

# Embrace



## Sunscreen Safety Standards

Earlier this year the Sunscreen (Product Safety Standard) Act was passed through Parliament. The purpose of the Act is to mandate a sunscreen product safety standard (the Standard). The Australian and New Zealand standard for sunscreen, AS/NZ 2604/2012, will be mandatory under the Fair Trading Act.

Our Cancer Society Central Districts Service Delivery Manager (Health Promotion), Janine, says “the SunSmart (Product Safety Standard) Act will give consumers more confidence in the sunscreen products that they buy. The Cancer Society encourages everyone to be attentive of all aspects in being SunSmart.

Be mindful of your SunSmart practices, Kia Tū! Kia Oho! Kia Mataara! Make sure to protect yourself and your whānau from the sun.” ■

*It's important 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.

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

# Our Volunteers are at the Heart of the Cancer Society

Below we share the story of Terry and Edna.

Between them the couple have volunteered for an impressive total of 38 years.

The pair became Manawatu Cancer Society life members in July 2016, in recognition of their loyal voluntary service. Edna has been a volunteer since 2000 and husband Terry has volunteered since April 2006, both are dedicated to supporting Cancer Society efforts in the Horowhenua based at Levin's Winchester House.

Edna has turned her hand to many voluntary roles in her time from a volunteer driver, to reception and admin, working as a Daffodil Day coordinator, supporting Relay For Life for about 15 years, helped the women's support group, and backed up health promotion events and activities - she is happy to help where ever it is needed.

"I get great satisfaction in helping other people through their cancer journey. I have a history of cancer in my immediate family so I like to give back to help support clients, whānau/families through their journey."

She describes Winchester House as a base for anyone with cancer in the Horowhenua.

"We aim to create a welcoming environment for all. We've created new gardens, poured countless cups of tea and coffee for clients and other volunteers. New storage sheds have been erected and I've helped with painting and made curtains."

"I've done this with great pleasure and satisfaction from being involved with the great team in Levin."



Meet Edna and Terry from Horowhenua.

Terry has been the Horowhenua convenor for the past 12 years which has seen him oversee the daily management of Winchester House in Levin, including local Cancer Society events and local volunteers. He has also been a volunteer driver up until earlier this year. He's actively supported Daffodil Day and Relay For Life (in the local team Winchester Wanderers). He's given his time

working on the Cancer Society stall at the Central District Field Days, he's planned and run garage sales and sat on the Volunteer Advisory Committee, and assisted at the monthly mens support group meetings.

Terry says there's been a lot of cancer in his wife's family, and that now includes Edna. "I like to help others in need and I help by giving my time," he says. Terry feels it's important to support Cancer Society fundraising events, because it's those activities that generate the funds for support services accessed by those with cancer. "It gives me a great warm feeling, that I've done this over many years, plus we're working with a great team of other volunteers in Levin. It's like anything, the more you put into it, the more you get out of it."

*Edna and Terry, we are immensely grateful for all of your contributions and the hours and hours you've so freely given for the Horowhenua community. We thank you sincerely from the bottom of our hearts for all you've done and continue to give. ■*

## UP COMING EVENTS 2022



### November

- 5th ..... International Volunteer Managers Day
- 16th-22nd ..... Blood Cancer Awareness Week
- 17th..... WHO marks the first year of the Cervical Cancer Elimination Movement
- 19th..... World Pancreatic Cancer Day
- Lung Cancer Awareness Month
- November - [www.movember.com](http://www.movember.com)

### December

- 5th ..... International Volunteer 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.

A very big thank you for the support, which allows us to continue supporting people with cancer in our community.

Aotearoa Gaming Trust  
Community Organisation Grants Scheme COGS  
Hawke's Bay Foundation  
St Laurence's Social Service Trust  
Trust House Foundation  
Whanganui Community Foundation



# Daffodil Day in Review

This year our friendly volunteers were back on the street for the 2022 Cancer Society Daffodil Day street appeal. It was a very wet day and they still managed to keep their spirits high and fundraised for us. Here is a glimpse into the regions where they were.



## Gisborne

We had stalls selling fresh daffodils, raffles and merchandise each weekend in August with six stalls through town on Daffodil Day itself.

We had 63 volunteers over 16 different sites for street collection day. Most of our street collectors were high school students.

We had hundreds of fresh daffodils provided to us for fundraisers throughout the month in Gisborne and up the coast - a huge thank you to Merv Goodley, Marie Cranswick, Lois McCarthy and Eastwood Hill.

## Hawkes Bay

A total of 161 amazing volunteers were involved in our Daffodil Day event this year. Street collectors were out at 45 locations across Napier - Hastings on Friday and another 13 sites on Saturday 27th August. There were a range of activities in Wairoa and Central Hawke's Bay as well. The Hawkes Bay team sent out a record number of business collection boxes and presold approximately 250 bunches and 125 potted daffodils.

We topped off Daffodil Month with a fantastic day at the races for the Tarzano Spring Carnival Daffodil Race Day - all entry fees on the day were donated to the centre, and Hawkes Bay Racing put on a beautiful high tea as a thank you to 65 of our volunteers.



## Manawatu

We're so thankful to all the volunteers who have helped us during Daffodil Day - we're inspired by your talent and generosity - thank you.

About 100 hours of careful knitting has taken place collectively between Karen Stockley and Jenny Evans with all the knitting generously gifted to the Manawatu Cancer Society for Treasured Teddies - which has seen previously unused Daffodil Day bears re-purposed and given a new lease on life with handmade and unique jerseys and outfits. Each little jumper takes about 45 minutes and Jenny and Karen believe they've done about 50 hours' worth of knitting each to help fit out the bears.

We had a total of 178 amazing volunteers help with our Daffodil Day event this year. The Manawatu team presold approximately 906 bunches and 280 potted daffodils.

## Taranaki

Taranaki Daffodil Day went off with a BANG again this year. It was great to be able to get out and about in the public again and hold a physical event. We held a very successful Pop Up Shop at the local mall. This was run fully by our Volunteers for the whole three weeks we were open. Stratford held their annual Daffodil Day Community Luncheon. This was enjoyed by all. In New Plymouth we had a Street Market on Daffodil Day in the Huatoki Plaza. We sold merchandise, fresh Flowers, raffles and there was also live music and food trucks.



## Whanganui

We had around 160 amazing volunteers who gave their time and services on Daffodil Day. There was 23 Booths on the Friday selling Fresh Daffodils, Potted Tete a Tete Daffodils and Merchandise. Various events and activities within our rural areas; Ohakune, Raetihi, Bulls, Marton, Huntersville, Waiouru and Taihape, they all helped to raise money on Daffodil Day! During the months of July, August and September we had a Pop up Shop selling a wide variety of good quality goods. A group of 30 volunteers were rostered to work at the shop.

The Vintage Car Club ran their annual Daffodil Day Rally, with all the proceeds given to the Cancer Society. It was a fabulous afternoon for everyone and a lot of fun was had.

We had 100 counter boxes at local businesses raising money for Daffodil Day. A massive thanks to everyone involved for all their help with Daffodil Day 2022!! ■

## Donor Survey

We have enclosed a survey for you to complete and return to us. It would be amazing and very helpful to us.

## Marathon in a Month



**ACTIVE now for the future**  
Walk, run, bike, swim, skip...  
complete a marathon in November.

Register today at [www.marathoninamonth.org.nz](http://www.marathoninamonth.org.nz)



Cancer Society Central Districts Service Support Manager (Revenue Development) Sushmita Chakravarty says Marathon in a Month encourages you to be ACTIVE now for the future. 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! You have 30 days to complete your marathon and the challenge is about getting active and helping cancer patients in your community. The aim is to have fun and enjoy yourself along the way! Knowing that whatever your speed and your ultimate distance - you'll be helping make a difference to people in your community affected by cancer. By taking up the Cancer Society Marathon in a Month challenge, you will help make sure that the 71 New Zealanders a day who are diagnosed with cancer will not go through it alone. ■