



It's Time to get Prepared for a SunSmart Summer!

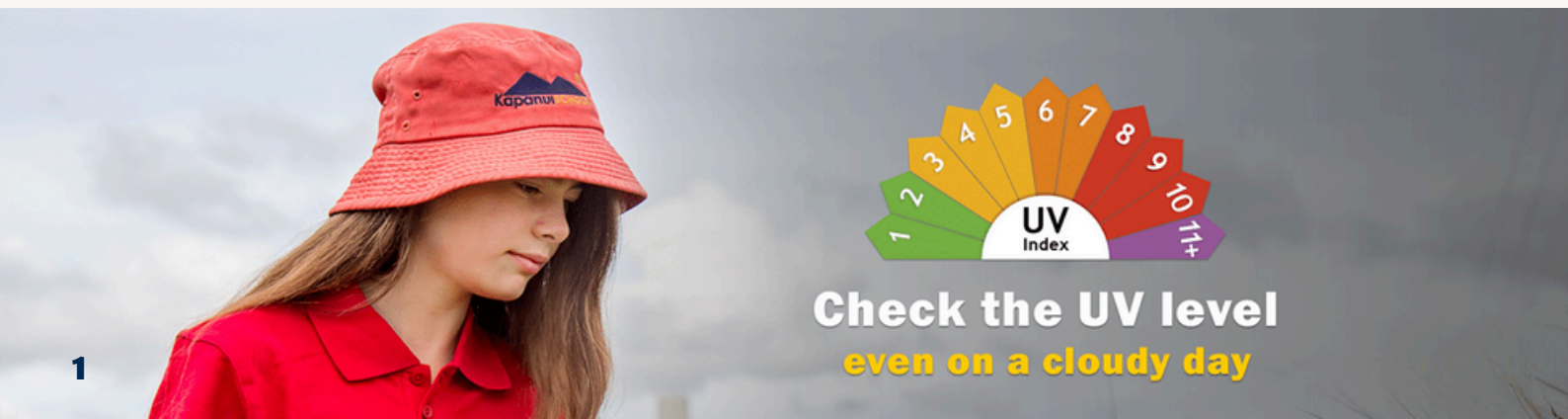
The cancer prevention team have begun their SunSmart season. This year the focus is on our young tamariki (children), instilling knowledge of sun-safe practices from an early age. Our Manawātū Centre health promoter recently visited a local Girl Guides group and facilitated a SunSmart session, involving understanding UV rays, a SunSmart relay race, and UV bracelet making. The Milson Girls Guides recently held a disco event and donated the proceeds to the Manawātū Centre.

Our health promoters have also been busy getting our local Early Childhood Education Centres (ECEs) ready for the summer season. By extending the SunSmart Schools accreditation programme out to ECEs we are ensuring that even the youngest of tamariki are protected from the Sun. 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 five ECEs newly accredited this year.

It's starting to get warmer, and although it doesn't feel like the sun is always there, we need to be making sure we are protecting ourselves from the UV rays that we can't feel. UV rays can make their way through the clouds on overcast days and still cause damage to our skin. Make sure to SLIP (slip on a shirt and get under shade, SLOP (slop on sunscreen), SLAP (slap on a hat), and WRAP (wrap on sunglasses) when out and about between 10am-4pm this summer season.

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



Check the UV level
even on a cloudy day

Daffodil Day – a great success!

Gisborne

It was a boot-scooting night of fun at the recent "This Ain't Texas" Daffodil Day fundraiser, hosted by local line dancing group Rhythm n' Lines. Ticket holders kicked the evening off in style onboard the two buses which took them to the mystery location before they danced the night away, showing off their incredible dance moves alongside glitzy country outfits and an array of nibbles and refreshments and good music. Over 100 people attended the event and by all accounts, a brilliant night was had by all. Thanks to the many generous donations including food, raffle prizes, sound and lighting, transport and venue hire in support of the Gisborne Cancer Society.



Taranaki

On Sunday 24th August, the Taranaki Vintage Car Club teamed up with Ford to host a vibrant car show in support of Daffodil Day. Held at Ford's car yard, the event drew a fantastic crowd and was blessed with beautiful, sunny weather.



Approximately 45 vintage and classic cars were on display, delighting enthusiasts and families alike. Ford generously provided a delicious BBQ, adding to the warm and welcoming atmosphere.

It was a day full of community spirit, chrome, and sunshine – thoroughly enjoyed by all who attended. A heartfelt thank you to the Taranaki Vintage Car Club and Ford for their support and generosity in helping raise funds for such an important cause.

Whanganui

The CBD was awash with sunshine shades during Daffodil Day week as local businesses took part in the Dress The Town Yellow competition in support of Daffodil Day. The challenge was to get as creative and resourceful as possible to decorate their window space, and to incorporate a starter decoration kit that our event coordinator provided. The idea was to create a bit of competition, fun, community engagement, and to raise awareness of Daffodil Day by showing solidarity with those in our community who are affected by cancer.

On Daffodil Day, judges, MP Carl Bates, and Belinda went out on foot, armed with their clipboards. The judges were impressed with the outstanding effort and creativity shown across the board.

It was wonderful to see our town awash with yellow. The creativity of local businesses not only brightened the streets but also reminded us of the importance of standing together for Daffodil Day and coming together as a community to support those living with cancer. There was a real buzz about town, and I was humbled by the enthusiasm and the 'good feels' that this competition created.

The local Cancer Society thanked all businesses that participated, noting that every effort helped spark conversations and inspired others to get on board for next year. Some businesses are already giving thought to how they could 'up their game' for next year. First place went to the team at Resonate Health Whanganui!



Manawātū

What an incredible turnout for this year's Annual Daffodil Day Vintage Car Club Charity Run! 117 vehicles took part in the 80-mile run, from lovingly restored vintage classics to modern cars, motorbikes, trucks, and many more!

The convoy made for a striking sight as the club cruised through town and countryside, starting at the Feilding Coach House museum and ending at the VCC Manawatu Club rooms just outside Palmerston North. The club rooms were packed to capacity for the complimentary afternoon tea and prize giving, and raffle with many prizes to be won!

Thanks to the Vintage Car Club team for all their hard work fundraising to support those with cancer in our community!



Hawke's Bay

The inaugural Kaweka Hospital Daffodil Day Family Colour Run, held at Mitre 10 Sports Park, was an incredible success with more than 1,000 participants joining in the fun. The day was filled with colour, laughter, and plenty of energy as families, friends, and colleagues ran and walked their way through the vibrant course.



From the colourful start line to the final burst of powder, the atmosphere was electric, and it was fantastic to see so many people coming together in support of this special event. Food trucks, music, raffles, and the sea of bright yellow daffodils added to the festive spirit.

A special thank you goes to Sukdheep Singh from ANZ and Glen Lucas from the Mitre 10 Sports Park for putting the event on for us, as well as Duncan Brown Photography, and Kaweka Hospital for their support. The Colour Run has set a fantastic benchmark, and we look forward to building on this success in the years ahead!

Meet Mike - one of our amazing volunteers!

You seldom meet someone as altruistic as Mike. He's a proper good sort helping out the Cancer Society as a volunteer for many years. For a long time he's offered logistics support at events such as Relay For Life, helping out with the more physical jobs like setting up marquees, and more recently he has come on board as a volunteer driver. Mike sees firsthand the exhaustion people face after hours of chemo while transporting those experiencing cancer to and from treatment. He is always there before they finish their treatment and does everything he can to make the transport experience as seamless as possible. Whether it's being a friendly face at the gym, dropping someone to an appointment, or delivering meals on wheels (which he also does) Mike is always doing his best to be a voice of encouragement to others. Thank you Mike for your commitment to helping others.



If you're thinking of volunteering Mike would say to you "of course you can do it", he knows that sometimes the most difficult step is the first one, and would encourage you to give it a go! If you want to be like Mike and volunteer for the Cancer Society to help those in our 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.

On behalf of all of those who receive support from our volunteers, thank you. Your hard work makes an incredible difference in the lives of many.

Relay For Life 2026 - Save the Date



Taranaki - 10am - 10pm Saturday 28 March 2026,
TET Stadium and Events Centre, Inglewood
Whanganui - 2pm - 10.30pm Saturday 28 March
2026, Cooks Gardens, Maria Place Whanganui
Hawke's Bay - Relay Your Way

Gisborne - 12pm Saturday 14 March - 12pm Sunday
15 March 2026, Gisborne A&P Showgrounds
Manawatū - 12pm Saturday 28 March - 12pm
Sunday 29 March 2026, Hoko-whitu Riverside
Pathway, Palmerston North

Get the Clubs out this Summer for the Longest Day Golf Challenge!

Tee off for a day that changes lives. 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

Ideally you'll choose 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.

To sign up go to
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

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.

- Community Organisation Grants Scheme
- Eastern and Central Community Trust
- Hawke's Bay Foundation
- J & T Hickey Charitable Trust
- Power Co
- Rangitikei District Council