

Let's Connect...



... with the Cancer Society and its services

3rd Quarter 2011

Mission Statement

Improving community well-being by reducing the incidence and impact of cancer.

Cancer Society Centre

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Daffodil Day

This year Daffodil Day celebrates its 21st birthday on Friday 26 August. Our annual campaign will be held during the month of August and we are very confident that the bright yellow daffodil, the Cancer Society's logo representing life and new hope for those people living with cancer, will once again be highly visible across the Division.

Our major sponsors, the National Bank assisted by staff from the ANZ Bank, will once again be actively promoting and fundraising for Daffodil Day. We ask you to give generously this Daffodil Day so that we can continue to help those people who desperately need our support during their time of greatest need.

Donations raised on Daffodil Day are used to support people like Cheryle, who as a 34 year old breastfeeding mother, was diagnosed initially with mastitis – a breast infection. After several rounds of antibiotics and multiple ultrasounds that did not show anything unusual, she was prescribed IV antibiotics for suspected MRSA (a hospital super bug). Cheryle decided to wean her 14-month son, a decision she says now may have saved her life. The swelling in her breast did not go down so her Doctor referred her to a breast specialist.

Cheryle saw the breast specialist on the Monday, had a core biopsy on the Wednesday and was diagnosed with inflammatory breast cancer on the Friday, nearly four months after she had first sought treatment.

Inflammatory breast cancer is a rare and advanced form of cancer, often not detected by mammography or ultrasound, with symptoms similar to mastitis. It requires aggressive treatment with chemotherapy prior to surgery to shrink the cancer.

So began Cheryle's six months of chemotherapy, which she says she tolerated quite well. "My hair has even



grown back, but it's much greyer now and curly. I used to be a brunette, but I love every silvery strand!"

She has just had a bilateral mastectomy, which she laughing she calls her BMX! Cheryle will begin radiotherapy when the surgery has healed, to be followed by a breast reconstruction at a later date.

The journey has been a long and emotionally demanding journey for Cheryle, but she says the Cancer Society has been a great support and helped her to remain positive. At the time of diagnosis, she was given a series of information booklets produced by the Cancer Society, and a support person who contacted her regularly. "I had someone I could chat to, and things like Christmas baking and meals were dropped off by volunteers."

The Cancer Society has given Cheryle colourful turbans to wear while undergoing chemotherapy, tram tickets for a family treat kindly donated by Christchurch Tramway Ltd and has offered to assist with counselling costs after her mastectomy. Cheryle is encouraging everyone to support the Cancer Society's Daffodil Day appeal because she says "The Cancer Society has done so much for me and my family."

Look Good Feel Better in Ashburton

A *Look Good Feel Better* workshop was held recently in Ashburton. Shirleen Oakley, Co-ordinator of *Look Good Feel Better*, and a team of three local Ashburton beauticians worked their magic on twelve Mid Canterbury women. The Cancer Society thanks Lake House at Lake Hood for generously donating the venue and the delicious lunch. Another *Look Good Feel Better* workshop is planned for August.



Tania and Pauline



Gabrielle and her sister Genevieve

The Cancer Society is a non-government organisation, dependent on community support and donations, serving the people of Canterbury and the West Coast.

Daffodils in bloom once again

On Sunday, 4 September, Otahuna Lodge will again open its gates for their annual Daffodil Day to help raise funds for the Cancer Society. We are excited about this year's event because, unfortunately, Otahuna's 2010 Daffodil Day event had to be cancelled due to bad weather and the September earthquake.

Hundreds of thousands of daffodil bulbs have been planted in the 30 acres of landscaped grounds over the past century. Most of the daffodils were planted by the original owner, Canterbury pioneer Sir Heaton Rhodes, who developed the property's storied gardens and magnificent homestead.

People who have visited Otahuna over the years, as part of their Daffodil Day, have thoroughly enjoyed their visit and many have returned annually to see how things have developed from year to year.

Admission for Daffodil Day is \$15 for adults and \$5 for children age 5-12 (children under 5 will be admitted free of charge) with tickets sold at the gate for cash only. The price of admission includes access to the gardens, with optional guided tours and demonstrations, musical entertainment, tea



& refreshments and a donation to the Cancer Society. During the last Daffodil Day at Otahuna Lodge, visitors helped to raise \$12,000 for the Cancer Society.

For more information, please phone Otahuna Lodge on 03 329 6333 or email at enquiries@otahuna.co.nz

What: Daffodil Day at Otahuna Lodge
When: Sunday 4 September 2011
Time: 10am-4pm

Cancellations due to inclement weather will be announced on NewstalkZB.

Cancer Society Volunteer Drivers go the extra mile

One of the most important and much appreciated volunteer services provided by the Cancer Society is our Volunteer Driving Service. Across the Division our Volunteer Drivers travel many thousands of kilometres each year. Some volunteer drivers will drive from as far afield as Timaru to Christchurch leaving home with a patient in the morning and returning home with them in the late afternoon.

Since the earthquake, Cancer Society volunteer drivers transporting patients within Christchurch have had to make allowances for difficult road conditions, traffic congestion, detours and closed roads due to deconstruction or the demolition of buildings. They have done this with a smile and in the knowledge they are helping someone; it's all in a day's work they say!

One of Christchurch's dedicated drivers Graeme Archibald says "Being a volunteer driver has been a great chapter in my life, particularly at this time. A lot of patients from outside Christchurch staying with loved ones in the city have found it a nerve-racking experience. They are not only



Kate Wehi: Relay For Life committee member "driving" at Relay For Life in Timaru

coping with cancer, but with earthquakes and aftershocks. Personally I am very grateful to be part of the driving service. It not only gives me something to do, but I may have even missed a few aftershocks while driving around!"

If you are interested in becoming a volunteer driver for the Cancer Society please contact your local Cancer Society centre.

An earthquake donation

Timaru based Health Care NZ staff organised a fundraiser after the February earthquake, raising \$2130 from their "bottle and voucher" auction. The evening was attended by Health NZ staff along with their friends and the general public with local businesses and the staff generously donating the auction items. Gabrielle Hall, Cancer Society Manager South Canterbury, says she was delighted to receive the donation of \$1730 which will be used for patient accommodation services. An additional donation of \$400 was given to the Red Cross Earthquake Appeal by Health Care NZ.



Pictured left to right Raylene Cowsls, Gabrielle Hall and Dorothy Carson

Another successful Relay For Life season



Jonathan's birthday cake at Relay For Life in Timaru

Two very successful Relay For Life events were held this year in Timaru and Westport. Over 150 teams participated at the two events with many survivors and family members joining work teams. Unfortunately, the Christchurch and Rolleston events were cancelled due to the earthquake.

Planning is now underway for 2012's Relay For Life events, which are going to be held in February and March in Twizel, Hokitika, Ashburton and Rolleston.

A lovely message was received at the South Canterbury office after the event –

Hi, I wish to thank the Cancer Society, South Canterbury Centre for the birthday cake they gave me at the South Canterbury Relay For Life on 12 March 2011 for my 18th birthday. It was an awesome night and a wonderful way to celebrate with family and friends.

Regards, Jonathan Martin, Survivor

For further information about Relay For Life please contact your local Cancer Society Centre or visit www.relayforlife.org.nz

Our South Canterbury "Good Sort"



Kevin Heywood – our "good sort:" and his prize – Kevin with the zippy vehicle he is able to drive.

Staff in the South Canterbury Centre were telephoned by the local radio station asking for a nominee for the "Good Sort" awards. Their nomination read:

Kevin Heywood walked into the Cancer Society in January this year offering his services as a volunteer. Kevin has experienced cancer himself and was willing to do anything for us. Initially he became our official gardener for the Centre and a volunteer driver. Then the earthquake hit and we came to see how much of a "good sort" Kevin really is. The Cancer Society hired a van to transport cancer patients daily to Christchurch to enable them to continue their treatment. Kevin stepped up and drove the van at least twice a week for seven weeks always putting the patients first.

In addition, Kevin also became involved in Relay For Life working behind the scenes to help set up the site and being on hand the whole weekend.

Cancer Society offers new service on the West Coast

Choices for West Coast women seeking prosthesis bras after breast cancer surgery have recently improved. After a volunteer training workshop at the Greymouth Centre, with the focus on breast cancer services, the Cancer Society has tracked down a source of sample prosthesis bras for women to select from before ordering their own from the Cancer Society in Christchurch.

Jenny Kenning, Cancer Society Coordinator West Centre says "We used to get ordinary bras locally and have little pockets put in them for the required prostheses. Whilst this service is still available, the specially designed Anita bras will give West Coast women more choice."

Cancer Society volunteer Jocelyn Crestani, who organises the prosthesis service on the West Coast, says "I basically offer a service to match a suitable prosthesis for women who have undergone a mastectomy. It is great to be able to offer a complete service on the West Coast."



Jocelyn Crestani and Jenny Kenning

Copyright The Grey Star

The Cancer Society thanks *Bags and Beyond* in Greymouth for generously donating the display stand for the new bras.

A new logo

A new logo, designed by a Hokitika Student, will be used to front the challenge of making West Coast teenagers Smokefree. Fifteen year old Louie Neale was judged the winner of a Coast-wide competition run by the West Coast Tobacco Free Coalition. This logo will be used on all future Smokefree correspondence and campaigns on the West Coast.



Pictured left to right Winner Louie Neale with Karen Hamilton Crown Public Health, Ferg Harding Principal Westland High and Anne Hines Cancer Society

Copyright Hokitika Guardian

Runners Up

John Paul II students, pictured front left to right: Rachael Sinclair-Freeman, Briahn McIntosh and Tamarah Gillman and back left to right Karen Hamilton Crown Public Health and Anne Hines, Cancer Society

Copyright The Grey Star

Smokefree Youth from around Canterbury Join Forces

In April, 22 young people from Ashburton, Christchurch and Timaru met to celebrate the Government's vision for a smoke-free future for New Zealand.

Over the past four years the Cancer Society's Smokefree Youth Ambassadors have been campaigning to get tobacco "Out of Sight and Out of Mind" in retail outlets. Their efforts have paid off, as the new law just passed, will require the removal of tobacco displays at all retail outlets. This move will help protect children from the influence of tobacco marketing and is something the Cancer Society has worked hard to achieve. It has been wonderful to have young people so actively involved in achieving this significant law change.

Now that this goal has been achieved, it is time for the young people to set their sights on a new project. The 22 Smokefree ambassadors met



at Hakatere Marae to brainstorm and discuss possibilities for future projects and, of course, have lots of fun at the same time. It was exciting to be able to bring such an enthusiastic group of young people together who are passionate about wanting a smoke-free future. Keep an eye out for these motivated Smokefree youth ambassadors as they get out and about and share their message in their communities.

The support from others



Current laryngectomates at the South Canterbury Centre. Pictured left to right: Ritchie McFelin, Norm Hedges, Bill Fleming and John Thornley

Norm Hedges had his cancer surgery in 2004 and soon after he joined the *Lost Chord Club*. This group is held regularly at the Cancer Society South Canterbury Centre in conjunction with a speech therapist, Gayle Borman, from Timaru Hospital. It was the encouragement that Norm received from a fellow laryngectomate to try oesophageal speech that has ensured his fluency today. Every day he would practice mouthing the words from the newspaper and slowly speech came. He is delighted with the result and is a firm believer that it was the support from others in the group that has enabled his speech success.

Today the group has expanded to become the *Head and Neck* group (for those with a cancer of the head and neck area). At most of the *Head and Neck* group meetings held at the South Canterbury Centre about 15 people attend.

A wonderful boost



Rex Hewson, Annie Bonifant and Colin Murdoch

Photo copyright Ashburton Guardian

A very successful golf tournament was organised recently by the Mayfield Lions Club in support of the Cancer Society's patient accommodation services in Christchurch. The Cancer Society was chosen as recipient of the annual tournament after club member Rex Hewson and his wife stayed at Davidson House for nearly two months last year while receiving radiation treatment. The tournament raised \$11,500 and the cheque was presented to Cancer Society Ashburton staff members, Annie Bonifant and Mandy Casey, who were both overwhelmed at the Club's generosity.

Any
Cancer,
Any
question

0800 CANCER

(0800 226 237)

Cancer Information
HELPLINE



Cancer Society of New Zealand Canterbury West Coast Division,
246 Manchester Street, Christchurch • Ph 03 379 5835 • www.cancernz.org.nz

STOP PRESS

Tobacco displays in dairies will be a thing of the past

As we go to press, the Government has voted to ban all tobacco displays from our retail outlets. The Cancer Society has long advocated this move, as the evidence shows that the glossy displays glamorise smoking to children and encourage them toward smoking.

A volunteer thank you in Timaru



The South Canterbury Centre recently treated its volunteers to South Canterbury's newest tourist attraction—Te Ana Rock Art Centre. Te Ana is a Ngai Tahu tribal initiative designed to protect the rock art heritage. The volunteers who attended had a great afternoon and enjoyed seeing the most significant collection of Maori rock art in New Zealand.

Special thanks to

- The Rotary Club of Waimate for their donation of \$1500 towards patient accommodation
- Jan and Stu Moir for their donation of \$3300 raised from a whitebait stall at the Wildfoods Festival in Hokitika. Their donation will be used to support patients on the West Coast
- Elekta Pty Ltd for their very generous donation of \$50,000 which will be used to assist patients in the Canterbury region whilst undergoing radiotherapy treatment. This generous donation came after the February earthquake and is to cover any unexpected and additional costs the Cancer Society incurred during this time which include additional motel accommodation, transport, psychological counseling and welfare assistance

Neighbourly Support

One of Daffodil House's Papanui Road neighbours is Selwyn House School. The relationship with Selwyn House began a long time ago when they first became involved in Daffodil Day. Since then they have become very supportive neighbours. At the opening of Daffodil House the Selwyn House Choir led us in singing our National Anthem. More recently, Isabella Garbett *Enviro Student Leader* at Selwyn House came to visit and asked what the students could do to encourage recycling and how they could help the Cancer Society.

Isabella took our ideas back to school to discuss with her fellow *Enviro Group* members and they decided to plant freesias in pots for us to give to patients we support. The pots of freesias the girls planted were received with delight at one of our patient group programmes.



The Selwyn House *Enviro Group* and teachers along with Cancer Society staff on the stairs at Daffodil House.

Health in the new city of Christchurch

Health begins where we live work play and learn— included below are a few examples of how we hope this will be reflected in our new city

Smokefree Outdoor Places

All playgrounds, parks, sports grounds and council events are already Smokefree. In Australian cities, Smokefree outdoor areas are extending to outdoor dining and public streets. With the Government endorsing a Smokefree vision for New Zealand by 2025, the Cancer Society will be urging the Christchurch Council to consider this in their vision.

Being SunSmart

The Cancer Society already has a strong partnership with the Christchurch City Council.

The provision of more shade in our public spaces, especially for children is an important consideration and we will continue to work with our schools supporting them to become SunSmart Schools.

Physical activity

Redesigning our city offers scope to consider how best communities can benefit from well designed recreation space, with provision for cycling and the promotion of walking.

Food security

With the loss of many corner dairies and small shopping centres, the need to consider community access to affordable wholesome food is important.

- Jim Pearce who generously donated \$3000 to the Cancer Society which was in lieu of work he did for Polarcold Ltd.
- West Belt Motors for generously providing at no charge the warrant and service for the Rangiora Group's vehicle
- New Zealand Post Mail Centre for their donation of \$610 from an in-house fundraising evening in support of prostate cancer research
- Stephen and Maria Fleming for generously asking their friends to make a donation to the Cancer Society in lieu of wedding gifts
- The Pink Limo ladies—Sharon and Wendy for sharing their wonderful pink limo with the Cancer Society and brightening the day of some of our Daffodil House residents with a drive in the pink limo around the city
- Lorelei Burdett for her donation of \$200 from the proceeds of the sale of her fundraising calendar
- Organisers and participants of the Pretty in Pink Ball held in Ashburton in support of the Cancer Society raising \$1100
- The West Coast Community Trust for their donation of \$850 which will be used to assist patients with their travel costs on the West Coast
- The Lion Foundation for their support of \$20,000 which is to be used to assist with the electricity and gas bills
- The Southern Trust for their donation of \$10,000 which is to be used for the dry-cleaning and laundry bills for Daffodil House.
- The Air Rescue Service Trust for their donation of \$5000 for the costs of printing the *Let's Connect* newsletter

CUT ALONG THE LINE ✂

Yes ... I want to help the Cancer Society reduce the incidence and impact of cancer in our community. Here is my donation ...

Enclosed is my/our tax deductible donation of

\$ \$ \$ \$

\$ Other amount (please enter)

Cheque payable to Cancer Society of New Zealand

Or charge my American Express

Visa MasterCard

Card No.

Expiry date ___ / ___ Signature _____

THANK YOU! We will send you a receipt.

Please send me information about making a gift to the Cancer Society in my Will.

I am interested in finding out about direct crediting regular donations to the Cancer Society.

Please remove my name from the mailing list.