

Kia Honoa

Let's Connect with the Cancer Society
Canterbury-West Coast Division

John's Story



John Murdoch and his wife Joy stayed at Daffodil House

John Murdoch from Geraldine was diagnosed with squamous cell carcinoma of the lung in July 2022.

"I had a sore arm for a few years and didn't do much about it," John says. "I went to see my doctor and they sent me for an X-ray and then a scan."

"That showed that I had a mass in my chest wall, outside of my lung and around three of my ribs," he says.

A biopsy showed that the cancer hadn't spread.

"It was good to hear that," John says. "I felt so lucky."

Surgery wasn't an option for John because of his tumour's location. The recommended treatment was a six-week course of radiation combined with weekly chemotherapy at Christchurch Hospital. Following this, John learned he could be suitable to receive additional immunotherapy treatment at Timaru Hospital. John's sister had also had cancer, so John and wife Joy knew about the Cancer Society.

The couple contacted the South Canterbury Cancer Society and met with Supportive Care team member Monica.

"Monica was lovely and helped us to organise what we needed," John says.

Monica advised John and Joy about the Cancer Society's free accommodation in Christchurch, and she rang ahead to check that a ground floor room was available for John.

"It's absolutely wonderful being able to stay here at Daffodil House – the staff are amazing and it's a real home away from home," Joy says.

"It's nice being here because everybody is in the same boat, and you've got people to talk to - I couldn't think of a better way of doing it."

"The shuttle is another great service," John says. "It's absolutely brilliant for going to the hospital – otherwise you'd have to get up much earlier as you can't get a carpark there. A big thank you to the Cancer Society for providing this service."

This year, 1,500 people like John will stay in our accommodation while they receive cancer treatment in Christchurch

About Lung Cancer

There are two main types of lung cancer:

- Small cell lung cancer (SCLC) makes up about 15-20 percent of lung cancers.
- Non-small cell lung cancer (NSCLC) is the most common type and makes up about 80 percent of all lung cancers.
- Squamous cell lung cancer is a type of non-small cell lung cancer and is most often found in the centre of the lung near a main airway (bronchus).

Symptoms of Lung Cancer

The symptoms of lung cancer can vary from person to person. Some people with cancer have no symptoms. They may find out they have lung cancer when it is seen on a chest X-ray done for another reason. Other people may notice some, or all, of the following symptoms:

- A cough that doesn't go away or a change in a cough you have had for a long time
- Loss of voice or a change in voice (hoarseness)
- Feeling breathless or wheezy without exercising, or becoming unable to do your usual activities

- A chest infection that doesn't improve with treatment, or frequent chest infections
- Chest, upper back or shoulder pain that does not go away
- Coughing up blood
- Weight loss for no reason, or loss of appetite
- Feeling very tired.

These symptoms can be caused by reasons other than cancer. That is why it is important to have your GP or whānau doctor check any of these symptoms.



Dates to diary

24th
MARCH

Too Many Cooks
Christchurch Central

11th
MARCH

Relay For Life
South Canterbury

1st
APRIL

Relay For Life
North Canterbury

29th
APRIL

Relay For Life
Selwyn Canterbury



Local golfers push themselves to the limit

The Golf Gods team played 24 hours of golf



A massive thank you to the 78 golfers who completed the Longest Day Golf Challenge across the Canterbury-West Coast region during December and January. With the support of their families, friends and colleagues, these wonderful individuals succeeded in raising over **\$115,000** to help support our free services.

The Golf Gods of South Canterbury deserve a special mention for electing to ramp up the challenge even further by playing golf for 24 hours straight, using glow balls so that they could see them during the hours of darkness. This team of 11 completed their marathon challenge at Gleniti Golf Club in Timaru and raised over \$22,000, placing them second on the national fundraising leaderboard.

Bus trip fundraiser



Allan Andrews with Mandy Casey (photo kindly provided by The Ashburton Courier).

We're always grateful to those who organise their own unique fundraising events to help support their local Cancer Society services. Last year Mid-Cantabrian Allan Andrews organised a bus trip for 57 people from Ashburton to Oamaru and raised **\$3,170**.

Allan has a very personal connection with cancer, having lost his brother Lindsay to leukaemia. Allan himself was diagnosed with non-Hodgkin's lymphoma just over 40 years ago and was treated with chemotherapy. Allan's wife Jeanette has also had cancer.

Partnership News



bakertilly
STAPLES RODWAY

The team at Baker Tilly

We're delighted to welcome accountancy firm Baker Tilly Staples Rodway as new partners of the Canterbury Cancer Centre. Baker Tilly is sponsoring a bedroom at the new centre. **"We became aware of this project through our long association with the Cancer Society,"** Dorian Crighton, Director for Baker Tilly Staples Rodway, says.

"When we looked at the benefits that building this facility will provide - not just for us all here in Christchurch but around the whole of the South Island - coupled with the enduring benefits to our community, we leapt at the opportunity to be involved. Cancer touches everyone and so we saw that we, through the support of this facility and The Cancer Society, could have a positive impact on many people as they travel through difficult times."

We were also thrilled to receive a grant for **\$96,955** from the Kiwi Gaming Foundation for the curtains in the new centre. Thank you to everyone who has supported this exciting building project so far. At the time of writing this newsletter, all of the building's windows have been installed and the fit-out is approximately 45% complete.

KIWI GAMING
FOUNDATION

Through the generosity of supporters such as yourselves, **693** items on our More Precious Registry had been purchased for the new centre, ranging in value from **\$20** to **\$2000**. It's not too late to get involved! If you would like to help us fund the remaining 66 bedspreads we need for our patients, head online to www.moreprecious.co.nz or Scan the QR code.



Students create beautiful Bags of Hope

In December last year the Year 1 and 2 students from Aidanfield Christian School shared with us the beautiful Bags of Hope that they had created. These bags will be used by local cancer patients to store their clothes in while they are receiving cancer treatment at Christchurch Hospital.



Aidanfield Christian School students from Matai 2 proudly display their artwork

Teacher Jo Grosvenor with Boaz (aged 6)

The students' teacher, Jo Grosvenor, has been through her own cancer journey so knows first-hand how special these bags are. Jo says when she nervously faced her first treatment she found the bag she received was "a lovely touch". Jo kept her bag and was able to share this with her students.



Introducing Christine Dwyer | Centre Team Leader – West Coast

Christine Dwyer recently joined the Cancer Society Canterbury-West Coast team in the role of Centre Team Leader – West Coast.

Christine's previous role was Smokefree Services Coordinator for the West Coast PHO so she is very familiar with the Cancer Society's mahi in this field and is passionate about health.

Born and bred in Auckland, Christine spent some time working in Christchurch as a midwife and secured the role of Maternity Quality Coordinator at Christchurch Women's Hospital. While she enjoyed this role, Christine says she missed the client contact and is enjoying being able to directly support and advocate for people with cancer in her new role.

Christine says she fell in love with the West Coast around 10 years ago and she and her partner Wayne finally moved there within the past two years. The pair have five children and 13 grandchildren between them.

Outside of work, Christine enjoys keeping active. She likes walking along the beach, collecting rocks and doing craft.



Christine Dwyer



Amberley Cancer Support Group celebrates 25 years



The Amberley Cancer Support Group celebrated the 25th anniversary of the group's existence with a lunch event at the Nor'wester Café late last year.

Two of the original members, Bernie Smith and Bernadette Croft, were present at the event, with Bernadette also deserving credit as the main organiser.

The group has supported local cancer patients in a variety of ways over the past quarter of a century including making approximately **7,000 prostheses** for women with breast cancer across the Canterbury and West Coast region.

Today the support group supports local people with cancer by providing food and petrol vouchers, baking and home visits and driving patients to appointments. The members also assist with Daffodil Day and other fundraising activities.

2023

The Year of Events!

The return of Relay For Life

If you've participated in a Relay For Life before, you'll know just how special these events are. If you've never been involved, make sure you experience one this year. We have three local Relay For Life events happening in March and April so pick the date and location that suits you and invite your friends, family and workmates to join you at:

- ★ **Saturday 11th March**
Relay For Life **South Canterbury**, Caroline Bay, Timaru
- ★ **Saturday 1st April**
Relay For Life **North Canterbury**, Dudley Park, Rangiora
- ★ **Saturday 29th April**
Relay For Life **Selwyn**, Brookside Park, Rolleston

All of these Relay For Life events run for 12 hours from 10am to 10pm. Join us to Celebrate cancer survivors, Remember loved ones lost to cancer and Fight Back against cancer by raising vital funds.



If you haven't got your ticket to our Too Many Cooks dinner event on **Friday 24th March** yet, make sure you don't miss out on a fabulous evening of delicious food and comedy banter.

For \$250 per person, not only will you enjoy a delicious three course dinner and drinks, but you'll also get to hear the jibes fly as each of our three local chefs prepares their signature course live on stage Masterchef-style. With comedian and media personality Paul Ego as our MC for the evening, there are sure to be lots of laughs along the way.

Funds raised from Too Many Cooks will go towards the new **Canterbury Cancer Centre**.

Purchase your tickets online now at : www.toomanycooks.co.nz



SunSmart Summer News

Our new Cancer Society Ambassadors have been busy this summer spreading the word about sun protection at a range of community and public events.

Funded by **Harcourts Grenadier**, Jacinda and Phoebe who are both studying health sciences at University, have been talking about the Cancer Society's mahi, with a particular focus on promoting SunSmart behaviours through increased awareness of how people can reduce exposure to harmful Ultra Violet Radiation (UVR) and thus reduce skin cancer risk. They have also been letting people know about the development of the Canterbury Cancer Centre.

To date, the team have been busy at Aranui Affirm, Sparks in the Park, Muscle Car Madness in Rangiora, and have Children's Day events, Culture Galore, Parklands at Play, Touch Rugby Youth Nationals, Riccarton Sunday Market, the Summer netball competition at Christchurch Netball Centre and many more events on the calendar before the end of the season.

Having extra capacity to support weekend events has meant the Cancer Society is more visible in our communities and we are able to let more people know about the wide range of services we offer.



Buy some bulbs for Spring!

If you would like to brighten up your garden for Spring, we have quality daffodil and tulip bulbs from **Hadstock Farm** for sale again this year. The cost is \$11 for 10 mixed daffodil bulbs or \$13 for 10 mixed tulip bulbs. Discounts are available for purchases of 100 bulbs. You can order bulbs from your local Cancer Society Centre or online by scanning the QR code below.



Your local Cancer Society Centres

Christchurch Centre
97 Fitzgerald Avenue, PO Box 13450, Christchurch 8141
P: 03 379 5835 E: contact@cancercwc.org.nz

North Canterbury Centre
143 Percival Street, Rangiora 7400
P: 0800 226 695 E: northcanty@cancercwc.org.nz

South Canterbury Centre
32 Memorial Avenue, PO Box 682, Timaru 7940
P: 03 688 0124 E: southcanty@cancercwc.org.nz

Mid Canterbury Centre
122 Kermod Street, PO Box 296, Ashburton 7740
P: 03 307 7691 E: midcanty@cancercwc.org.nz

West Coast Centre
98 High Street, PO Box 81, Greymouth 7840
P: 03 768 9557 E: westcoast@cancercwc.org.nz

Selwyn Centre
6B Kidman Street, PO Box 25, Rolleston 7643
P: 03 925 9708 E: selwyn.centre@cancercwc.org.nz