Cancer has touched Margaret Parker's life in more ways than one, but despite that - or perhaps because of it - she is determined to keep living life to the full.

Margaret was determined to stay optimistic about her chances. "I've seen a number of people, including friends of mine, get cancer and often the approach people take seems to have a huge impact on the way they react," she said.

"We've seen men changing their whole lifestyle," said Wayne. "They're eating better, their fitness has improved and tests show that their overall health is better."

"You can see from the programme graduation ceremonies what this means not only for the men, but also for their families. We get wives and partners who are overwhelmed because they've seen such a change."

The last Tane Takitu Ake programme for 2016 is currently underway in Rotorua and will conclude on 9 December. To find out more about this programme, please contact the Cancer Society on 0800 22 77 44.
With your help, the Waikato/Bay of Plenty Cancer Society is able to provide a range of support services for people affected by cancer, fund cancer research and provide health promotion and education programmes which aim to reduce people’s risk of cancer.

### Steps towards a Smokefree Aotearoa

As the largest single preventable cause of cancer, smoking is a key area of work for the Cancer Society.

“Research shows that less attractive packaging will make smoking less appealing to children and adolescents, and standardised packaging will also maximise the impact of health warnings.” Advocating for policy and law change is an integral part of the Cancer Society’s health promotion team’s work.

The Cancer Society has developed a smokefree retailers toolkit and recently had a workshop with community health organisations to discuss its implementation, said Melanie.

“We were thrilled to be contacted by Dr Walker as a result of this workshop. Her study could yield valuable information about how retailers can be encouraged to go smokefree, and what alternatives we could offer that would still generate income for shops.”

Cancer Society staff will identify retailers to take part in the study, acting as a local liaison for Dr Walker’s research.

### Living Well

The Cancer Society’s Living Well programme covers practical ways of living well, building knowledge, self-confidence and self-help skills wherever someone is at in their cancer journey.

Here is some of the feedback we received from clients who attended these programmes in August and September.

### Living Well Runs Regularly

### Skydive for mum

When Laura Crosbie jumped out of a plane in Taupo on 7 August, it was for more than an adrenaline rush – she was skydiving for mum.

Laura’s mum Janet passed away as a result of ovarian cancer. Laura was heartbroken – she had lost not only her mum, but also her closest friend.

“Mum was my best friend and someone I had grown up wanting to be like, a kind and gentle soul with the biggest heart,” she said.

Not long before Laura’s Mum passed away she had mentioned to Laura that she wanted to do a skydive – an idea that Laura encouraged. Janet hesitated. “She had lost her hair to chemotherapy and was worried her wig wouldn’t hold up during the dive,” explained Laura.

Sadly, Janet never achieved her dream of skydiving.

On the Saturday after Janet’s funeral service, Laura saw a link to the Cancer Society’s Jump for cancer fundraiser on Facebook.

“It was as though Mum wanted me to use this opportunity and jump for her,” said Laura.

She signed up, and within a week had collected $1,525 in donations for the Cancer Society on her online fundraising page.

“It was an amazing opportunity to not only make mum’s dream come true, but also raise money for the Cancer Society, an organisation that helped my mum through her battle with cancer,” said Laura.

Laura Crosbie before her tandem skydive at Skydive Taupo on 7 August.

Jump for cancer raised $27,850 for the Cancer Society in the support of Skydive Taupo, the 56 individuals who held online fundraising pages for the event, and those who generously supported them.

### Living Well Runs Regularly

### The Cancer Society

The Cancer Society is excited to be part of an upcoming pilot study inRotorua which will investigate the feasibility and benefits of smokefree retailers – the first research of its kind in New Zealand.

The study will be conducted by Dr Natalie Walker, a senior researcher at the University of Auckland.

“If more retailers remove tobacco from their premises – particularly those shops close to schools – it will have a significant impact in terms of reducing the overall consumption of tobacco,” said health promotion manager Melanie Desmarais.

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