

Welcome to this PONZ newsletter. We are planning regular newsletters so we can update you with PONZ activities, share websites and other useful resources and let you know about events relevant to psychosocial oncology that are happening around New Zealand.

Membership: Welcome to our new members and thank you to all our previous members that have renewed their membership. If you know anyone who might be interested in joining please forward them a copy of this newsletter. Details on how to join PONZ can be found through this link:

<http://ponz.org.nz/index.php?page=membership>

PONZ National Executive strategic meetings: This year the national executive has held two meetings in Wellington to help plan the future direction for PONZ. We are excited to welcome two consumer reps (Chris Walsh & Anna Hocquard) and two Maori reps (Jo Stafford & Sheldon Ngatai) on the executive. This has proved to be a very positive move with very relevant input from the reps so far. One of the points of discussion has been how PONZ can provide educational opportunities for members to support and grow their skills in psychosocial oncology. Check future newsletters for details of PONZ education opportunities for 2015.

PONZ Local Education Days: Tauranga and Canterbury have recently run very successful Education Days. Tauranga ran a half-day programme looking at women's sexuality in cancer and Canterbury ran a full-day programme with the theme of managing anxiety in cancer across the lifespan. PowerPoint slides from each day are available for people to access on the PONZ website: <http://ponz.org.nz/index.php?page=education>

PONZ Conference 20-23rd November: The annual PONZ conference is in Palmerston North this year and the theme is The Big "C" Communication. The team organising the conference have got some great speakers including keynotes from Professor Phyllis Butow from Sydney who comes with a wealth of knowledge in psycho-oncology and Dr George Laking who is a medical oncologist and active promoter of Maori health issues. **Early bird registration closes on October 20th** so get in quick! More details on the website:

<http://ponz.org.nz/index.php?page=registration-2>

Useful websites:

<http://www.breastcancer.org.nz/Share-your-story/web-videos> "On this page, you can view web videos of women and men talking about their experiences of breast cancer diagnosis, treatment, care and life afterwards and see how they have coped with this challenging experience. Those featured have different types of breast cancer, are from a wide range of backgrounds, age groups and ethnicities. They describe their experiences of finding out about breast cancer, their early feelings, and how they coped. They talk candidly about their experiences and feelings of during the 'breast cancer journey'. Partners, daughters and sons also share their reactions and what they did to help; while health professionals discuss their approaches and what they offer."

[http://onlinelibrary.wiley.com/journal/10.1002/\(ISSN\)1099-1611/homepage/editor_s_choice.htm](http://onlinelibrary.wiley.com/journal/10.1002/(ISSN)1099-1611/homepage/editor_s_choice.htm) **Psycho-Oncology** is a leading journal in the psycho-oncology field. It requires a subscription to access journal articles but each month the editor makes one article free access – see the Editor's Choice section in the link above. It is worthwhile checking this page out from time to time.

<https://www.changingfaces.org.uk/Home> Changing Faces is a UK website with excellent resources for health professionals and consumers. They describe themselves as "a charity for people and families who are living with conditions, marks or scars that affect their appearance." It is not cancer specific but there are some really good ideas and resources for helping people affected by changes to their body.

Please send any items for inclusion into future newsletters to: kathryn.taylor@stgeorges.org.nz