

# CANSA Shavathon starts in February

The annual fund raising campaign of CANSA, the annual Shavathon begins with corporates, schools and organisations hosting their own Shavathon between 24-28 February 2014. The CANSA Shavathon events will happen at shopping centres across the country on Saturday 1 March 2014, where the cost is R50 for adults and R25 for children under 12 years old to shave, spray or donate a ponytail.

At this 11th event, men, women, children, cancer survivors and people whose lives have been personally touched by cancer, rally the troops and join in.

When undergoing cancer treatment, a common side effect is hair loss. By shaving or spraying hair, it is almost a sign of solidarity - showing support and visual empathy for a cancer survivor. In addition to the options of shaving or spraying their hair, people also have the opportunity to purchase a wrap for their hair (at a cost of R50 per wrap) and to donate their ponytail. These are handmade into wigs for cancer patients who have lost their hair because of their cancer treatment. Wigs are available at all CANSA Care Centres and provided at no cost to the public. To donate a ponytail, hair must be at least 22 cm in length and must be clean and dry.

With the spray option at the Shavathons across the country, people will also have the option to have cool designs sprayed onto their hair. The spray used is made from vegetable dye and is safe to use. It lasts only a day and washes out easily.

"All money raised around the country goes towards funding the care and support programme that CANSA offers, mainly rendered at its Care Centres. People don't realise just how valuable a contribution their donation made at each Shavathon is - it mainly helps to support cancer patients who need it the most," says CEO, Sue Janse van Rensburg.

The main focus of the Care Centres (<http://goo.gl/NlJio>) and Care Clinics is to provide comprehensive care to cancer survivors, caregivers and their loved ones across the country which includes individual counselling and support groups and programme, specialist care of wounds and complications as well as the provision of medical equipment. All its care programmes are structured to provide much-needed, practical solutions to common problems people face when diagnosed.

CANSA Care Homes (<http://goo.gl/EDyxZ>) accommodate patients from out-of-town who are undergoing treatment where they receive free transportation to and from the treatment centres and nutritious meals. CANSA also provides wigs, medical supplies and devices to ensure that patients have what they need to cope better physically with their diagnosis. Its 'Tough Living with Cancer (TLC) Lodges' provide accommodation for the parents of children undergoing treatment as well as meals and support.

## Multiple ways to participate

A full list of participating shopping centres can be found at [www.shavathon.org.za/shave-or-spray-at-a-shopping-centre](http://www.shavathon.org.za/shave-or-spray-at-a-shopping-centre). Any company, school, individual or organisation that is keen to get involved and host their own Shavathon between 24-28 February 2014, will find step by step instructions on <http://www.shavathon.org.za/your-own-event-step-1/>

Companies or organisations registered can be stocked up with anything and everything they need to make the Shavathon a success at [www.shavathon.org](http://www.shavathon.org).

Can't make it to a Shavathon near you? You can still get involved by opting to "Bail Out" and make a donation online <http://www.shavathon.org.za/bail-out/>.

Join the Shavathon 2014 online at [www.shavathon.org.za](http://www.shavathon.org.za), [www.cansa.org.za](http://www.cansa.org.za), Facebook [www.facebook.com/CancerAssociationOfSouthAfrica](https://www.facebook.com/CancerAssociationOfSouthAfrica) or Twitter [www.twitter.com/CANSA](https://www.twitter.com/CANSA).

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