

Embrace

National Volunteer Week 2023!

Manawatū

This year, the Manawatū Centre decorated the centre and had a lucky dip for all volunteers who came into Addis House.



We absolutely loved having these moments to give something back to our volunteers, enjoy connecting and sharing a laugh or two. On behalf of the Cancer Society Manawatū, we'd like to say a massive Arohanui for supporting our community and organisation. Our centre couldn't operate without our volunteers and we are so grateful for you.

also thanked individually through email. Our regular volunteers were invited to call into the centre, which was decorated for National Volunteer week, and pick up a small thank you gift.

Taranaki

We celebrated National Volunteer Week starting with an email letting all our amazing volunteers know how treasured they are. Our centre was dressed up letting everyone who came in know it was a week to celebrate our volunteers and just how precious they are to us. Our volunteers in Taranaki are truly awesome and we most definitely could not do the things we do without them.



Whanganui

National Volunteer Week is the perfect opportunity for us to thank our volunteers for the gift of their time, knowledge, skills and presence. This year we ran a series of Facebook posts titled "Why I do what I do & what we love about you" which gave some of our volunteers an opportunity to voice why they volunteer and our staff to respond with what they appreciate about that volunteer.



Hawke's Bay

Here at the Hawke's Bay Centre, we celebrated National Volunteer Week with a big shout out to our amazing group of regular volunteers, office decorations, a Facebook post and an invitation to drop in and fish for a present in our lucky dip chest, which was taken up by many. Our volunteers were also invited to the Volunteering Hawke's Bay celebration on Saturday morning, which was unfortunately later cancelled due to a heavy rain event. ■



Gisborne

We celebrated our volunteers with a feature and photo in the local newspaper to start off the week. Volunteers were



World Smokefree May – Whanganui.

Nearly 85% of New Zealanders are Smokefree. Te Kāwanatanga o Aotearoa/New Zealand Government has set a goal that by 2025 fewer than 5% of New Zealanders will smoke.

This will be achieved by:

- ✓ Making tobacco less accessible, by reducing retailers nationwide.
- ✓ Reducing the addictiveness and appeal of tobacco, by lowering nicotine levels in smoked tobacco products.
- ✓ Increasing availability of services, to provide the best possible support to quit.
- ✓ Creating a Smokefree Generation.



Being Smokefree and having Smokefree environments help support the health and wellbeing of our communities. The Theme Smokefree May 2023 was “We’re Backing You”. During the month of May the Whanganui Smokefree Collective (The Cancer Society, Nga Taura Tuhono, Te Oranganui & Te Whatu Ora) were a part of three community pop ups. First up supporting our Tamariki at an event in Ratana, followed by engaging with our community inside Trafalgar Square, gaining insights into Smokefree 2025 and Vaping. Wrapping up the month, a youth-focused community event held at St Lukes in Castlecliff on World Smokefree Day 31st May with the help of Te Ora Hou. ■

Taituara, taiwhare, taieke.



The Cancer Society has partnered with 9 skydive companies across Aotearoa to offer interested people a free skydive when they raise \$1000. You can sign up as an individual, or as a team, such as a workplace. Regardless, each person must raise \$1000 or more to qualify for a free jump.

Lexi from Hawera is one of the awesome people who has taken up the challenge! She’s “into doing all these crazy things so why not do it for a good cause!” She studies a bachelor of science in nutrition which has given her an understanding of how the body works, “makes you realise how hard it can be to deal with when things [such as cancer] go wrong”. She understands how hard cancer can be and saw Jump For Cancer as an opportunity to make it easier for people experiencing it and to raise money to go toward research so we have less cancer in the future. She’s looking forward to doing her jump with her best friend later on in the year.

When asked if others should take part she said “Totally, you feel so good about yourself knowing you’ve achieved this goal, raising \$1,000 is a lot, something to add to the bucket list!”

We had 98 people register to take part across our regions this year! If you’d like to take part in Jump For Cancer next year keep an eye on the website: <https://jumpforcancer.org.nz/> ■

Here are some photos of our other awesome jumpers from across the regions!



Ready to Spring Into Action for Daffodil Day!

Your Cancer Society teams have been hard at work getting ready for Daffodil Day this year on Friday the 25th of August! We have a number of exciting things planned and wanted to give you an overview of what's happening.

All centres have pre-order forms where businesses or individuals can order from a range of merchandise to be delivered in August. You can see all the available items here at cancer-cdshop.org. We have fresh daffodils, coffee cups, serviettes, tea towels, pens, and even cookies on sale so make sure to check it out!

Counter boxes are out with businesses from early August giving people another opportunity to support the cause. We are also encouraging businesses to decorate their shopfront yellow in support of Daffodil

Day for the week from the 21st of August. We will be running street appeals in every location and are always looking for more volunteers to help out. If you're interested in helping out either at a stand or in the office helping sorting out goods, contact your local volunteer coordinator.

Each centre is also running their own Daffodil Day specific events, if you'd like to find out what your area is doing call your local centre for more information. Volunteer Coordinators:

Taranaki - Tracy 027 208 0246

Whanganui - Theresa 022 045 5098

Manawatū - Hayley 027 212 0169

Hawke's Bay - Anne 027 203 2920

Gisborne - Gill 022 302 3413

NEW SHUTTLE - THANK YOU WEEM TRUST!

We're excited to have a new shuttle in the Hawke's Bay for our volunteer drivers to take cancer clients to and from treatment. As many clients have to travel a long distance for treatment this will help make sure everyone is as comfortable as possible. Our shuttle travelled 60,087kms last year, transported 205 patients and 58 carers across 800 trips, an average of over 2 trips per day! A huge thank you to the Weem Trust for providing the grant for the shuttle, it will make a huge difference in the lives of our cancer clients. ■



Meet Nuala one of our amazing volunteers!!

Nuala is one of our amazing Whanganui front office volunteer receptionists. She does a bit of everything, from admin jobs to helping with data records, to making bunting! She started volunteering for the Cancer Society two and a half years ago when she and her husband moved from Wellington to Whanganui. The pair were looking for something to keep them busy and found the Cancer Society to be a perfect fit, she says "it's nice to be using the skills you've got". She answers phones, helps with thank you letters and provides all around support for our team.

For Nuala volunteering is a way to give back and keep active. When asked if she would recommend volunteering for the Cancer Society she said "absolutely yes, the team are great to work for". The team puts in a lot of work to provide help to cancer clients and we couldn't do it without the support of our amazing volunteers.

We want to say thank you to Nuala and her husband who's a volunteer driver for all the work they do to help those with cancer in our community.

If you'd like to help we are always looking for more volunteers, particularly volunteer receptionists like Nuala. If you or someone you know might be interested in volunteering, please give us a ring on (06) 348 7402 or visit www.cancer.org.nz/get-involved/volunteer ■



Central Districts All-Staff Hui

Every two years we gather the whole team together: from Tairāwhiti, Hawkes Bay, Manawātū, Whanganui, and Taranaki - everyone comes together for our **All-Staff Hui**.

It is significant as we are all spread across the region and some staff would not otherwise ever get to meet each other (or would only see each other on VidConf meetings) and there is no substitute for kanohe kanohe face to face.

This year our Hui focus was on building our organisational culture that we can all be proud to be a part of and to connect with. For the past few years while we have languished in Covid-land, we have been hunkering down under first the pandemic and then also the upheaval of staff changes that has run across the NFP industry and indeed throughout the world. So now that we are moving forward, we start to examine and ask **“what are our common values; what’s important to us, to our clients, to our donors, and to our volunteers?”**

This was the essence of the 2 half days of our Hui. We reflected on what we had achieved, what was planned for the future, how we think and act differently in our communities but together for a common purpose. We examined our values statements and had input to develop them in a unique way that fits the people of the Central Districts.

From every team member came words of insight, some thoughtful, some comedic, some reflective, and some so impassioned that I feel humbled by the commitment that is brought to the Cancer Society.

I have to thank all the people who presented, or arranged behind the scenes, and to all the teams from every centre who were part of our Hui; thank you for your words, for your work, and for your time I hope to see you all again in 2 years at the next **All-Staff Hui**. ■

Debra Elgar, CEO of Central Districts Division



UP COMING EVENTS 2023



August

25thDaffodil Day

September - Cervical Screening Awareness Month
- Prostate Cancer Awareness Month

11th - 18thMaori Language Week

15thWorld Lymphoma Awareness Day

24thWorld Cancer Research Day

October - Health Literacy Month

- Breast Cancer Awareness Month

10thWorld Mental Health 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.

Weem Trust

Trust House Foundation

One Foundation

Mainland Foundation

Eastern & Central Community Trust

Aotearoa Gaming Trust

Palmerston North City Council