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*Having cancer is hard, finding help needn't be.*

David  
Cancer survivor

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## Contact the Cancer Society

Otago  
283 Great King Street  
PO Box 6258  
Dunedin 9059  
Telephone: (03) 477 7447

Southland  
70 Victoria Ave  
PO Box 955  
Invercargill  
Telephone: (03) 218 4108

Central Otago  
Unit 29  
159 Gorge Road  
Queenstown 9300  
Telephone: (03) 442 4281

**ANY CANCER, ANY QUESTION**  
**0800 CANCER (226 237)**  
**Cancer Information Helpline**

**[www.cancernz.org.nz](http://www.cancernz.org.nz)**

Otago/1-Mar 2011



## The Cancer Society of New Zealand

The organisation dedicated to reducing the incidence of cancer and ensuring the best cancer care for everyone in New Zealand.

### About us Ko wai mātou

The Cancer Society of New Zealand is regarded as one of New Zealand's most trusted charities. Its focus is to reduce the incidence and impact of cancer in the community. The Society relies on donations and bequests to fund research, support people with cancer and provide information and health promotion.

# Helping people affected by cancer Te āwhina tāngata whaipānga ki te matepukupuku

## The Cancer Society offers a range of support services to people affected by cancer

- Experienced cancer nurses provide information and support. Call in, phone the Cancer Information Helpline or email a nurse: [info@cancersoc.org.nz](mailto:info@cancersoc.org.nz)
- Information about cancer including treatments, clinical trials, research, cancer risk and available support
- Practical information and support to help patients and carers manage their cancer experience
- Counselling services to help people and their family/whanau adjust to the emotional impact of cancer
- A Living Well programme
- Transport to treatment related appointments
- Accommodation for people having to travel away from home for cancer treatment
- Support and educational groups/networks. [www.cancerchatnz.org.nz](http://www.cancerchatnz.org.nz) for on-line support or call CancerConnect on 0800 226 237 to be put in touch with others living with cancer
- ANY CANCER, ANY QUESTION  
0800 CANCER (226 237)  
Cancer Information Helpline

## Reducing the risk of cancer

The Cancer Society works collaboratively with national, regional and community groups to influence healthy public policy and support people to stay well.

Research shows that being SunSmart, Smokefree, eating well, limiting alcohol intake, and being active as part of everyday life, can help to reduce the risk of developing some cancers and other chronic diseases.

*Some of the activities carried out by the Society to support cancer risk reduction include*

- SunSmart Schools Accreditation Programme
- SunSmart workplaces
- Smokefree parks and playgrounds policy
- SunSmart and Smokefree events
- Healthy eating and catering guidelines
- Support for community events and projects which promote being active

## Cancer research

The Cancer Society funds research for detecting and treating cancer more effectively. Through its research grants programme the Society is the largest private funder of cancer research in New Zealand. Applications follow a rigorous assessment procedure. Each year grants are awarded to a wide range of research projects aimed at detecting and treating cancer. Scholarships are awarded to PhD students to undertake advanced research in the field of cancer. The Society also provides funds for the Social and Behavioural Research Unit at Otago University.



## Making a difference Te whai hua

The Cancer Society's work is supported by caring New Zealanders. With your gift of time, skills or money, the Cancer Society can continue to practically and emotionally assist people with cancer, and have a positive impact on their lives.

### *Become a volunteer*

Cancer Society volunteers receive training, out-of-pocket expenses, on-going education and support. They make friends, gain new skills and experience by being involved in administration, marketing, IT, clerical or governance roles, supporting patients in their homes or hospital, providing transport to treatment and fundraising events such as Relay For Life and Daffodil Day or contributing to Cancer Society health promotion programmes.

### *There are many ways to give*

- Make a donation by phone or mail, in person at the local Cancer Society office or online at [www.cancernz.org.nz](http://www.cancernz.org.nz)
- Include the Cancer Society in your Will
- Support Cancer Society events
- Create fund raising events
- Sponsorship and corporate giving

For more information about how you can make a difference please contact your local Cancer Society.

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*The transport to treatment provided by the Cancer Society and their volunteer drivers really was a great help.*

Kaye

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