

From the Centre Manager:

For 35 years Wairarapa Cancer Society has fundraised to continue to provide the services that the cancer community has come to expect from us.

Bequests are essential for charities such as ours to survive. We receive no government funding. Recent bequest money and the remainder of the Margaret Chittick Estate bequest money is being used to install a disabled toilet and some more meeting room space at the rear of Margaret Chittick House. This will provide more cancer support providers access to use our facility. We are hoping for as many cancer providers as we can fit to use us as a one stop shop - all things cancer. Tararua builders are busy closing this extension in as we speak. Thanks goes to Jo Mossman, draughtsperson for her support in arranging the plans and Keith Hunt our project Manager and Board member for his work in keeping us all organised. We look forward to the opening of the "Bequest" wing around August to coincide with the celebration of 30 years of Daffodil Day and 35 years of Cancer Society Wairarapa.

Supportive Care news:

Post Treatment Support is Available HERE Have the medical teams discharged you? We have a number of survivorship support services including a **New** group this year called **Thrivers and Survivors**. This session offers an opportunity to share, meet others and listen to a speaker on a post treatment issue.



Post treatment rehab and walking group available through winter in Masterton Ring Margaret to find out where and when cancer survivors walk. Your pace your distance. Ph 0211364323

New Books for the Library:

You Can Conquer Cancer by Ian Gawlor: *This popular book discusses attitude to diagnosis managing cancer, illness with a bit of soul searching, mindfulness and an anti-cancer - inflammatory diet.*

Living with a Black Dog by Mathew & Ainsley Johnstone: *This book illustrates the feelings and symptoms that define depression. One in a series of 3 it explores ways caregivers can live with someone suffering depression.*

Health Promotion NEWS:

Vaping as a way to stop smoking is one element of New Zealand's comprehensive approach to tobacco control and contributes to achieving the Government's goal of a Smokefree Aotearoa 2025.

A new website has been developed on Vaping Facts which has key information on:

- Vaping (such as what is vaping, nicotine and vaping, the risks of vaping, vaping and the law, and vaping and pregnancy)
- Information on vaping versus smoking (such as costs and relative harm)
- Vaping to quit smoking (essential tips for success, support for quitting smoking, and vaping safety).

Check out the new website on Vaping facts here: <https://vapingfacts.health.nz/>

the **FRESH AIR** Project

The Wairarapa region is now live on the Fresh Air website. Check out this site to find local venues that are committed to being 100% smokefree outdoor dining.

It really does make a significant difference to outdoor dining, with customer feedback so far commenting, that dining without smoke and vape fumes polluting the air makes for a more pleasurable dining experience.

More information on The Fresh Air Project and your local smoke free cafes can be found here: <https://freshairproject.org.nz/>



23rd IUHPE World Conference on Health Promotion

I had the pleasure of attending the IUHPE World Conference - Rotorua on Health Promotion on 7-11 April 2019.

It was great to be able to speak with Health Promotion colleagues from other countries such as

Canada, United Kingdom, Hawaii, France, Spain, America, Japan, India and Australia and find out what health promotion and marketing initiatives they are working on in their communities.

Sponsor & Donor NEWS :

We have had a few people dedicating donations to us 'In Lieu' from their funerals, for which we are extremely grateful. We appreciate the support of such donations. Perhaps you could consider us when making your will etc. Regular giving programmes are another way for us to make the most of your charitable contribution to support our work. Just \$60.00 provides transport for up to 3 patients there and back from treatment in Wellington or Palmerston North. With over 600 trips a year every donation buys hope.

Daffodil Day is coming – 30th August- Paint August Yellow!

This year its 30 years since daffodil Day started and we at Wairarapa Cancer Society are celebrating 35 years supporting our community.

If you would like to help, whether it be collecting , picking, bunching, delivering or supplying daffodils, or being on a street stand on Friday 30th or Saturday 31st August , email us to find out more on waisupport@cancersoc.org.nz

We have had a great response regarding our membership, but there is still time to become a member if you wish. Our AGM is in July

VOLUNTEER NEWS : We farewell drivers, Barry Nelson and Peter Gibbs who have both been volunteer drivers for over 10 years. We welcome new drivers: Ralph Priddle, Russ Carthew, Tomaz Gasper , Marg & Rob Irwin.



We also congratulate Diana Donald, South Wairarapa Daffodil Day coordinator on her nomination for South Wairarapa Civic Awards for services to Community.

Our volunteers assisted over 200 families this year by providing services through our charity. Well done !



We appreciate all our volunteers 17th -22nd June celebrating volunteer week .
“Weaving the People together “



You are Invited to our Annual Free Lectures for Health Professionals & the General Public
Topic: Microbes, Microbiota and Colon Cancer

**Venue: Public Lecture Cophorne Solway Hotel
High Street Masterton 4.30-6.30pm**

Date: Tuesday 30th July 2019 Come along and hear about the current research in microbes microbiota and colon cancer by Professor Frank Frizelle. NZMA Doctor of the year 2018

Keynote Speaker: Professor Frank Frizelle Professor and Head of Department Colorectal Surgeon Christchurch *B ChB MMedSc(Otago) FACS FRACS FNZMA FAS-CRS FRCSI*

Research Interests:

Management and outcomes of patients with colorectal cancer
The aetiology of sporadic colorectal cancer
Treatment for locally advanced and recurrent rectal cancer

