

# Embrace

**Kia kaha rā  
tātou, kei  
tikākā –  
Be Sunsmart.**



Season's greetings and happy 2023! While we're still enjoying some of the lovely weather, here's just a quick reminder to **SLIP** - on clothing that covers as much skin as possible. **SLIP** - into the shade of a leafy tree, building or shade sail. **SLOP** - on water resistant broad-spectrum sunscreen of at least SPF30. **SLAP** - on a hat with wide brim or flaps covering the ears and neck. **WRAP** - on close fitting sunglasses that protect against UV radiation. ■

## Marathon in a Month

Last November we held our energetic annual Marathon in a Month Fundraiser. Sushmita Chakravarty, Service Support Manager (Revenue Development) say's "Marathon in a Month is a great way to encourage people to be active now and for the future. It was a huge success - we had over 600 participants register to take part, which is amazing! Anyone can do it, you can walk, run, bike, swim, or skip. All you need to do is complete a marathon in the month of November, get active, and help cancer patients in your community. It only takes 1.4km each day". Here are two incredible stories we wanted to share, who participated in this health promotion event and went above and beyond the parameters of the challenge.



### Meet Amber

Amber Mathew first heard about the Marathon in a Month on the More FM morning program with Ken and Anna. "I signed up late October and I got involved with Marathon in a Month because I know the good that the Cancer Society does in our region and having a family history of cancer, know the importance of patients and their family having a broad network of support services" she said.

Amber covered a distance of 72km, which is nearly double that of her original target while she fundraised for the Cancer Society. Amber said that she and her team mates Stuey Kennedy and Sora Sewambar used a series of walking, hiking, and running exercises to reach their targets. She said "I'd like to thank my team mates for their support".

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## Meet Vicki



Vicki Carne, a mother of two and originally from Central Hawkes Bay, lives in Palmerston North and has been here since she was seven years old. She said “I was diagnosed with lymphoma cancer in 2018. Once I was diagnosed I went through testing and it was stage three cancer. I had to go through one year of chemo therapy and radio therapy. I’m very grateful to the people at the Cancer Society and family and friends for all of their support. I have been in remission for four years. I received counselling support from the Cancer

Society’s supportive care team.”

It’s important to set targets for a goal like this. Vicki said “I set a target distance of 500km. I thought about it and because I’m active anyway, one marathon wasn’t enough. I asked myself what is above what I normally do. I need it to be a challenge because that’s what it’s all about and it’s nothing compared to what others were going through with cancer”.

Her main highlight: “I loved that on my rides and some walks I was doing it with other people. Hopefully, I made more people aware of what each of us can do. Remember we’re always stronger together. You only get one life, make it count and have no regrets”.

We asked if Vicki would recommend others take part in it next year? “Yes definitely. It’s a win-win! You get to be more active, and the Cancer Society and those with cancer benefit from it too. Just remember that cancer can affect any one of us, at any time.” ■



## Longest Day Golf Challenge

The event has individuals and teams complete four rounds of golf - that’s 72 holes - in one day to raise funds for the Cancer Society. Hundreds of people take on the Longest Day Golf Challenge - it’s a golfing endurance event that tests your skill and stamina.

You choose the day, the course, and the team - or play solo if you prefer. The longest day of the year was Thursday 22 December 2022, but you can play any day in December or January that suits you.

We’d like to take a moment to thank Joe Caccioppoli from the Hawke’s Bay for helping raise an incredible amount of donations as part of this year’s Longest Day Golf Challenge. It took him nine hours and twenty two minutes to play the four rounds. He raised the money through friends, family, and work colleagues, with no big corporate sponsors. He took part because he wanted to do more to help other people as everyone knows someone effected by cancer - and because he loves playing golf!

*Thanks for your work Joe and thank you to everyone who has taken part in the event this year! ■*





# Meet some of our inspirational volunteer drivers

## Meet Diane

Diane from Pahiatua is 73 and has volunteered for the Cancer Society for the last 19 years. She said "I lost my only brother to cancer when I was 29 years old so I was only too pleased to help when Barbara Day asked me. When I stopped teaching I wanted to do something useful so I started to help at Riding for the Disabled which is great, then I joined the Cancer Society".

At the Cancer Society the type of support volunteer drivers provide can be "everything according to people's needs - visits, baking, meals, transport or hugs. It's wonderful to know how much patients appreciate our support" she said.

When asked if she would encourage others to volunteer she said "Yes, anyone who has spare time, and respects the privacy of our clients, would be great". Her message to other people affected by cancer is to "Always have check-ups, or second opinions if you're not well."

## Meet Lyn

Lyn is a 75 year old volunteer from Pahiatua and is a Pahiatua volunteer coordinator. She received support from the Cancer Society when her husband was ill. Lyn has been volunteering for the Cancer Society for ten years and has helped approximately 40 clients. She said "It was a good retirement job to help the community". Lyn got involved "through a previous coordinator".

Lyn says "I like helping people through a tough time. You often make new friends". We asked if she would encourage others to volunteer. "If they showed interest, yes. It is a rewarding role". She said "The clients inspire me mostly. The way they accept their diagnosis and treatment, mostly with a smile".



Lyn (left) and Diane (right).

## Meet John

John is a 71 year old volunteer from India living in Palmerston North. He has volunteered as a driver for three months. He said "Having had cancer myself, I was looking for an opportunity to volunteer and help people less fortunate than me, to accommodate their treatment needs". He heard about the Cancer Society through the media and fundraising events.

John said that "it gives me great satisfaction that I can help people in need". His message to others affected by cancer is "to try to be positive, at all times".

We at the Cancer Society Central Districts and all of those you have supported and continue to support want to say a massive thank you to you and all of our volunteers for all that you're doing! ■



If you'd like to get involved in any way please give us a ring on (06) 356 4011 or have a look on our website for more information at [www.cancer.org.nz/get-involved/volunteer/](http://www.cancer.org.nz/get-involved/volunteer/)

## WHY MAKE A BEQUEST?

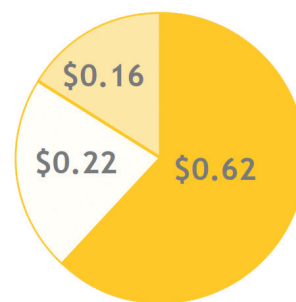
The Cancer Society is very much dependant on the generous support of its communities, i.e. donations and bequests, to continue our work. We remain the only charity to address all cancers. We're proud that our services remain free, confidential and accessible to all. Making a bequest is ensuring the good work we do continues into the future.

On average in the Central Districts region for every \$1 donated 62c is used to bring support, hope and guidance to people living with Cancer. 22c is used to help raise funds for the future and 16c to make it all happen.

A gift in your will means that no one has to face cancer alone. We need your support more than ever - for more information please use our link below:

[www.cancer.org.nz/assets/Central-Districts/Bequest-brochure-Central-Districts.pdf](http://www.cancer.org.nz/assets/Central-Districts/Bequest-brochure-Central-Districts.pdf) ■

Breakdown of Every Dollar Donated



■ support  
■ raise funds  
■ make it happen

## UP COMING EVENTS 2023



**February** - Ovarian Cancer Awareness Month  
4th ..... World Cancer Awareness Day  
[www.worldcancerday.org](http://www.worldcancerday.org)

**March** - SunSmart in March. [www.sunsmart.org.nz](http://www.sunsmart.org.nz)  
**Relay for Life**  
11 March ..... Whanganui Relay For Life  
[www.relayforlife.org.nz/whanganui](http://www.relayforlife.org.nz/whanganui)  
18 March ..... Hawke's Bay Relay For Life  
[www.relayforlife.org.nz/hawkesbay](http://www.relayforlife.org.nz/hawkesbay)  
25 March ..... Taranaki Relay For Life  
[www.relayforlife.org.nz/taranaki](http://www.relayforlife.org.nz/taranaki)  
25 - 26 March .. Manawātū Relay For Life  
[www.relayforlife.org.nz/manawatu](http://www.relayforlife.org.nz/manawatu)  
25 - 26 March .. Gisborne Relay For Life  
[www.relayforlife.org.nz/gisborne](http://www.relayforlife.org.nz/gisborne)

**April** - Testicular Cancer Awareness Month

## 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.

NZ Community Trust  
Grassroots Trust Central  
Pelorus Trust  
JBS Dudding Trust  
Eastern & Central Community Trust  
Palmerston North City Council- Community Funding  
Thomas George Macarthy Trust  
New Zealand Lottery Grant Board

2023 brings us some important proposed changes to the Sale and Supply of Alcohol Act 2012 with the introduction of the Sale and Supply of Alcohol (Community Participation) Amendment Bill - New Zealand Parliament ([www.parliament.nz](http://www.parliament.nz)).

For more information on the content of the Bill,  
please go to the Alcohol Health Watch website: [Yoursayonalcohol.org.nz](http://Yoursayonalcohol.org.nz) ■

## Bowel Cancer Screening

Bowel Screening is free for anyone aged 60 - 74 in Aotearoa. It can be done in the comfort of your own home, so no matter where you are, you can get a free kit to do the test in the mail. The test can identify the early signs of bowel cancer or polyps that can become cancerous if left. Identifying these early makes them more treatable.

Find out more at [www.timetoscreen.nz](http://www.timetoscreen.nz), or call 0800 924 432.  
Don't delay - do the test today! ■

