DO YOU KNOW THE 5 SIGNS OF YOUTH CANCER?

FIND OUT WHAT'S HAPPENING AROUND THE COUNTRY

INTRODUCING OUR NEW CAMPAIGN

DANA IS USING HER STORY TO HELP OTHERS

NATIONAL MAG WINTER 17
Every September CanTeen runs its Annual Appeal asking New Zealanders to help raise funds.

**BUT THIS YEAR WE'RE ALSO DOING SOMETHING A LITTLE DIFFERENT.**

During August and September, to coincide with Annual Appeal, we’re running a different sort of campaign.

- We’re not telling you why you should donate.
- We’re not telling you how your money helps change our members’ lives (although it does).

This year we’re asking you for something more.

**WE’RE ASKING YOU TO HELP MORE YOUNG KIWIS LIVE.**

Knowing the signs of Adolescent and Young Adult (AYA) cancer and being empowered to advocate for yourself, for your friends, for your family - that’s what we’re campaigning for.

**NEW ZEALAND’S AYA SURVIVABILITY RATES DON’T STACK UP IN COMPARISON TO OUR INTERNATIONAL PEERS AND WE WANT TO CHANGE THAT.**

We want to ensure that young kiwis have the best chance of survival and we believe that knowing what to look out for is a good place to start.

**SO KNOW YOUR BODY.**

Know when a lump appears and don’t ignore it. Challenge those significant weight changes or that persistent pain that won’t go away. If you’re tired no matter what you do, don’t dismiss it. See a mole on your body that’s changing size, shape or colour, don’t wait - check it out.

**KNOW WHAT TO LOOK FOR AND WHEN TO ASK FOR HELP.**

AYA cancer is rare, but if something changes or something doesn’t seem right then go to your GP and get it checked out.

Every single one of our members has a story to tell about how they, or their sibling, found their cancer. Some were diagnosed early and some were not. This delay can sometimes make all the difference.

**CANCER DOESN’T CARE SO WE HAVE TO MAKE SURE WE DO, BY MAKING SURE WE KNOW WHAT TO LOOK FOR, BECAUSE EARLY DETECTION IS KEY.**

So take a look at our #ThumpCancer campaign and watch some of our members' stories on our website or on our social media sites. Then make sure to tell your loved ones about it. Tell them what to look for and what they can do to help.

Help us do something different this September.

Help more young kiwis live.

Lucy x
CEO UPDATE
CLAUDINE YOUNG

There is a lot to tell you about in this edition of the magazine, starting with Thump Cancer. CanTeen demonstrated a commitment to play a part in improving survival outcomes for young people in NZ with the launch of Thump cancer, our campaign to raise awareness of the 5 signs of youth cancer and encourage young people to go to the GP if they are worried.

We held launch events in Wellington and Auckland that were attended by members, donors, corporate partners, families and health professionals. Lucy Coombes did a fantastic job of hosting the Wellington event and Mona shared his powerful story, reminding us all of the importance of early diagnosis.

Alex Hunt hosted the Auckland event with Matthew Manukuo sharing his story in spoken word and a speech from Mark Winstanley CanTeen's Board Medical Director. Anna Hocquard rounded off the speeches, sharing insights into how cancer effects young people and her belief that all young people in NZ deserved the best services and treatment.

The event was supported by Compass who provided the catering in Auckland and Oceania provided the AV equipment. In Wellington the food was provided by Seasoned and Dressed, who held a session in the afternoon to teach three Wellington members, Andrew Young, Chelsea Smith and Edan Wylie to make canapes. Both events were a huge success with a great deal of support for the campaign.

At the AGM the new Member Leadership programme will be launched, creating exciting opportunities for leadership roles, training, and development in CanTeen. As part of the development of the programme Matt Young, Kerry Heffer and Brooke Agnew had the opportunity to attend the CanTeen Australia Leadership Festival. You can hear more about this from Brooke later in the newsletter.

We also have some new staff to introduce to you. In the Member Services team we have Sam Paulin and Clint Vilitau both Youth Support Coordinators in Auckland. In Christchurch we have Aaron Powley, Youth Support Coordinator. We welcome back Donna Davidson as the National Community Connections Manager. In the National Office we have Irma Yanty in Accounts and Sharon Sweeney Lauder working on policy projects. In the Marketing and Fundraising Team we welcome Ellen Adamson our Individual Giving Coordinator, Rosie Collins our Campaign Coordinator for the Christmas card campaign and Philippa Henderson as the Communications and Digital Manager.

I would also like to recognise Laverne Robinson, CanTeen's Practice Manager who celebrates 5 years at CanTeen and also Maureen Williams Youth Support Coordinator for Otago Southland and Lianne Jenkins Youth Support Coordinator for East Cape who both celebrate 10 years with CanTeen. On behalf of the Board, members and staff, thank you for your dedication and support to the members and their families.

We recently held the interviews for new Member Directors of the Board. All the candidates were outstanding and fine examples of leaders in CanTeen. The names of successful candidates will be announced at this year’s AGM. Which will be held on the 18th October in Christchurch.
CANCER DIDN'T CARE I WAS ABOUT TO START A NEW SCHOOL.
I had always been a sporty kid. Then one day I sprained my ankle playing dodgeball and it never really healed. Despite multiple visits to physiotherapists it remained bruised and painful. A couple of months later I had unexplained pains in my elbow, chest and knee. Doctors diagnosed juvenile arthritis and sent me home from the hospital with painkillers.

Bruises started appearing on my body so it was back to the emergency room. This time they took me into a room by myself and asked me how my home situation was, what my parents were like – obviously they suspected my parents were hurting me. It turned out I had low platelets in my blood which was treated with a platelet transfusion.

I WAS EXHAUSTED AND TIRED ALL THE TIME. THE PAIN WASN'T GOING AWAY. IT WASN'T IN MY HEAD.

After the third or fourth visit to hospital, round after round of painkillers and blood tests which showed nothing, I was told the pain was “all in my head” and referred to a psychologist. A month or so later, unable to walk because of pain in my legs, I was back at Whangarei Hospital. A MRI scan on my knee identified active arthritis so they pumped me full of steroids. But I was still in lots of pain and the bruises continued to appear. Then a lump appeared on my back and an MRI identified bone marrow changes.

EIGHT MONTHS AFTER THAT FIRST VISIT TO THE DOCTOR WITH WHAT WE THOUGHT WAS A SPRAINED ANKLE AND MULTIPLE HOSPITAL VISITS, I FINALLY HAD A DIAGNOSIS. CANCER.

Everything happened fast from then onwards. The delay in my cancer diagnosis meant my treatment was more invasive. The chemotherapy was horrible – I vomited all the time, lost all my hair and had problems with my teeth and throat.

I was in hospital for seven months and it was really hard being away from my family and my two cats. Most of the time it was just Mum and me. Once a month, after chemotherapy, Mum and Nana would swap so Mum could go back up north for a week and be with the family.

I was about to start a new school when I was diagnosed and I missed most of that first school year. So it was cool to finally meet my new classmates in the final term. But, although I was glad to be back to my real life, things had changed. I was different person.

I joined CanTeen as soon as I turned 13. My big brother Darren was already involved and I knew how much they had helped him. CanTeen is like a second family to me. Everyone’s so close because we’ve all had to deal with cancer.

EARLY DETECTION IS KEY.
I’m now really aware of the importance of getting lumps checked and taking seriously pain that won’t go away. Today I’m 16 and cancer free. The doctors say the cancer shouldn’t come back so I try not to worry about it. But I’m determined that others don’t go through what I went through, which is why I’m supporting CanTeen to raise awareness of the five signs of youth cancer – let’s Thump cancer together.

Donna
MEET CANTEEN MEMBER DANA - THIS IS HER STORY
Introducing our new awareness campaign: #THUMPCANCER

September is our annual appeal month and no better time to release our latest campaign which aims to raise awareness of the five signs of youth cancer – ensuring young New Zealanders like Dana recognise the symptoms and seek medical help that can reduce the long term impact of cancer, and even save their life.

**5 SIGNS OF YOUTH CANCER THAT SHOULD NOT BE IGNORED**

Being aware of the 5 most common signs of youth cancer that may indicate something is wrong, and going to see your doctor, sooner rather than later, is the key to timely treatment and the best outcome for young people.

All 5 signs are unexplained – it is not known what is causing them, AND persistent – they don’t go away.

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**HERE ARE THE MOST COMMON YOUTH CANCERS IN NEW ZEALAND**

- lymphoma
- leukaemia
- melanoma
- testicular cancer
- thyroid cancer
- sarcoma
- brain tumour

FOR MORE INFO: WWW.CANTEEN.ORG.NZ/THUMPCANCER
GET INVOLVED!

Young people don’t expect to get cancer. GPs don’t expect young people to get cancer, they may only see one case of youth cancer in their entire career.

BUT cancer is serious.

It is the leading cause of death from disease for young people. The signs are often missed and the symptoms can be mistaken for other common illnesses and blamed on lifestyle. AND a delayed cancer diagnosis can mean more invasive treatment, greater long term side effects or a reduced chance of survival.

So how can you get involved in raising awareness of the 5 signs of youth cancer?

It’s super easy to do, just #ThumpCancer

• Follow CanTeen on Facebook, Instagram and Twitter to help us reach more people.
• Share #ThumpCancer with your friends and family so they know the 5 signs.
• Put CanTeen’s #ThumpCancer frame over your Facebook profile picture.
• Donate to CanTeen.
• Visit our partners below who are supporting us in raising awareness and funds.

HERE ARE SOME OF OUR PARTNERS SUPPORTING US

Burger King

The King and his crew are helping us raise awareness and funds in Burger King restaurants across the country.

Head to your local store to feed more than your stomach this September as your trays share the 5 signs of youth cancer so that you can #ThumpCancer

Sierra

With limited stock you want to be quick to get your very own Sierra CanTeen #ThumpCancer keep cup. Visit Sierra for your daily fix and this reminder to you and those around you of the 5 signs #ThumpCancer

Repco

Repco stores nationwide are helping us rev up our awareness campaign by not only promoting it instore, but by giving customers the opportunity to add a $1 to their purchase to help us make traction in sharing the 5 signs of youth cancer #ThumpCancer

FOR MORE INFO: WWW.CANTEEN.ORG.NZ/THUMPCANCER
MARKETING & FUNDRAISING

CHRISTMAS CARDS ARE HERE!

This year’s unique member designed Christmas cards are printed, packed and ready to go!

This year we’ve made some design changes, improving the quality and increasing the number of designs from five to eight, so that everyone will find a card they can’t wait to share with their friends and family.

The design brief was to think about the words on the ‘gratitude attitude’ bandanna and how they relate to a kiwi Christmas. The talented artists who attended this year’s Art Workshop created so many wonderful designs that it was hard to pick just eight.

Thanks to Amelia from Hamilton, Jess from Auckland, Tui from Dunedin, Courtland from Manawatu, Emily from Wellington, Kate from Taranaki (two designs) and Sophia-Rose from Southland for creating such wonderful designs.

The cards will be sold by phone to CanTeen supporters from September and will be available on the CanTeen website, both as packs and as individual, personalised cards for corporate giving.

HAYS RAISES OVER $25K!

Recently Claudine collected a big cheque from Hays – their annual partnership contribution to CanTeen through three client events in Auckland, Wellington and Christchurch. Over the past four years Hays have raised more than $100,000 for CanTeen, showing their commitment by matching their clients’ donations dollar for dollar. As well as their important financial contribution, Hays also actively support CanCareer and share their expertise through career mentoring of young people living with cancer. Thanks Hays! And thanks to all the members who came along in Auckland, Wellington and Christchurch to make the events so successful!
WAREHOUSE STATIONERY GETS YOUTH EDUCATION BACK ON TRACK

Look out for Warehouse Stationery’s biannual ‘add a dollar’ campaign for CanTeen in September.

Twice a year the team at Warehouse Stationery prompt every customer to add a dollar to their bill to support CanGrow grants and other CanTeen programmes to help young people living with cancer get their education back on track. Go into your local branch and show your appreciation to the WSL staff while the September campaign is running – from 18th September for three weeks.

LAUNCHING THUMP CANCER

On Thursday 31st August we opened our Auckland branch to our supporters to share our latest campaign Thump Cancer.

With CanTeen patient member Alex as MC for the night, it was a great evening sharing and getting to know our supporters and vice versa. The night was not short of inspirational speakers with CanTeen members Matthew and Anna, alongside Alex stealing the show. Matthew shared his powerful and emotive spoken word, whilst Anna shared the importance of this campaign, giving perspective to the statistics shared.

Thank you to all who attended. Photos from the event will be up on our Facebook page.

Together let's #ThumpCancer!

WELCOME ROSIE & ELLEN!

We recently welcomed Rosie and Ellen to the Marketing & Fundraising team at National Office! Rosie has joined us to manage the Christmas card campaign fulfilment, which has moved in-house this year, and Ellen joins as our new Individual Giving Coordinator, working on direct marketing, telemarketing, supporter care and CanTeen’s growing regular giving programme.

Here they are pictured on the right at the recent supporter evening held alongside one of Auckland’s Youth Support Coordinator Clint (L to R: Ellen, Rosie and Clint).
Update by Viv Homewood (Youth Support Coordinator)

In April 2016, CanTeen’s National Patient Advocacy Group, ‘Listen Up’, went out to patient members across New Zealand and asked them to share their experiences of having cancer treatment as a young person in New Zealand. The Listen Up group heard many stories of things that are done very well, and some things which could be done a lot better. From here, they went through all the stories and picked out a few areas that they heard are important to young people.

One of the loudest themes which came through from young people is the impact that a cancer diagnosis has on a young person’s mental wellbeing, with the overall message that cancer doesn’t finish with remission; the struggle continues as young people face mental health challenges such as depression and anxiety in the years following remission.

International research supports this, with studies done with 12-25 year olds in Australia, UK and USA finding that young people with cancer have higher rates of depression and anxiety than their peers who do not have cancer. Also young people with cancer have higher rates of depression and anxiety than their adult counterparts with cancer.

Following this, the Listen Up group decided it was vital that CanTeen needed to increase awareness within its membership about the importance of mental wellbeing and not just for patient members! So, they created an internal campaign they called ‘Mind Your Head’. The purpose of Mind Your Head was to not only raise awareness, but to promote and initiate open conversations through young person led activities and events in CanTeen about mental health. As well as reducing stigma associated with mental health and to gain insight and experience about what mental health issues are important and unique to the needs of CanTeen members.

A survey was created alongside Mind Your Head, as a way to collect information surrounding the mental health understanding of members as they participated in Mind Your Head activities across the country. Results showed that the majority of CanTeen members had some understanding of mental health and that overall, they were comfortable talking about mental health, but it depended who that was with. The survey also showed that CanTeen members did think that mental health was an issue for members; however, many could not identify any mental health services. Finally, the majority of members did feel that their mental health needs were being met within their local branches.

The take-away messages from the survey was that it is important that we are continuously educating and informing members about mental health, that we create safe and comfortable environments for members to talk about their mental health, and that we have a range of ways to inform young people of mental health services that are available to them.

Moving forward, the Listen Up group would like to make awareness around mental health and wellbeing an integral part of CanTeen, and that as an organisation, both Staff and members alike are continuously acknowledging, discussing and supporting the mental wellbeing of our young people.
Mind Your Head by Emma (CanTeen member)

As part of the CanTeen-wide Mind Your Head campaign, the Auckland branch held a unique event to bring members together and discuss some of the core campaign concepts. Over a dozen members from a variety of categories spent an evening at the office where we got to know Sam, the new youth worker, and meet a few new members. There were a variety of activities including a Secrets Circle illustrating the impact of gossip and an M&M Communication Challenge demonstrating how there are many different ways to communicate. The activities ended with a bang – popping balloons to let go of any concerns. Plenty of pizza concluded an evening of engagement and discussion. It was amazing to see everyone getting involved and enjoying the event!

Tree Adventures by Miranda (Youth Support Coordinator)

On Saturday the 8th of July, an event was held for siblings out at Tree Adventures in Woodhill Forest. Helping me run the event we had Sam and Clint. There were five young members who came along. We started with some simple trust fall exercises to build up confidence, then we had our safety briefing from the lovely staff. After that, they were all straight up onto the course. We went through four of the more challenging courses, so it was fantastic to see the young members grow more and more confident as they went further along. The group then had lunch and talked about how everyone found the course. It was a very enjoyable day out and thankfully the weather held up! A big thanks to the team at Tree Adventures for helping make such an enjoyable event possible.

Branch Update by Char (Youth Support Coordinator)

Confinement Room offered us a discount on entry which meant our members got to enjoy a fantastic teambuilding session in the kill room! Very spooky name but lots of laughter heard coming from the room as the team solved puzzles to unlock the room.

We also offered a trip to Hobbiton for our offspring members, again kindly discounted by Hobbiton. Unfortunately we have had to postpone so will look forward to this visit another time. Opal Springs was our last destination where we joined with BOP & Rotorua branch for some fun and relaxation in their awesome facilities at a generous discounted price. Love the community spirit!

Lastly, Waikato branch now has an office to call home. We are sharing a space with another NGO in Hamilton East and look forward to offering our services out of this building in the coming months.
We have been trying some different activities in the bay over winter! In June we held an afternoon retreat here at the CanTeen Tauranga base camp, where we had Cath from the local Pinc and Steel organisation come and teach an hour of Pilates for our group, tailoring the needs of the individual to the programme and how it could help them.

We also welcomed our 2 new volunteers, the lovely Lorraine who will be our new branch nurse for camps and activities, and Nicki who is a reflexologist and shared her skills and magic hands with the members’ feet! We all got a chance to learn how to do hands-on massage and practiced on each other. Everyone really enjoyed this session and got a lot out of it and will be able to take some of these skills home and use again! We had a really healthy feast of salads and breads and everyone went home with a bit of a goody bag!

In July a group from our branch met up with some members from Waikato and Rotorua to have a well needed bit of TLC at the Opal Hot Springs in Matamata, where we had a play in the big pools, then a luxury dip in the private pools which were tucked away in a bit of bamboo forest! We had a great feast of meats on the barbeque followed by fruit and snacks, all wonderfully donated by Good Neighbour Charity here in Tauranga, which helped us all to feel the love! The members had a lovely time and a well needed break from the daily grind!

Every 2 weeks we have the awesome Matt Baxter show some of our members how to release with the drums; this small group get a lot out of using the drums as a release and a way of socialising.

Our main activity for the winter will be to visit the snow down at Tongariro National Park which is coming up next month, so watch this space to see how that goes!
Branch Updates by Emma (Youth Support Coordinator)

Well we have had some awesome catch ups over the last couple of months. Girls Catch Up in Opotiki saw our more rural members catching up and pampering ourselves, thanks to The Body Shop Rotorua for the goodies - we had loads of fun practicing on each other.

Tauranga Armageddon Expo donated some tickets so we passed these on to some of our families to enjoy the experience together.

Flip Out Rotorua saw us bouncing around and a mini dodgeball game was an awesome activity to get your heart rate going and a fun way to be active on a wet day. Big thank you to the Flip Out team for accommodating us.

Adventure Rooms hosted our latest R18 Catch Up, I was super impressed with our team as we were able to solve the clues and break out with time to spare so the Black Queen will have to try her luck with another group. Welcome to our newest volunteer Rachel who joined us for the day.

Opal Hot Springs, what a lovely way to chill out during the school holidays with each other and members from our surrounding branches.

Brainy Catch Up is specifically for those members who have a brain related cancer, and we went bowling and I’m just saying I think we need a re-match ‘cos I’m not liking my scores!! Followed up by ice cream and chats. I had an awesome afternoon, thank you guys.

Snow Day, what a day! For some it was their very first time at the snow and they absolutely loved it. Hear what the members have said about their experience:

“It was my second time at the snow today and I didn’t know what to expect. My favourite part was sliding down the hill and the snow train and stopping for lunch at the playground” said Tani (CanTeen Member).

“First time attending a CanTeen event and got to say the members are pretty cool. My favourite part about today was sliding down the hill” said Rosie (CanTeen Member).

Thank you to all our members for attending and especially our fabulous volunteers. We would love to see you at our next catch ups.
What CanTeen has done for me by Hazel (CanTeen member)

CanTeen provides me with the skills to face my cancer journey. They made me feel like there are other people going through a similar thing as me and that I’m not alone.

When CanTeen visits me when I’m in hospital I forget what is going on around me and just have fun. It is a pick me up from a bad day in bed.

Going to the CanTeen get-togethers helps me by knowing there is light at the end of the tunnel and a life outside of hospital.

CanTeen came up with a cool idea of writing things on a balloon and letting it go; a symbol that that chapter in my life is over.

What CanTeen has done for me by Sione (CanTeen member)

The life I was used to changed when I was diagnosed with cancer. I felt alone and didn’t think I could do anything anymore.

Through CanTeen I have met old school friends who are also members of CanTeen and lots of new people. We have been on activities together and been for walks along the beach. Members have visited me at home and encouraged me to come out and enjoy time together.

Lianne my youth worker organised a surprise before I went away on treatment. A ride in a hot rod! I have never been in a hot rod before. Just the sound of it going along the road and the feeling of being in it with the power and the flash interior, it was so cool going past all the other people. It was amazing and I will never forget that day.

I would like to thank all the people in CanTeen who have helped me, in particular Lianne, my CanTeen youth worker in Gisborne; Kate my Waikato CanTeen patient support worker and Ellen my AYA Nurse.
Branch Update by Kerrie (Youth Support Coordinator)

After saying goodbye to one of our members a few weeks ago, I decided that the members needed to come together and have some fun. The best way to introduce new members and get the team spirit flowing is ten pin bowling.

On Sunday, 19 CanTeen Hawkes Bay members and volunteers arrived for some friendly competition. We had three team captains and everyone split up.

The team names were – The Bowlanators, The Leftovers and The legends.

It was great to stand back and watch the members encourage each other, share their tips for getting a strike, and laugh with each other when the ball made an extravagant entrance into the gutter without hitting one pin! Such a fantastic event where all the CanTeen values shone.

Many of the members had not met at least two of the other members, and for one member this was the first time she had met anyone and she was welcomed into the branch and had so much fun.

With a quick drink and a few baskets of fries, the members got to know each other and shared some things about themselves which helped everyone mix even more. Then it was back into game two and the competition was fierce and so funny to watch.

As everyone left, they had all made a new connection and were looking forward to the next catch up and activity.

A huge thank you to the funders for this activity – to the outside world it may have looked like a group bowling but for the CanTeeners it gave them a chance to connect with peers who understand that living with cancer can be tough and an activity like this can make a huge difference.

A big thank you to our volunteers Jo and Elisha for helping us out. Some messages I received that afternoon from parents and members:

“Thanks for a fun afternoon I can’t wait for the next catch up” – CanTeen Patient member

“I was nervous to come to my first event but it was cool, I loved it” – CanTeen Patient member

“This afternoon was just what needed, thank you” – CanTeen Parent

From a Youth Support Coordinators prospective, new members relaxed, everyone mixed well, and important connections were made. As I introduced everyone it was great to see the smiles of “Ok you’re a member like me”

Fabulous activity with amazing members – CanTeen Hawkes Bay rocks!
Branch Update by Alex (Youth Support Coordinator)

We’ve been busy getting up to lots of activities, fundraisers and holding an event for CanTeens Mind Your Head campaign.

We went Go-karting last month and it was a big turn out from our local branch. We all had a ball speeding round the course cheering on one another and racing each other.

We’ve also been keeping busy every Thursday for the past 6 weeks as we attend kickboxing classes. It was organised by Parafed through Sport Taranaki at no cost to CanTeen. It’s been awesome to workout together and learn new things as we get and stay fit during winter.

Stretching our bodies and speed is not the only thing we’ve been doing. We held a quiz night fundraiser in July at The Good Home in New Plymouth. We were donated some awesome prizes for the night and together raised $1000 for CanTeen. It was such a fun night and big thanks to Leanne Gilbert who led the fundraiser and all the volunteers who jumped on board to help out.

As part of Listen Up’s Mind Your Head campaign which is all about mental wellbeing, CanTeen member Jess led an art and craft activity. It was a joint activity that we ran with the local branch of Child Cancer Foundation. It went really well as we shared some good messages about mental wellbeing with the added bonus of having some new art work for the office! Win, win!
Branch Update by Karen (Youth Support Coordinator)

CanTeen, alongside Mid Central Health, has been working on building resources for adolescents and young adults while they are in hospital receiving treatment. We are fortunate to have Inspire Net support our young people with free internet and Dan one of our volunteers and businessman in Whanganui, donate a TV for the area so members can chill and relax while going through treatment.

This is for members like Blossom. Meet Blossom! While undergoing treatment we worked on her coming out the other side with something she could focus on. Here she is with her newly made quilt, designed by her. It was sewn by her, her mum and myself (only for those times they needed a machine). Awesome job, Blossom!

Joining in with the rest of the country in July, we too focused on mental health, holding an event as part of CanTeen’s Mind Your Head campaign.

It was all about focusing on what mental health is for the individual; what are the signs and symptoms of poor mental health and ways we can combat it, such as asking for help and knowing who to turn to for help - knowing what resources are out there for young people.

It was a great time together with some of our awesome members sharing their experiences, the highs and lows they’ve had, and of times where they’ve given and received support and encouragement to one another. After sharing, thanks to a donation of paints from Resene, we got creative. Thanks Resene!
Rongotai Mufti Day by Susie (Regional Manager Central)

Rongotai College held a mufti day on the last day of Term 2, where they raised $423.50, donating the proceeds to CanTeen! A CanTeen member Foga attended their final assembly and delivered a speech which reminded them to work hard at the things they are not good at, as talent only gets you so far. In a very timely manner he also reminded them that no matter how bad things seem, someone cares about you. He finished off wishing them a safe holiday break. The entire school then stood and performed a stirring haka for him which I got to witness.

WETA Workshop visit by Finn (CanTeen member)

Our July activity was based at the Weta Workshop department in Miramar. After gathering together and kicking things off with our methodical introductions with a juice-box in hand, we set off towards the building in which our tour would take place.

The bright Monday afternoon weather was whipped away from us as we entered the tour filled with statues of ugly trolls, huge haunting weapons and shining armour kits. Throughout the tour, we were shown all kinds of props (weapons, miniature sets, full-body costumes etc.) used in films which Weta Workshop have assisted in creating - from the Lord of The Rings trilogy to The Chronicles of Narnia.

A short movie also gave us an in-depth understanding of the type of work and effort which takes place at the Weta Workshop. Not to mention that afterwards we faced an encounter with a tiger’s head - stuck to the wall but still able to move through a mind-boggling electronic process! Our helpful tour guide explained everything to us and even managed to answer all of our wacky, confusing questions!

As a company, Weta Workshop didn’t start off with much money or experience, but turned around and made huge profits through dedication and effort which I think is an achievement in itself. The tour exceeded our expectations and was a pretty awesome experience for everyone.

Giggles & Grub by Hayley (CanTeen member)

It’s Wellington’s alternative to a monthly catch up, but with a bit of a twist. Well, to us at least. Every month we gather together to enjoy dinner and some laughs. One of us will whip up a nice little feast and from there the chaos often ensues. It’s hard to describe exactly what Giggles & Grub is because it’s so much more than just a catch up now.

Our little office space has become a place where we can just coop up and enjoy the company of fellow CanTeeners and meet new ones as the Wellington branch continues to grow. It’s a lovely space that caters for each and every one of us and if any of us are having one of those weeks - we just tend to leave all that at the door and indulge in each other’s company for a few hours.

In May, Yoga Rhapsody joined us for the first hour of Giggles & Grub. Jemma and Paul have combined two of their passions, music and yoga, to bring us Yoga Rhapsody. An hour long yin-yang style yoga class, set to live acoustic guitar and vocals. Suitable for all levels, from the beginner, to the experienced yogi. We all felt relaxed by the end of it!
NELSON/MARLBOROUGH

Nelson Motueka Flights by Zoe (CanTeen member)

Scenic flights over the beautiful Able Tasman!

On Sunday 30th of July CanTeen had an amazing opportunity to enjoy a scenic flight around the Abel Tasman. We all met up at the Motueka Aero Club. There were 7 members that were lucky enough to experience this, including Blenheim members that travelled up especially. There were about 10 planes that were parked out on the paddock and we investigated the incredible different varieties. I was amazed at how expensive even the small planes are to maintain and fuel up. The Motueka Aero Club had put on a mean lunch and even dessert, so once we were full to the brim it was time to depart. Our incredible pilot Kevin Foster gave us a briefing on where we were going and what to expect before taking 3 members up at a time. We couldn’t have picked a better day for it with blue sky all around. Amazing pictures and views were taken in.

We also had the Nelson Mail/Stuff at the airport to take some pictures and interview some members for an article showing off the awesome event for CanTeen and the club. After three trips up around the Able Tasman to Awaroa and back we called it a day.

Many thanks to the Motueka Aero Club and Kevin Foster. This was definitely a flight to remember!

CANTERBURY

Introducing Aaron

Hey guys, Aaron here!

I’m so excited to join the CanTeen family at the offices here in Christchurch. My first week here has been hectic but awesome and I can’t wait to get to know everyone.

I moved down to Christchurch from Nelson about ten years ago to study psychology at UC and have loved living in this city.

I enjoy hanging out with friends and watching movies, plus you can never go wrong bingeing on some Netflix. I’m into computer games and you’re welcome at the office anytime if you think you can beat me! I love to play ice hockey and watching the NHL (Go Tampa!) I also enjoy playing some casual volleyball as well.

I’ve been a youth worker for six years and love it. No two days are the same and all the people you get to meet and work with both professionally and personally are incredible. The youth workers who encouraged me and got alongside me though my teenage years and early twenties were amazing and are a big reason I am who I am now and why I want to work with youth and young adults!

I’m looking forward to getting to meet and work with everyone and can’t wait to get fully stuck in!
Branch Update by Otago Staff

The Otago branch members have embraced CanTeen’s internal campaign Mind Your Head which raises awareness with our members about mental health and wellbeing. We offered a smorgasbord of activities to help promote healthy conversations, connections and wellbeing. These ranged from getting our stretch on with two Les Mills Body Balance Instructors – a big shout out to Les Mills Dunedin for making this happen!

Another highlight was heading out to St Clair and spending time with the lovely Vicky Murphy from Awaken Meditation & Mindfulness. Vicky treated us to a wonderful hour of meditation and mindfulness. For many this was their first experience using meditation and mindfulness techniques and feedback from many was that they would like to do more of this, so that has to be a win right!!!

A new person has joined the Dunedin Branch... introducing Steve! Steve is a man of many talents - he can fly planes, has a background in management and psychology, has a great sense of humour, is a fantastic communicator, and can tell just as bad jokes as Anna and Maureen. One thing we have learnt that Steve can’t do is sing - you can’t be perfect! But Steve you’re pretty awesome and we are stoked to have you on board!

CanNect update: Lastly a big shout out to Shania Fox who has recently completed her CanNect training. Shania is a ray of sunshine and she has worked hard to complete her placements as well as start university. We are also stoked to have Shania Deans-Bryant move up from Invercargill. Shania has buckets of enthusiasm and is well on the way to completing her placements. Having three CanNectors in Dunedin is awesome, so a massive thanks to Mackenzie, Shania and Shania, you three are superstars!
Branch Update by Maureen (Youth Support Coordinator)

Down in the Deep South we have been having regular fortnightly catch-ups in our new Hub – it’s really cool having a pool table and we soon found out that we are a pretty competitive bunch! It was also really exciting for all the Southland female patients to travel in a van up to Dunedin for Look Good Feel Better and hang out with the girls up there, check out their new Hub, have BK for lunch and be let loose in Kmart for the afternoon (we don’t have one in Invercargill........yet).

Thanks heaps to Christine from LGFB for organising all the fantastic volunteer consultants who made us feel super special. It snowed in the school holidays, which sounds like fun but it meant we had to postpone our Mind Your Head activity with the amazing people from Life Matters, hopefully we can reschedule when the weather is better. One of the last activities we had was an Offspring catch up in Gore with new Offspring members from Waipai, Gore, and Invercargill – we hung out at McD’s then went ice skating. It was awesome to finally talk to someone who gets how we feel.

Last but not least, huge congrats to our Sophia-Rose who has had her painting chosen as a 2017 Xmas Card – we can’t wait to see it in print.
CanTeen’s new lifestyle intervention programme ‘reset’ was extremely well received after its launch in February this year. Developed to help young people who have had cancer, reset helps them to have a better lifestyle by making changes in areas such as diet, exercise and self-care.

Sandwiched between two weekend programmes is a twelve week challenge where young people get to practice the skills and knowledge they have learnt along the way. Participants of the launch programme also tested CanTeen’s first EVER mobile Application which has a series of home-based exercises to increase things such as strength and cardiovascular fitness.

Did you know that studies show it can be very difficult for a young person who has finished cancer treatment to return to normal life? Or that cancer is a chronic illness that can increase the risk of other chronic illnesses? Research also shows that cancer and its treatments can affect numerous organ systems and cause long term side effects, late effects and physical impairments. It can also increase the risk of secondary cancers occurring.

The good news is that physical exercise and a balanced diet can greatly reduce these risks and increase the quality of people’s lives, and that’s exactly why reset was born. The programme includes lots of different exercises including paddle-boarding and dodgeball, a cooking class and demos, and inspirational guest speakers.

We are excited to announce that reset will continue, with the next programme to be held in February 2018. If you are a member and need more information about reset, please contact your Youth Support Coordinator.

Here is some more of the great feedback from our young people who attended the launch programme:

“This weekend will change my life”
“A positive start to a new healthy lifestyle”
“A weekend that will never be forgotten”
“Motivation to live life to its fullest”
“This represents CanTeen’s motto to support, develop & empower young people living with cancer. I feel I have more support than ever to physically get back/create my new normal”

WANT TO FIND OUT MORE ABOUT RESET?
Contact Georgie on georginal@canteen.org.nz

reset by Jessica (CanTeen patient member)

Support, develop and empower young people living with cancer holds true in all that is CanTeen. One of the many platforms that sees this motto through is reset. This is a workshop that is designed for patient members to give them the tools and knowledge they need to get back into the active and nutritional world after cancer treatment. We get given the opportunity to fit back into our ‘normal’ or create a brand new one. We had a team of physios on board from PINC and STEEL and a dietitian and nutritionist who taught us a wealth of knowledge on healthy/mindful eating.

The workshop is split up into two weekends with a 12 week challenge in between, where we follow our very own reset app that offers some rewards for levelling up along the way. Throughout both workshops we paddle-boarded, swam in the ocean, pushed play on all things active, inflatable dodge ball, exercised, ate a lot! All healthy foods of course, listened to some amazing motivational speakers, did meditation and mindfulness, went to a Thai cooking class, learnt about self-care and sleep nutrition and made some great friendships along the way.

reset has given me courage! Courage to take on any challenge. Courage to set goals and achieve them. Courage to try new things and finally courage to step out of cancers shadow that it left behind. Since participating in reset I have been inspired by all who attended and created my ‘new normal’. I enjoy eating healthy. Hiking has become a hobby. I walked round the bays (8.4km in 68mins) and am working towards a new goal of walking the Auckland Half Marathon. So I leave you with a little quote to that gets me pumped in times of trouble; “The harder it is, the bigger the climb, the better the view from the finishing line” - I must say it is a great view.
THE BEST WEEKEND EVER!

Being a part of reset by Brooke (CanTeen member)

Being a part of reset this year has been a truly life changing experience. Before being diagnosed with cancer in 2015, I was not interested in doing exercise. reset has taught me about healthy eating, exercises to gain back strength and self-care techniques. I have gained a lot of my strength and muscle back from what I lost through my treatment and stem cell transplant, by doing exercises on the reset app, and also physio sessions. I really enjoy eating healthy and exercising now because it gives me the chance to spend time bettering myself while being outside in the fresh air and taking in the views of the world around me.

EXTRAORDINARY, INSPIRATIONAL; ONE OF ITS KIND!

RESET by Aya (CanTeen member)

When I first heard the word reset from Anna I immediately knew I wanted to join this programme. Having finished my treatment just a few months ago, my life was still under construction at the time. With reset, the process was made easier and much more enjoyable. Going to camp I had no idea what to expect and honestly what I might have expected is so underrated to what we had. It was far more interesting and fun. We were taught everything from healthy food hacks to simple sports we could carry out in our daily busy lives. We got to make lots of yummy smoothies with Sarah and carry out fun physical tests with Lou and her team. Not only that but we heard some of the most inspirational stories from people who have struggled in life just like us. We got to see how they turned what we consider a negative in life to positive in the most beautiful manner. But personally the best part of all of this experience was getting to do it together, that I was never alone and always had continuous support. There was no judgement, lots of love and now we are friends for life. It was a once in a life time experience for me and I am so glad I did it.
THANK YOU ALL SO MUCH FOR YOUR SUPPORT

Auckland
- Tree Adventures in Woodhill Forest.
- First Sovereign Trust $7,500 towards Youth Support Coordinator salary.

Waikato
- Youhtown for their valuable grant of $5,000 to support the Youth Support Coordinator salary.
- COGS Waikato West for $2,000 towards member support services.
- COGS South Waikato for $3,500 towards member support services.

East Cape
- Ronald McDonald Family Retreat, for going the extra mile in your support of our local members and their families.
- Toni Cook, Mad Mike Whiddett, Hampton Downs, illabb, Red Bull, Mazda for collectively powering a local CanTeen member’s dream!
- New Zealand Community Trust for $5,000 towards a Youth Support Coordinator salary.
- Lion Foundation for $7,000 towards rental costs for the member hub and local office.
- Infinity Foundation for $2,000 towards the Youth Support Coordinator salary.

Bay of Plenty - Tauranga
- Good Neighbour for all the wonderful food donations; it is great to be well fed on our activities!
- Matt Baxter for giving his time to our members with his amazing drumming skills.
- To Lorraine and Nicki for joining the Tauranga CanTeen team as volunteers!
- Southern Trust for $8,000 towards Youth Support Coordinator.
- Infinity Foundation for $2,000 towards the Youth Support Coordinator.

Rotorua
- Pub Charity for $5,000 towards Youth Support Coordinator salary.
- COGS for $5,000 to support member services.

Taranaki
- Parafed through Sport Taranaki for donating weekly kickboxing lessons.
- The Good Home in New Plymouth for hosting our quiz night and to all who donated prizes, and to Leanne Gilbert for leading this fundraiser.
- COGS North Taranaki for $2,500 towards member support services.
- COGS South Taranaki for $3,500 towards member support services.

Hawkes Bay
- WEEM Trust for $1,965 to support the First Aid and cooking classes.
- COGS Kuhungunu Ki Heretaunga for $3,000 towards member support services.
- COGS Tamatea/Tamaki Nui Rua for $1,000 towards member support services.
TOGETHER WE ARE MAKING A DIFFERENCE

Manawatu
- Resene for donation of paints.
- Dan for donating a TV.
- Inspire Net for providing free internet.
- Infinity Foundation for $3,000 towards a Youth Support Coordinator salary.
- Pub Charity for $10,000 to support a Youth Support Coordinator salary.

Wellington
- Hays Recruitment for the annual quiz night which raised about $7,000 for CanTeen Wellington.
- Brigitte Russell from Marsden College for selling her Candles for a Cure throughout the school year and donating a cheque for $750.00 to CanTeen. For more information check it out [here](#).
- Fiona Hunter and the Strengths Champions for their ongoing support and donation. Fiona has written a book called “Woven” which is about strengths focused practice for managers, find out for more info [here](#).
- Yoga Rhapsody for running a free session with our crew.
- Lion Foundation for their grant of $5,000 towards member hub and local office rental costs.

Canterbury
- St Martins School for their fundraising efforts.
- The Ashbuton District Council and the Ashburton Youth Council for raising $4,038 with a debate evening and head shave event.
- Motueka Aero Club and Kevin Foster for a fabulous day flying our members over Abel Tasman Park.
- Pub Charity for $10,000 towards a Youth Support Coordinator salary.
- The Community Trust of Mid & South Canterbury for $5,000 towards a Youth Support Coordinator salary.
- COGS Christchurch City for $2,500.

Otago
- The Beaumont Hotel for raising funds with their Annual Motorbike Rally.
- New Zealand Community Trust $5,000 towards a Youth Support Coordinator salary.
- The Trusts Community Foundation for $4,000 towards a Youth Support Coordinator salary.
- CERT (Canterbury Earthquake Recovery Trust) for $10,000 towards a Youth Support Coordinator salaries.

Southland
- AWS Legal for their donation.
- COGS Southland for $3,700 towards member support services.
- ILT for $6,000 towards a Youth Support Coordinator salary.
DO YOU KNOW THE 5 SIGNS OF YOUTH CANCER?

PERSISTENT OR UNEXPLAINED:

- TIREDNESS.
- HUGE CHANGES IN WEIGHT.
- USUAL LUMPS OR SWELLING.
- OLES THAT CHANGE.
- AIN THAT DOESN’T GO AWAY.

EARLY DETECTION IS KEY.

CANTEEN.ORG.NZ #THUMPCANCER