



Hawke's Bay Vape Free Action!

Approximately 100 people gathered in Hastings on Saturday, February 24, to demand stricter vape regulations. The Cancer Society Hawke's Bay, along with other organisations, took part in the rally. The speakers, including Hon. Dr Ayesha Verrall, educators, the local deputy mayor, councillors, and other health related organisations voiced their support for the cause.

Marnie Wilton, a passionate advocate and co-founder of Vape-Free Kids NZ, spearheaded the rally to demand a "nicotine-free" generation and urged the government to implement stronger regulations on the tobacco industry.

Crystal Lau, health promoter of the Cancer Society Hawke's Bay, was also one of the speakers at the event. "As we are tackling smoking, we need to address a growing threat – the growth of vaping among tamariki (children). Research indicates that vaping may lead to smoking among young people. So far, we have not seen this occur in New Zealand, but it's important to keep a close eye on smoking and vaping trends."

"Some students are willing to quit vaping but have been unsuccessful in their attempts," says Lau. "This is a rising trend we need to stop, whether its disposable vapes marketed to

tamariki with bright colours, cheap options, sweet flavours, colourful cartoon designs – or vape products being sold that are easily accessible to children."

Lau said that the current government must strengthen its efforts in preventing children from getting addicted to vaping. "My message is this: let's be on track towards our Smokefree 2025 goal and protect our tamariki from starting to vape and getting hooked on nicotine." After the Hastings rally, the government has announced that it will impose a ban on disposable vapes, increase fines for selling vapes to individuals under 18, implement further restrictions on retailers, and establish a better enforcement system to ensure that these regulations are followed. These changes are expected to be implemented by the end of the year.

In response to this announcement, Lau congratulates the government and hopes that it will allocate adequate resources to enforce these new regulations effectively and prevent minors from accessing vaping products. Lau also emphasises the significance of providing young people with access to programs that can assist them in quitting vaping to counter the rising trend of youth vaping.

Taranaki

The day started out with heavy downpours but in true Taranaki style we carried on. We started with our opening ceremony, this included raising our Hands of Hope flag and carers footprint banner. The first lap was led by the pipe band and our Survivors and carers while everyone else clapped them along.

After that lap everyone joined in and our awesome bands started playing. Our day was jam packed full of wonderful entertainment. This included bands, zumba, relay runway, line dancing, battle of the schools and more. This kept those off the track occupied while the people on track enjoyed the sounds.

Once the evening started to draw in we had our Candle Light Remembrance ceremony. Once again this was very moving and certainly pulled everyone together. We had a slideshow of those we have lost to Cancer on the big screen while we did a lap of silence. Everyone had a great time and some are already registering for next year!



Whanganui Relay For Life 2024 was a great success as we moved back to overnight relay. With 48 teams and 650 participants we had exceptional community engagement. We were blessed with beautiful weather, and a great atmosphere due to fantastic community support. Timing trackers were introduced this year which created an exciting energy for those who were competitively minded and offered motivation for those setting personal goals. Whanganui Cancer Society are grateful to the support from local businesses, especially Mitre 10 Mega and House of Travel for providing incredible raffles, with all proceeds going to the Whanganui Relay. We welcomed many new business partners this year. It has been an inspiring process to build relationships and connections with so many community-minded people. It

was especially heartening to see businesses making the most of their Relay For Life involvement by orchestrating lots of team-building fundraising activities to give back to the community, and supporting one another throughout the 20 hour event.

Gisborne

After three years of disruptions, Saturday 9th March saw us finally able to open the gates to our wonderful teams ahead of the Gisborne East Coast Relay For Life. With over 700 registered for the event we knew it was going to be a big one. Moving back to the showgrounds, but using the front area of Poynter's Park proved to be an excellent move, providing us with an almost 'custom made' venue. A full line up of local talent had our entertainment stage pumping all weekend and coupled with great food/drink vendors, an epic kids zone, and fine weather, we were delighted with how the weekend played out.

As always, the opening 'celebration lap' led by the Gisborne Civic Brass Band and joined by a large group of survivors and carers, was a beautiful way to kick off 24 hours of walking. For the first time in Gisborne we had electronic lap timing for each team which provided us with some awesome data across the weekend, but also introduced a friendly competitiveness between teams as they moved their way up the leaderboard of 'most laps walked'. We would like to extend a huge thank you to everyone that played a part in our very successful Relay For Life 2024 - lets do it all again next year!



Manawatū

The 24th Manawatū Relay held on the 23rd of March was blessed with the most amazing weather which put the over 100 teams in a great mood ready to relay. The Celebration lap lead by the Manawatū pipe band is always a moving and heartfelt way to open this very special event.

The amount of effort the teams, put into decorating their sites, printing T-shirts, supporting other teams was so great to see, we had over 20 new teams this year who all got into the spirit of Relay with costumes and enthusiasm.

The efforts of all the teams are too many to mention but Manawatū Fonterra, a new team this year, were outstanding, fundraising over \$18k.

Without the sponsorship provided by Property Brokers, Fitzherbert Rowe, GJ Gardner and FMG the Cancer Society would never be able to fund this event but also the in-kind sponsorship from so many local businesses like TR Group who helped deliver tables and chairs, EatKinda cauliflower ice cream who donated ice cream for our survivors lunch, The Rapid Relief team who cooked up sausages for our teams and fed our volunteers, and our amazing and committed local Lions clubs who have supported this event for the 24 years it has been running in the Manawatū.

Bring on our silver 25th celebration on 22nd/23rd March 2025, thank you to everyone who participated, supported, or donated time/money we appreciate you all.



Hawke's Bay - Relay Your Way

We were unable to hold a Relay For Life in the Hawke's Bay this year - but that didn't stop our amazing community getting behind Relay Your Way. We'd like to say a huge thanks to Flaxmere College, Te Kupenga Hauora-Ahuriri, Iona College, and Woodford House who all put the time and effort in to run their own Relays!



Relay For Life 2025 registrations are open now - to sign up go to relayforlife.org.nz/signup#2025

Meet Chris - one of our amazing volunteers

Chris is one of our awesome volunteers who goes the extra mile to support the Cancer Society. She is a regular volunteer at the Hawke's Bay office on reception each Tuesday, but also "fills in the gaps when needed."

She got involved after her late partner got cancer and had received support from the Cancer Society. When she moved back to the Hawke's Bay and was looking for something to do, the Cancer Society was her first port of call! Chris is a jack of all trades, saying "when there's a project I seem to get involved!", on top of supporting us as a receptionist she is a member of our newly formed Hawke's Bay fundraising committee, volunteers at SeniorNet Hawke's Bay, is a Justice of the Peace, and is involved with the U3A! Many say that in their retirement they've never been busier and that's certainly the case for Chris.

When asked if she'd recommend others considering volunteering to get in touch with the Cancer Society she said, "yes absolutely, there are so many things you can do - they're always looking for more volunteer drivers!".

Thanks Chris for being an all-round good sort. The Cancer Society is always looking for more volunteers. If you, or someone you know might be interested in volunteering please give us a call on (06) 348 7402 or visit www.cancer.org.nz/get-involved/volunteer



Health Hub!

Health hub is a vital part of our Relay For Life events. All relays in Central Districts have a health hub as it gives us an opportunity to engage with the community in the cancer prevention space. We had so many families come and visit the Health Hub in the Manawatū which was set up with lots of activities promoting our priority areas, including UV Bead bracelet making and a SunSmart quiz.

The Health Hub award this year challenged schools to design Manawatū's new Health Promotion banner. It needed to highlight at least one of our priority areas. This year's winner was Te Kura o Cloverlea School who designed an amazing banner showcasing all our priority areas. This banner will be shown at our upcoming community events to promote the work we do.



Daffodil Day is on its Way!

Now Relay For Life is done for the year the team has gone full swing into Daffodil Day preparation! This year's Daffodil Day is on Friday the 30th of August and is going to be better than ever. There are so many different ways you can support Daffodil Day, you could volunteer on the day, take part in Made With Love creating home made goods for sale, help distribute daffodils, and more! We've also put together an "Ideas Book" for Made With Love to give you some inspiration on what you could create/bake. If you're interested in helping out in any way, contact your local volunteer coordinator.



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| Taranaki - Tracy Brooke | P 027 208 0246 E tracy.brooke@cancercd.org.nz |
| Whanganui - Fatima Khazada | P 027 322 6277 E fatima.khazada@cancercd.org.nz |
| Manawatū - Hayley Puketapu | P 027 212 0169 E hayley.puketapu@cancercd.org.nz |
| Hawke's Bay - Anne Redgrave | P 027 203 2920 E anne.redgrave@cancercd.org.nz |
| Gisborne - Gillian Stevenson | P 022 302 3413 E gillian.stevenson@cancercd.org.nz |



Get your Made With Love Ideas Book!
Contact your volunteer coordinator for a copy



UP COMING EVENTS

2024

May

- 8thWorld Ovarian Cancer Day
- 12thMother's Day
- International Nurses Day
- 31stWorld Smokefree Day

June

- All Month.....Bowel Cancer Awareness Month
- Men's Health Month
- 14th.....National Blood Donor Day
- 16th - 22nd...National Volunteer Week
- 28th.....Matariki

July

- All MonthDry July
- 27th.....Head and Neck Cancer Day

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.

- Aotearoa Gaming Trust
- Lion Foundation
- Lottery Hawke's Bay Community
- Lottery Manawatū / Whanganui Community
- NZ Community Trust Manawatū - Taranaki - Gisborne - Whanganui
- Pelorus Trust Manawatū - Taranaki