



SunSmart Schools Grants a Hit!

It's been a busy summer season for our Cancer Prevention team. They've been working with schools to increase SunSmart Accreditations, out in the community spreading sun safety awareness, and advocating in local council for implementation of sun protection policies. The Sunsmart Schools Accreditation programme is set up to ensure students, staff and the school community are protected from damaging levels of UV radiation from the sun during school activities. New Zealand has some of the highest rates of Melanoma skin cancer in the world, which is why it is important to teach sun safety at a young age. Schools are the perfect place to provide a sun-safe environment, educate students about sun protection behaviours and reduce the risk of skin cancer by becoming SunSmart.

2023 saw the launch of the Cancer Prevention team's new Central Districts Division Sunsmart school grant scheme. This grant scheme has been successful in the Manawatū region for several years. It was great for the grant scheme to be offered in all our centres within the Central Districts division. There was an incredible number of applications for the grant, with a majority requesting funding assistance for shade improvements. In Taranaki, six schools shared the grant with funds contributing to bucket hats for students; portable and permanent shade. In Whanganui Mosston School received the grant. In Hawke's Bay five schools shared

the grant, contributing towards hats, sunscreen and shade instalments. Manawatū had two recipients of the grant; Tokomaru and Bunnythorpe school. It aided in securing accreditation for Bunnythorpe school by supplying sun umbrellas for the students to sit under during lunchtime and a new shade sail for their sandpit. Achieving Sunsmart accreditation is a super easy process for schools, with just a simple form to fill out and supplementing their school sun protection policy. Being an accredited Cancer Society Sunsmart school means having compulsory sunhats and sunscreen, providing sunshade that is encouraged to be used, having a current sun protection policy that is enforced, and having UV education in their curriculum.

In the Manawatū Centre there has been an influx of new schools enquiring about accreditations, since August 2023 they have had five new accreditations and nine reaccreditations. We received some great feedback from these schools about the simplicity of the process, as well as our personalised visits to rural schools who don't often get visitors wanting to make the drive out to them.

Contact your local Cancer Prevention Health Promoter for more information on the Sunsmart Schools Accreditation or Sun Safety education sessions. For more information go to:

www.sunsmart.org.nz/sunsmart-schools/



Marathon In A Month

Hundreds of people over the month of November walked, ran, biked, or swam to complete the distance of a marathon (or more in some cases)! We were proud to have a significant number of participants across Central Districts who took up the challenge both to raise funds for those with cancer but also to live a more active and healthy lifestyle which helps prevent cancer. It will be taking place again in November 2024 so start thinking what you'd like to do today!

Meet Paula Andrews who completed over four and a half marathons!

Marathon in a Month means different things for different people. For Paula the event was an opportunity to remember her older sister who she lost to cancer last year. Paula completed over four and a half marathons across November, surpassing her goal of completing 168km and instead reaching 192km! She was motivated to take part because "The Cancer Society were just amazing to us and helped us very much" through her sister's journey, and saw the event as a "positive, feel-good way of giving back". She loved that the key message was about encouraging people to get active and saw it as a great opportunity to challenge herself. The best part of the event for her was the messages of love from the over 70 people who donated to her page, it was an opportunity to bring friends and family together for the same cause.

Paula says she will "definitely be back next year" and would encourage anyone thinking about taking part to get involved!



Picture yourself at the open doorway of a plane. Feel the air rushing past you, your quickened pulse as you look down on breath-taking Aotearoa NZ. Imagine edging towards the door, and then before you know it... 3... 2... 1... jump!

This could be you! The Cancer Society has partnered with 9 skydive companies across Aotearoa New Zealand to offer you a free skydive when you raise \$1,000.

You can sign up as an individual, or as a team, such as a workplace. Regardless, each person must raise \$1,000 or more to qualify for a free jump.

When you sign up you'll get to choose where you jump and which region you'd like your funds to go to - these don't have to be the same, they could be at opposite ends of the country.

Throughout May, the Cancer Society will be hosting a number of Jump Days around the country. You can choose to jump on one of these days or any other day in May that suits you.



So what are you waiting for? Sign up today at

JUMPFORCANCER.ORG.NZ



1 in 3 New Zealanders will hear the words ‘you have cancer’ at some point in their lifetime. That’s why it’s important for all of us to come together each year at Relay for Life.

Relay For Life, is an event that occurs around the world, and is all about celebrating the lives of people who have faced cancer, remembering loved ones lost to cancer, and uniting to fight back against the disease by raising awareness and funds to provide vital research, care and support to the community. You’ll work in teams to keep your baton moving across the duration of the event. This is a great opportunity for you to bring a team together and fundraise for a good cause, so whether you’ve attended many times before or if this year is your first we encourage everyone to get involved and give it a go!

Sign up today by visiting www.relayforlife.org.nz/signup



2024 Relay For Life Dates and Locations

- 9 - 10 March | Gisborne Relay For Life | A and P Showgrounds, Main Road, Makaraka, Gisborne
- 16 - 17 March | Hawke’s Bay Relay For Life | Mitre 10 Park, 42 Percival Road, Frimley, Hastings
- 23 March | Taranaki Relay For Life | TET Stadium and Events Centre, 1 Elliott Street, Inglewood
- 23 - 24 March | Manawatū Relay For Life | Riverside Walkway, Hokowhitu, Palmerston North
- 23 - 24 March | Whanganui Relay For Life | Cook Gardens, Maria Place, Whanganui

Meet Louise - one of our amazing volunteers!

Louise is one of our incredible volunteers who truly goes above and beyond to help others. Between selling raffle tickets, making custom made care packages for those with cancer travelling out of town to treatment, to crocheting blankets there isn’t much she doesn’t do!

She got involved after experiencing cancer herself in 2006. Originally, she volunteered as a driver taking cancer clients to and from treatment, before moving to Taranaki and getting involved in other ways. She volunteers to “make people’s lives that little bit better” and “put a smile on people’s faces”.

When asked if she’d encourage others thinking of volunteering to get involved, she said “Definitely. If we can get more people to volunteer, we can all spread ourselves a bit further and help more people.”

Although she’s very modest she was recently recognised as a 2024 Kiwibank local hero for the incredible volunteer work she does across Taranaki. We’d like to thank Louise and all our wonderful volunteers for all the inspiring work they do for those with cancer and their families!

If you’d like to help we are always looking for more volunteers. If you or someone you know might be interested in volunteering please give us a ring on **(06) 348 7402** or visit www.cancer.org.nz/get-involved/volunteer



151 Holes in a Day!

The Cancer Society's Longest Day Golf Challenge is designed to challenge golfers to complete 72 holes in one day, but for one Whanganui team 72 just wasn't enough. Rodney and his team "We Are Family" took the challenge a step further and completed 151 holes of golf in a single day with some of the five-person team starting at 3am with glow in the dark golf balls, and the rest starting at 5.20am. The team had previously played 101 holes as part of a family competition so felt they needed a greater challenge, instead of simply doing 102 Rodney said they "felt like 151 was a better number!" They walked over 74km (95,000 steps) in the day, a remarkable feat - well over a marathon.

They did it because they felt it was a "good fundraising opportunity for a good cause" and because Rodney, as the Castlecliff golf club manager, often sees club members with cancer so wanted to give back to those going through a tough time.

When asked if he'd recommend others get involved he said "Maybe not 151 holes! But definitely the 72-hole challenge, there's no rule saying you can't go on a golf cart so if you can get behind it do."

We want to say a huge thank you to Rodney and his team We Are Family, as well as everyone else across all of our centres who took part in the challenge. It is a huge feat and will help make a massive difference for those with cancer in our communities.



Consider Leaving a Gift in your Will

A gift in your will can support people affected by cancer now and fund world-class research for a cancer-free future. There are many ways to leave your mark on the world. Everything you do, such as your connections with your family/whānau and friends, your work, sporting or community activities, all contribute to memories of you.

Another way is to leave a planned gift to the Cancer Society in your will.

By doing so, your kindness will live on, improving lives long after you have gone. When you support us, you become a partner in helping to reduce the incidence and impact of cancer affecting our families and our communities.

A gift in your will to the Cancer Society:

- will change lives for the better by ensuring those going through cancer receive compassionate care and support
- will fund world-class cancer research which helps people live better and longer with cancer
- will help reduce preventable cancer through our health awareness work in the community

For more information go to www.cancer.org.nz/get-involved/other-ways-of-supporting/a-gift-in-your-will/ or give us a call on 0800 467 345 to discuss.

UP COMING EVENTS 2024

February

- 4thWorld Cancer Day
- 11thInternational Day of Women and Girls in Science

March

- All MonthLymphodema Awareness Month
Various Relay For Life Events
- 20thWorld Oral Health Day

April

- All MonthOral Cancer Awareness Month
- 4th - 11thStudent Volunteer Week
- 7thWorld Health Day
- 15thMicrovolunteering Day
- 24th - 30thWorld Immunisation Week

GRANTS THANK YOU

The Cancer Society Central Districts Division and its regional centres are immensely grateful to the following grant providers who have provided support in the past few months.

Their support alongside our generous donors allows us to continue supporting people with cancer in the community.

- **Aotearoa Gaming Trust**
- **Four Regions Trust**
- **JBS Dudding Trust**
- **NZ Community Trust**