CANCER SOCIETY NEWSLETTER
WINTER 2017 NO.79

CANCER SOCIETY OF NEW ZEALAND WELLINGTON DIVISION INC.
MARLBOROUGH, NELSON, WAIRARAPA AND GREATER WELLINGTON

FINISHING TREATMENT IS DEFINITELY A MILESTONE IN YOUR CANCER JOURNEY, BUT FOR MOST PEOPLE IT ISN’T THE END OF THE IMPACT THAT THEIR CANCER DIAGNOSIS HAS ON THEIR LIVES. AS WELL AS FEELING PLEASED, MANY PEOPLE FEEL ANXIOUS AS THIS TREATMENT PHASE ENDS. THE END OF REGULAR HOSPITAL APPOINTMENTS, BLOOD TESTS, CHECK-UPS AND HEALTH PROFESSIONAL CONTACT CAN LEAVE PEOPLE FEELING ABANDONED BY THE HOSPITAL, JUST AT A TIME WHEN SUPPORT FROM FAMILY, FRIENDS AND WORKPLACES MAY BE WITHDRAWING AS WELL. WHILE YOU MAY BE FEELING BETTER THAN YOU DID DURING TREATMENT, MANY PEOPLE STILL EXPERIENCE SIDE EFFECTS SUCH AS FATIGUE. EMOTIONS MAY BE UP AND DOWN AS YOU PROCESS WHAT HAS BEEN HAPPENING OVER THE LAST MONTHS. PEOPLE OFTEN COMMENT THAT THEY FEEL LOST OR FIND IT HARD TO RECONCILE WHO THEY ARE NOW WITH THE PERSON THEY WERE BEFORE ALL THIS HAPPENED. NEW CONCERNS COME TO THE FORE... EMPLOYMENT, FINANCES, DIET AND EXERCISE, AND THE WORRY OF WHAT THE FUTURE HOLDS. THESE FEELINGS ARE ALL COMMONLY REPORTED AND ARE VERY NORMAL. YOU ARE NOT ALONE!

THE CANCER SOCIETY NURSES HAVE A SPECIAL SERVICE TO HELP AT THIS TIME. THE CANNOW CLINIC IS A ONE-ON-ONE INDIVIDUALISED SESSION OF AT LEAST ONE HOUR (OFTEN LONGER) TO DISCUSS YOUR CONCERNS IN DETAIL AND TO MAKE GOALS AND PLANS FOR PROGRESSING YOUR RETURN TO OPTIMUM HEALTH. THE PERSON WHO HAS HAD A CANCER DIAGNOSIS FILLS OUT A QUESTIONNAIRE BEFORE THEIR APPOINTMENT TO IDENTIFY THEIR CONCERNS AND ISSUES AND START THE DISCUSSION. THE CANCER INFORMATION NURSES PROVIDE INFORMATION, LINKS TO OTHER SERVICES (SUCH AS COUNSELLING OR EXERCISE CLASSES) AND HELP YOU TO SET SOME GOALS. THIS APPOINTMENT WILL HAVE FOLLOW-UP CONTACT SUCH AS PHONE CALLS FOR ONGOING SUPPORT. PEOPLE WHO HAVE HAD A CANNOW CLINIC APPOINTMENT HAVE FOUND IT EXTREMELY WORTHWHILE AND HELPFUL IN GETTING THEIR LIVES MOVING FORWARD.

PLEASE CONTACT 0800 CANCER OR INFO@CANCERSOC.ORG.NZ FOR MORE INFO. WE WOULD LOVE TO HEAR FROM YOU!
**A WORD FROM MIKE**

Tenā koe and welcome everyone to our Winter edition of CanTalk. I hope you are all keeping snug and dry this winter! The content in CanTalk always makes me sit back and take stock of the scale of work our team is delivering. We reach out to many people, whānau and cultures. We welcome feedback from you, and any suggestions that you may have for articles for this magazine. I hope you enjoy this edition of CanTalk.

For those receiving our appeal letter, we ask for your support to expand our services and we can only do that with donor support. Thank you for your consideration, Ngā mihi and kind regards.

Michael (Mike) Smith

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**MARGARET ALVE**

**MANAGER SUPPORTIVE CARE**

Tena koutou katoa, talofa lava, hi everyone.

I was inspired by the insert that came through the Wellington Dominion Post for Matariki. Remember Renew Rejoice.

Remember – can you believe that you have traversed the things you have? For me, when I remember my parents, they give me aroha/love, strength to face the ‘difficult’ things life throws up, remind me to slow things down, take one step at a time, pay attention to my breathing and pray/meditate. What do you do?

Renew – this is a time to hope. A time of families/whānau getting together, friends that we have met along the pathway of cancer. Talking with others over a cuppa, and balancing work and life.

Rejoice – time to celebrate. Appreciation – what are you appreciative or grateful for?

Tlaki - faifai lelei - take care.

Margarita (Marg) Alve

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**HOW CANCER CONNECT HELPED ME BY VENISE COMFORT**

It all started with a lump in my left breast. A mammogram, ultrasound and biopsy confirmed cancer and the need to have a mastectomy. I was overwhelmed with information and medical jargon but luckily a Cancer Connect pamphlet was included in the pack from my specialist, so I called the 0800 number. I remember being able to talk to real women who had had the same procedures I was about to have, and how good it was to get their experience and perspective.

Fast forward a couple of years after my surgery and I wanted to make use of my own experience to help other women. I now volunteer as a Cancer Connect caller, with the Cancer Connect nursing team matching me with women wanting to know how I felt at the time, what my experience was, and how I feel looking back on it.

I’ve been making calls to people for the past four years and it is so rewarding. Each time I pick up the phone to talk to someone I remember being on that end of the line, wanting to know all about how it felt to have surgery - not just what was going to happen in a medical sense, but the emotional side of things and what was going to happen to my body.

I love the chance to talk to other women, to hear their stories, and to learn from them. Volunteering fits in well with my work, and I can make calls when it suits me and the women who ask for support. It’s sometimes weird reliving that time in my life, but it’s satisfying to know that my story can help other women feel better, calmer, and more armed with information in order to make a decision.

I have also enjoyed the connection with the nurses at the Cancer Society, the work they do makes going through cancer and treatment so much less scary for people who use their services.

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**JOHN OUR DRIVER**

John Groome is one of our go-to Volunteer Drivers. Nothing is ever too much trouble for John.

He first started driving for the Cancer Society Volunteer Driving Service after a friend showed him an advertisement for volunteers.

The role appealed to John - having lost his Dad to cancer in 1982; and his sister in Spain is in remission. His brother also died of cancer in 2016.

John left his hometown of Lincoln in the United Kingdom 40 years ago, and has lived in New Zealand for the last 22 years.

John has transported over 100 patients for the Cancer Society since he began driving in 2013.

He recalls one memorable trip from Wellington to Upper Hutt taking over three hours during one of Wellington’s famous storms! In atrocious driving conditions he delivered the patient home safe and sound.

John thinks the Driving Service operates really well, and from a patient’s perspective, extremely well. Patients are always very grateful.

John loves a good Indian curry and is an ardent Lincoln City supporter! He also loves his rose bushes and is a fan of Dire Straits, The Eagles, Queen and Meatloaf - showing his age a bit there!

Thank you John for your tremendous support as a Volunteer Driver for the Cancer Society Driving Service.

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**KEEPING WELL IN WINTER**

By Anna Small

There are many changes that occur during the winter months. Noticeably the food choices we make. Colder weather often means less fresh salads, wraps, sandwiches and more hot meals such as soup and casseroles. With a bit of planning you can make sure you are eating well throughout winter, getting enough nutrients to maintain a good immune system and a healthy weight.

- Eat seasonally
- Watch portion size
- Keep hydrated
- Keep active
- Get that Vitamin D by going outside.

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**HOPE 4 LIFE**

CANCER SOCIETY WELLINGTON

Keep an eye out for our Face to Face fundraisers who you may find knocking on your door from September onwards for those living in the Wellington region. “We are starting with a door to door public fundraising campaign seeking households to commit to regular monthly giving to the Cancer Society” says Graeme Milne, Fundraising and Communications Manager.

“Our fundraisers will be wearing laminards to clearly identify themselves with the Hope4Life campaign brand as part of the Cancer Society Wellington. We are aiming to generate an additional $500,000 annually from this form of fundraising,” says Graeme. “There remains an increasing demand for our services and this is a proven way to expand our donations. No one should have to face cancer alone. These funds will extend the benefits we can provide to cancer patients and their families. This Hope4Life campaign will play an important role in expanding our capability.”

For more information on our Hope4Life regular giving campaign visit https://wellington.cancer nz/hope4life/
You no doubt enjoy a good laugh, but do you realise laughter can be an effective coping mechanism and a potent anti-cancer tool? People have long believed in laughter’s medicinal properties in disease prevention and cure but little scientific attention was given to it before Norman Cousins released his best-selling book *Anatomy of an Illness* (1979).

Cousins’ story is now part of the folklore of mind-body-spirit medicine. An American writer, editor and visionary, Cousins used laughter to help overcome a connective tissue disease called ankylosing spondylitis. He was diagnosed in 1964 with a case so severe that he was given a one-in-five-hundred chance of recovery and a few months to live.

Having read endocrinologist and stress researcher Hans Selye’s accounts of how stress harmed health, Cousins decided the reverse must also be true. He resolved to use laughter as a therapy in conjunction with large doses of vitamin C, optimism and the unconditional moral support of his physician. Laughter helped him overcome the excruciating pain of the disease (ten minutes of boisterous laughter alleviated it so that he got two hours of sleep) and ultimately to achieve a complete recovery. His method was to induce laughter frequently by watching the Marx Brothers and episodes of Candid Camera, and by having his home-care nurse read him humorous stories. Cousins used laughter to help heal a depressed immune system as well as a depressed mood, and credited laughter as the prescription that gave him back his life: “(It) is an antidote to apprehension and panic... It creates a mood in which other positive emotions can be put to work.”

As often happens, Cousins received public enthusiasm and acclaim but professional criticism and ridicule from the medical fraternity until 1989, when his views were vindicated by Swedish researcher Lars Ljungdahl, who wrote an article in the Journal of the American Medical Association, “Laugh If This is a Joke”. Ljungdahl concluded “…that a humour therapy programme can increase the quality of life for patients with chronic problems and that laughter has an immediate symptom-relieving effect for these patients, an effect that is potentiated when laughter is induced regularly over a period.”

In the years since, evidence from researchers worldwide has shown numerous physiological and psychological benefits of laughter. Muscles in the chest, abdomen, shoulders, neck, face and scalp get a beneficial workout and other parts of the body become more relaxed. This is valuable for patients during the sedentary experience a cancer battle can be, due to fatigue or temporary incapacitation.

Laughter enables us to alleviate stress, tension, anxiety, anger and even grief. Like crying, it releases pent-up emotions and can modify our moods: “We don’t laugh because we’re happy, we are happy because we laugh,” philosopher and psychologist William James observed.

Several studies have shown that young children laugh up to 400 times a day, while adults typically laugh only 15 to 20 times per day. We somehow lose our inclination to laugh as we grow older, often along with our spark and passion for life — a real pity. A cancer diagnosis will test your sense of humour further without question, so deciding to employ laughter to elevate your mood and return humour to your life will be very beneficial.

Building your own laughter library is a simple and useful thing to do to ensure that you have access to funny material when you want it. Humour is something that is totally personal — what makes me laugh might not do the same for you and vice versa. These days there is a wealth of humorous CDs, DVDs, videotapes, books and magazines in shops and on the internet, or for borrowing from your local library, friends and family, or your cancer support organisation.

I urge you to start your own humour library, filling it with comedy TV and radio shows and movies that you have enjoyed watching throughout your life. Many of the classic shows from yesteryear have been reproduced and are available now. Most cancer wards have their own TV/DVD/videotape facilities and also humorous shows on tape. Check out their collection and enjoy those that appeal to you as often as you can. As you work on the serious business of beating cancer, try to see the funny side of daily life as well.

In ancient Greece, music was an important part of life and the Greek analysis of the effect of music went very deep. Greeks considered that the right type of music was a powerful instrument of education which could alter the characters of those who studied it, inclining them towards “inner order and harmony”.

They also gave music a medical value. They saw it as a way to draw out and release strong emotions, thereby helping people achieve a state of equilibrium and consequently, wellness.

Music can play a big part in enriching your daily life, and in supporting your recovery from cancer. It has laughter’s ability to make you feel better and has shown many of the same physiological benefits as laughter, and meditation. That is, it provides relief from pain and nausea, promotes sleep and appetite, reduces anxiety, lowers heart rates, breathing and blood pressure, and promotes an overall sense of wellbeing.

Meanwhile, music can also open and reveal emotions which are trapped within. Plato said it well: “Music is a moral law. It gives a soul to the universe, wings to the mind, flight to the imagination, a charm to sadness, gaiety and life to everything.”

I used music as therapy throughout my cancer encounters. Being a music lover, I used it naturally and intuitively to help me release tensions, express emotions, overcome depression and assist with crucial decisions.

When I was first diagnosed with cancer I was still a teenager, with more energy than I knew what to do with. Naturally my diagnosis created tensions, concerns and grief that scattered my energies and upset whatever semblance of equilibrium I might have had to that point. I needed a catalyst to help centre me. Fortunately I was already playing the drums in a band, and pounding out the rhythm helped me rid myself of many tensions. I also enjoyed listening and dancing to a lot of live music. It was the late 1970s and New Zealand’s music scene was alive with bands. Dancing, playing and listening to music at the time were ways for me to unwind and ground myself.

Music has been “Instrumental” at times in taking me out of a depressed state. I was 23 when this was demonstrated to me most vividly. I had moved cities for a new job, from Auckland to Wellington. I knew virtually no one; the weather was gloomy for weeks on end; the lumps under my armpits were larger than ever and the realisation that one day I would be required to face my prognosis also haunted me. I was the most depressed I had ever been.

Music was one of the arts which sharpened my awareness of life meaning and purpose. Like so many mind-body-spirit practices, music is at once both pleasure and therapy. Music has moved me in ways that few other things have, and it has helped me greatly to cope with cancer.

There is no culture that lacks music and it has long played an essential part in social interaction. In ancient Greece, music was an important part of life and the Greek analysis of the effect of music went very deep. Greeks considered that the right type of music was a powerful instrument of education which could alter the characters of those who studied it, inclining them towards “inner order and harmony”.

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When your loved one is diagnosed with cancer, there may be changes in family roles and routines. The person with cancer may not be able to manage all the usual roles and tasks. They may now be more dependent on you. You may have to take on roles that don’t come easily or that you find hard to manage. Supporting the person with cancer to do things they are still able and want to do is important.

At first, a shift in roles may be difficult for you both. Talk together about how you are both coping with these changes. This may include doing less housework, simplifying tasks where possible or accepting offers of help from friends or family/whānau. Often supporters feel frustrated because their usual standards cannot be met. It can be helpful to talk to each other about this, and discuss what is most important. What you may value as important may not be to the person with cancer.

Remember to be kind to yourself and keep things manageable.

Cancer is not just one stressful event to be dealt with and moved past — it is a series of changing situations and demands.

You may need to:
- Talk to your employer about what’s happening at home and that you may need extra time off.
- Talk to your bank about changing financial commitments to make them more manageable.
- Check what help you might be entitled to through your medical insurance.
- Talk to the school about what’s happening and the possibility of changes in routine if you have young children.

When you support someone with cancer, you will have to deal with many things for the first time. No matter how you’re feeling, support services are available to you. Your GP or medical team can refer you to someone who can help you manage these feelings such as a counsellor or psychologist who will help you talk through any fears, worries or emotions you may have and help you to think about your feelings whilst managing the effects of cancer on your relationships and life.

To find a counsellor, contact the nurses at the Cancer Information Helpline 0800 CANCER (226 237).

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Recent earthquakes and devastating floods in New Zealand have reminded us of the need to be prepared for events that can cause chaos in our daily lives. For people with cancer and their carers it can be especially important to make sure you get your health and support needs met in such a situation.

In your emergency kit keep an up-to-date copy of your medical records with information about your cancer and treatment, in case you need to evacuate your home and/or see a different doctor. Include things like:
- The type of cancer you have and stage of your cancer if you know it.
- Type of treatment e.g. chemotherapy (include the names of your chemo drugs, how and when they are given), radiation treatment, surgery, hormone treatments.
- Date of your last treatment.
- Name of your doctor and treatment centre.
- Any medicines you’re taking (cancer medicines and other medicines, including over-the-counter drugs).
- Other illnesses or health problems you have.

If you are still in the area where your cancer doctor or treatment facility is located but can’t get to treatment due to damage to your home or the treatment centre, or you have no transport options, contact your doctor as soon as you can and find out what you need to do to continue treatment. If you can’t get in touch with your cancer doctor or your treatment centre, try the local emergency department or your GP.

If you have left the area where you were getting treatment, take your medication with you if possible. You will need to find a new cancer doctor and treatment centre as soon as you can. Ask for help from the evacuation centre staff, Red Cross, Salvation Army, or other local agencies providing assistance. If this is not possible, go to a local hospital information desk and ask for help.

If you are having a course of chemotherapy you will be at increased risk of infection.

If you have any other health concerns: • Burning, pain or bleeding when you pass urine.
- Chills, shaking or sweats (which often go along with a fever).
- A temperature of 38 degrees or more.
- Redness, swelling, drainage, tenderness, or warmth at the site of any injury, surgical wound, or intravenous cannula catheter, or anywhere on your skin.
- A new pain or one that’s getting worse.
- A headache.
- A stiff neck.
- A sore throat.
- Shortness of breath or a cough.
- Bloating, pain or bleeding when you pass urine.

If you have medicines with you and know how to take them, keep taking them. If you need medication, are almost out of medicine, or are unsure how to take it, talk to a nurse or someone at the evacuation centre for help getting in touch with a pharmacist or doctor.

ADJUSTING TO SHIFTING ROLES

TIPS
- Give yourself permission to treat yourself.
- Eat healthy meals and snacks.
- Try to get enough rest. Taking a warm bath or listening to relaxing music before bed may help.
- Continue having check-ups with your own doctor.
- Don’t use alcohol or cigarettes to deal with stress.
- Exercise for 15 to 30 minutes each day.
- Don’t expect too much of yourself.
- Make new friends and socialise to replace the loss of the old ones.
- Include friends or family/whānau.
- Often supporters feel frustrated because their usual standards cannot be met. It can be helpful to talk to each other about this, and discuss what is most important. What you may value as important may not be to the person with cancer.

Remember to be kind to yourself and keep things manageable.

When your loved one is diagnosed with cancer, there may be changes in family roles and routines. The person with cancer may not be able to manage all their usual roles and tasks. They may now be more dependent on you. You may have to take on roles that don’t come easily or that you find hard to manage. Supporting the person with cancer to do things they are still able and want to do is important.

At first, a shift in roles may be difficult for you both. Talk together about how you are both coping with these changes. This may include doing less housework, simplifying tasks where possible or accepting offers of help from friends or family/whānau. Often supporters feel frustrated because their usual standards cannot be met. It can be helpful to talk to each other about this, and discuss what is most important. What you may value as important may not be to the person with cancer.

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- Talk to the school about what’s happening and the possibility of changes in routine if you have young children.

How counselling can help

When you support someone with cancer, you will have to deal with many things for the first time. No matter how you’re feeling, support services are available to you. Your GP or medical team can refer you to someone who can help you manage these feelings such as a counsellor or psychologist who will help you talk through any fears, worries or emotions you may have and help you to think about your feelings whilst managing the effects of cancer on your relationships and life.

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ADJUSTING TO CHANGE

Coping with cancer after a natural disaster

Get treatment at the nearest emergency department, especially if you have:
- A temperature of 38 degrees or more.
- Chills, shaking or sweats (which often go along with a high temperature).
- Redness, swelling, drainage, tenderness, or warmth at the site of any injury, surgical wound, or intravenous cannula catheter, or anywhere on your skin.
- A new pain or one that’s getting worse.
- A headache.
- A stiff neck.
- A sore throat.
- Shortness of breath or a cough.
- Bloating, pain or bleeding when you pass urine.

If you have medicines with you and know how to take them, keep taking them. If you need medication, are almost out of medicine, or are unsure how to take it, talk to a nurse or someone at the evacuation centre for help getting in touch with a pharmacist or doctor.

Protecting yourself from infection in an emergency situation

- Wash your hands with soap and water as often as possible. If you can’t get soap and water, use an alcohol hand sanitiser. Dry your hands well - use a hand towel or paper towel, not a tea towel.
- If there’s no safe water, drink only bottled water, or boil water for at least one minute. Allow it to cool before drinking.
- Make sure all meats are thoroughly cooked and all cooked foods that have been left at room temperature for more than 2 hours.
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Art therapy, either one-on-one or in a group, involves the art therapist building a therapeutic relationship with their client/s and then inviting them to use art making (drawing, painting, collage, sculpture, or a mixture of these mediums) to help with the expression of issues and related emotions (both positive and negative). This process often makes it easier for clients to talk about hard issues and to move forward. Clients do not need to have any prior experience of art making to benefit from art therapy.

New Zealand doctor and university lecturer Professor Shaun Holt describes evidence-based research for art therapy with cancer patients in his book *Complementary Therapies for Cancer – What works, what doesn’t... and how to tell the difference*. Professor Holt states that despite being initially skeptical about art therapy, he discovered that art therapy is an excellent option for people with cancer who are looking for complementary therapies to reduce symptoms and help with the psychological trauma of a cancer diagnosis.

The research studies included some from the UK, the US, Australia, and Sweden (unfortunately there is no NZ research) and showed:

- Positive effects in a group of 109 patients with laryngeal cancer.
- Art therapy with a group of Swedish women with non-metastatic breast cancer which showed increased ability to cope with side effects from chemotherapy.
- Positive effects for a group of children with leukaemia undergoing painful procedures including lumbar punctures and bone marrow transplants. In my own work, clients with a diagnosis of cancer have been able to separate themselves from the cancer through drawing the cancer. Through externalising the cancer, they are then able to take back some control.

Professor Holt states that in the US the American Art Therapy Association sets the standards and registration for art therapists. In New Zealand, we have the Australian New Zealand Arts Therapy Association.
WHAT’S NEW IN THE LIBRARY

THIRTY THINGS ABOUT CANCER: A GUIDE TO GETTING THROUGH TREATMENT
by Dr Mike Goldsmith, CreateSpace Independent Publishing Platform, UK, 2015.
A down to earth, easy to read guide to getting through cancer, packed with tips from the author’s experience of treatment for bowel cancer. Suitable for those with any type of cancer and their supporters.

TEA AND CHEMO: FIGHTING CANCER, LIVING LIFE
“Life isn’t about waiting for the storm to pass it’s about learning to dance in the rain.” Jackie describes her experience of breast cancer diagnosed aged 45, in this positive, insightful book.

THE FABULOUS WOMAN’S GUIDE THROUGH CANCER
Nicola is a writer, mother and cancer survivor. Her book offers practical and reassuring advice including chapters on work and home, parenting, early menopause and fertility, staying confident and how to ‘make your soul smile’.

THE EMBROIDERED CANCER COMIC
by Sina Elizabeth Shefrin, Singing Dragon, Canada, 2016.
Textile artist Elizabeth Shefrin has used her skills to create a comic book to portray the impact her husband Bob’s prostate cancer had on their intimate life. This book helps find humour and encourage discussion of an often difficult topic.

MINDFULNESS-BASED CANCER RECOVERY: A STEP-BY-STEP MINDFULNESS-BASED STRESS REDUCTION APPROACH TO HELP YOU COPE WITH TREATMENT AND RECLAIM YOUR LIFE
by Linda E Carlson, New Harbinger, USA, 2011.
Described by a reviewer as “a thoughtful, clear, and useful guide to living with cancer and cancer treatment, distilling Buddhist tradition into a series of practical exercises that can help you spend more of your time in the calm eye of the hurricane that is cancer”.

MINDFULNESS: A PRACTICAL GUIDE TO FINDING PEACE IN A FRANTIC WORLD
by Mark Williams and Dr Mark Pennan, Platus, UK, 2011.
This book outlines an eight-week plan for learning and practising mindfulness techniques to help integrate joy and happiness into daily life and reduce stress and anxiety. Written by a well-known medical writer and professor of psychology.

THE LAHEY CLINIC GUIDE TO COOKING THROUGH CANCER: 100 RECIPES FOR TREATMENT AND RECOVERY
by Lahey Clinic Inc., Countryman Press, USA 2013.
Described as having “simple recipes” and being “easy to use” with suggestions for food to help with many common treatment symptoms. As one reviewer puts it: “There aren’t many cookbooks for which you can rave about a recipe found in the diarrhoea chapter!” (The Lahey Clinic is a teaching hospital of Tufts University School of Medicine, Boston.)

RISE: SURVIVING AND THRIVING AFTER TRAUMA
by Sian Williams, Weidenfeld & Nicolson, UK 2016.
Sian Williams, cancer survivor and trauma assessor, describes her book based on her treatment journals and research into post-treatment resilience as “a series of reflections, tips and tools, and strategies you can choose from to work into your day”.

THE ACCIDENTAL CARER: A PRACTICAL GUIDE THROUGH UNCERTAINTY BY PALLIATIVE HOME CARERS
by Ros Capper, Reinventors NZ Ltd, NZ, 2017.
This book features the stories of Ros (who cared for her husband over a three-year period until he died of cancer), and four other carers, undergoing the emotional and physical challenges of giving palliative care to a loved one at home.

YOU’LL GET OVER IT: THE RAGE OF BEREAVEMENT
Written twenty years ago this book captures the timeless challenges of grief and bereavement. The author, journalist Virginia Ironside, outlines the struggles she had after the death of her father and coping with the comments of others such as “you’ll get over it”.

LIFE, HAPPINESS... & CANCER: SURVIVE WITH ACTION AND ATTITUDE
We have a couple of excerpts from Phil’s chapters highlighted here in CanTalk. Phil’s book is available without charge from our library.
WHAT’S ON IN YOUR REGION

FOR ANY INFO CONTACT YOUR REGIONAL CANCER SOCIETY OR INFO@CANCERSOC.ORG.NZ

WELLINGTON – 52 RIDDIFORD STREET, NEWTOWN

Breast Cancer Under 50s group, 4th Tuesday of the month 6pm - 7.30pm
Yoga and relaxation, Tuesdays 11.30am - 12 noon or 12.30pm
Drop in sessions, 2nd and 4th Tuesdays of the month 12 noon - 1pm
Healthy Steps, Mondays 6pm – 7pm
PALS - Prostate Cancer Support Group, 4th Tuesday of the month 7pm - 9pm
CanBalance - Under 50s Cancer Support Group, contact info@cancersoc.org.nz for more info.
Relaxation and Massage, Tuesdays daytime
Walking Group, Monday morning, please register at info@cancersoc.org.nz, or call 0800 236 237 for more info.

KĀPITI – 14 KĀPITI LIGHTS, PARAPARAUMU

Waikanae Morning Tea, 4th Friday of the month 10.30am - 12 noon at Freemason House, 16 Mahara Place, Waikanae
Living Well With Cancer, 1st and 3rd Tuesdays of the month 10.30am - 12 noon. Venue: Kāpiti Health Centre, Warrimoo Street, Paraparaumu

HUTT VALLEY

Cancer Support Group, 3rd Tuesday of the month 7pm. Venue: Walter Nash Centre, 22 Taine Street, Taita, Lower Hutt. Contact info@cancersoc.org.nz or ph. 04 389 8421
Kia Ora - E Te Iwi, meets monthly on a Tuesday 5.30pm. Venue: Hikoikoi Reserve, Petone. Contact Tira tira@kokiri-hauora.org.nz or ph. 04 920 1472
Healthy Steps, weekly on Thursdays during school term time with Kathy 10am - 11.30am. Venue: Danzport studio, Upper Hutt

PORIRUA

Kia Ora – E Te Iwi, in August at Ora Toa, 20 Ngatitoa Street, Titahi Bay / Porirua. Contact Natalie Kini at natalie.kini@oratoa.co.nz or on 04 238 4914 or 04 237 0110

JOHNSONVILLE

Healthy Steps, weekly on Saturdays during school term time 9.15am - 10.15am. Venue: St Johns Church hall, Johnsonville
Lymphoedema Support Group, 3rd Tuesday of every 2nd month 7pm - 8.30pm. Contact Di Graham ph. 027 460 1313 or 04 934 3083 or digraham@clear.net.nz

OTHER SUPPORT GROUPS

Multiple Myeloma Support Group, 4 to 6 weekly rotating all areas, contact info@cancersoc.org.nz
Fesoasoani Pacific Women’s Breast Cancer Support Group, please contact Moera or Cecilia at pacificfesoasoani@gmail.com
Pasifika Men’s Cancer Support Group, please contact Ollie Seumanufagai at 04 389 0594 ext 64104 or 027 511 3205 or Ollie_Seumanufagai@nzf.salvationarmy.org.nz
Head and Neck Cancer Support Group, 1st Sunday of the month, 2.30pm. Venue: Ground Up Café, Pauatahanui. Contact Cheryl on pandcwootton@xtra.co.nz

WAIRARAPA – 37 TE ORE ORE ROAD, MASTERTON

Any Cancer Men’s Support Group, 4th Monday of the month 1pm - 2.30pm
Any Cancer Women’s Support Group, 3rd Monday of the month 1pm - 2.30pm
Blood Lymphoma Leukemia and Myeloma Support Group, Saturday meetings 4 times a year with a shared lunch. Partners/spouses welcome. Dates to be advised.
Lymphoedema Support Group, Every 2nd month. Call for details.
Cancer Society Wairarapa Dragon Boat Team. Open to all cancer survivors and their supporters for fun and fitness.
Living with Bowel Cancer Programme. This is a 4-session informative course. Dates to be advised.
Look Good Feel Better Course. A free one-day workshop offered to women undergoing treatment for cancer. Date to be advised.
Moving On after Cancer. These 4-week, 2-hour sessions are for those completing treatment and asking what now?

NELSON

Survivors and Thrivers, Motueka 25 July, Nelson 8 August. To register ph. 03 539 1137 or email info@cancerselnc.org.nz
Prostate Cancer Support Group, meet 1st Thursday of the month, Broadgreen House, 1.30pm - 3.30pm. Contact Bill, phone 03 544 8635

MARLBOROUGH

Look Good Feel Better, 8 July, 11 September & 13 November. Call our office to register.
Walkin Group, 9.30am from our office. Please call for details.
Under 50s Breast Cancer Group, 4th Wednesday of the month. 6.30pm - 8pm