



What's on in your region?

• Wellington

Tai Chi Qi Qong with Christine Lenk.
Date: Starting Thursday 12 May for 6 weeks
Time: 10am - 12md with light morning tea
Venue: Cancer Society, 52 Riddiford St, Newtown, Wellington

Can-X-This lively group is for young adults in their 20s & 30s. Facilitated by Gay Dungey & Jenni Reeves.
Date: 2nd Wednesday of each month
Time: 5.30 - 7.30pm
Venue: Cancer Society, 52 Riddiford St, Newtown, Wellington

Upper Hutt Evening Support Group
Date: 2nd Wednesday of each month
Time: 7.30 - 9pm.
Venue: Silverstream, Upper Hutt.
Facilitated by Claire Laurenson and Hazel Neser

• Kapiti

Kapiti CanSurvive Group, 4th Tuesday of each month 6.30 - 8.30pm Kapiti Rotary Room, Community Centre, Paraparaumu.

• Nelson

Partners/Carers Support Group 5 July

Cancer Society Ball 25 June

Cancer Update Public Seminar 17 August

• Wairarapa

Living Well Education programme April & Sept

Lymphoedema Awareness education 3 March; 2 June; 6 Oct

• Marlborough

Living Well Education Programme - starts Wed 27 April, 6.30pm - 8.30pm for 6 weeks - Cancer Society rooms

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.

Honoured for Services to the Cancer Society

Congratulations to our Wellington Division colleague Fiona Pearson who was recently presented with the Insignia of Member of the New Zealand Order of Merit by Governor-General, Rt Hon Sir Anand Satyanand for services to the Cancer Society.

Fiona's citation reads, 'Ms Pearson has contributed to cancer support and information services for cancer patients for more than 23 years in Wellington and nationally. She is regarded as a leader and innovator within cancer organisations in New Zealand and beyond.'

Ms Pearson established the first meetings for health professionals on psychosocial oncology, which resulted in the establishment of Psycho-Oncology New Zealand. She was a member of the expert working group in supportive care for the Cancer Control Strategy New Zealand, and continues to provide leadership for the Cancer Society nationally around reducing inequalities with a focus on Maori.

Ms Pearson initiated the first Cancer Society programme of psycho-social support for patients and families, which has evolved into a broad range of supportive care options for the cancer community. In collaboration with others this now includes a cancer information service, counselling, educative opportunities, patients' networks, wellness programmes and survivorship care amongst services for patients following cancer treatments. She has been instrumental in the development within New Zealand of the Living Well Programme, Cancer Connect, Cancer Voices, Cancer ChatNZ, CanSupport, CanTalk Newsletter and other targeted resources. In the last decade Ms Pearson has spear-headed Cancer Update, an annual week-long series of expert seminars and lectures for oncology health professionals and the general public.'

The Wellington Division is very proud of Fiona's achievements and also grateful that her many years of dedicated service have been recognised and honoured by the presentation of this award.



Fiona Pearson with The Rt Hon Sir Anand Satyanand GNZM, QSO, Governor-General of New Zealand at the conclusion of the Investiture Ceremonies, Government House Wellington

Jon Earley



Throughout his life Jon has been a joiner and a people person, enjoying positive interaction with many.

Since March 2004 Jon Earley has served as a volunteer driver, transporting patients in the Porirua Basin to and from Wellington Blood and Cancer Centre. Driving approximately once a week, Jon has been involved with a wide gamut of people, across many age groups and ethnicities. Impressed by the positive nature of patients - despite the often very difficult and demanding health situation they face, Jon has drawn much pleasure

and enjoyment from this interaction and that with fellow volunteer drivers.

Born in Dunedin, Jon Earley is proud of his Scottish heritage. After 4 years of secondary education, he developed his marketing and sales career path. He subsequently headed to Wellington to the "bright lights" and greater work prospects.

Jon was fortunate in his marketing career to interact with some famous international sporting stars, serving as "minder" and guide to the great golfers Arnold Palmer, Jack Nicklaus and Gary Player. He was also privileged to guide the illustrious track athlete Jesse Owens on his visit to our shores. A keen sportsman himself, Jon in his youth, played softball and hockey. He was a Kapiti Harrier Club member for 7 years, including a year as Club Captain; later he was with Mana Joggers for 4 years. Since retiring, Jon has been a volunteer at the Whitby Police Community office, helping free the local police officers from some of the more routine duties.

Jon has had two run-ins with cancer himself; the first a melanoma on his back and then

later leukaemia. Fortunately, both were successfully treated. His partner, a breast cancer survivor, is an enthusiastic Dragon Boater.

Jon has an astuteness matched only by his sensitivity and good humour. He has been very happy to be involved as a volunteer driver accompanying numerous cancer patients to treatment, giving some return for the help that he received when he needed it. Comfortable and appreciative of the diversity that is Aotearoa New Zealand, Jon was on the inaugural organising committee for the successful Relay For Life Porirua. Previously he had been involved at Relay For Life at Frank Kitts Park, when on several occasions he did a stint on the all-important sanitation volunteer team ensuring toilets and grounds were kept clean!

In December 2010 Jon received the Society's Spirit of Volunteering Award. This award recognises those modest volunteers distinguished by the degree of their commitment and perseverance to designated tasks, their reliability, their constructive attitude to their role and the high standard of their work.

Cancer Update



For ten years now Cancer Society Wellington has conducted Cancer Update, a public information campaign held over a week with a variety of forums. Cancer Update is an important initiative that the Cancer Society undertakes - the calibre of the guest speakers is high and the educative role that the project has is invaluable. We see this as an important community service that a community funded organisation like ours offers. It is profile raising but is also a practical way for many people to acquaint themselves with the Cancer Society.

The 2010 focus was Head & Neck Cancers (bowel cancer 2009; prostate cancer 2008; gynaecological cancers 2007; melanoma and non-melanoma skin cancers 2006;

breast cancer and cancer communications 2005; lung cancer 2004; bowel cancer 2003; prostate cancer 2002; cervical cancer 2001). Cancer Update provides a concentration of activity over a week, focusing broadly on one issue for cancer control. Cancer Update is designed to give the general public access to an expert in a field of cancer study and to deliver up-to-date information on cancer issues for health professionals. Critical to the success of Cancer Update is securing a lecturer who can present to a wide range of audiences. This year we have such a person in Professor Bogda Koczwara. Cancer Update 2011 has a focus on supportive care and survivorship issues. A medical oncologist and bio-ethicist, Professor Koczwara is from Flinders University of South Australia, Department of Medical Oncology, Flinders Medical Centre. She is Director - Cancer Services, Southern Adelaide Health Service, Director of Flinders Cancer Clinic, Co-director of Flinders Centre for Innovation in Cancer, and Board Member for the Cancer Council of South Australia.

During Cancer Update week (15-20 August 2011) there is to be a series of

Public Lectures across our region, and a Professional Education Seminar (nurses, GP's) with various speakers focused on supportive care in cancer treatment and survivorship issues. There will be media interviews, talkback radio, a Workshop for Clinicians, and an opportunity for Professor Koczwara to talk with Cancer Society volunteers in our "Meet the Practitioner" series.

Cancer Update has long since become an established calendar event for the cancer community in Wellington and a valued contribution to professional education around cancer control. So much so that we suggest there would be a huge outcry if we ceased this activity. It has become an event looked forward to on an annual basis.

Of huge benefit to us is having a growing number of former visiting lecturers who continue in their links with individual Wellington Division staff, all of who speak positively about their visit and the hospitality they received, and who have also built useful networks with professional colleagues throughout the region.

Building resilience

We've heard a lot in the last few months about resilience particularly about the way people in Christchurch have faced the earthquake in February in their city with broken buildings but unbroken (although severely tested) spirits.

The concept of resilience is talked about a lot too in cancer circles as it is thought to be important in coping with the uncertainties and difficulties of cancer. Resilience seems to be a mix of individual traits such as 'hardiness', a tendency to view life with optimism and hopefulness, and external things like social support. Practical things like regular exercise, avoiding cigarette smoking and heavy alcohol consumption, healthy eating (for example, lots of fruits and vegetables and lower fat foods), and learning stress-reduction techniques can help achieve a sense of control and build resilience. Getting enough rest, learning how to effectively deal with emotional stress, and reflecting on the spiritual aspects of life can also be beneficial.

I recently heard an inspirational speaker Matt Loscalzo at a cancer conference in Melbourne talking about resilience. While he confirmed the research showing that

many people with cancer face disabling distress at times, he reminded us that the majority of patients and families are able to adapt to the many challenges of having cancer. He spoke of the remarkable strengths people often have in the face of adversity. He described how, even with what may be seen to be limiting disabilities, many people simply 'make the best of things' and get on with life. This reminds me of the people of Christchurch - determined to rebuild their city and get things back to 'normal' again.

Every day the nurses on the Cancer Information Helpline speak to people who are dealing with very stressful situations. The work of the Helpline nurses centres around listening, and encouraging people to reflect on their strengths as well as answering any questions they may have. Callers often say how much they appreciate the opportunity to tell their story.

The support services offered by the Cancer Society have a vital part to play in helping people explore new coping strategies and draw on their inner strengths. Our services such as the Cancer Information Helpline, the Living Well Programme, Cancer Connect, workshops, support groups, CancerChatNZ, and many others give



people a place to phone, visit or email, ask questions, find up-to-date information, connect with others and find practical support.

For more information on resilience see these links:

Resilience: a patient's perspective www.cancersupportivecare.com/supportideas.html#resilience

Resilience: Reframing Experience, Redefining Goals www.mdanderson.org/publications/network/issues/2010-spring/resilience-in-cancer-patients.html

Julie Holt, Cancer Information Nurse

Relay For Life 2011

The Cancer Society is pleased to announce another thoroughly successful Relay For Life season held around the country over February and March. Despite tight fiscal times, recent tragedies and natural disasters both here and overseas we are thrilled with the result.

This year the Wellington Division held three Relays, one in the Wairarapa, Blenheim and Wellington. All three events demonstrated the overwhelming commitment and passion our local communities have for Relay For Life. In total almost 5000 people took part and an amazing \$555,000 was raised overall.

We would like to acknowledge the generous contribution of all our Sponsors who either donated cash or goods in-kind to help make our Relays the success they were.

We would like to thank all the volunteers who helped in the lead up and during the event for their gift of time and for sharing their skills.

But mostly, we would like to thank everyone who participated in Relay for Life. Thank you for your commitment, for your passion and for sharing in our vision of a cancer free future.

Funds raised at Relay For Life help the Cancer Society continue its work providing access to free services, funding for research and information and support for the one in three people in New Zealand affected by cancer. From the moment of diagnosis

right through to treatment and recovery the Cancer Society in your area is there to help minimise the impact of cancer.

Dates For 2012

Kapiti Relay - 18th - 19th February

Porirua Relay - 25th - 26th February

Nelson Relay - 3rd - 4th March

Wellington Relay - 31st March - 1st April



Relay Patron the Hon Luamanuvao Winnie Laban leads off the Opening Lap.

CanWork Programme Update

CanWork is a workplace based Men's Health Initiative, to support the work of HR advisors and workplace wellness coordinators. The project is designed :

- to promote men's health and wellness within workplace settings;
- to develop a more effective delivery mechanism for cancer information resources, services; and
- to strengthen participants' awareness of men's health and cancer-related issues.

Technical and design support has been provided by Cognito, Somar and Moxie. Funding for the project has been provided through Movember.

CanWork Key Resource: The key resource is a virtual tool kit, available via the internet (www.getthetools.org.nz). The "tool kit" contains several icons, which relate to specific male body parts and/or health-related issues.

Phase 1: A pilot project was undertaken in partnership with staff from Mitre 10 Mega (Petone and Upper Hutt) and Cancer Society Wellington. This pilot evaluated well with positive feedback from staff, management and via the website.

Phase 2: The project team and partners are planning 2 main events.

- June 14th there will be a launch of the CanWork programme to workplaces, through an invitation to human relation professionals, health and safety advisors, occupational health nurses, gyms and all those who have a role in workplace health. This will be an introduction to the evidence and process behind the development of the programme and how CanWork can work for their organisations and staff.

- In September Cancer Society Wellington will host a training for CanWork Community Champions. These will be community volunteers who have an interest in supporting men's health initiatives within their community groups and organisations and possibly working alongside Cancer Society staff and other health organisations or workplaces, to support men's health

in various settings. This training is to be offered to all Divisions of the Cancer Society and funding is available to support volunteers and staff from outside Wellington to attend



Phase 2 has also seen the development of new resources that better reflect our diverse population, with support received from community partners and funding from Movember. The website has been updated, in response to feedback received and to enable the site to accommodate new initiatives and links to new and useful information.

If you are interested in attending either the workplace promotion or the community champion training, please phone Rita Klus at Cancer Society Wellington - 389 8421 or for more information about the programme:

Don't delay - check out the toolkit today!

www.getthetools.org.nz



From the Divisional Managers Desk

There are a number of significant events around the world at the moment, a recent Royal wedding, a Rugby World Cup, unrest

in the Middle East and so on. The Cancer world also has some items of interest, particularly in New Zealand.

You will no doubt have heard that test for colorectal cancer is now available from pharmacies at a cost of \$60 and uncertain follow up after the test has been completed. There are claims that up to a 1000 lives can be saved per year, however this is a dubious figure. There are about 1300 deaths from colorectal and anal cancers each year so a figure of 1000 lives saved a year would seem optimistic, particularly as at this price the take-up is likely to exclude the most at risk groups, such as Maori, Pacific and lower socio economic people. Another at risk group is those with a family history of the disease, but hopefully this group will

already be talking to their GP about this and being monitored.

In October of this year the government is launching a trial in Waitemata of what is called a bowel screening pilot so that New Zealand can get its own set of statistics on this disease and test the likely take-up of a screening programme if it is to become a national programme. This will be a Faecal occult blood (FOB) test. There is a view that the best screening would be by flexible sigmoidoscopy, but concern over the available resources to do this is a barrier.

Another significant event will be the planned removal of tobacco displays in shops, particularly in dairies that will be introduced in the next few months. This will ban the display of tobacco products, particularly at point of sale. Tobacco is still a major cause of cancer deaths in New Zealand and anything that will help to reduce this is welcome.

Less in the public eye but just as significant are the steps that government is taking

to upgrade the Cancer Registry on the recommendation of Cancer Control NZ. The registry records all cancers diagnosed in New Zealand and valuable information that is available to researchers, statisticians and health planners. This will hopefully mean that the health spend on cancer can be targeted to where it is most needed and equipment and human resource needs can be planned for rather than continuous ad hoc decisions being made.

The three cancer items above have all relied on research so the evidence can be sought to base these decisions on. The Cancer Society bases its work on evidence based research so that what we say and do is proven. To do this of course takes money for researchers and their facilities and the Cancer Society continues to be a major funder of cancer related research in New Zealand.

And this of course is where our donors are so important to us and cancer research.

So again we ask for your support in the difficult economic climate that faces all of us.


Roger Taylor - Divisional Manager.