

Kia Honoa

Let's Connect with the Cancer Society
 Canterbury-West Coast Division

Why I volunteer for Daffodil Day

Financial Adviser Sally Reid has been helping coordinate the Cancer Society's Daffodil Day street collection in the Ashburton suburb of Netherby for many years.

"I always take the day off work on the Friday of Daffodil Day," Sally says.

Before the day, Sally rings around the community and allocates collectors to specific time slots.

"Many of the same people collect year after year – couples, sisters, mothers and children together," she says. "Mid Canterbury is an amazing community."

Sally says she got involved after losing both her parents to cancer.

"With Dad there was only two weeks from his diagnosis to his passing so it all happened so quickly," she says.

"I was living overseas when Mum was first diagnosed and she had been in contact with the Cancer Society before I returned from the UK," Sally says.

"I nursed Mum at home when she had cancer and the support Annie (Bonifant) and the volunteers from the Cancer Society gave me was incredible."

"Without the support of the Cancer Society, I would have struggled to have kept Mum at home," she says.

Sally says that although she had a good support network of friends and family around her, many of them were working during the day, so having volunteers from the Cancer Society available to sit with her Mum for an hour so Sally could attend a meeting or just have time out was a great help.

"The Cancer Society volunteers became Mum's friends, and mine too," she says.

"Annie from the Cancer Society with her huge range of knowledge was excellent at providing us with information about what assistance was available," Sally says.

"When Mum needed to travel to Christchurch for treatment, the accommodation was all sorted for us."

"I had another whānau member stay at Daffodil House and I saw the incredible difference that made to her during her treatment," she says.

Sally's advice to people thinking about volunteering is **"Just Do It - you don't have to wait until you're retired!"**



"Sometimes we have it in our heads that we have to wait until we're retired to start volunteering, but I've found that there is no expectation from the Cancer Society and it is a case of just doing what you can," she says.

"I've met some fabulous people and there are lots of ways to donate your time out of work hours, such as baking or helping out with respite care in the evenings."

"For me being involved in Daffodil Day and volunteering for the Cancer Society is a chance to be able to give back and a chance to raise awareness," Sally says.



If you're keen to help out with our Daffodil Day street collection across Canterbury and the West Coast on either Friday 26th August or Saturday 27th August, sign up today at:
www.daffodilday.org.nz/volunteer



Make your donation go even further

Did you know that if you have donated to us in the past year and haven't claimed your donation tax rebate, you can make your gift go even further by signing up to Tax Gift?

Tax Gift allows you to gift back the tax credit you're entitled to for your donation to the Cancer Society, which means you can increase your donation without any additional money leaving your account!



If you'd like to sign up to Tax Gift, simply scan the QR code above.

Dates to diary



Daffodil Day



World Cancer Research Day



Daffodil Day

Te Rā Daffodil



Host a Daffodil Day event

One way of supporting Daffodil Day is to host a Daffodil Day dinner (or breakfast or lunch) and invite your friends or workmates to take part and make a donation to the Cancer Society. Alternatively, you may like to hold a garage sale, or run a quiz night or a raffle to raise funds for Daffodil Day.

There are lots of great resources and ideas on our Daffodil Day website www.daffodilday.org.nz.



If you'd like to purchase a bunch of fresh daffodils for your home or workplace, you can order these online at www.daffodilday.org.nz/freshflowers before the 12th of August for delivery between 21st and 25th August.

Alcohol and Cancer campaign

Many New Zealanders are not aware that drinking even small amounts of alcohol increases the risk of developing at least seven different types of cancer including cancer of the mouth, pharynx, larynx, oesophagus, breast, bowel and liver.

According to the Pūrongo Ārai Mate Pukupuku/Cancer Prevention Report issued by Te Aho o Te Kahu earlier this year: ***“Alcohol was the cause of an estimated 950 new cancer cases in Aotearoa in 2020, of which 39 percent were bowel cancer cases and 28 percent were breast cancer.”***

In line with our mission to reduce the incidence and impact of cancer in our communities, the Cancer Society is promoting awareness about the link between drinking alcohol and cancer risk.

It's not always a message people want to hear but we think it is important that people in our community know about the risks associated with drinking alcohol so they can make informed choices.

Did you know?

Alcohol causes cancer.



Familial Breast and Ovarian cancer

Inherited mutations in BRCA1 and BRCA2 genes increase the risk of female breast and ovarian cancers by approximately 10%. We all carry the two BRCA genes, BRCA1 and BRCA2.

These genes produce tumour suppressor proteins that repair other genes. If this process isn't working properly, damaged genes don't get repaired, which can lead to cancer. If an individual carries a BRCA gene mutation, there is a 50% chance that they will pass that damaged gene on to their children.

It's important to note that not everyone with these gene mutations will go on to develop cancer as the mutations also rely on other factors such as environment and lifestyle.

The chance of there being a family link with breast or ovarian cancer is higher when:

- you have had a diagnosis of both ovarian cancer and breast cancer
- you or a family member have breast cancer affecting both breasts
- several family members have been diagnosed with breast and/or ovarian cancer
- you have Jewish ancestry and a close relative with breast, ovarian or pancreatic cancer
- a male in your family has been diagnosed with breast cancer

If you have any concerns about breast or ovarian cancer risk for yourself or your family/whānau members, speak to your GP.

Jane's story | In her own words

Christchurch poet and historian Jane Simpson shares her perspective on the impact cancer has had on her life and how the Cancer Society's information booklets and volunteer driving service have helped her during her own cancer journey.

For 26 years I lived with an enemy. My mother wrote it on the family tree – BRCA1 and BRCA2 – as if naming it made it true. In 1994 her identical twin died of ovarian cancer. This was very poignant for me because I was expecting my son. BRCA1 and BRCA2, the two major genes in hereditary breast cancer and ovarian cancer, were isolated only at this time. Back in 1982 my mother had had a mastectomy.

From 2022 she asked for her DNA to be tested for pathogenic variants (mutations), but each time the results were 'inconclusive'. Fortunately, because her DNA had been stored, it could be tested after she died.

Because of my family history, I had my ovaries and Fallopian tubes removed in 2013. I wouldn't die the horrible death my aunt had. But I still felt like a ticking timebomb. The enemy now was breast cancer. Last August a mammogram picked up a tumour in my right breast, too deep to be felt.

Cancer had caught up with me, despite my healthy lifestyle. I was 63, ten years older than my mother when she was diagnosed. I thought of my forebears and all the people who died before their time of cancer, due to the lack of scientific research.

I was very fortunate. The cancer was Grade 2 and was found early. Following my surgeon's advice, I had a lumpectomy rather than a full mastectomy. The surgery was successful. I read the Cancer Society's booklet on breast cancer, written in accessible language without 'dumbing down'. As a former university academic, I appreciate how difficult it is to do that.

There was still the prospect of having a bilateral mastectomy if my mother's DNA and my DNA proved to have any pathogenic variants. After an interminable wait, the results came through: 'no pathogenic variants!' This news turned my life upside down. After 26 years of believing the opposite, it was very hard to rid myself of that feeling, that shadow, to be free of it.

As a poet and historian, I wanted my experience to live for others. One of the first poems about my cancer and treatment was accepted overnight by the editor of a leading US poetry journal. In the next four months I wrote enough poems to put together a manuscript to take to a publisher.



Receiving a diagnosis of cancer in lockdown under COVID-19 restrictions made it particularly difficult. Friends couldn't visit one another's houses. There were no hugs under COVID, no matter how distressed someone felt.

The poem I wrote about this, 'Declaration at the gate', was published in the *Hamilton Stone Review*. You can read it at <https://www.hamiltonstone.org/hsr45%20poetry.html#simpson>

“ The Volunteer Driver Service provided by the Cancer Society to and from my radiotherapy sessions was exceptional. Seventeen years ago I decided not to have a car – I couldn't justify it financially or in terms of the cost to the planet. So I hardly ever drive one or am a passenger. ”

They all had luxurious cars and made me feel as if I was the Queen being chauffeured in a Rolls Royce! I felt on top of the world coming back from radiotherapy. All the drivers were role models as mature, intelligent women full of curiosity about life in all its stages. These women are my lasting memory of the Cancer Society.

In Memoriam

The Cancer Society team was saddened to learn of the passing of the late Dame Aroha Reriti Crofts in late May. Dame Aroha was an inspirational leader in the area of Māori health and women's health in particular. She was a strong supporter of the goal of Smokefree Aotearoa 2025, having seen the damage that tobacco was causing within the community and she worked closely with the Cancer Society's health promotion team in this area.

We were honoured to have Dame Aroha bless the site of our new building in Langdons Road as a representative of manu whenua. Our thoughts are with Dame Aroha's whānau and hapū.



Dame Aroha Reriti Crofts

Our new building

We are making great progress! During the last few months on site at Langdons Road, our construction team from Cook Brothers Construction have been busy installing the tilt slab panels that will form the structure of our new Cancer Support Centre.

At the time of writing, this work was about two-thirds complete and we are aiming to move in in March/April 2022.



Cook Brothers
CONSTRUCTION



Work has also started on the installation of plumbing and electrical services. This work will gather pace over the coming weeks with more trades joining the plumbers on site to start work on the building's other services.

We are going to need help from our communities to get this across the line and will be coming out to you all with lots of options on how you can get involved.



SHOOT FOR THE MOON - CHALLENGE -



During June and July, we've been excited to watch the shots tally increasing as players of basketball, football, netball, rugby and even pool, have been participating enthusiastically in our new "Shoot For The Moon" challenge. The challenge was for people to shoot 384 goals in their chosen sport because the moon is 384,000 kilometres away from Earth! However, some of our amazing participants didn't stop at 384, with **Izzy Davies managing an impressive 2,000 netball goals** and her friend and teammate **Amelia Osborn also shooting over 500 goals!**

Thank you to everyone who participated in or supported our Shoot For The Moon Challenge, which has raised over **\$8,500** for the Cancer Society's Canterbury-West Coast Division.

If you're more of a golfer than a netballer or footballer, look out for our summer sporting challenge – The Longest Day Golf challenge – which will be happening again during December and January.



Your local Cancer Society Centres

Christchurch Centre
97 Fitzgerald Avenue, PO Box 13450, Christchurch 8141
P: 03 379 5835 E: contact@cancercwc.org.nz

North Canterbury Centre
143 Percival Street, Rangiora 7400
P: 0800 226 695 E: northcanty@cancercwc.org.nz

South Canterbury Centre
32 Memorial Avenue, PO Box 682, Timaru 7940
P: 03 688 0124 E: southcanty@cancercwc.org.nz

Mid Canterbury Centre
122 Kermode Street, PO Box 296, Ashburton 7740
P: 03 307 7691 E: midcanty@cancercwc.org.nz

West Coast Centre
98 High Street, PO Box 81, Greymouth 7840
P: 03 768 9557 E: westcoast@cancercwc.org.nz

Selwyn Centre
6B Kidman Street, PO Box 25, Rolleston 7643
P: 03 925 9708 E: selwyn.centre@cancercwc.org.nz