

## Cancer Society Volunteer Home Help Begins!

In line with our commitment to building a future free from cancer, the Cancer Society Central Districts Division has launched the Volunteer Navigators program across the region.

This initiative is designed to enhance the wellbeing of people affected by cancer by offering emotional, social, and practical support through a team of specially trained volunteers. These volunteer "navigators" serve as supportive companions, assisting clients and their families in accessing local services, understanding the care system, and managing the many challenges that come with a cancer diagnosis. While they do not provide medical treatment, their role helps bridge the gap between formal healthcare services and the everyday realities of living with cancer.



Bryan (home help volunteer)  
and Rodney

Navigators offer regular check-ins, a listening ear, and referrals to helpful resources - ensuring clients feel supported, maintain their independence, and stay connected to their communities. They also provide practical help, such as support with cleaning, laundry, and shopping, easing the everyday pressures that can be overwhelming during treatment.

Cancer and its treatments often result in extreme fatigue, nausea, and weakness, making simple daily tasks difficult to manage. The practical support offered helps provide a clean and safe home environment. It also means we can help clients with access to nutritious meal and allows them to conserve their energy for healing and attending appointments - helping preserve their dignity and independence.

Built on the values of person-centred care and strong community engagement, the program has proven valuable not just for clients but also for the volunteers involved. This is a way of recognising the vital role volunteers play in our organisation. Cancer Society has taken steps to better support and appreciate their contributions. This renewed focus has significantly boosted volunteer morale, increased their sense of value, and encouraged continued involvement.

All navigators undergo thorough training in communication, as well as ethical practice, and resource navigation, enabling them to offer meaningful, non-clinical support. Equipped with these skills, volunteers help empower clients to make informed decisions, remain socially engaged, and improve their overall quality of life.

### How it works



**1. Referral received from a Health Professional**



**2. Assessment completed by Supportive Care Coordinator with client**



**3. Supportive Care Coordinator matches the volunteer to the client**



**4. Meet and greet for both the client and volunteer. Care plan discussed and developed with clear timeframes**

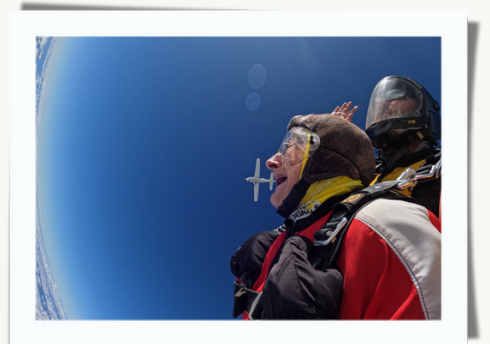


**5. Review of care plan - closure**

If you are interested in accessing this service please contact your local Cancer Society supportive care team today. If you would like to volunteer contact your local volunteer coordinator.

# Cheryl's Leap of Courage!

"One morning, while my husband and I were lying in bed, I saw an ad on social media. I turned to him and said, 'I'm going to jump out of a plane - and you're donating the first \$20!'" That's how 72-year-old Cheryl's Jump for Cancer adventure began.



Skydiving had never been on Cheryl's bucket list. But just three weeks after that moment, she found herself 15,000 feet in the air, ready to take the plunge. "It scared the life out of me - it was a real challenge," she admits. For Cheryl, the jump was about doing something bold and unexpected. "I wanted to do something that no one would ever think I'd do," she says. That daring spirit inspired her friends and family, who rallied behind her and helped raise well over the \$1,000 minimum needed to take part.

Cheryl's motivation came from a deeply personal place, many of her longtime friends are experiencing cancer, and two have sadly passed since her jump. "Cancer is everywhere," she says. "If I can do a little bit this way to help people then I should."



Despite the nerves, Cheryl says the experience was unforgettable. "To be honest, I think I had my eyes shut for a bit. I didn't even realise I was out of the plane until I opened my eyes, looked up, and saw it above me!"

She encourages others to consider giving it a go. "It was lovely. So many people supported me because it's something they'd never dream of doing themselves." And she's not done yet - Cheryl plans to jump again next year!

Thank you, Cheryl, for your courage and commitment to those affected by cancer. If you're feeling inspired, keep an eye on [jumpforcancer.org.nz](https://jumpforcancer.org.nz) registrations for next year's Jump for Cancer, open early 2026!

## Te Haerenga o te Hauora – Journey towards Wellbeing

Over the month of June, the Cancer Prevention team launched Te Haerenga o te Hauora – Journey towards Wellbeing. A free and inclusive health kaupapa, open to anyone, that empowers participants to take small, positive steps toward better health and wellbeing. Te Haerenga o te Hauora celebrates and aligns with the values of Matariki/Puanga the Māori New Year, connected to health and wellbeing, reflection, hope and remembering those who have passed. Participants were provided with resources that included recipes, activity ideas, nutritional advice, and fun facts throughout the month. Alongside these were the weekly inspirations and support from our health promotion team.



The kaupapa (initiative) had amazing success for its first year, with 335 signups across the country. Participants commented that the kaupapa was "user friendly" and that it was "A great initiative, great organization and resources." We have received wonderful feedback and suggestions for next year. We hope to use this feedback to grow this kaupapa and expand our health services to more communities.

This is the reason we continue our work, because we see the benefit it provides to our communities; "Thank you for your helpful initiative to stimulate and support people to make healthy lifestyle choices. It helped me to stop and think about some exercise changes that I needed to make."

# Daffodil Day is Almost Here!



As a non-government organisation Daffodil Day is one of the most important events that helps us to keep the lights on and enables us to provide our services free of charge. We are so grateful to all the businesses, groups, and individuals from across our community who hold events, volunteer, donate, purchase daffodils, and so much more. Each day 74 Kiwis hear the words, “you have cancer.” Daffodil Day is a chance to show your friends and family affected by cancer they’re not alone, and help the 1 in 3 Kiwis who will experience cancer in their lifetime.

## Help us to do more this Daffodil Day! You can get involved by:

- Purchasing daffodils, pens, potted daffodils, or cookies from our online store at [www.cancersocietycd.org](http://www.cancersocietycd.org)
- Volunteering for a shift at one of our collection stalls across your community, or lending a hand helping our team prepare the logistics for the day by going to [volunteer.daffodilday.org.nz](http://volunteer.daffodilday.org.nz)
- Registering your workplace, community organisation, school, or group at [fundraise.daffodilday.org.nz](http://fundraise.daffodilday.org.nz) and host a fundraiser like a bake sale, a morning tea, colour day or use it as your chance to try out your own idea!

### Taranaki

New Plymouth Takeaway Business Lunches in partnership with Little Fed Cafe and supported by The Y Taranaki. Lunch for one \$20.00, Platters for 10 \$100.

Email [fundraising.tar@cancercd.org.nz](mailto:fundraising.tar@cancercd.org.nz) to get an order form if interested.

### Hawke's Bay

Family Fun Colour Run. Mitre 10 Sports Park Hastings. Sunday 24 August. Tickets available at [events.humanitix.com/daffodildayfamilycolourrun25](http://events.humanitix.com/daffodildayfamilycolourrun25)

Daffodil Day Inaugural Company Quiz Challenge and Silent Auction - 27 October, email [fundraising.hb@cancercd.org.nz](mailto:fundraising.hb@cancercd.org.nz) for more information.

### Whanganui

Whanganui is setting the stage for a sea of yellow this Daffodil Day along Victoria Avenue. Businesses have been invited to participate in a yellow-themed community competition, which will be judged on Friday 29 August. There is a prize up for grabs! Shop fronts/displays will be visible between 25 - 29 August. Businesses who are keen to be on board and be part of "Dress the Town Yellow" will receive a Daffodil Day decorative starter kit. The rest is up to you, bring your creativity to the fore and embrace the colour yellow! To register your participation, email [fundraising.wgi@cancercd.org.nz](mailto:fundraising.wgi@cancercd.org.nz)

### Manawatū

Daffodil Race Day, Saturday 6 September at the Awapuni Racecourse. If you're interested in sponsoring a race for naming rights, please contact [fundraising.mtu@cancercd.org.nz](mailto:fundraising.mtu@cancercd.org.nz)

Vintage Car Club Daffodil Rally, Sunday 24 August. Beginning at Old Coach Museum in Feilding at 1pm, departing at 2pm for an approximately 130km/2hour run, and ending at the Manawatū VCC clubrooms around 3.30pm for afternoon tea. All are welcome to join the rally, \$10 per vehicle.

### Gisborne

Join the Vintage Car Club and Gisborne Ford Motors for a vehicle display and fun run to Tolaga Bay, raising funds for the local Cancer Society. Gisborne Vintage Car Club veterans Rod Clague (left) and Graeme Revell invite all vehicle owners - not just those with vintage vehicles - to take part in the Daffodil Rally for Cancer. Revell's 1946 Chevrolet A pick-up will be one of the vehicles on display at The Warehouse from 10am. The rally to Tolaga Bay starts at 1pm.

**When:** Sunday 24 August

**Where:** Warehouse Carpark

**Time:** Leaving 10am

**Cost:** \$10 per vehicle, all proceeds to the Gisborne East Coast Cancer Society





# Meet one of our volunteer drivers – Janis!

Around 18 years ago, Janis started volunteering for the Cancer Society as a driver for clients to get to and from their appointments. She has always lived in Hawke’s Bay and worked as a nurse and a midwife. She started in Dannevirke in 1964, then went to Napier Hospital and then moved to Hastings Hospital of which she is now retired.

She said that her journey as a volunteer began when her neighbour was involved with Look Good Feel Better, she saw a poster looking for help and she’s been involved ever since. “I really like volunteering. I like when you get to drive people more than once because you can build a relationship with them”.



Since then, she hasn’t looked back and anywhere she goes with a group of people she always recommends getting involved as a volunteer with the Cancer Society. Her answer to the question “I’m retiring and don’t know what I’ll do” is always “talk to the Cancer Society”.

“I enjoy driving. When you form relationships with the clients, you get the good news and bad news. It’s always good though as they know who you are you can be something for them to hold on to.”

If you would like to be like Janis, and volunteer for the Cancer Society to help those in your community who need it, we would love to hear from you! Call us on 06 348 7402 or visit [www.cancer.org.nz/get-involved/volunteer](http://www.cancer.org.nz/get-involved/volunteer).

On behalf of all of those who receive support from Janis and all our volunteers, thank you! We couldn’t do what we do without you!

## Marathon in a Month is on its way

Walk, run, bike, swim, skip... complete a marathon in the month of November, get active, and help cancer patients in your community. It only takes 1.4km each day. By joining the Cancer Society team, your support will ensure that the 74 New Zealanders a day who are diagnosed with cancer will not go through it alone.

You get to set your own challenge, so if one marathon over a month isn’t enough, why not do two, three, five!

Sign ups open in September so keep an eye on [marathoninamonth.org.nz](http://marathoninamonth.org.nz) to be ready!

## Upcoming Dates for your Diary

- August**  
11th-17th.....Women’s Health Week  
29th.....Daffodil Day
- September**  
Awareness Months...Cervical Screening  
Blue September, Prostate Cancer  
Gynaecological Cancer  
15th-22nd.....Te Wiki o Te Reo Māori (Māori Language Week)
- October**  
Awareness Months...Breast Cancer  
Health Literacy  
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.
- Central Energy Trust
  - Hastings District Council
  - Lion Foundation
  - Royston Health Trust