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**Electra**

A weekly feature on the  
communities in  
Horowhenua & Kapiti

# Caring for Our Community

## This week's feature – Cancer Society

Judy McIntyre's role at the Kapiti branch of the Cancer Society covers a continuum of activities from education and information on how best to prevent the incidence of cancer, through to the support of people with cancer and their families. Judy works from rooms in the Kapiti Community Centre, raising awareness locally of cancer-related issues and working with a team of volunteers to provide services.

The Kapiti Cancer Society is a branch of the Wellington Division and Judy is supported in her work on the Kapiti Coast by staff in the Wellington offices.

The Society says cancer is one of the major causes of death in New Zealand. Research indicates that more than 50 per cent of cancers can be prevented and many cancers can be cured if found and treated early.

The Wellington Division promotes healthy lifestyles by encouraging people to remain smoke free, be sun smart, to eat well, get regular exercise and, if they drink alcohol, to do so in moderation.



**Judy McIntyre (left) with long serving volunteer Eileen Moffatt, discussing plans for this year's Daffodil Day.**

They estimate 30 to 40 per cent of cancers can be prevented by adopting a healthy diet and by being physically active.

Judy's responsibilities towards community education include reinforcing these messages, which she does through the local print media and radio, and by organising events like Daffodil Day, the Kapiti Smokefree Fun Run and smoking cessation courses.

She says she could not do as much as she does without the contribution of the team at volunteers who assist the Kapiti branch.

"I've been blown away by the Kapiti community and the contribution volunteers make. Working here in the Community Centre I am aware of the numbers of people who volunteer for so many organisations.

"In the Cancer Society our volunteers carry out a

number of vital jobs. Some are content to work quietly in the background, stuffing letters in envelopes. We have our driving volunteers who are very important. Sometimes people in cancer treatment have to attend Wellington Hospital daily for chemotherapy or radiotherapy and even when family members are willing and able to take them in we can arrange to do some trips to give family drivers a break. Our volunteer drivers are able to wait in the Cancer Society's rooms opposite the hospital and have a drink and some food. "We are short of drivers and could always use more volunteers who will be trained to have some understanding of the treatments."

"On the Coast we have a Breast Cancer Support Service for any woman who has had a diagnosis of breast cancer to be put in contact with someone who can share her knowledge and experience with post-operative treatments, breast prostheses and the like."

"This service has now been extended by the Cancer Society with their Cancer Connect phone line which means that anyone with any cancer can be put in touch with someone who has had the same experience."

Judy says the patient information and support services give families and patients the access to support and information. The Kapiti branch also runs six-week Living with Cancer courses for people with cancer and their families. She is only a phone call away from anyone seeking help or wishing to volunteer. Call 298 8514.



**Remember  
Daffodil Day is August 27**

### Business Breakfast

Wednesday 4th August - 7.00am

**SOUTHWARDS MUSEUM**

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**Leader of the National Party**

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RSVP - Heather Meads

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**NEXT WEEK:**

**More Information on Hot Water Savings**

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