

ANNUAL REPORT 2019/20

Te Kāhui Matepukupuku
o Aotearoa

Cancer Society of
New Zealand
Wellington Division Inc



Covering:
Marlborough, Nelson, Wairarapa,
and Greater Wellington



**Cancer
Society**

Te Kāhui Matepukupuku
o Aotearoa



HOW WE HELP



**Any Cancer, Any Question
0800 CANCER Helpline**



**Cancer information
and resources**



**Support groups and
workshops**



**Counselling and
Massage services**



**Exercise and
wellbeing classes**



**Transport to
treatment**



**Patient
accommodation**



**Health
promotion**



**Volunteer visitors at
home and hospital**



Advocacy



Cancer research

ALL PEOPLE. EVERY CANCER



IMPROVING COMMUNITY WELLBEING BY REDUCING THE INCIDENCE AND IMPACT OF CANCER.

Every day over 70 New Zealanders will hear they have cancer. No one should have to face this alone.

The Cancer Society is an essential support for people during the uncertainty and complexity of cancer diagnosis, treatment and survivorship.

Our unique combination of local programme delivery, community engagement and national influence enables us to make the most significant possible difference in the lives of people affected with cancer.

Together with our volunteers, supporters, stakeholders and staff, we are committed to

improving community wellbeing by reducing the incidence and impact of cancer.

The Wellington Division of the Cancer Society covers Marlborough, Nelson, Wairarapa and Greater Wellington.

We work in our local communities to:

- Provide free, evidence-based cancer information and confidential support.
- Promote cancer risk-reducing behaviour and address health inequities.
- Fund world-class research that underpins our work in preventing cancer
- Advocate for the Government to improve cancer care and outcomes for all New Zealanders.



HE WAKA EKE NOA

FROM THE CHAIR

Tēnā koutou katoa

Our dedicated staff and volunteers have continued to meet our commitment of providing vital care, support and education across our community this year.

Cancer didn't stop for Covid-19 - and neither did we. The last twelve months have seen us focus on strengthening our support services and with the recent acquisition of a property in Kāpiti, we have been able to provide increased services on the Kāpiti Coast.

Our community have supported us generously. Whether it is funds, time or donations in kind, we are grateful for all the koha from our community.

The Division's focus on equitable health outcomes continues. These are defined by the Ministry of Health as: In Aotearoa New Zealand, people have differences in health that are not only avoidable but unfair and unjust. Equity recognises different people with different levels of advantage require different approaches and resources to get equitable health outcomes.

While not a Māori health provider or Government organisation, the Cancer

Society considers its Te Tiriti o Waitangi obligation, to enable equitable health outcomes, a central organisational function. We are committed to the effective and efficient use of our resources to deliver equitable cancer outcomes for all those affected by cancer.

The Cancer Society Wellington Division is in a strong position, which is testament to the hard work of our Wellington team - CEO Michael Smith, staff, volunteers and community. It is with heartfelt appreciation that I thank our office and community team and my fellow Board members for their commitment and dedication to the kaupapa of the Cancer Society. Thanks must also go our recently departed Chairperson, Kate Morrison, for her considerable contribution.

Hei konā mai i roto i ngā mihi,

Corey Hebberd
Chairperson

FROM THE CHIEF EXECUTIVE

Tēnā koutou katoa

At the time of writing, we are amid uncertain times with the Covid-19 pandemic spreading across the world. Lockdowns, social distancing, 14-day isolation, and contact tracing are now common terms in our everyday language.

WE'RE ALL IN THIS TOGETHER

Covid-19 seemed to come from no-where, unexpected and we were largely unprepared for the impact it would have on us.

Covid-19 has strong parallels to a cancer diagnosis. A cancer diagnosis is usually unexpected and has a huge impact on both the patient and whānau. Cancer literally turns lives upside down. Just like Covid-19, cancer should not be something we face alone.

Every day, including during lockdown, we continue to support people on their cancer journey. Around 23,000 New Zealanders are diagnosed with cancer each year, and 10,000 die from cancer. With our aging population cancer numbers are set to increase dramatically over the next 20 years. We can only undertake our work with the wonderful support of individuals, trusts, schools and businesses. A big thank you to our principal sponsor ANZ bank, and to all our financial supporters. Every contribution is important to us, no matter if it is big or small. Our amazing volunteers are also so vital to our work.

Thank you to all our volunteers who give of their time and skills. There have been many exciting developments in last 12 months including the purchase of our new Kāpiti Support Centre based in Paraparaumu. The Kāpiti community have been wonderful in their support of this new facility, with so many businesses and volunteers providing time, skills and services to make it all

happen. Our capital fundraising campaign has been interrupted by Covid-19 but will continue into 2021. The Cancer Society continues to be strong advocates to central and local government. In December 2019, we welcomed the release of the New Zealand Cancer Action Plan 2019-2029 by the Ministry of Health.

The Plan has a strong focus on achieving consistent and modern cancer care across New Zealand, and equity of outcomes and contributing to wellness for all New Zealanders; particularly Maori and Pacifica peoples. As a community partner, the Cancer Society has an important role in ensuring all New Zealander have equitable health outcomes. We must ensure all peoples have appropriate support and information on their cancer journey. Equity will underpin our work in the years ahead.

One of our strengths is our local community presence across Aotearoa New Zealand. For the Wellington Division we have centres in Wellington City, the Wairarapa, Nelson-Tasman, Marlborough and the Kāpiti Coast. Our Supportive Care staff, Health Promoters and volunteers are busy in their local communities and we want to strengthen that further in the year ahead.

Thank you, Ngā mihi nui.

Michael Smith
Chief Executive Officer

2019/20 HIGHLIGHTS



1,648
new patient referrals



8,980
calls to 0800 CANCER
across the country



229,375 kms
travelled across Wellington
to transport patients



\$308,144
granted to fund
research projects



1,329
Counselling sessions
for patients and
whānau/family



3,445
people attended
support groups and
workshops



3,714

patients and their
whānau/family
supported



3,776

bed-night stays at
Margaret Stewart House



79

SunSmart Accredited
Schools



6,761

information resources
provided



121

people were given
financial assistance



20,027

hours gifted by
1,100
volunteers

WAIRARAPA

VOLUNTEERS RECOGNISED

Linda Wong, Wairarapa Centre Executive Board Member of 10 years received a Masterton District Council civic award in February for her services to the Cancer Society and cancer community. Linda's contribution to the efficient running of the Wairarapa Centre Margaret Chittick House and her support to the Centre team is well deserved.

On International Volunteer Day, annually on 5 December, we acknowledged volunteers leaving this year, celebrated with those who had achieved milestones and welcomed new volunteers. We also launched the book *Thanks A Bunch* which was researched and compiled by volunteer and archivist Jan McLaren. The book celebrates 30 years of the Wairarapa community's commitment to the Daffodil day event.



Linda Wong and her award

FRESH AIR IN WAIRARAPA

The Fresh Air Project in partnership with Compass Health (Tu Ora) and the Regional Public health unit's smokefree coordinator is gaining momentum with 10 cafes signed up on the initiative.



Rev Thorborough and Executive Board members watch blessing of the Bequest wing

CENTRE BLESSED

Mrs Margaret Chittick's estate benefitted the Wairarapa Centre when the last of her gifts was turned into a "living legacy". The bequest wing of the Centre was formally blessed and opened on Daffodil Day 2019. The wing will accommodate a therapy room for counselling, massage, mindfulness, relaxation, and visiting therapists, such as lymphoedema therapists and bra/prosthesis fitters.

KĀPITI COAST

INCREASED DEMAND FOR SUPPORT

Everyone deserves easy and equal access to cancer support, no matter who they are or where they live. Since 2017, we have seen a 45% increase in referrals for patient support on the Kāpiti Coast from the District Health Boards alone, and demand for counselling has almost doubled. More than a quarter of Kāpiti residents are over the age of 65, and with more Baby Boomers choosing the wonderful lifestyle of the Kāpiti Coast, this trend has a significant impact. We urgently needed to expand our supportive care and health promotion services with a new facility. We moved into 27 Kāpiti Road, and there is scope to grow so that we can offer a permanent sanctuary for Kāpiti residents affected by cancer and their whānau.

There has been enormous support from the community in getting the house up and running. "A special thanks to mana whenua and the Menzshed Kāpiti who have supported us every step of the way," says Mandy Savage, Senior Health Promotions Co-ordinator, "and all the local businesses who have given us donations and discounts. Your support helps keep our services free to Kāpiti patients and whānau."



The Kāpiti Support Centre



MenzShed volunteers with health promoter Mandy Savage and Rosalie Willis working on the fit out of the new Kāpiti Support Centre.



Volunteer Chandrika in the Support Centre garden

GREATER WELLINGTON

HOME AWAY FROM HOME

Our patient accommodation Margaret Stewart House provides a free place to stay if you're from out-of-town and having cancer treatment at the Wellington Blood and Cancer Centre.

The house is located in the grounds of Wellington Regional Hospital in Newtown, Wellington. Being able to stay at the house relieves some of the financial burden a cancer diagnosis can cause. Thanks to many generous grant funders, we have been able to upgrade the facilities in the house to make it more comfortable.

There are now air-condition units in all 15 rooms, a further eight new king-single beds, and eight WIFI headsets to accompany the smart TVs which we were able to purchase in the previous financial year.



Home away from home for patients

SUNSMART SCHOOLS

From September to April, students are in school when ultraviolet (UV) radiation levels are at their peak. Schools are the perfect place to provide a sun-safe environment, educate students about sun protection behaviour and reduce the risk of skin cancer by becoming SunSmart.

Our Health Promotion team works to build strong relationships with schools so they are empowered to receive their SunSmart certification.

Schools with a SunSmart Certificate are showing their commitment to the immediate and future wellbeing of their students. And it gives parents the confidence that their children are in a sun-safe environment. 106 of the 311 schools in the Wellington Division are SunSmart accredited.



SunSmart education in schools

LIFE, HAPPINESS AND CANCER

Phil Kerslake was honoured with a Life Membership at our Annual General Meeting in August 2019. For over 30 years, Phil has contributed to the work of the Cancer Society Wellington Division and mentored many dozens of patients and their family members to cope better with cancer and its treatments.

Phil's journey as a cancer patient may be unmatched here or overseas. Some leading New Zealand Oncologists have speculated him to be New Zealand's, if not the world's 'most prolific cancer patient/survivor'.

Since his first symptoms - now 45 years later, he has survived eight discreet, significant new diagnoses or recurrences, with major treatments in every decade since the 1980s. More recently he was found to have Squamous Cell Carcinoma (metastised), making it his 9th cancer diagnosis.

In 2006, Phil wrote and published New Zealand's leading patient support book, *Life, happiness...& cancer*. The book was written in close association with the Wellington Division of the Cancer Society and with expert input from our information staff on certain chapters.

The book is gifted to those who seek support from the Cancer Society Wellington Division to this day.

Phil's Volunteer work in patient support in New Zealand through his long cancer journey have earned him recognition in Europe (Re-Building Lives Award, Vienna, Austria, 2007) and United States of America (Global Hero of Hope, American Cancer Society, 2011/12). He was appointed a Member of the New Zealand Order of Merit for services to people with cancer, in the 2014 New Year's Honours List.



Phil Kerslake and his wife Jill at the 2019 AGM

NELSON-TASMAN

FREE SKIN CANCER CHECKS

Skin cancer is the most commonly diagnosed cancer in New Zealand. The Nelson-Tasman centre received a generous bequest from Mr David Blunt specifically to offer skin check funding and clinics throughout the region. Centre Manager, Michelle Hunt was humbled by the generosity of Mr Blunt's bequest, which meant saving lives would be his lasting legacy. We held the first free skin cancer check in Murchison on 25th February 2019.



Free skin cancer checks murchison

A total of 50 people received free checks and numerous biopsies were required. Thank you to GP's Mark Fry and Wayne Hurlow from Wakefield Medical for their help in running the clinic along with The Murchison Health Centre staff.



Personal Trainer Tyson Fitzpatrick and Dana Wensley

GYM PROGRAMME FOR RECOVERY

A gym programme is providing people affected by cancer one-on-one sessions with a personal trainer to help rebuild their strength and fitness. The programme is one of only a few in the country specifically established to rehabilitate the mental and physical health of cancer patients.

Dana Wensley, diagnosed with breast cancer in June 2019, completed the programme. "I would not have been able to recover so well if it wasn't for the innovative gym programme the Cancer Society funds," Wensley said. "After my first two operations, I was unable to drive, lift groceries, raise my hands above my head, hang the washing. The gym programme helped me gain back the movement I had lost and improved my strength. I recovered from my mastectomy in January so much faster this time because I was already at a high level of fitness."

MARLBOROUGH

FIRE CAUSES DAMAGE

A fire significantly damaged our Marlborough centre on Waitangi Day 2020. It was incredibly heartbreaking as, after 15 years in that location, we had just completed renovations to provide a better service for our clients. "We are grateful that there was no personal loss or injury," Centre Manager Felicity Spencer said. "But for people who come through here, the emotional loss is quite significant." It will take time to replace handmade items like wigs and turbans. We are now operating fully from our temporary office and working alongside other community organisations to find suitable spaces to hold support groups.



Felicity Spencer (Centre Manager), left, Gina Saunders, Hilary Gill and board chair Corey Hebberd in the gutted reception.
Photo: Scott Hammond/STUFF



Resurrected from the fire - check out our freshly drycleaned volunteer vests and our shiny new replacement sign!)

SKIN CANCER AWARENESS

Cancer Society Marlborough conducted its annual Skin Awareness Clinic's with approximately 320 people receiving skin checks. Of these, six suspected melanomas were identified and referred to Nelson Marlborough Health's referral centre, for specialist attention. A further 60 people received recommendations to make GP appointments and follow up on skin conditions within six weeks. This year, we had a focus on making sure patients knew it was their responsibility for following any advice or booking appointments with their doctors.

FINANCIAL SUMMARY

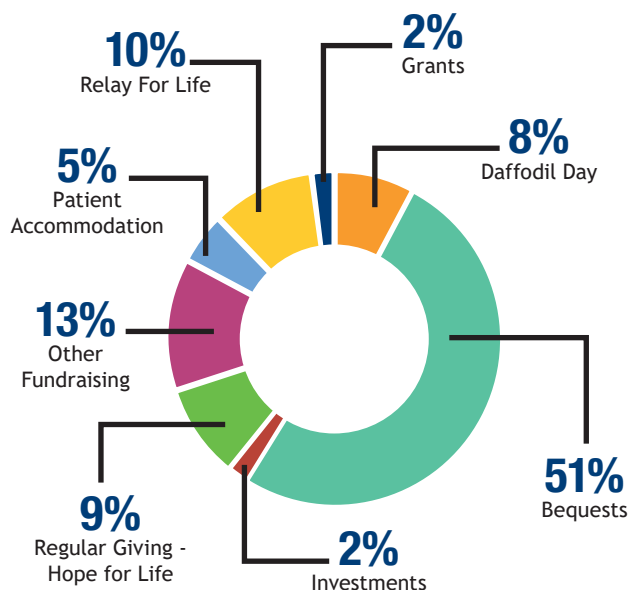
The Cancer Society Wellington Division, including the Nelson-Tasman, Marlborough and Wairarapa Centres, raised **\$7.6m** for the 12 months to 31 March 2020. Expenditure for the same period was **\$5.26m**, with **\$2.35m** of income retained for future use. These summary graphs have been extracted from the full financial statements of the Division, including the Nelson-Tasman, Marlborough and Wairarapa Centres.

All are registered charities under New Zealand's Charities Services (DIA). Full financial statements for each entity (including audit reports) are available on request.

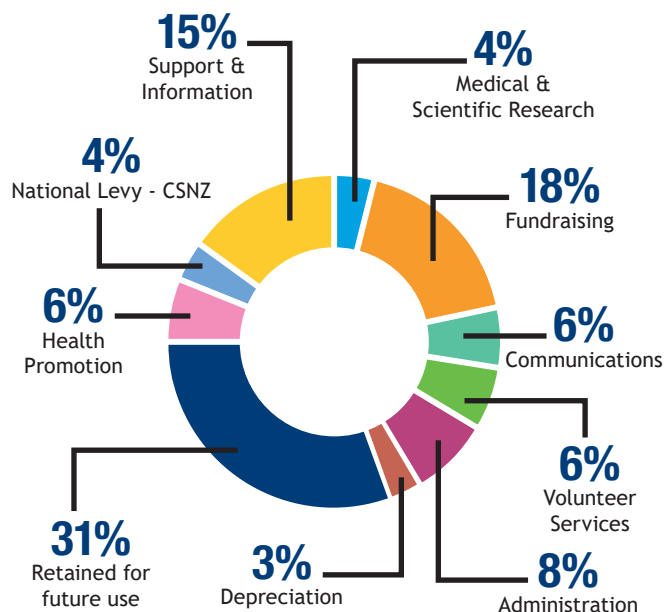
2020/21 FOCUS:

- Meet the increasing need for free, evidence-based cancer information and support services
- Advocate for better cancer care for all New Zealanders
- Strengthen relationships with Iwi and Māori Health Providers
- Ensure future organisational and financial stability

INCOME



EXPENSES



THANK YOU TO OUR SUPPORTERS

THANK YOU TO EVERY PERSON WHO HAS SUPPORTED US – IT ALL MAKES A DIFFERENCE. A SPECIAL THANK YOU TO THE FOLLOWING ORGANISATIONS WHO HELP US CONTINUE SUPPORTING PEOPLE AFFECTED BY CANCER:

GREATER WELLINGTON

Mediaworks
STUFF – Dominion Post
Ocular
Good Bitches Baking
NZ Post
ROE Print Services Ltd.
MSO Design
Heart for Causes
Telefund
AIDA
VEGA
MIDAS Infomedia Limited / Ackama
Printing.com
MenzShed - Kapiti

WAIRARAPA

Eastwood Motor Group
Enumerate Chartered Accountants
Giddens Family
Trust House Wairarapa
Jennifer Sartow Trust
Mediaworks Foundation
Property Brokers Real Estate Co. Wairarapa
Wairarapa Property Consultants
Wairarapa Times Age
Wong Family Trust
Bruce Levy Photographer
Jan McLaren MDC Archivist
Carterton District Council
Cophthorne Solway Hotel

Nikau Foundation
Masterton Golf Club
Shamrock Foundation
Toby Mills Noise Productions
Carterton A&P Association
Carterton District Council
JNL Paul Bashford
Builders Apprentice ITO.

NELSON-TASMAN

Alastair Kerr
Anchor Print
Anjela Sharma Barrister & Solicitor
Bays Pharmacy Motueka
Benjamin Black
Crowe Horwarth
Fico Finance
Gibbons Construction
G J Gardner Homes
Gourmet Catering
Jens Hansen
MenzShed Waimea
Nelson Bays Primary Health
Richmond Rotary

MARLBOROUGH

Marlborough Convention Centre
Everyday Best Laundry and Drycleaning
Bb Signs Blenheim





**Cancer
Society**

Te Kāhui Matepukupuku
o Aotearoa

Cancer Society's Wellington Office
52 Riddiford Street, Newtown, Wellington

Cancer Society's Kāpiti Centre
27 Kāpiti Road, Paraparaumu

Cancer Society's Wairarapa Centre
37 Te Ore Ore Road, Masterton

Cancer Society's Nelson-Tasman Centre
102 Hardy Street, Nelson,

Cancer Society's Marlborough Centre
3 Maxwell Road, Blenheim

www.cancernz.org.nz

0800 CANCER (226 237)

