  
memory**  
for a cancer free future

The Cancer Society is dedicated to ensuring that no one has to face cancer alone. We all know someone that

has been impacted by this terrible illness, and we are here for them, whether it be through one-on-one support, our cancer information helpline or transport to treatment. As the rate of cancer diagnoses rises, your support has become more important than ever. Your remembrance donation will go towards life-saving cancer research and will ensure we are there for people affected by cancer now, and into the future. We are incredibly grateful that at a time when you are grieving the loss of someone dear to you, you are also thinking of those going through cancer and extending your hand of support to them. If you have lost someone to cancer and wish to chat with one of our counsellors, we welcome you to contact us for support.

**To donate online or for more information go to [inmemory.org.nz](http://inmemory.org.nz)**

**Or call our friendly team on (06) 356 4011 or email us at [fundraising.cd@cancercd.org.nz](mailto:fundraising.cd@cancercd.org.nz)** ■

## GET INVOLVED WITH YOU CAN FOR CANCER

If anyone can, you can! Create your own fundraiser and help raise funds and awareness for the Cancer Society of New Zealand.

There is no shortage of ways that you can fundraise. Just use your imagination and make a difference. Give up sugar, set a personal goal, host an event... it's up to you.

Whatever you do, using your passion will help you thrive. Every dollar counts and goes towards supporting the many people touched by cancer.

**For all the information and to sign up go to <https://www.youcanforcancer.org.nz/>**

**Or email us at [fundraising.cd@cancercd.org.nz](mailto:fundraising.cd@cancercd.org.nz)** ■

**YOU  
can  
for cancer**

## UP COMING EVENTS 2023



### May

- 14th.....Mother's Day
- 10th - 16th .....NZ Sign Language Week
- 12th.....International Nurses Day
- 31st .....World Smokefree Day

### June - Bowel Cancer Awareness Month and Men's Health Month

- 5th .....King's Birthday
- 19th - 25th .....National Volunteer Week

### July - Dry July

- 14th.....Matariki
- 27th.....Head and Neck Cancer Day

## GRANTS

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.

**First Light Community Foundation Grant  
Monty Fairbrother Charitable Trust  
New Zealand Lottery Grant Board  
New Zealand Community Trust  
Pelorus Trust  
The Lion Foundation**