



Huge Jump in SunSmart Accredited Schools!

As we move into the summer months, we must be more cautious of the UV rays and the harm they cause. UV rays are the rays of radiation emitted from the sun, even on cloudy days where it may not feel hot. UVA can still cause damage to our skin. Over 90% of skin cancer is caused by overexposure to UV Radiation, we can protect ourselves by remembering to Slip (slip on a t-shirt and under shade), Slop (slop on some sunscreen), Slap (slap on a hat), and Wrap (wrap on some sunglasses). Using all four measures of protection provides better safety from the sun.

Our Health Promotion team will be busy this summer to ensure the community get the best protection from UV rays at events, in schools, and at the beach. Our SunSmart in Schools accreditation program helps schools reach optimum sun protection for their students. Our Health Promoters help with sun protection policy writing, advice on shade, and education in the classrooms, so that schools can reach accreditation and that students and staff understand the importance of being SunSmart.

Our team have been busy at work supporting schools to become SunSmart accredited. We've seen a significant increase in the number of schools accredited across Central Districts, going from 119 in 2023 to 173 this year! That's a 45% increase! This is a crucial area of work as supporting young people to develop SunSmart habits significantly reduces their chances of developing skin cancer in the future.

Health Promotion is active in Gisborne!

Our new health promoter Catriona Jones in Gisborne had the opportunity to join the Gisborne District Council East Coast Roadshow for their monthly hikoi up "the coast". The roadshow is a fantastic chance for often isolated communities to have local access to a wide range of organisations, such as IRD, Community Law, etc. For us it's about bringing cancer prevention information to people rather than leaving people to have to go out of their way to access it.

Another significant event the Gisborne Cancer Society attended was the Empower You Women's Expo in September. There were over 300 attendees and 80+ stall holders, guest speakers and workshop hosts. It was a fabulous day with a relaxed vibe that allowed women to take time to learn something new.

Cancer Society Gisborne Centre had a stall that provided reminders about breast and cervical screening as well as the link between alcohol consumption and seven different cancers. People were calling in, asking great questions, and being proactive about their well-being. Visitors were also given some 'homework' to do based on what they value. It encouraged them to take time to look at what matters to them and see if their life reflects what they value. Health promotion is a key part of our mission, and we are very excited to have Catriona on board to further our work in Gisborne.

Daffodil Day Round Up!

As summer approaches we wanted to take a moment to reflect on this year's Daffodil Day appeal. Every year we are overwhelmed by the incredible spirit and generosity of our communities. Whether it's someone donating on the day, a volunteer out collecting on the street, or a grower giving us their daffodils, it all makes a huge difference. Daffodil Day helps us to fund vital transport to and from treatment, provide free counselling services, and supports cancer prevention programs such as SunSmart schools. We wanted to share a story from each centre about how the day went in their community. These stories by no means reflect everything that happened and everyone that made a difference in each area, but highlight some of the positive stories from our communities.

Manawatū

Daffodil Day 2024 was another a great community run and supported event for the Manawatū Cancer Society. Despite the weather it was lovely to see so many volunteers from all ages out there doing their bit to support us and each other. One group who have been fundraising on our behalf since the mid-1990s is the Hokowhitu Bridge Club, who organise a Daffodil Day tournament. This year they had over 80 registrations for a full day of playing bridge. Our local Heartland Lions group jumped on board to make and serve soups for their fundraising lunch, which was greatly appreciated and we have heard were delicious! After a full and competitive day, the prize giving and donation to the Cancer Society was revealed. We were very happy to accept the generous donation from the tournament this year which was amazing and goes so far to help us provide our essential services.



Without groups like the Hokowhitu Bridge club doing these events for us, fundraising would be so much harder to achieve. So to all those that supported Daffodil Day this year, thank you!

Hawke's Bay

Daffodil Day always brings a buzz of excitement to Hawke's Bay, with one of the standout events being the annual Hawke's Bay Racing Day Spring Carnival. Picture the thundering hooves on the track, with a special horse selected by the club for each race wearing the Cancer Society colours. With every win or placement, prize money is awarded to support our vital work. At the gates, our amazing volunteers greeted attendees, and every donation collected went directly to our local Cancer Society.



Thanks to the incredible support from the Hawke's Bay Racing Club, this event not only raises essential funds but also spreads awareness for such an important cause. The venue, decked out in yellow and festooned with daffodils, made for a vibrant celebration of community and hope.



Taranaki

This year our awesome new Daffodil Day committee trialed running a new event, "Daffodil Day at the Hāwera Town Square". They had small stalls setup selling fresh Daffodils, merchandise, baking, raffles and local Mayor, Phil Nixon, selling his famous Burgers! All ingredients for the iconic steak burgers were sponsored. They sold for \$20 each and were sold out within 45minutes! This is the first time we have had a Daffodil Day presence in Hāwera for sometime so it was great to see the community come out in support. The committee also organised a local musician who donated his time for the day which massively added to the atmosphere. The event was enjoyed by the community and there was a great turn out.

Gisborne

Our annual Daffodil Day Campaign saw the local schools and early childhood centres around Gisborne and the East Coast produce some awesome events on our behalf. Highlights include a massive raffle run by Rewanui ECE with all prizes donated from their local families, an evening hosted by Bizzy Bodz ECE where the children auctioned off artwork they had created, a delicious hāngī lunch at Rerekohu Area School where the BoT matched their donations dollar for dollar and of course LOTS of yellow dress up days around the community. It was encouraging to see so many tamariki from the next generation step up and show their support and generosity for Daffodil Day. There was a noticeable influx of the younger generation this year, going above and beyond with their support for us. From little ones out picking fresh daffodils each week to youngsters helping with the street collection. Of particular mention is the two young volunteers from Ormond School who made numerous phone-calls around their local farms to help organise having sheep donated to our annual stock drive.



Whanganui

Daffodil Day is always a special community event here in Whanganui. This year the Remix Runway challenged over 50 young people from across Whanganui to upcycle a wedding dress into a fashion statement. It was a great opportunity for young people to engage with the Cancer Society, while also growing their creativity, and earning NCEA credits. The event was well supported with more than 250 attendees packing the Whanganui racecourse to watch the show! A big thank you must go to Etcetera Bridal for sponsoring all the dresses for the event, and congratulations to Kayde Clow who placed first.



To all the students, family members, sponsors, and supporters both at Remix Runway and across Daffodil Day as a whole, thank you. Without your support we couldn't continue to do what we do.

Meet Cole - one of our amazing volunteers

Cole is one of our most dedicated volunteers. He is an absolute all-rounder helping with everything from Relay For Life to Daffodil Day, to just generally helping keep the Manawātū centre going! Whether it's delivering orders for Daffodil Day, setting up and packing down at Relay, or helping with the upkeep and maintenance of the sheds at Addis House, Cole is always happy to help.

He got involved with the Cancer Society while going through his own cancer journey. This drives him to help others in the community who are also affected by cancer in whatever way he can.

He'd encourage anyone thinking of volunteering for the Cancer Society to get involved, saying "It's a great way to connect with others, and gives you a sense of purpose and fulfilment." Cole loves volunteering and the connection/interaction it gives you with the community.



(Image sourced from Stuff, 2024)

From all of us here at the Cancer Society we'd just like to say thank you, to Cole, and to all our amazing volunteers who help keep us going. The Cancer Society is always looking for more volunteers. If you or someone you know might be interested in volunteering please give us a call on (06) 348 7402 or visit www.cancer.org.nz/get-involved/volunteer

Relay For Life 2025!

Relay For Life is a community fundraising event full of energy and emotion. Whether you have a connection to someone who has been or is going through cancer, or you just want to make a difference - Relay For Life is for you! It's a team event for people of all ages and fitness levels. RFL is one of the Cancer Society's key community engagement and fundraising activities and is held in over 20 communities across New Zealand.

22 - 23 March 2025 - Manawatū and Whanganui Relay For Life Events

29 March 2025 - Taranaki Relay For Life

29 - 30 March 2025 - Gisborne Relay For Life

Relay Your Way - Hawke's Bay, run your own relay when and where your community would like. Perfect for school groups, community organisations, and more!



Scan here to
sign up!



Or go to relayforlife.org.nz

THE LONGEST DAY

72 Holes in One Day!

The challenge is to successfully complete a golf marathon - four rounds of golf, or 72 holes - in one day to raise funds for the Cancer Society. If 72 sounds like too much you could instead try our two-round 'half marathon' option, that's 36 holes.

You choose the day, the course, and the team - or play solo if you prefer. The longest day of the year is Saturday 21 December 2024, but you can play any day in December or January that suits you.

This is a great opportunity to challenge yourself, have fun with your workmates and friends, and support the Cancer Society - so what are you waiting for? Sign up today!



Or go to longestday.org.nz

UP COMING EVENTS 2024/2025

November

All Month.....Marathon in a Month
Movember

Blood Cancer Awareness Month
Lung Cancer Awareness Month

5thInternational Volunteer Managers Day
21st.....World Pancreatic Cancer Day

December

All Month.....Longest Day Golf Challenge
5th.....International Volunteer Day

January

All MonthInternational Cervical Cancer
Awareness Month

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.

- COGS South Taranaki
- COGS Tairāwhiti
- COGS Tamatea / Tamaki-Nui-A-Rua
- Eastern and Central Community Trust (Hawke's Bay and Manawatū)
- Four Regions Trust
- Lottery Manawatu Community
- Mainland Foundation
- Sunrise Foundation
- Trust House