

Embrace



Woodville School students join Sasha Stevenson and Undercover Cody for the SunSmart dance. Photo courtesy of Dave Murdoch, The Bush Telegraph, NZME.

Manawatu Schools get visit from Undercover Cody

The Waikato Cancer Society's, Undercover Cody has been busy visiting schools and kindergarten's in the wider Manawatu region spreading the SunSmart message.

Undercover Cody is a larger than life cartoon character who engages with children to share fun and educational sun safety messages.

Manawatu health promoter Sasha Stevenson who travelled with Cody, says his visits have been really well received and it's been fun travelling with him.

"The children were delighted to receive a surprise visit from Undercover Cody. They thought he was funny and danced and sang along to the catchy SunSmart song."

She says sharing SunSmart messages with tamariki and to support them to be sun savvy throughout summer months is key to reducing skin cancer rates in Aotearoa New Zealand and it's particularly important given most skin cancers can be prevented by using good sun protection.

"Cody is encouraging the children to slip on a shirt, slip into shade, slop on some broad-spectrum sunscreen, slap on a wide brimmed hat and wrap on a pair of sunglasses - and the same messages apply for adults too."

New Zealand has some of the highest skin cancer rates in the world.

"About 93,000 New Zealanders get skin cancer each year and over 2,700 of these are melanoma," says Sasha.

"Over-exposure to ultraviolet (UV) radiation causes more than 96% of melanoma skin cases in the country, so being SunSmart is your best form of protection," she says.

Sasha says UV levels above 3 need sun protection. She says it's easy to know what the UV level is by downloading the free UV2day app to a smartphone.

However she reinforces that the best sun protection is by forming a barrier between the UV radiation and skin and eyes.

"Slip, slop, slap, wrap is an easy way to remember and it was great to see how familiar the children were with the SunSmart messaging by the end of Cody's visit." ■

Generous Grants Keep the Wheels Turning

Three centres throughout the Central Districts Division have received a very welcome hand with support from four grant providers recently.

Grants have been allocated to the Cancer Society which means the wheels can keep turning providing support to those on a journey with cancer and cancer prevention work.

Four vehicles have been purchased, two in Taranaki, one in Manawatu and one in Hawke's Bay.

A whole-hearted thanks is extended to Weem Trust (Hawke's Bay), Toi Foundation (Taranaki) and the Derrick Ward Scholarship Fund and Eastern and Central Community Trust (Manawatu) for their support of the work done in the community, which has made these purchases a reality.

"Special mention also to Taranaki businesses, Speedy Signs for wrapping the cars and to Max Pennington's Auto City for looking after the Taranaki Centre on price," says Chris Franklyn Cancer Society Central Districts Business Services Manager.

The funding provides a much needed boost in allowing the support services of the Cancer Society to reach anyone with any cancer, any where.

The vehicles will be used by staff to support clients and their whānau during their cancer journey as well as undertake cancer prevention and education work within local communities, with the aim of reducing Kiwis risk of cancer.

Divisional Service Support Manager (Revenue Development) Sushmita Chakravarty says cancer is the leading cause of death in the country and with diagnoses expected to double, demand for services provided is expected to increase too.

"By 2040 it's predicted diagnoses will nearly double to 103 people a day hearing the words "you have cancer," she says.

"Even during lockdowns demand for our services continues, so we are very grateful for this support - thank you." ■



Darren Maynell Hawke's Bay Cancer Society Supportive Care with the new car, below, and one of the Taranaki cars freshly wrapped by Speedy Signs in Taranaki.



Thank You Jemma!

Palmerston North's Jemma Wallace, pictured centre, was fundraising to attend a secondary school hockey tournament when Covid-19 turned those plans upside down.

The 15-year-old Freyberg High School 1st XI hockey player had arranged donated goods which she raffled off to raise funds to attend the tournament.

Jemma, pictured centre, arranged two raffles to fund her hockey trip to Nelson but when the tournament was cancelled she decided to donate the \$180 raised to the Manawatu Cancer Society, choosing the charity with the knowledge the annual Daffodil Day street appeal had also been cancelled.

A percentage of Jemma's raffle sales were made through the Heartland Lions group so she decided to present her funds to the Cancer Society's Sushmita Chakravarty, left, during a meeting of the Lion's group. She is also pictured with her mother Kyla, right. ■

Appreciation for our Volunteers

Our volunteers are at the heart and soul of the work we do at the Cancer Society.

Throughout the country there are 20 treasured volunteers for every employee and we know that number can be higher in our regions too.

But it makes us feel very proud of our volunteers when we get feedback for the work they do.

We thought we'd share this feedback with you, that was received recently in our Whanganui-Rangitikei-Waimarino Centre.

Dear Sir/Madam.

RE: Voluntary Driver Service.

I would like to extend my appreciation for the transport service your organisation and the volunteer drivers provided me with to travel to and from MidCentral Health Radiation Oncology Department at Palmerston North, in order for me to receive Radiotherapy Treatment recently.

Your service was very efficient with the drivers being on time each day, and communicating with me prior to each trip, confirming a pick up time. The drivers were so friendly, courteous, always caring and nothing was an effort for them. Their driving and safety were excellent, at no time taking any risks on the road.

The drivers are to be applauded for their services given to your organisation, as they were all of a very high standard, and demonstrated they are very experienced drivers. Congratulations to them all! It would be appreciated if my thanks could be extended to them.

If the service was not available, this would have placed a strain on myself and wife Lorraine. With your service being available and so efficient, this took a huge load off our shoulders and enabled us to get on with our everyday lives. I remain.

*Yours sincerely,
Trevor W. Dickason.*

Te Hāwera Opens its Doors

The Cancer Society is now more accessible for the South Taranaki community with the recent purchase of a building in Hāwera.

Cancer Society Taranaki centre liaison Janine Luke-Taamaru says it's exciting to be able to offer the community a fixed base to drop in if they need cancer support or information.

Initially the services will be available Tuesday to Thursday 10am - 3pm with the view to opening five days a week from the New Year.

"It's our plan to offer the same services we have available from our centre in New Plymouth but without the travel of more than an hour for many coming from South Taranaki."

Supportive care services, education programmes and groups such as Living Well With and Beyond Cancer, massage and reiki are planned to be available with time.

Janine said the Cancer Society shuttle that travels between New Plymouth and Palmerston North will also use the new building as a stop off and pick up point.

"It will help break up the trip and provide a dedicated stop for the shuttle and clients," says Janine.

News of the purchase has brought positive feedback from within the Hāwera and South Taranaki region.

"It's positive news for the community and we've already been meeting new volunteers to be rostered on for reception and we've even had people volunteer to help us get the building ready for opening."

Janine used to be based in Hāwera once a week and with a recent role change for her and a change in office availability that came to an end earlier this year.

"It's an exciting development and we're so pleased it's come to fruition."

The Cancer Society Taranaki executive recognised the need to serve the region and felt purchasing the building provided the best way of having a presence in the region.

Chairperson of the executive Monique Bastin, says they have long known that the geographical complexity of the region has presented challenges for many in the community.

"This has limited access to the wonderful services and support available from our hard working team, previously solely based in the New Plymouth Centre."

"Our sole focus as an executive team is to invest in progress and improvements in Taranaki, so the purchase of Te Hāwera is an exciting step forward for reaching many more whānau in need," she says.



Te Hāwera is opened by former executive chairs Alison Rumball, pictured nearest, Debbie McKinlay, centre, and current board chair Monique Bastin.



The new Te Hāwera centre, is at 62 Victoria Street, located just off the main street of Hāwera with easily accessible free parking close by. Opening hours are 10am-3pm Tuesday, Wednesday and Thursdays. ■

A Gift that keeps Giving

Thinking about our own mortality isn't always an easy thing to do.

However, making a bequest in your will is one of the most thoughtful things you can do to pay it forward for future generations.

Leaving a bequest in his will to the Taranaki Cancer Society is just what Steve Ching did.

Steve, who passed away earlier this year left a gift in his will to the Taranaki Cancer Society and his gift is allowing others now on a journey with cancer, to be supported by the Cancer Society.

He was well known by the centre staff and is remembered fondly.

Cancer Society Taranaki centre liaison Janine Luke-Taamaru says Steve's generosity and thoughtfulness extends beyond his bequest, he was also very generous in sharing home-grown seasonal produce to many, including the centre staff.

She said Steve was an active member of the Men Can Talk New Plymouth support group, the Rampage West exercise group and the meditation group.

Cancer Society Central Districts Service Support Manager Sushmita Chakravarty says the size of the bequest isn't what's

important, it's knowing that thoughtful gift will help people in the local community to cope with and overcome cancer.

"It's thanks to Steve's thoughtfulness that we were able to provide our shuttle service to transport clients to treatment out of town, counselling sessions, therapeutic massage and cancer information and resources to clients," says Sushmita.

"Last year Taranaki received referrals for 183 new clients, on top of those already being supported and Steve's bequest played a role in the support all those people received."

"Our thoughts are very much with Steve's wife Jenny and his family and they must be proud of the difference his generosity has made in the lives of many Taranaki people."

Sushmita noted that if someone is considering making a bequest, it should only occur once loved ones are taken care of and provided for.

If you would like to find out more about making a bequest talk to your solicitor or contact your local Cancer Society who can provide some information for how to go about it. You can also learn more on our website: www.cancer.org.nz/get-involved/other-ways-of-supporting/a-gift-in-your-will/ ■

UP COMING EVENTS 2021/22



December

1 Dec-31 Jan 2022 - Longest Day Golf Challenge
5th International Volunteer Day

January

Longest Day Golf Challenge continues

February

4th World Cancer Day

March

Relay For Life

- 5th Whanganui
- 12-13th Tairāwhiti
- 12th Hawke's Bay
- 26-27th Manawatu
- 26th Taranaki

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.

A very big thank you for the support, which allows us to continue supporting people with cancer in the community.

Lottery Bay of Plenty/Gisborne Community

Weem Trust

Pub Charity

Monty Fairbrother Charitable Trust

Mainland foundation

Community Organisation Grants Scheme
(COGS)

Support for Volunteering Fund

The Sunrise Foundation

Trust House Foundation

JBS Dudding Charitable Trust

Hawkes' Bay Foundation