

# Let's Connect...



... with the Cancer Society and its services

November 2009

## Mission Statement

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

## Cancer Society Centre

246 Manchester Street  
PO Box 13450  
Christchurch 8141  
Telephone: 03 379 5835  
Fax: 03 377 2804  
Email:  
contact@canty.cancernz.org.nz

## South Canterbury Centre

32 Memorial Avenue  
PO Box 682  
Timaru 7940  
Telephone: 03 688 0124  
Fax: 03 684 6314  
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timaru@canty.cancernz.org.nz

## West Coast Centre

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Greymouth 7840  
Telephone: 03 768 9557  
Fax: 03 768 9587  
Email:  
westcoast@canty.cancernz.org.nz

**Cancer Information Service**  
**Freephone 0800 CANCER**  
**0800 226 237**

**www.cancernz.org.nz**



## Winners on the International stage

The Volunteer Committee for the 2009 Relay For Life event in Timaru were delighted to be winners of the inaugural International Relay For Life Heart of Relay awards. There was stiff competition for their title with more than 30 countries entering the awards – the South Canterbury event were runners up in the Youth Award and won the Advocacy Award.

Kate Johnson, Cancer Society Health Promoter says the Relay For Life committee worked hard to make it an appealing event for the youth teams. "Both the youth teams and the Smokefree Ambassadors put in so much effort – they were an absolute hit with all those who attended the event and seeing those young people, who are the future, grasp the concept of Relay and run with it was really heartening. Winning this award is a great way to be able to recognise their efforts" Kate says. At the 2009 South Canterbury Relay For Life event there were 137 teams and 16 of those teams were youth teams totalling 235 participants.



*International Acclaim—South Canterbury Smokefree Ambassadors celebrate with RFL Chairman Des Kearns and Gabrielle Hall and Kate Johnson—Cancer Society.*

International Relay For Life, American Cancer Society lead training manager Iris Pendergast said choosing the winners for the awards was a daunting task, and says "Every submission told a story of the strength of the power of volunteers wanting to make a difference in the fight against cancer and the courage of survivors, who continue to be our inspiration."

## Celebrate, Remember, Fight Back!

Relay For Life is a wonderful community event with some very special moments and messages. Three words – **Celebrate Remember Fight Back** – describe the event and also explain why people take part.

### At Relay For Life we:

**Celebrate** – the lives of those who have battled cancer. The strength of survivors inspires others to continue to fight.

**Remember** – loved ones lost to the disease. At Relay, people who have walked alongside those battling cancer can grieve and find healing.

**Fight Back** – We Relay because we have been touched by cancer and desperately want to put an end to the disease. Make a commitment to save lives by taking up the fight.

This year two **Relay For Life** events will be held in our Division. Greymouth will be hosting an event on 20th–21st February and Christchurch's event will be held on 6th–7th March 2010.

**Relay For Life** is a fun event, made up of teams of people, families, friends, colleagues, social groups and businesses, who come together to raise funds for the



*Participants at Relay For Life 2009*

work of the Cancer Society. We encourage you to be a part of the fun for such a worthy cause.

*For further information please contact the Cancer Society Centre in Greymouth 03 768 9557 or Christchurch 03 379 5835 or visit [www.relayforlife.org.nz](http://www.relayforlife.org.nz)*

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

# Daffodil Day



Cancer Society volunteers and staff pack 150,000 fresh daffodil blooms for delivery to businesses that supported the fresh flower campaign.



Volunteer collectors delivering daffodils to the National Bank in Greymouth.

Copyright: The Grey Star

This year's Daffodil Day was another successful public appeal. Blessed with fine weather for most of the day, our volunteers and loyal supporters braved street corners, shopping malls, supermarket foyers and car parks to collect donations for one of New Zealand's most iconic street collections.

Special thanks go to our volunteer collectors, the schools and businesses that support us, and especially the staff of the National Bank, who become Cancer Society volunteers for nearly the entire month of August.

Jane Sherriff, Manager Income Development says "The general public have once again been extremely generous to us for Daffodil Day and we have all been humbled by the fantastic response we have had".

Many special activities happen all around the Division for Daffodil Day and we were once again delighted to be the recipient of donations from two very special events – Otahuna's Daffodil Day in Tai Tapu just out of Christchurch and Craigmore's Daffodil Day, in South Canterbury.

## Cancer Society sunscreen

Just arrived at the Cancer Society this season are the new bright sunscreens for the summer.

The *Active* goes on silky smooth with a soft, powder finish making it an excellent choice for gripping a racket of golf club.

The *Mineral Zinc* contains Zinc Oxide only and is paraben-free.

We have so much more to offer you to help keep you and your family SunSmart this summer. Next time you are passing by our centre on Manchester Street pop in and check out our full range of hats, sunglasses and sunscreens.

### Summer's Brilliant New Sunscreens

Sun protection from The Cancer Society



## A SunSmart Summer for the whole family



SUNSMART

Being safe in the sun is not just for children – it is just as important for everyone to protect themselves from the sun no matter what your age is. The trick is to never let your skin get sunburnt.

Remember – children copy what they see, so be a good SunSmart role model for your children and grandchildren this summer.

**Slip** into a shirt and cover up clothing and slip under some shade

**Slop** on some SPF 30+ broad spectrum sunscreen

**Slap** on a hat with a wide brim Wrap on some sunglasses

## Colossal Colon has a new home

Since 2005 the Colossal Colon has been the centerpiece of the Cancer Society's Healthy Lifestyles Expo. The expo promoted the benefits of a healthy lifestyle as a way to reduce the risk of cancer and, of course, highlighted the issue of bowel cancer, one of our country's most common cancers. Following the completion of this successful programme, we have searched nationwide for a suitable new home so that awareness about bowel cancer can be extended beyond the work we can undertake locally. We are delighted to announce that the Colossal Colon has been gifted to the National Science-Technology Roadshow Trust to add to their collection of interactive experiences. The



Trust has been delivering quality, interactive, hands on programmes nationwide for the past 21 years, teaching students, their teachers and the general public about science, technology and innovation. It is great to see the Colossal Colon going to a wonderful new home to continue its role of educating the young, and not so young.

## On the West Coast

Ian and Carol Wall have delivered milk to the people of Hokitika for 37 years and Goodman Fielder have recognised this exceptional service with a special award. Part of the award was a donation to a charity of the Wall's choice and the Cancer Society is delighted to announce that the patient accommodation services in Christchurch – Davidson House and Daffodil House are the recipients of this generosity. Liz Chesterman Chief Executive says "The \$1000 will go towards the running costs of these facilities which provide a 'home away from home' for more than 200 West Coasters each year, with many of them coming from Hokitika."

# SunSmart Schools



SUNSMART

There has been a great response from schools in the Canterbury and West Coast region to the Cancer Society's SunSmart Schools Accreditation Programme. Cancer Society health promotion staff in Christchurch, Timaru and on the West Coast have been working alongside schools throughout the region to support and improve their sun safety policies and practices. Over 20% of schools in the Canterbury West Coast region are now officially SunSmart accredited, with many more working towards reaching accreditation criteria (nationwide only 13% of schools are SunSmart accredited).

Keeping children safe from the sun while at school is vital as episodes of sunburn in childhood are known

to increase their risk of the deadly melanoma. Schools receiving SunSmart Accreditation have demonstrated that they meet international criteria for excellence in sun safety. This includes implementing comprehensive policy and practices during terms 1 and 4 including sun safe behaviours, staff role-modelling, scheduling of activities to avoid peak UV periods, teaching sun safety in the curriculum and having adequate shady areas in the grounds.

## You can help us!

Ask whether your children or grandchildren's school has the Cancer Society's SunSmart Schools Accreditation. If they haven't encourage them to contact their local Cancer Society or go to [www.sunsmartschools.co.nz](http://www.sunsmartschools.co.nz)



Students at Northcote School – A SunSmart Accredited School.

## A hair razing idea

An idea that was first thought up by a single Christ's College student soon became much bigger with 66 other boys keen to join in a mass sponsored hair shaving event to raise funds for the Cancer Society. The hairdressers, who all volunteered their time, arrived at Christ's College one afternoon just before term break. With clippers buzzing the boys lined up, some a little nervous and others excited.



Christ College students after the event

Funds were collected by all of the boys, a mufti day was held at Cathedral Grammar and the grand total raised came to \$14,681.99 Jane Sherriff Manger Income Development says she was overwhelmed

at the size of the cheque and says the enthusiasm of the boys, their parents, the teachers and the school was wonderful.

## Citations for service

At the Cancer Society's 2009 Annual General Meeting two longstanding volunteers retired from the Executive Committee. Chairman Peter Davidson and Chief Executive Liz Chesterman presented Sir Allan Wright and Margaret Reeve with Distinguished Membership.

Their citations read:

**Sir Allan Wright's** initial involvement with the Cancer Society was as Chairman of the Fundraising Committee for Davidson House in 1996. The esteem he was held in the community, coupled with his enthusiasm to work with the Cancer Society, ensured the success of this special campaign. As a result, he was asked to become a member of the Executive Committee in 1997. Since that time his respected business acumen, good commonsense and personal experience with cancer has added considerable value to the decision-making by the Cancer Society's Finance and Executive Committees.

**Mrs Margaret Reeve** has been a respected and valued member of the Executive Committee since 1996, including time as Chair of the Division and divisional representative on the National Board ((2002–2007), and a member of both the Finance and Remuneration Committees. Margaret has professionally and conscientiously represented the Division at the governance level and has also actively supported Daffodil Day, Relay for Life, the Cancer Society Tissue Bank and the Cancer Society Ball.

## Smokefree parks and playgrounds – Kids copy what they see

The Cancer Society is delighted with the progress being made on Smokefree parks and playgrounds around the Division. Over the summer, Christchurch City Council will be promoting its Smokefree outdoor areas policy which covers council playgrounds, parks, sports parks as well as council run events. The Cancer Society is one of the partner organisations involved with the Council on this project along with Canterbury District Health Board and Partnership Health. An advertising campaign will be undertaken with billboards, press advertising as well as a radio campaign. When you are out and about in the parks look out for signs being installed at playgrounds this summer.



it less acceptable in public places such as parks.

In Canterbury-West Coast, both Ashburton and Grey District councils have adopted Smokefree outdoor polices and a third, Waimate has indicated its initial support. Nationally, there are over twenty councils who have introduced Smokefree outdoor polices. Working in partnership with other health organisations, the Cancer Society hopes to see further councils joining this list of successes.

The policy adopted by Christchurch City Council is not a ban and is designed to encourage smokers to choose not to smoke around children and young persons. Evidence suggests that children are more likely to start smoking if they see others around them doing so. Smokefree outdoor areas is all about reducing the visibility of smoking and making

## Volunteers

Volunteers are the vital for the Cancer Society. Every day of the week volunteers somewhere in the Division will be doing something to assist the Cancer Society in spreading our messages and delivering our services.

Volunteers in the North Canterbury area have recently been very busy, organising their Amberley Garden Tour to raise funds for Relay For Life, assisting at Art in a Garden and also preparing for the Culverden Fête.

Any Cancer,  
Any question

0800 CANCER (0800 226 237)

Cancer Society of New Zealand Canterbury West Coast Division  
216 Manchester Street, Christchurch  
Ph 03 379 5835 • [www.cancersnz.org.nz](http://www.cancersnz.org.nz)



Cancer Information  
HELPLINE

## New centre in Ashburton

The Cancer Society has a new base in Ashburton at 175 Burnett Street, which was opened on Monday 21st September. Annie Bonifant – Cancer Society Ashburton Community Liaison says they have already noticed an increase in the number of people coming into the centre. She says “It’s wonderful that we are so central and so easy to find”. Over 25 new volunteers have been trained in Ashburton with many of them volunteering for reception duties, Annie says it’s great to have such a committed group available to help the community and back her up.



Bede O'Malley at the opening of the Cancer Society Centre.

Copyright: Ashburton Guardian

At the opening the Mid Canterbury Choir presented Liz Chesterman with a sizeable cheque from the proceeds from the recent Dame Malvina Major concert.

If you would like to visit the centre in Ashburton, it is open from 10am–4pm or please phone 03 307 7691.

## House and Garden Tours

Due to the success of the 2009 tours NZ House & Garden Magazine have decided to once again run the successful house and garden tours. Tours are currently being organised for Auckland, Wellington and Christchurch with the proceeds to be shared between Look Good Feel Better and the Cancer Society.



Visitors will get the chance to visit up to houses and gardens in Christchurch on Friday 5th March 2010. Tickets cost \$55 and are available from 18th December by contacting [www.ticketmaster.co.nz](http://www.ticketmaster.co.nz) or by phoning 0800 111 999.

### DIARY DATES:

Saturday 20th and Sunday 21st February 2010	Relay For Life Greymouth – contact 03 768 9557
Friday 5th March 2010	House and Garden Tour Christchurch
Saturday 6th and Sunday 7th March 2010	Relay For Life Christchurch contact 03 379 5835
Tuesday 9th March 2010	Ellerslie Flower Show Premiere Garden Party
Saturday 26th June 2010	Cancer Society Ball

Telephone 03 379 5835 for more information

## Ellerslie Flower Show and Premier Garden Party



ELLERSLIE  
INTERNATIONAL  
FLOWER SHOW  
CHRISTCHURCH  
NEW ZEALAND

HAGLEY PARK  
10–14 MARCH 2010

The Cancer Society is once again delighted to be associated with the Ellerslie International Flower Show being held in Christchurch from 10th–14th March 2010. On Tuesday 9th March the Premier Garden Party will take place where proceeds from the ticket sales will be donated to the Cancer Society.

In addition, Cancer Society volunteers will also be assisting across the five days of the show.

For further information or to book tickets please contact [www.ticketek.co.nz](http://www.ticketek.co.nz)

## Special thanks to

- Toll TranzRail in Christchurch for their donation of \$4080.60 from their recent golf tournament.
- Warner Mauger for his generous donation of firewood which is given to people in need who are currently being supported by the Cancer Society liaison team.
- Beaver Trees for their donation of \$385 – a donation was made to the Cancer Society for every successful quote in the month of September.
- \$1500 was received from the organisers of the Bridal Show held in September in Christchurch, plans are afoot already for next years event.
- A musical concert was held in the Christ Church Cathedral and \$425.00 was received from the sale of tickets. Funds raised will go towards men’s health projects.
- Susan Dent who opened her working vegetable garden to the public and generously gave the donations to the Cancer Society.
- Lynda Gibson who generously donated a blender to the Cancer Society to be used for cooking demonstrations and group lunches.
- Penny Zino and Alison Meyer for supporting the Cancer Society at Art in A Garden in October.

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.