

# LEADING SOUTH AFRICA TOWARDS A CANCER-FREE SOCIETY



## ABOUT THE CANCER ASSOCIATION OF SOUTH AFRICA (CANSA)

CANSA's vision is to lead South Africa towards a cancer-free society. Our mission, as a non-profit organisation fighting cancer, is to enable research, educate the public and advocate for, and support, all people affected by cancer. Through collaborative research, we aim to promote and support innovative, effective, and relevant approaches to the prevention, diagnosis, and treatment of cancer. CANSA uses evidence-based research to inform our advocacy work, health education programmes, and service to those living with cancer.

Our service comprises health, education, and advocacy awareness campaigns; CANSA Care Centres that offer a wide range of care and support services to those impacted by cancer - cancer screening and early detection; stoma and other clinical support, home-based care and medical equipment hire. We offer a free Tele Counselling service in seven languages and supply patient care and support in the form of 8 CANSA Care Homes in the main metropolitan areas for out-of-town cancer patients and CANSA-TLC lodging for parents/guardians of children undergoing cancer treatment. We further operate a national CANSA Help Desk with a toll-free line to offer information and support.

Read more about how CANSA fights cancer in your community: [www.cansa.org.za](http://www.cansa.org.za) or contact CANSA Help Desk 0800 22 66 22 or email [info@cansa.org.za](mailto:info@cansa.org.za).

CANSA offers multi-lingual support on WhatsApp: 072 197 9305 for English and Afrikaans and 071 867 3530 for isiXhosa, isiZulu, siSwati, Sesotho and Setswana and free Tele Counselling per appointment on 0800 22 66 22 in English, Afrikaans, isiXhosa, isiZulu, siSwati, Sesotho and Setswana.

# Let us CELEBRATE REMEMBER FIGHT BACK



Your local CANSA Relay For Life:



CELEBRATE

REMEMBER

FIGHT BACK



Toll-free 0800 22 66 22 [www.relayforlife.org.za](http://www.relayforlife.org.za)

## Let us CELEBRATE

CANSA Relay For Life is an impactful, fundraising experience that mobilises cancer survivors and the community to stand together in the fight against cancer.

### *How does it work?*

Survivors from your community are invited to attend where they are celebrated and honoured through special ceremonies and activities, including an opening **Survivors' lap**. This is followed by a **Caregivers lap** to recognise those who help cancer patients and loved ones in their journey.

Teams (10 - 15 people) set up team sites and take turns walking around a track. During the event, team members are free to socialise, picnic, play games, dance and participate in lots of fun activities! Teams are required to pay a registration fee and commit to raising additional funds to help CANSA enable research, reduce the risk of cancer through education and health awareness while also providing care and support to those affected by cancer.

## Let us REMEMBER

There are many moments that bring the community together to remember loved ones lost.

The **Candle Lighting or Luminaria ceremony** - candles are lit inside paper bags and are placed around the Relay track as glowing tributes to remember and honour loved ones who have passed or who are still fighting the disease. These candles remain lit throughout the event until the closing ceremony. Luminaria bags are sold prior and at the CANSA Relay For Life event. Bags can also be decorated by family members or friends.



*At the heart of Relay is the opportunity to celebrate cancer survivors, to remember those who have left us and create awareness about cancer*



## Let us FIGHT BACK

Individuals and teams at this event make new friends and memories, sharing stories and walking the track. They also learn about the health awareness, advocacy, cancer screening plus care and support programmes that CANSA offers to those affected by cancer.

Relayers take a pledge during a **Fight Back Ceremony** to take action and spread awareness about cancer education, advocacy, screening as well as care and support programmes - all in helping to build a **world without cancer**.

### *Leaders in CANSA Relay For Life*

Relay is organised by a volunteer committee and headed up by an Event Chair. These volunteers drive the community to enter teams and create more awareness on the event. You too can be a part of the organising committee, or you can enter a team for your local Relay event.

### *How to get involved*

- Form a team for your nearest CANSA Relay For Life experience
- Join the planning committee
- Be a CANSA Relay For Life sponsor
- Spread the word by encouraging cancer survivors, caregivers and teams to participate in a CANSA Relay For Life in your community

Your donation, time and support is important to us to help fight cancer in your community

For more information on how to get involved:

**Toll-free 0800 22 66 22**

**[www.relayforlife.org.za](http://www.relayforlife.org.za)**