



## What's on in your region?

- Wellington - Partners and Carers Count Too Workshop - with *Fiona Pearson & Virginia Lee*. Starting Tuesday 22 March for 4 weeks. 4.30pm - 6.30pm
- Can-X, 2nd Wednesday of each month, 5.30 - 7.30pm. Starting 9 Feb.
- Upper Hutt Evening Support Group, 2nd Wednesday of each month, 7.30 - 9pm. Starting 9 Feb. Silverstream, Upper Hutt
- Porirua Cancer Support Group, 1st Friday of each month 10am - 12 noon. Starting 4 Feb. 20 Ngatitao St, Elsdon, Porirua.
- Kapiti - Kapiti CanSurvive Group, 4th Tuesday of each month 6.30 - 8.30pm Kapiti Rotary Room, Community Centre, Paraparaumu.
- Living Well - Kapiti with *Judy Dickie & Sue Jamieson*. Starting Monday 14 March for 6 weeks 6.30pm - 8.30pm. Kapiti Community Centre, Paraparaumu
- Nelson - Partners and Carers Support Group - starting 8 Feb
- Look Good Feel Better - 15 Feb
- Relay For Life Memorial Service - 3 March
- Wairarapa - Living Well - April & Sept
- Exploring Complementary Therapies with Dr Shaun Holt - 29 March
- Lymphoedema Awareness education - 3 March; 2 June; 6 Oct
- Breast Cancer moving-on programme - 4-week course for those completing treatment and asking 'What Now?'
- Marlborough - Grief Recovery Course, starting Wed 16 March, 5.30pm - 7.30pm for 6 weeks
- Living Well Education Programme - starts Wed 27 April, 6.30pm - 8.30pm for 6 weeks - Cancer Society rooms
- Grape Ride 2011 - Sat 2 April - Cancer Riders Survivors race. Riders have choice of completing either the 19km or 101 km course. Participants can be recovered or recovering cancer patients. [www.graperide.co.nz](http://www.graperide.co.nz)

Please contact your local Cancer Society office for more details:

Wellington: 04 389 8421 Kapiti: 04 298 8514  
Nelson: 03 539 3662 Marlborough: 03 579 4379  
Wairarapa: 06 378 8039

## Our Mission

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

## Relay For Life 2011

Relay For Life is an awe-inspiring community event that gives people a chance to celebrate the lives of those who have experienced cancer and to remember loved ones lost. Resourced by volunteers and supported by many community minded individuals and businesses, Relay unites communities in the fight against cancer.

This will be the Cancer Society Wellington Division's ninth Relay For Life, and will be held at Frank Kitts Park, Jervois Quay, on 26 - 27 March 2011. The waterfront park will once again become a marquee city and temporary home to more than 1,500 Relay participants and visitors over the weekend.

Relay For Life is an opportunity to celebrate and acknowledge cancer survivors, their strength and courage, and the hope they bring to others. As our guests of honour they will open the event by walking the survivors' and carers' lap of honour.

Candles are lit during a moving ceremony at dusk to remember those lost to cancer. Their light pays tribute to loved ones and provides inspiration to participants all night long.



Cancer is a disease that takes so much but there are many ways we can fight back.

You can help by promoting healthier lifestyles and supporting friends and whanau to be Smokefree, SunSmart, eat well and exercise. You can fight back by supporting those affected by cancer. Just by being part of Relay For Life you are making a stand and fighting back.

Relay For Life is a life changing event that brings together more than 5 million people worldwide over 35 countries.

Thanks to Relay participants, the Cancer Society is able to improve community well-being by reducing the incidence and impact of cancer in Aotearoa New Zealand.

Relay For Life is more than just a fundraiser. It's a life changing experience. Everyone's reason to participate in Relay is as unique as their own personal story. At Relay, people can find healing, comfort and support from others who have faced cancer, or who have lost a loved one. There is a chance to meet people in the community who are equally passionate about finding an end to cancer in our lifetime. People can gather with friends, family, and colleagues to laugh, cry and create lasting memories.

For more information about Relay For Life or to register a team contact the Cancer Society on (04) 389 8421 or visit [www.relayforlife.org.nz](http://www.relayforlife.org.nz)

## Relay-Expo comes to Porirua!

On Saturday the 5th of March, the Porirua community will gather at Te Rauparaha Arena to celebrate, remember and fight back against cancer at Relay-Expo 2011.

'Expo' is a fun-filled afternoon event to celebrate the impact of Porirua's international award-winning Relay For Life event in 2010. Keeping to the spirit of what the community asked for, we will also deliver a 'report back' on our progress in the local fight against cancer, and inspire teams to register for Relay For Life-Porirua 2012.

Highlights will include the premier of the Relay-Porirua movie by award-winning director Chris Graham, as well as the homecoming for Chris Te'o, who is cycling from Auckland to Porirua to raise cancer awareness in the Pacific Island community. The Expo will also provide an opportunity to recognise Relay For Life-Porirua's 'International Heart of Relay' Awards, which recognise excellence in Relays

across 21 countries.

Free activities and entertainment will be offered from 1.00pm-4.30pm, and local vendors will provide a range of

healthy snacks. People will also have an opportunity to register their interest for Porirua's next Relay For Life event, which will take place in March 2012.



## Happy 1st Birthday [www.jobs.co.nz](http://www.jobs.co.nz)

Wellington based Recruitment Company, [www.jobs.co.nz](http://www.jobs.co.nz), recently celebrated their 1st birthday and what better way to celebrate than to shout morning tea for four lucky charities.

Their fans on facebook selected the charities and as one of the most highly voted for charities, the Cancer Society was thrilled to be nominated. And even more thrilled to accept 2 huge delicious chocolate cakes from the renowned Chocolate Cake Company.

The Cancer Society would like to acknowledge and thank [www.jobs.co.nz](http://www.jobs.co.nz) for this special treat and wish them well in 2011.



## Doors open for the Cancer Society

The Cancer Society is proud to be part of NZ House & Garden Tours charity fundraiser. This month-long event will feature some of New Zealand's most interesting and captivating homes in four regions across the country.

This is the third year that the Cancer Society will be part of the tours. Last year the NZ House & Garden Tours were a sell out with more than \$215,000 raised for the Cancer Society and Look Good Feel Better.

During March 2011, some of New Zealand's most inspiring homes will open their doors in support of a worthy cause.

More than forty properties across Wairarapa, Christchurch, Auckland and Tauranga will unlock their front-doors and garden-gates.

The NZ House & Garden Tours is the largest event of its kind in New Zealand. Created by NZ House & Garden magazine, the proceeds of all four events will be donated to the Cancer Society of New Zealand and cancer charity, Look Good Feel Better.

Where & When: Christchurch Friday 4 March 2011  
Auckland Friday 11 March 2011  
Wairarapa Friday 18 March 2011  
Tauranga Friday 25 March 2011



For tickets: Go to [www.ticketmaster.co.nz](http://www.ticketmaster.co.nz) 0800 111 999 or (09) 970 9700 or your local outlet. Service fees will apply.  
Cost: \$57



## Cancer Society Patient Information

We produce titles according to requests for information from patients and health professionals where gaps in information exist. The Breast Cancer in Men booklet was adapted from a story written by a New Zealand man who found a lack of literature for men when he was diagnosed with

breast cancer. "Everything about breast cancer is pink" was a comment from one of our patient reviewers for this booklet.

In some cases we produce New Zealand versions of booklets produced by state Cancer Councils in Australia.

Once we develop a first draft of the booklet we seek comments from expert reviewers including patients and carers, and health professionals who work in fields relevant to the topic. We always have excellent responses from our reviewers and they provide valuable input to ensure the booklets are accurate and up-to-date. Quotes from patients and carers make the booklets interesting and help reflect the experience of people going through cancer treatment.

The drafts of each booklet undergo several revisions to incorporate our reviewers' suggestions before we reach the next stage of typesetting and yet more checking, before printing.

The cover designs are chosen from a range of photographs supplied by our designers and focus-tested to help the decision. We choose images that reflect the natural beauty of New Zealand's landscape and flora. For example the cover for the Cancer Clinical Trials booklet shows the kawakawa, an important medicinal plant for Maori.

As well as booklets the team produces brief information sheets on a wide range of topics. Recently updated titles in this series include If You Have Difficulty Sleeping, and Constipation, Diarrhoea and Flatulence: Practical tips.

All booklets and information sheets are available at no cost from local offices of the Cancer Society or by calling the Cancer Information Helpline 0800 CANCER (226 237). They are also online at [www.cancernz.org.nz](http://www.cancernz.org.nz).

Julie Holt  
Information nurse.

2011 is off to a great start with five new patient information booklets hot off the press. The new titles are Breast Cancer in Men; Bowel Cancer and Bowel Function: Practical Advice, Cancer Clinical Trials; Cancer in the Family: Talking to Your Children; and Emotions and Cancer.

Behind the scenes, several months of work goes into producing each booklet. The process involved is well-established by the Cancer Society's Editorial Team. Information Manager and Editor, Sarah Stacey-Baynes from the Cancer Society's National Office leads the team who are cancer information nurses Meg Biggs (Canterbury/West Coast Division), Michelle Gundersen-Reid (Auckland Division) and Julie Holt (Wellington Division).

### Rita Klus

We warmly welcome Rita Klus who has joined the Wellington Cancer Society team in the role of Administration Support. Rita is also a Facilitator for the Living Well Programme.

Rita has worked in a variety of Executive PA and Administration roles for over 20 years and looks forward to the new and interesting challenges and opportunities she will experience working with the Cancer Society.

Rita lives on the beautiful Kapiti Coast and enjoys the balance of working in Wellington and playing in Kapiti. Married with two children and two grandchildren Rita has many outside interests. When not working she enjoys gym work, walking and playing 9-hole golf. But most importantly she enjoys spending time with her grandchildren who give her much joy and special moments.



### Virginia Lee

Virginia has recently joined the Support and Information team at the Wellington Division as the CanSupport Programme Co-ordinator.

Virginia's background is in health and social work and for the past 14 years she has worked in Palliative Care.

With her Masters of Social Work completed in 2010 Virginia has now renewed her passion for reading fiction and music. She is married with three teenaged children and 1 dependent dog which gets her out and about, walking around this stunning city.



## Tobacco displays on their way to being banned “Out of Sight, Out of Mind!”

Associate Minister of Health, Hon Tariana Turia recently announced Cabinet decisions outlining a package of increased control measures focused on the tobacco retail environment:

- Prohibiting any visible display of tobacco products for sale
- Tighter legislation regarding the display of trading names for tobacco outlets
- Enabling Smoke-free Enforcement Officers to issue instant infringement fines to those selling tobacco products to individuals under the age of 18
- Clarifying that any contracts and agreements covering trade rebates and discounts for selling tobacco which are inconsistent with the Smoke-free Environments Act are legally void

These changes are to be brought in by an amendment to the Smoke-free Environments Act 1990, (which was amended in 2003 so that bars and restaurants became smokefree).

On the 13th of December, the Smoke-free Environments (Control and Enforcement) Amendment Bill passed its first reading with huge support. The Bill was supported by all political parties and received overwhelming support with 108 votes in favor and only three opposed.

The year ahead for tobacco control in 2011 is an exciting one. There are still some key steps to be taken. Public submissions are now being invited by the Health select committee on the Smoke-free Environments (Controls and Enforcement) Amendment Bill. By 8 April 2011 the Health Select Committee will report back on the Smokefree Environments Act 2010 Bill. We hope that the Bill will be passed by World Smokefree Day (31 May) 2011.

Well done to those who participated in this campaign. Because of our combined actions, young people will no longer have to see tobacco products every time they walk in to a petrol station or dairy. Tobacco companies have been working very hard to fight the ban, as they are aware that

tobacco displays encourage people to take up smoking by making it look normal. Tobacco displays also tempt people who are trying to quit.



Leanne Toledo  
Health Promotion Coordinator



### From the Divisional Managers Desk

All of these things are happening as the country struggles out of a recession that has left most of us tightening our purse strings and limiting or eliminating debt, but at the same time donating to funds to help people caught up and effected by the disasters.

Charities too have tightened their belts and in some cases have had to reduce staff, cut services or maintain services at pre-recession levels not meeting any demands for increased need.

My mind is focussed on these issues at this time as we look to finalise our operating plans and budgets for the 2011/12 financial year and plan for further ahead. At this time the budget shows a deficit that isn't sustainable, so somehow we either have to trim our budget to the projected income level or find ways to increase our income. No different to balancing any household budget except on a larger scale.

To do this we are always looking at ways of containing costs and maximising

income but the demand for our services keeps increasing and there is always the unexpected to contend with.

Along with Daffodil Day, Relay For Life has become an important event for us, both for raising awareness of what we do and for funding. We have the long running Relay in Wellington at Frank Kitts Park and last year we held an inaugural Relay in Porirua which will be repeated in March 2012. We are now looking to run a third Relay on the Kapiti Coast in March 2012. All of these are a lot of work for us and many volunteers, but well worth it if we are to try to meet the ever increasing demand for our services.

Those that donate to us through our quarterly postal appeals are just as valued and the income raised is put to good use for this on-going struggle with cancer.

Thank you again for your support.

