

Newsletter February 2012

Cancer Society

Nelson Centre

Relay for Life 3 – 4 March 2012, Saxton Field, Stoke



Four weeks to Nelson's fifth Relay For Life. The countdown is on so those of you who are still "thinking" about it, take strides against cancer and sign up your Relay For Life Team today. Go to our website www.relayforlife.org.nz or phone us and we will register for you. Once registered you will receive your Team Captain's pack with all the information you need to know.

Our premier sponsors are More FM, Nelson Mail, MyPlace Realty Ltd (Ray White Real Estate Nelson), Hirequip, Pro Motion. We are very grateful for the many businesses that are supporting us in various ways. The Nelson community spirit is shining through. Businesses and corporates realise this is a great team building exercise for minimal cost.

For those of you doing the Buller Marathon, this is a great opportunity to fundraise for Relay by being sponsored for your Buller participation.

We are fortunate to have Alison McAlpine as our Relay For Life 2012 Patron.

Nelson Centre has such a fantastic Relay Committee (see above). Without this committee there wouldn't be a Relay, and without Relay we would not be able to provide the services we do for our community. We receive no government funding and rely solely on Relay For Life and Daffodil Day. I can't describe how hard-working and excited our RFL Committee and staff are about this Relay. The Nelson Relays just keep getting better and better.

Celebrate and acknowledge cancer survivors, **Remember** loved ones lost to cancer, **Fight Back** against a disease that takes so much.

Teams of ten or more camp out and take part in a walk/run relay while enjoying a carnival atmosphere with entertainment, prizes and lots of fun.

We are keen to hear from survivors and carers to register for the Survivors and Carers reception at 2.30pm prior to the opening lap, where our survivors and carers lead the first lap if they wish to be involved.

WE RECEIVE NO GOVERNMENT FUNDING



Nelson March 3-4 2012

For further information or to register click here

Celebrate,
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Fight Back!

From where I sit...

The theme around the centre is Relay For Life. Come and see our office. I challenge anyone to have an office as purple as ours. You can see from the photos below that the Volunteer Recognition/Christmas Party had a purple tinge as well! Go those RFL volunteers!

December saw us celebrate and recognise our volunteers at a Christmas Party held at Fairfield House. This coincided with International Volunteers Day. This year the Pat Taylor Volunteer Award was awarded to all Cancer Society volunteers as we feel all our volunteers do an amazing job. Administration duties, drivers ferrying patients to and from appointments, chemo volunteers, library, Shadeloan, support groups, executive committee and many many other tasks aside from Daffodil Day and Relay For Life.

Our raffle of Fresh Choice Richmond vouchers was drawn at the Christmas function and was won by Justine Ashton.

Below are photos of some volunteers enjoying themselves. Our Relay For Life committee were there in all their glory. Lee Corlett received the Pat Taylor Award on behalf of all volunteers, presented by our President Bill Findlater.



RFL Committee Members Cameron Reid, Lee Corlett, Ian Chapman



Heather Walker, Lee Corlett at the Volunteers' Christmas Party

Linda Lucre
Centre Manager

Make a Date

Relay For Life 3/4 March 2012. Register online www.relayforlife.org.nz. If you are a survivor or carer, please register for your reception to be held at 2.30pm prior to the official opening of Relay. This is a function to acknowledge you as a survivor and/or carer. You also get the chance to contribute to the banner for the opening ceremony for Relay 2012. Phone 03 539 3662 to register.

Carers/Partners' Support Group

This four week course is for all carers and partners of people with cancer and an opportunity to come and meet others in a similar situation to yourself. This is a friendly facilitated group starting Tuesday 3 April. Please phone the centre to register your interest.

Living Well. A support and education programme for those recovering from or coping with cancer. This exciting programme is for anyone who has been treated for cancer, for those in remission and for those who are living with their cancer. The programme is also for partners and support people who are invited to join a programme that helps support them too. Increase your knowledge, improve your coping skills, discuss many issues to do with cancer, including nutrition, communication, emotions and looking after yourself. Enjoy the support and friendship of others. Next group commences 8 May. Phone to register.

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Volunteer Training

Our annual volunteer training is to be held on 22 May 2012. This is for new volunteers and a refresher for current volunteers. Register your interest by phoning the centre (539 3662).

Smoking Cessation Training

Professional update for health professionals and staff from health and social service agencies.

The four programmes are –

Smoking Cessation Refresher; Smoking Cessation; Motivational Interviewing Enhanced; Motivational Interviewing.

Corianne Simpson, Cancer Prevention Trainer, will be here in Nelson on 5 and 6 September and 10/11 October. Many of you have benefited from Corianne's wealth of experience and will know of colleagues that will now benefit also, along with a follow-up session for yourselves. Please phone to register your interest and find out more.

Cancer Society Charity Ball 23 June 2012

This is the Nelson Ball of the Year! To be held at the Rutherford Hotel. Tables of ten; eight tables already sold. Don't miss out!

Cancer Update Week 18 – 21 July

The Cancer Society undertakes Cancer Update each year. Presenters are of a high calibre and many of you will remember Bogda Koczwarra speaking on survivorship last year. This is a "heads up" on the date for 2012. Make a note in your diary. More information in the next newsletter.

Daffodil Day 31 August 2012

Please consider us as your charity. We receive no government funding. Phone the centre to express your interest as a Daffodil Day volunteer.

Tributes/Appreciations

Nelson Mail

Nelson Mail provides our local newspaper to our patients staying at Daffodil House. This is much appreciated by those who are away from home for several weeks. Nelson Mail is also one of our premier sponsors for Relay For Life.

Fulton Hogan. We received a donation from Fulton Hogan at Christmas. Fulton Hogan donates to a charity

each Christmas instead of providing gifts for their clients, and we were the fortunate recipients this year. Two members of their staff used our services in 2011.

MyPlace Realty Ltd (Ray White Real Estate Nelson)

Our neighbours continue to support us by making a donation to us whenever a property is listed for sale and also when a property is sold their sales representative will make a second donation. This year they are also a premier sponsor for Relay For Life.

Nelson Market sponsored a SunSmart sign for the Cancer Society over summer. The "Slip, Slop, Slap, Wrap" message is a great reminder to those of us who aren't as conscious as our younger citizens who have grown up with the message. Thank you Nelson Market.

Tessa Mae's With Attitude and Full House

These two retail stores support us by having a donation box on their counters. Instead of charging for their beautiful gift wrapping they would rather see funds going into our community.

The Copier Company supports our newsletter and we thank them for their continuing support.

Dilmah Teas continue to support the Nelson Centre, supplying us with teas for the centre, support groups, chemotherapy clinic and Relay For Life.

Living Well Speakers

Our thanks go to Tony Barnett and GP Stephen Neas for their time, talent and expertise at our last Living Well Programme.

All Team Captains

Thank you to all the Relay For Life Team Captains who have jollied their teams along. See you at Relay for Life and thank you for having a purple heart.

0800 CANCER

Any Cancer Any Question – phone 0800 226 237
The Cancer Information Helpline service is available to anyone who wishes to phone. Three experienced cancer information nurses operate from the Cancer Society's rooms in Wellington. You will be speaking to Julie, Naena or Sue. You ladies do a fantastic job.

CancerChatNZ is an online forum also moderated by our nurses. You can email a nurse or read the nurses' blogs at www.cancerchatnz.org.nz.

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What's on in Nelson

Can Support Groups

- **Breast Cancer Support Group**
Contact Arlene Moyse 03 544 6334 or phone the centre on 03 539 3662.
- **Lost Chord Club** for anyone with cancer of the larynx, head or neck. Please call office for details.
- **Lymphoedema Support Group.** Every 3rd Monday 10 – 11.30am at Cheryl Brook's house, 29 Monaco View, Nelson. Phone 03 547 3590.
- **Our Partners /Carers Support Group** runs for 4 consecutive weeks. Commencing 3 April 2012. Please phone the Centre to register– 03 539 3662.
- **Prostate Cancer Support Group.** Every 1st Thursday of the month 1.30 - 3.30pm Broadgreen House. Phone Ian Chapman 03 547 3373.

Education

- **Living Well with Cancer Course.** Learn to cope and live with your cancer. Next course commences 8 May for six consecutive weeks. Phone the Centre to register.
- **Look Good Feel Better Programme.** Tuesday 14 February. A free one day workshop offered to women undergoing treatment for cancer. Let us put a smile on your face when you are pampered for a day. Phone the Centre to register – 03 539 3662.

Therapies

- **Counselling**
- **Laughter Yoga** (with emphasis on breathing) – Tasman Recreational Centre Mondays at 9.15am. Victory Community Centre Wednesdays 5.30pm. Phone Marian Angela (021 145 3027) or just turn up.
- **Pink Pilates.** One on one physiotherapy programme to help women diagnosed with cancer regain physical strength, improve body confidence and incorporate exercise into their lifestyle. Group sessions also available. Phone Helen Nott 548 2622.

- **Prosthesis Fitting.** Contact Helen Clements, 547 5378.
- **Relaxation and Meditation –** Tuesdays 10.30am Fairfield House. \$3 donation.
- **Swimming Group.** The Ngawhatu Pool is available for a \$3 donation every Friday at 12.30pm.
- **Wigs.** Contact Christine Gill, phone 021 548 950 or 548 0200 or Mint Hair Salon 544 8391.
- **YWCA Encore.** A gentle water-based exercise programme for women who have had breast cancer surgery at any time in their lives. Contact Lisa Fowler, 021 293 9701 for the next commencement date.

To Lend

- **Camera for families to use while out of town having treatment.**
- **Library books** and cancer information, including DVD's and videos.
- **Shade Loan Scheme.** Umbrellas and marquees available from October to March. Early booking essential.
- **New gynaecological DVD.**

Accommodation

- Daffodil House, 91 Papanui Road, Merivale, Christchurch 03 377 6415
- Margaret Stewart House, 16 Hospital Road, Wellington 04 380 0300.

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