Cancer Society
Te Kāhui Matepukupuku o Aotearoa

SPRING - SUMMER 2026

EMBRACE

A House For Karen – Supporting Families With Cancer

A House For Karen has provided a holiday opportunity for people and families facing cancer for almost two decades. It is fitting that it now passes to the Cancer Society to continue the work of The Karen Cornelia Trust as it aligns so closely with our own work.



It is our goal to make it available NZ-wide so anyone with cancer can access the beauty and tranquility of the Taranaki coastal setting, free to any whanau and families with cancer.

Bookings can be made via H4K@cancercd.org.nz

Preparing our Tamariki for a SunSmart Summer!

With ultraviolet rays (UVR) levels starting to rise as early as September in New Zealand, our Health Promoters are already out in the community educating and spreading awareness on SunSmart practices. Our Whanganui Health Promoter recently attended the Living Well Expo, educating attendees on UVR harm, skin cancer, prevention techniques, and other cancer prevention information.

Our Health Promoters have also been busy getting our local schools and Early Childhood Education Centres (ECEs) ready for the summer season. Our SunSmart school accreditation programme is open to all schools, ECEs, and kura in the Central Districts region, offering tailored advice and support to schools to better protect tamariki from UVR harm. The accreditation programme ensures schools/ECEs have a SunSmart policy, adequate shade and correct SunSmart processes in place to protect all students.

Across the division we already have 35 schools newly accredited this year.

As the weather warms, it is important to remember that UV radiation is present even when the sun cannot be seen or felt. UV rays can pass through clouds on overcast days and still damage our skin. When outdoors between 10am and 4pm this summer, remember to SLIP (slip on a shirt and into the shade), SLOP (slop on sunscreen), SLAP (slap on a hat), and WRAP (wrap on sunglasses).

When the UV index is above 3, it's time to SLIP, SLOP, SLAP and WRAP!

You can check what the UV is for the day by downloading the UVNZ app from the Apple or Android app store.



Daffodil Day Recap!

Thank you to all the individuals, workplaces, schools and other organisations that supported, fundraised, volunteered and dressed up for Daffodil Day. Funds raised during Daffodil Day support the 1 in 3 Kiwis who will experience cancer in their lifetime.

Taranaki



Daffodil Day 2026 was another amazing reminder of just how generous our Taranaki community is. From our wonderful volunteers and street collectors to local businesses, schools, clubs and individuals, so many people got behind the cause and helped make a difference. A highlight was the Vintage Car Show hosted by the Taranaki Vintage Car Club and Ford, which brought the community together for a great day out.

Every donation, conversation, yellow outfit and act of support helped raise vital funds for local cancer support services. A huge thanks to everyone who got involved, supported us, and helped make Daffodil Day a success.

Whanganui

A little over three months old, The Foundry Gym in Bulls has already shown the extraordinary power of community. On Daffodil Day, its members and wider community banded together for a gruelling 24-hour ride-a-thon; thank you to The Foundry Gym and everyone who took part.



The result absolutely blew our minds—not simply because of the amount raised, but because of the sheer joy, love and encouragement filling the gym. We know that cancer touches so many lives, and seeing people come together through fundraising is both encouraging and inspirational. Their endurance, generosity and community spirit remind us that when we band together, we can make a real difference.

Manawatū

Daffodil Day 2026 was a wonderful celebration of community spirit with countless events, fundraisers, and activities taking place across the region. We were overwhelmed by the generosity and enthusiasm shown in support of people affected by cancer.



Among the many highlights were the Daffodil Day Hoedown Line Dancing event and the ANZ Golf Day, both of which brought people together for a great cause while raising vital funds and awareness. We are incredibly grateful to everyone who donated, volunteered, attended events, or helped spread the word.

Daffodil Day Recap!

Hawke's Bay



Daffodil Day this year ran smoothly, and it was heart-warming to see our local community come together to support our Centre. As always, we could not do this without our wonderful volunteers who assisted with everything from preparing and filling counter and street boxes, delivering counter boxes, putting together and delivering pre-orders, manning collection sites, taking money to the banks on Street Appeal Day, assisting with counting money afterwards, and refilling the boxes for next year.

Then it was onto the Hawke's Bay Daffodil Raceday where volunteers were thanked with a morning tea, before enjoying the action of the races.



Gisborne

Our Street Appeal was well supported across the community with many people wearing yellow, making donations, volunteering their time and supporting community-run events. From Te Araroa, right across the district to Matawai, out to Rere and across Gisborne, the place was abuzz with good weather and great support.

The 28th Annual Stock Drive for Cancer received a record donation received from the local farming community. A special thanks goes to the transport companies, auctioneers and PGG Wrightson along with the farmers who donate and purchase stock. Without your generous support, this event simply would not have achieved the success it has, and we are incredibly grateful for your commitment to the cause.

Meet one of our volunteers – Gillian!



Gillian White's involvement with the Cancer Society began six years ago after losing her husband to cancer. Moving to Whanganui 11 years ago, she was drawn to the local centre, eager to apply her extensive skills from her career in research and teaching.

Motivated by her husband's memory and the support from the Cancer Society, Gillian became a key team member, taking on various roles including home help, fundraising events as well as contributing to the Central Districts Division Executive. She finds fulfillment in events like Relay For Life, where she witnesses the positive impact of her efforts.

Gillian has gained skills in humility, respect, and cancer knowledge while filling critical funding gaps and providing advocacy for those affected by cancer. She values the essential support systems of the Cancer Society and recalls a memorable large donation on Daffodil Day, showcasing community generosity. Her dedication highlights the significant difference one individual can make. Overall, her six-year journey has made a meaningful community impact.

Relay For Life 2027 - Save the Dates

Taranaki - 10am - 10pm Saturday 20th March 2027, TET Stadium and Events Centre, Inglewood
Whanganui - 2pm - 10.30pm Saturday 13th March 2027, Cooks Gardens, Maria Place Whanganui
Hawke's Bay - Relay Your Way
Gisborne - 12pm Saturday 13th March - 12pm Sunday 14th March 2027, Awapuni Speedway
Manawatū - 12pm Saturday 3rd April - 12pm Sunday 4th April 2027, Massey Sport & Recreation Centre, Palmerston North

Register your team online at https://relayforlife.org.nz/events

Are You Up For The Longest Day Golf Challenge?

Take on the ultimate golf challenge to support Kiwis living with cancer. The goal is to complete 72 holes of golf in one day, an endurance act to raise money for the Cancer Society! 36 hole options available.

Choose the Day

Pick a day when the golf course is as quiet as possible. We recommend avoiding competition days and liaising closely with your Club Manager/team captain to plan the day as thoroughly as possible.

Choose the course

We've partnered with a few generous clubs to offer our fundraisers a few extra perks, although most golf clubs welcome visitors to play their courses too. Don't forget to book directly with the club and mention you're participating in The Longest Day Golf Challenge for the Cancer Society.

Make a team

We recommend playing in teams of 2-4 to hasten the play. This is a true test of your endurance but 36 or 72 holes is just more fun with friends! Create a team when you sign up, or afterwards from your fundraising dashboard.

Sign up at www.longestday.org.nz

Scan here!

THE LONGEST DAY

Upcoming Dates for your Diary

November

All Month.....'Movember' Men's Health Month
Diabetes Action Month
Marathon in a Month

December

All Month.....Longest Day Golf Challenge
3rd.....International Day of Disabled Persons

January

All Month.....Longest Day Golf Challenge

THANK YOU TO OUR GRANT PROVIDERS

The Cancer Society Central Districts Division is 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 helping people with cancer in the community.

- Eastern & Central Community Trust
- Grassroot Central Trust
- Hawke's Bay Foundation
- Horowhenua District Council - Operational and Small Asset Fund
- Horowhenua District Council - Shannon Community Development Trust
- Lion Foundation
- Manawatu District Council
- Pub Charity
- Whanganui District Council
- Trust House