



CANSURVIVE
Dragon boat team

PROSTATE PALS
Prostate cancer support
group

HAVENING
Simple stress reducing
strategy

Kia ora to you all!

Welcome to 2021!

I hope you are enjoying some warm and sunny weather and have managed to have a relaxing holiday break. Like many of you, Wellington Cancer Society is glad to see the end of the crazy year of 2020 and look forward to a more settled and less challenging year ahead. New Zealanders have had to negotiate a lot of changes, restrictions and worry over the last twelve months. On a positive note, we've increased our vocabulary with terms such as genome-sequencing and managed isolation, as well as becoming a lot better with Zoom!

This issue of CanTalk focuses on survivorship, support and self-care. Support Crew is a free online tool that helps manage offers of help with exactly what is needed by a family going through a stressful time. Our counsellor Brenda Little tells us about Havening- a simple and effective tool to manage stress at any time, including the challenges arising from the diagnosis and treatment of cancer to you or someone you love. Other survivorship enhancing suggestions include support groups and exercise- read about the PALS (prostate cancer Support) and the CanSurvive dragon boat team.

With this issue we have include a survey about what you enjoy and find useful in CanTalk. We would love your feedback to help us provide a magazine with relevant content for our readers, so please fill it in and get it back to us.

We hope you enjoy reading this edition of our magazine and learn something helpful- maybe even try something new to reduce any left-over 2020 stress!

Ngā mihi nui,
Julie, Naena, Jennie and Anna-
Wellington Cancer Information Nurses

Disclaimer: Some of the information in this newsletter refers to material from other sources. The views and opinions expressed here are not necessarily those of the Cancer Society of New Zealand.

Poem: Memories

Memories fade
From Light to Shade-

Times, Places, People, Faces....
They come and go
Like Waves on the Shore
Then one day they're there no more

Footprints on the Sand
Sunrise, Sunsets - across the Land
One day here
Next day gone

Another Life to greet
A Newborn

Louise Curtis, 2020

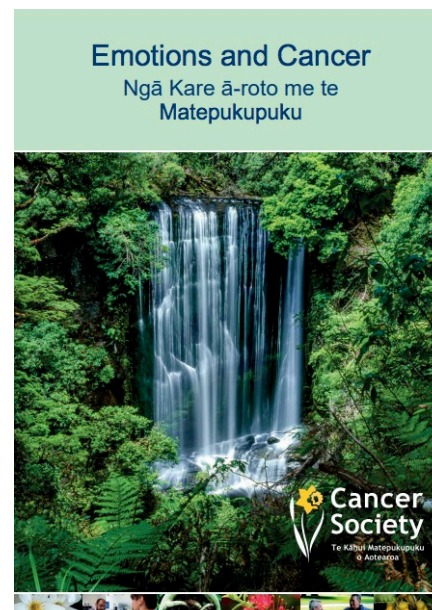
Emotions and cancer

Our updated "Emotions and Cancer" booklet is available as a hard copy and on our website. This new edition looks at emotions using a holistic perspective based on the Māori health model of wellness, te whare tapa whā.

Also explored is the Fonofale Pasifika health model which includes values and beliefs from the Cook Islands, Samoa, Fiji, Tonga, Niue and Tokelau.

This booklet helps people understand what they are feeling and how to manage their emotions during a challenging time.

Visit our website to read the e-book or pop in to our office to pick up a hard copy.



Making it easy to get a hand with Support Crew

New Zealanders are quick to offer help during challenging life events, whether it is a cancer diagnosis, an accident, or the loss of a loved one.

But this help might arrive all at once; include multiple lasagnas and fish pies, and involve a lot of phone calls and emails to coordinate.

We're pleased to introduce you to Support Crew, a free online tool that makes it easy to ask for the help you really need, when you need it – and shows your loved ones exactly how they can help. This could be anything from meals, to school drop-offs/pickups, cleaning, gardening, walking the dog – or anything else you may need.

How Support Crew works:

- **Create a private Support Page:** anyone can set it up; it's safe, secure, fast and FREE.
- **Invite your Crew:** invite friends and family from here or overseas to connect on your Support Page.
- **Make requests for help:** use our templates to request help with anything from transport to meals to child-care.
- **Share updates:** share news, accept offers to help and manage visitors. Save time by easily communicating in ONE place.

Kelly Banks and Janine Williams founded support Crew after they experienced frustration coordinating offers of help when supporting loved ones through cancer, including Kelly's partner Randal when he was diagnosed with stage 4 bowel cancer. So Kelly and Janine became passionate about making it easy for Kiwi's to get and give a hand during tough times like when dealing with cancer. How Support Crew has helped

Support Crew has already helped nearly 5,000 Kiwi's give and get a hand, and the

most common reason that Kiwi's use Support Crew is for dealing with cancer. "We had a beautiful woman dealing with breast cancer who set-up a Support Page as a meal roster during her chemo treatment. She received 65 meals over six months and more than \$2,000 worth of meals, fuel and supermarket vouchers that friends and family from near and afar organised for her through our Give Store.

"Look at the kind of impact that a Support Page can have. It can certainly help relieve the financial burden of going through an already difficult time" says Co-founder Kelly Banks.

"We get so many people saying things like 'I don't know how I would have coped without Support Crew'. People often tell us that we've created an easy way for them to ask for help without them feeling like they're asking.

At the Cancer Society, we thought this tool would be useful to a lot of people and have partnered with Kelly and Janine to help spread the word about Support Crew.

How do I get started?

Ask a loved one to set-up and manage a Support Page for you. They will likely be the ones keeping an eye on you anyway and will now have one place to manage all those offers to help, so it's not all on them.

Create a FREE Support Page for yourself or someone else at www.supportcrew.co.nz



Support Crew

Prostate Cancer Support Group

Anna Sisley, *Cancer Information Nurse, Cancer Society Wellington*

Prostate cancer is the most common cancer among New Zealand men, with about 3,400 men diagnosed each year. About 7% of these men are Māori. It is more common in men aged over 50 years.

PALS (Prostate Cancer Awareness is a Life Saver) is a group for men who have prostate cancer. It provides opportunities for support, information, perspective and sharing experiences.

The group meets at the Cancer Society rooms in Newtown, Wellington, at 7pm on the fourth Tuesday of the month from February to November inclusive. And partners are always welcome.

PALS is coordinated by Graeme Coutts, who had a prostatectomy in 2004. Graeme welcomes and supports new members, ensuring they have all the information they need.

He encourages all newly diagnosed men to see the cancer information nurses to get answers to their questions and access to Cancer Society support services such as counselling.

The group regularly has guest speakers covering a variety of topics including

genetic and cancers, travel insurance, physiotherapy for the male pelvic floor and the Wellington Hospital urology clinical nurse specialist.

Tom has been attending the PALS group for twelve years and is one of the regulars that attend each month. He has been kind enough to talk about what he sees as some of the crucial roles of the group.

Tom tells us that men “find value in the group from going along and talking about their situation and realising that they are not alone in going through prostate cancer”.

At the group, the men get to talk about the things they think of as they leave the doctor’s office but didn’t get to ask. Some of these are questions that doctors may not be able to answer or don’t have the time to help patients solve, such as

How do you get on with the rest of your life?

Who do you tell?

What do you say at work?

What about money?





How do you make decisions?

Which treatment (for those with a choice)?

Private or public hospital treatment?

Attendees at the group have a variety of different prostate cancer situations and between them have had most of the various treatments available. With their knowledge and personal experience of post-treatment side-effects, newly diagnosed men can be supported and informed while making the decisions that are right for them.

Tom tells of another valuable role of the support group:

“Often men have only talked over their health issues with their partners who may find it hard to know how to help, as their knowledge on prostate cancer may be fairly limited. Coming to the group opens up a wider range of conversations, support and information. You give your wife a break...it’s the one time you talk about your health risks and problems with others, and this gives her a break”.

“Prostate cancer can affect men of ANY ethnicity or background”, Tom emphasises that the group is suitable for anyone with prostate cancer.

As always, spouses and partners are very welcome to attend.

Often early prostate cancer has no symptoms but can:

- include difficulty passing urine
- more frequent urination, especially at night
- pain when passing urine
- blood in the urine or semen.

If you have any of these symptoms, get them checked by a GP.

There is no national screening programme for prostate cancer in New Zealand but should be discussed individually with a GP.

Generally, testing is recommended for men aged 50-70 years who do not have a family history and from 40 years for those whose brother or father have had a diagnosis of prostate cancer.

More information to help decide about getting a test for prostate cancer can be found at www.kupe.net.nz

To discuss anything in this article, please call us on 0800 CANCER (226 237) to chat with our nurses or you can email info@cancersoc.org.nz

Find our Prostate Cancer booklet at <http://cancernz.org.nz/prostate-cancer/>

Want more information? Visit our website: www.cancernz.org.nz

Managing Stressful Moments By Breathing and Havening

Brenda Little, *Counsellor, Cancer Society Wellington*

Cancer in your world will prompt many challenges. Our brain's response to challenges and stressful situations has been refined over thousands of years to allow our bodies to adjust to dangerous situations with a burst of adrenaline- the FIGHT, FLIGHT or FREEZE response.

This is a normal function and works well to keep the two legged alive if in danger. The downside to this mechanism is that we can get hooked on our adrenaline response. When this happens, we tire out and become less able to use our strategies that shift us into recovery mode.

The first thing to remedy a stressful moment is to FOCUS on your breath - breathing to deliberately EXHALE will help your body to refocus on recovery from



stress.

The latest strategy I have learnt and have demonstrated with clients is Havening. It is a simple, usable, drug free, device and gimmick free, inexpensive process that will help down regulate your stress at any moment you practice it. I believe this to be a natural way to self sooth any challenging time in your world.

So...what is it? Frances Lamb describes Havening as “a psycho sensory therapy that helps people identify the root causes of their issues and rewires their response so that they can release issues like stress, trauma and anxiety. Havening is based on neuroscience and is all about training the brain to respond differently to the issue.” (www.havening.co.nz/)

About five years ago, Dr Ronald Ruden presented his research on how psychotherapeutic touch worked to reduce a person's level of stress. The result- the technique of Havening, which is now being shared and developed around the world.

Havening is a technique of applying what seems pretty basic touch processes that literally reduce your stress state by



reminding your body it is not productive to be stuck on high alert. The action of doing soothing touch changes your body chemistry and you become back in touch with your calm.

Havening invites your brain's stress response to switch off from the stuck tension you feel with unproductive, over productive worry.

"My 17-year-old son had just been diagnosed with a Stage 4 cancer - I was in shock, grief-stricken and heart-broken. I felt like my whole world has collapsed around me. Brenda taught me Havening and I found I could be in the awful moment but somehow felt comforted by the touch at the same time. I used it whenever I felt upset and found calm in it".

Cancer Society client feedback.

Want to know more?

There are a number of resources available to help you find breathing focus activities you can relate to and use. Here is a link that you may find useful:

<https://www.sunstonecounselors.com/2018/12/18/3-breathing-exercises-to-help-reduce-stress-and-anxiety/>

For more information on Havening, visit www.havening.co.nz

To increase your knowledge about the science of havening, watch <https://www.youtube.com/watch?v=o4CyBkkReUM>

To guide you through a relaxing Havening experience, watch <https://www.youtube.com/watch?v=WR--woH4Zmg>

If you would like any more information or an appointment to discuss your emotional needs or stress response, please contact the Cancer Information Helpline 0800 CANCER (226 237) to arrange an appointment.



SunSmart Quiz

Questions

1. True or False? Sunscreen must only be applied on hot days.

2. How can you be SunSmart?

- A. Only apply sunscreen once in the morning
- B. Slip, Slop, slap, and wrap
- C. Stay in the shade
- D. Wear a brimless hat

3. True or False? Skin cancer is largely preventable. Over 90% of all skin cancer cases are attributed to excess sun exposure.

4. When do you need to protect yourself from the sun?

- A. Between September and April, especially between the hours of 10am-4pm when UV radiation levels are very high.
- B. Sun protection should be used throughout the year when at high altitudes or near highly reflective surfaces, such as snow or water.
- C. All year round if you have a history of skin cancer, sun damage or are taking medicines that make them sensitive to the sun.
- D. All of above

5. True or False? Sunscreen is the last line of defence and should always be used along with other forms of sun protection.



BE A HOST WITH THIS SU

Be SunSmart: our UV levels are v
time of year. Make sure your gue
sunscreen (minimum SPF 30+) an
have some old hats and/or sungla
borrow - that's sure to make a gr



Plan activities: partici
drinking. What
organising games, sv
less focus on alco

Put on enough kai: food that is h
and sustaining is best. Food idea
are everywhere. We recommend
salads to go alongside what's on t



Say
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WITH THE MOST SUMMER

UV levels are very high at this time of year. Your guests have access to shade and shade. Maybe sunglasses people can take a great selfie!



Activities are about more than just swimming. What else can your guests do? By swimming, or dancing there's alcohol and more focus on fun.

Offer healthy, filling meals and recipes and healthy options on the grill.



Why 'Yeah, Nah': not all of us want to drink alcohol and it's good for all of us to opt for non-alcoholic drinks. Make sure you offer your guests no alcohol or low-alcohol options. And don't forget water, especially if it's hot.

Answers

1. **False.** UV radiation, unlike heat and light cannot be seen or felt. UV radiation levels can still be very high on cool or cloudy days and skin damage can still occur. It is important not to rely on the temperature to indicate whether you need to protect yourself from the sun

2. B - Slip, Slop, Slap, and Wrap

Slip on a shirt or into shade, Slop on broad spectrum sunscreen that has an SPF of at least 30, 20 minutes before you go outdoors. Reapply every two hours or more often if you are swimming or sweating it off. Slap on a hat that protects your face, head, neck and ears. Broad brimmed, bucket or legionnaire hats are best. The Cancer Society does not recommend caps. Wrap on some close-fitting sunglasses. Make sure they meet the Australian/New Zealand Standard AS/NZS 1067:2003).

3. **True.** Most skin cancers are caused by excess exposure to Ultraviolet (UV) radiation from the sun.

4. **D - All of the above**

5. True

Sunscreen is an important sun protection measure but it should not be used as the first or only form of sun protection. Slip, Slop, Slap, and Wrap!



CanSurvive: dragon boat team

Anna Sisley, *Cancer Information Nurse, Cancer Society Wellington*

Dragon boat racing originated long ago in China but has now evolved worldwide into a fabulous and exciting team water sport. Boats have twenty paddlers with a drummer at the front to keep up the rhythm and excitement and a sweep at the back who steers the boat. It is social, fun and can be very competitive.

CanSurvive is a Wellington-based dragon boating team of breast cancer survivors who enjoy the challenges and positive outcomes that being part of this sporting team provides. These women support and encourage each other to be the best they can be.

The team started as novices in the summer of 2002-2003 and have built on success after success both nationally and internationally. The CanSurvive team won the National Championship in 2014 and then in the same year came third in Florida at the International Breast Cancer Paddlers Commission (IBCPC) Participatory Dragon Boat Festival.

In the 2018 IBCPC regatta, CanSurvive went one better in Florence, Italy, finishing second out of 128 teams. The next IBCPC event will be hosted here in New Zealand at Lake Karapiro in 2022.

Carole and Marlene have been part of the CanSurvive team for 8 and 12 years respectively. They told our nurse Anna about some of the special things that dragon boating and being part of the CanSurvive team has meant to them:

KEEPING WELL AND FIT / COMMITMENT
COMPETITION / COMRADESHIP / GIVING
AND RECEIVING SUPPORT / TRAVEL
FRIENDSHIP / ACHIEVEMENT / SOCIAL
LOVE OF WATER / BEST OF EXPERIENCES
EXHILARATING / EMOTIONALLY LIFTING
ENERGISING / CONFIDENCE BUILDING
IMPROVES BODY IMAGE / FUN!

Travelling overseas with a team has been great for Marlene. She says, “I have had lots of fun travelling internationally - to the World Breast Cancer Survivors Participatory Regatta in 2014 to Florida and in 2018 to Florence, imagine that! I may never have gone to those places alone.”

“Being diagnosed with breast cancer can be devastating, scary, worrying and may give you a feeling of hopelessness,” Marlene says, “exercise has been proven to help with all those emotions. Many women struggling with post-surgery issues,



altered body image, treatments (often over a long time), weight gain (due to treatments), feeling unfit and tired, find exercises helps. Paddling out on the harbour is so good - it gives you an amazing feeling even when you are tired - it exhilarates you! Believe in yourself, give yourself a challenge. It is certainly fun being with other breast cancer survivors.

Marlene adds, "Friendships have been forged and will be with me for life. We are women from all walks of life, diverse but have a common thread that we have all survived breast cancer".

For Carole, dragon boating has brought her a special bond with her team members and found the sport has helped her strive to be as good as she can for the team, "I feel I have achieved something that in my wildest dreams I never thought I could do".

When these fabulous women were asked for one word or phrase that sums up dragon boating for them, they replied:

"LIFECHANGING" (Carole)

"I have loved dragon boating, GIVE IT A GO!!!!!!" (Marlene)

In 2022 the World Breast Cancer Participatory Regatta will be held in NZ at Lake Karapiro, Waikato. It's estimated that over 5000 breast cancer survivors/supporters from around the world plan to come to NZ for this regatta.

As well as the CanSurvive team, there will also be a team of paddlers entered under the name of CanThrive - for those not so young or competitive.

Any past or present breast cancer survivor who is well and able, fit and happy to participate in an amazing world regatta is eligible.

Find out more about CanSurvive and CanThrive at www.cansurvive.co.nz

Thank you to Marlene and Carole for sharing their experiences with Cancer Society Nurse Anna Sisley.

30 years of Daffodil Day

We had an amazing Daffodil Day, even under Level 2.

Thank you to all our wonderful volunteer collectors and area coordinators that donned a mask and put a smile on under their mask.

It was a very successful day thanks to all our volunteers and those that donated so generously.



Relay For Life

It's a time to **Remember, Celebrate** and **Fight Back** for those affected by cancer.

Relay For Life is a community event that brings people together to raise funds for the Cancer Society.

Registrations are open now!
Visit www.relayforlife.org.nz to join!



What's on in your region

Cancer Society Wellington

04 389 8421

info@cancersoc.org.nz

Healthy Steps (Exercise Class):

Mondays, 6–7pm

PALS Prostate Cancer Support Group:

4th Tuesday of the month, 7–9pm

Women's Gynaecological Cancer

Group: 1st Thurs each month, 1:30-3pm

Walking Group: call office for details.

Hutt Valley

Healthy Steps: Thursdays 10:00-

11:30am. Phone Kathryn on 04 526 7370

Johnsonville

Contact: Di Graham | 04 934 3083 |
dianegraham867@gmail.com

Healthy Steps (Exercise Class):

Saturdays during school term 9:15-
10:15am, Malvina Major Retirement
Village

Lymphoedema Support Group:

Tuesday every 3 months, 7:00-8:30pm

Cancer Society Kāpiti

04 298 8514

info@cancersoc.org.nz

Introductory Mindfulness Course: Feb
2021

*Please contact to express interest in a
Kāpiti Prostate Cancer Support Group*

Cancer Society Wairarapa

06 378 8039

waisupport@cancersoc.org.nz

Lymphoedema Support Group: Meets
quarterly at Cancer Society

Blood Cancer Support

Group: dates TBC

Thrivers & Survivors Afternoon tea:

Any cancer survivor welcome, last
Monday monthly 1-2.30pm

Carer's Support Group: Dates TBC

Cancer Society Nelson-Tasman

03 539 1137

info@cancernelson.org.nz

Survivors & Thrivers: Bimonthly daytime
meeting Nelson, Motueka, Takaka, and
Tapawera

Bosom Buddies: 2nd Monday each
month (alternate months at 10am or 7pm)

Carers Group: 1st Wednesday each
month at 7pm

Colorectal Group: 2nd Wednesday each
month at 7.30pm

Yoga: Tuesdays & Wednesdays (Nelson),
Wednesdays (Motueka-school term only)

Gym Programme: eight-session
1:1 rehabilitation programme with a
Personal Trainer (Nelson)

Prostate Cancer Support Group: 1st
Thursday each month, 1:30–3:30pm,
Broadgreen House. Contact Bill (03) 544
8635

Head and Neck Cancer Group:

Bimonthly facilitated by SLT Emma Burns,
11am-12pm. Contact Emma on (03) 546
1797 ext. 7797

Other Support Groups in the Wellington Region

Head and Neck Cancer Group: contact
Mary Cook on 021 351288 or
marymarycook@yahoo.com

Multiple Myeloma Support Group:

contact Audrey Swallow at 04 298 3117 or
audreyswallow@xtra.co.nz

Whitby Cancer Support Group:

4th
Thursday of the month, 7.30pm at St
Mary's, Discovery Drive. Come along or
contact Helen 0276594321 or Mandy
0272398499 for more information

Te Mauri - support group for Māori whānau experiencing cancer:

Kokiri
Marae Hauora - Hutt Valley: Fortnightly
on Wednesdays, contact Tira Albert on 04
920 1472 or tira@kokiri-hauora.org.nz



Any Cancer. Any Question. 0800 CANCER (226 237)