

November 2024

We hope you enjoy the latest news from Cancer Society Waikato/Bay of Plenty.

If you no longer wish to receive this newsletter, please let us know.

If you need support and haven't heard from us in a while - please get in touch.

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Cancer Care Navigator, Claire Gower-James (left) and her client Lucy in Rotorua

Rotorua support in focus

In Rotorua, we are fortunate to have Claire Gower-James as our newly appointed Cancer Care Navigator. What is a Navigator? Claire explains:

"I had a cancer patient say to me recently that they got their diagnosis and all these hundreds of doors opened. But which one?"

"It can be very overwhelming for some people. It can be very fearful and frightening so it's about demystifying, it's about simplifying, it's about walking alongside with a person and their whānau."

"How does it look? If you have recently had a diagnosis or are at any stage of the cancer pathway, you can come in and see us in the office and we can help you navigate - the title literally is indicative of the meaning of the role."

Once you are connected with us, we can help you by giving you the time and support you need to manage your cancer journey. Our services are FREE thanks to the kind contributions of local community groups, donors and businesses. We are also blessed with an amazing network of dedicated volunteers - you may see some of them working in oncology at Rotorua Hospital.

Come in and see us

Our office is at 1235 Ranolf St, Rotorua. Our office is open Monday - Thursday from 9.30am until 3pm. Also on site is the Aratika Cancer Trust.

Refer yourself or someone you know

Instead of coming in to the office, you can call 0800 226 237 and make a referral over the phone. Our team will then reach out to you and get the ball rolling!

Connect with a Rotorua support group

Please see page 8 of this newsletter for a full list of what we offer in Rotorua.



Have you met Torty?

Torty is the Cancer Society's Lions Lodge resident tortoise. And her story is quite amazing, too. Her companion, Helen, shares her story:

"Torty the tortoise was brought back from Greece during World War 1 by my husband's grandfather who was a medic on one of the hospital ships at the time. He saw her run over by a French gun wagon and thought she was dead.

"When she got up, he decided to nurse her back to health. She'd lost part of her shell and some toes, and there's even a dent where you can see where the wagon went over her. He brought her to New Zealand in 1916 so she's more than 108 years old!"

Torty's many adventures could fill a book and they do – her amazing story has been published! If you'd like to read it, please ask one of our Lodge hosts.



Volunteer spotlight: Sasha

Sasha is a 22-year old, Bachelor of Science grad who dedicates some of her time to volunteer at the Lodge and with our evening support groups.

Sasha also plans to study genetic counselling and her volunteering experience with us will help strengthen her application.

We are so fortunate to have so many generous and talented people who donate their time to support their community. If you know someone who'd like to join our volunteering team, please contact us at volunteering@cancersociety.org.nz



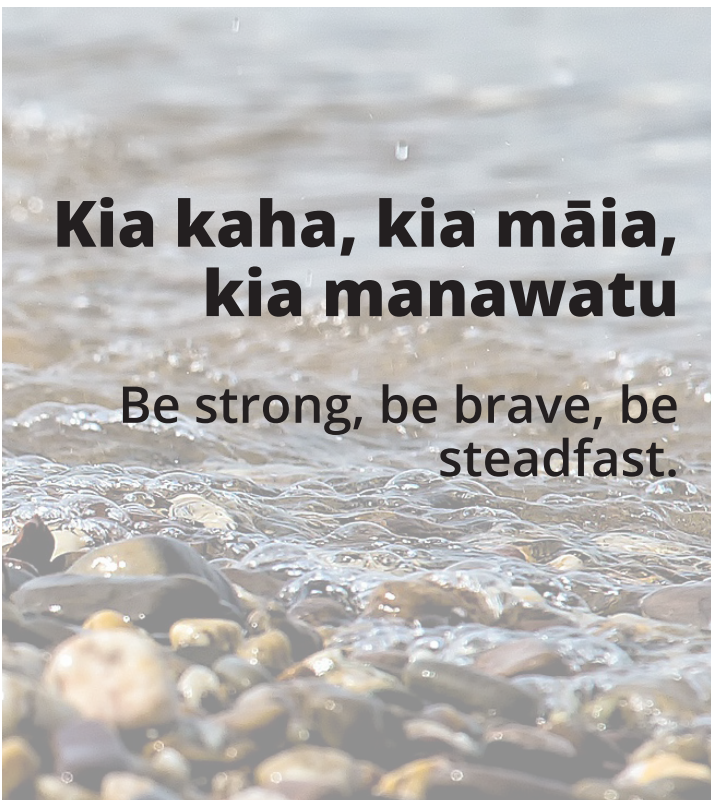
Happy Cleaner's Day

It's important to us that the Lodge feels like a 'home away from home'. That's why we have beautiful artwork, flowers and hosts with big smiles. But it's also very clean and we wanted to give the great people at Jani King a shoutout. We surprised Choi and Angelyn with some special goodies on 'Thank Your Cleaner Day'.

Jani King also sponsor one of our Lodge rooms. Sponsorship lasts one year and helps us ensure the room is in tip-top shape for our guests. If you'd like to find out more about who sponsored your room or how to give back to the Lodge this way, please speak to a Lodge Host or email lodgereception@cancersociety.org.nz

**Kia kaha, kia māia,
kia manawatu**

**Be strong, be brave, be
steadfast.**



Longest Day Golf Challenge

Here's a challenge for all the golf lovers out there: why not take on 72 (or 36) holes of golf in one day! This epic fundraiser can take place at a course of your choosing and on any date in December or January. Not for you but know someone who'd think this would be terrific? Please let me them know!

Sign up online at longestday.org.nz



Cupcake fundraiser at Morrinsville College

Shoutout to Sae, Harvey, Risa and Rio of Morrinsville College for putting together this delicious fundraiser in support of the Cancer Society.

The international students made and sold 96 cupcakes while developing their leadership skills and global citizenship. We'd like to say a huge THANK YOU for their efforts - those cupcakes look so good!

If you have a fundraising idea and have questions or are in need of some support, please contact the team:

fundraising@cancersociety.org.nz



The effects of cancer on sex

For many people, having cancer changes how they feel about themselves and how they feel about sex.

Having cancer does not mean that you are no longer a sexual person but it could change:

- how you can physically give and feel sexual pleasure
- your body image or how you see yourself
- your role within the relationship
- your emotions and feelings
- your sex drive (libido)

Cancer treatments can often cause you to feel very tired (fatigue) and reduce your desire for sex (your libido). If you feel depressed, anxious, or afraid about your cancer, treatment, or relationship, you are also less likely to be interested in sex.

These changes may only be temporary. It's okay if you're not ready for sex and it doesn't mean you can't enjoy being close.

Recovery can take time. Try not to be discouraged if it takes longer to become aroused, or if you feel less aroused than before.

You might find it helpful to speak with a counsellor or sex therapist who will focus on how you feel and your relationships. We have free counselling available for people affected by cancer. You could have counselling on your own or with your partner. Please speak to our supportive care team for how to access counselling.

Strengthening your pelvic floor

Everyone has pelvic floor muscles. These important muscles make up the bottom of your pelvis and support your pelvic organs. You use them to hold in urine and prevent leakage, and you relax them to go to the toilet or pass gas.

There are a number of things that can affect the ability of your pelvic floor muscles to do its job well. Pregnancy, childbirth, injury, and weight are common influencers on your pelvic floor, but so too are the effects of prostate, bladder, bowel, penis, vagina, vulva, cervix or uterus cancer.

A weak pelvic floor can lead to incontinence, which can be embarrassing but it's important to realise that this is also very common and there is support out there for you. Regular exercises can help retrain your muscles and these can be done anywhere and at any time.

For more information on this, please speak to your supportive care team or visit [Continence New Zealand](#), a wonderful charity that has online resources to help you understand and improve your continence issues. You may also be able to attend free online help training.

Cambridge Chess Group

If you are in the Cambridge area and are interested in developing your chess skills, please come along to a new social chess group formed by one of our clients.

When: Every Friday, 3.30pm

Where: 24 Raleigh Street, Leamington

Contact: John, 020 4080 2872



Opportunity: Paddle On Rotorua

PINC & STEEL are taking expressions of interest for people keen to participate in Paddle On 2025. Paddle On is an 8 session (4 week) program for people recovering from cancer treatments by enjoying paddle boarding on our beautiful Rotorua lakes. No experience or equipment needed. It's about doing something new and fun and connecting with others effected by cancer.

Run by an oncology physiotherapist as part of the PINC & STEEL Cancer Rehab Trust. Funding is available. Dates TBC for summer 2025.

If you think this might be for you, reach out to Te Ngae Physiotherapy and Pilates 07 2822047 or email melanie.loveless@tengaephysio.co.nz

Carrot halwa recipe



Diwali, also known as the Festival of Lights, is celebrated every October/November by followers of Hindu, Sikh, Jain and Buddhist faiths. To bring a bit of Diwali magic into your home, try making this delicious dessert. Happy Diwali!

Ingredients

- 3 cups tightly packed) carrot, peeled & grated
- 2 tbsp butter or ghee
- 4 tbsp milk
- 6 tbsp condensed milk
- 1/4 tsp cardamom powder
- 2 tbsp roasted cashews
- 2 tbsp roasted almonds
- 2 tbsp roasted pistachios
- 2 tbsp raisins

Method

1. In a non-stick pan on medium heat, melt butter. Add grated carrots and saute on medium flame until carrots are tender and cooked and any moisture has dried out. This may take around 5 to 8 minutes.
2. Add milk and stir for two minutes until absorbed.
3. Add condensed milk and stir nicely. Add cardamom powder and dry fruit and nuts of your choice.
4. Simmer on low flame and stir the halwa till the mixture dries up. Keep stirring to avoid sticking to the bottom.
5. Your carrot halwa is ready! Serve warm or chill in refrigerator and serve cold.

About supplement drinks

SOME OPTIONS

- Fortified fruit juices: Fortijuice, Ensure Plus juice, or Recover Collagen (fat only and can only be used in certain situations)
- Powdered drinks: Complan, Ensure, or Fortisip
- Ready-to-drink liquids: Ensure Plus, Fortisip, Fortisip Multi Fibre, or Ensure TwoCal HN

WHY USE THEM?

If you have tried increasing your calorie intake but are still struggling to eat enough, then supplement drinks may help.

NEXT STEPS

Some drinks are available in pharmacies and supermarkets, others may be able to be discounted with a prescription. Talk to your supportive care team for more information on if this might be right for you.

Support groups

Our groups provide a relaxed space to connect with others and share experiences and knowledge. Support groups are open to people who have had a cancer diagnosis and/or their carers.

Western Bay of Plenty

Katikati prostate cancer support group

When: Meets every second month

Where: 181 Park Road
Katikati

Contact: Rod on 027 590 9710 or
Stuart on 027 774 8933 for details
about the next meeting.

Mt Maunganui Walk for Wellness

Our weekly walking group is an opportunity to walk, chat and build fitness in a supportive way.

When: Every Monday (except public holidays)
9.30am - 11.15am (approx).
Optional cafe stop at Coffee Club.

Where: Meet at the green restrooms halfway
down Pilot Bay.

Contact: Rozie, 029 771 1896

Prostate cancer support group

Hosted by Prostate Cancer Foundation

When: First Thursday of every month,
6pm

Where: Club Mount Maunganui, 45 Kawaka St,
Mount Maunganui

Contact: Ian Armstrong, 021 504 093

Tauranga support group

When: Third Tuesday of every month,
10-11.30am

Where: NEW ADDRESS - contact for details

Contact: Rozie, 029 771 1896

Oesophageal, throat and stomach support group

Meets bimonthly on a Friday.

When: Wednesday 4 October
10.00-11.30am

Where: Daffodil Cottage, 21 Twelfth Ave,
Tauranga

Contact: Lyn, 021 804 041

Katikati support group

Gentle tai chi exercise followed by morning tea.

When: Every Friday during term time,
9.30-10.30am

Where: The Club (old RSA)
corner Henry and Main Roads,
Katikati

Contact: Helen, 021 025 68992

Eastern Bay of Plenty

For more information on support groups in the Eastern Bay of Plenty, please contact Leona on 021 713 096.

Whakatāne Walk & Talk group

Weekly walking group meeting for a cuppa afterwards.

When: Every Thursday
10am

Where: corner of Quay St and the Strand

Contact: Kaye, 027 694 7052

Kawerau support group

When: Third FRIDAY of the month,
10am-12noon

Where: Ground floor boardroom, KEA Centre,
60 Onslow St, Kawerau

Ōpōtiki support group

When: Second MONDAY of the month,
10.30am-noon

Where: Te Ao Hou Trust,
38 King Street, Ōpōtiki

Whakatāne support group

When: First Tuesday of the month,
10am-12noon

Where: Whakatāne Lyceum Club, 58 Domain
Road, Whakatāne

Need support?

Our supportive care
nurses are here to help.

Contact us on 0800 22

77 44

Waikato groups

Hamilton Walk & Talk group

When: Every Tuesday, 9.30am
Where: Meet at Hamilton Gardens Cafe entrance. Those not wishing to walk can join the group at the cafe at 10am
Contact: Lynette 021 177 9543 or Jenny 0274 946 808 to confirm dates

Matamata support group

When: First Tuesday of every month, 10-11.30am
Where: Railside by the Green
41a Hetana St, Matamata

Morrinsville support group

Facilitated by Cancer Society volunteers.
When: Third Wednesday of every month, 10.15am-12noon
Where: St Joseph's Church, 1 Victoria St, Morrinsville
Contact: Lenie, 021 100 4320

Paeroa support group

When: Second Thursday of every month, 10.30am-12noon
Where: St John's Hall
31 Belmont Rd, Paeroa

Te Aroha support group

Facilitated by Cancer Society volunteers.
When: Second Tuesday of every month, 10-11.30am
Where: The RSA
67 Rewi St, Te Aroha
Contact: Laurel, 027 274 1252

Te Awamutu support group

When: First Wednesday of every month, 10am-12noon
Where: Te Awamutu RSA,
381 Alexandra St, Te Awamutu

Te Awamutu carers support group

When: Second Wednesday of every month, 1.30-3.30pm
Where: Te Awamutu Baptist Church
106 Teasdale St, Te Awamutu

Taumarunui support group

When: Fourth Tuesday of every month, 11am-1pm
Where: REAP, 115 Hakiaha Street, Taumarunui
Contact: David, 027 815 4447

Cambridge Coffee & Chat

When: Fourth Tuesday of every month
10.30-11.30am
Where: Community House, 193 Shakespeare St, Leamington, Cambridge

Lymphoedema information sessions

When: 26 September, 31 October, 28 November, 19 December, 1-2pm
Where: Cancer Society's Lions Lodge, 32 Tainui St, Hamilton

Tokoroa support group

When: Third Tuesday of every month, 10am-12noon
Where: St Marks Presbyterian Church, 83 Bridge St, Tokoroa

Prostate cancer support group

When: First Tuesday of every month, 7-8.30pm
Where: Cancer Society's Lions Lodge, 32 Tainui St, Hamilton
Contact: Kris, 021 032 4481

Hamilton mutual evening support group

When: Second Wednesday of every month
7-8.30pm
Where: Cancer Society's Lions Lodge, 32 Tainui St, Hamilton

Hamilton mutual support group

When: Second Tuesday of every month
10-12pm
Where: Cancer Society's Lions Lodge, 32 Tainui St, Hamilton

Head & Neck support group

When: First Thursday of the month, 10am-12noon
Where: Cancer Society's Lions Lodge, 32 Tainui Street, Hamilton

Cambridge Prostate Cancer support group

An informal forum for men to share their personal experiences of prostate cancer.

When: Contact Ron for more details
Where: ONYX Cafe & Bar, 70 Alpha St, Cambridge
Contact: Ron, 027 276 0336

Support groups cont.

Thames men's space

Held in partnership with Thames Cancer Support Group.

When: First Thursday of the month, 10-11.30am

Where: Thames Community Centre
609 Mackay St, Thames

Contact: Caro, 0274 353 733

Whitianga Coffee & Chat

In partnership with Mercury Bay Cancer Support.

When: First Friday of the month, 10-11.30am

Where: St Andrew's Church Hall
82 Albert St, Whitianga

Whangamatā support group

When: Fourth Monday of the month
10.30-11.30am

Where: Location varies

Contact: Caro, 0274 353 733

Coromandel support group

When: Second Tuesday of every month, 10-11.30am.

Where: Hato Hone St John's Building,
285/345 Tiki Road, Coromandel

Rotorua/Taupō

Rotorua support group

When: First Tuesday of every month,
10.30am-noon

Where: Cancer Society's Rotorua office
1235 Ranolf St, Rotorua

Contact: Claire: 021 1630 739

Weekly Walk & Talk support group

A warm welcome to join us each week to support walking and wellness. All levels catered for.

When: Every Thursday, 9.30-11am

Where: outside Sequoia Cafe
Tarawera Rd, Rotorua

Contact: Claire: 021 1630 739

Taupō support group

When: Third Thursday of every month
10.30-noon

Where: Please contact for location

Contact: Rozie, 029 771 1896

Blood cancer support group

We warmly welcome you to a friendly environment where you are welcome to share your thoughts and experiences while gaining personal and practical support. **RSVPs required.** Please enquire for more information

Contact: Sean 027 245 0933 or email
seanr@leukaemia.org.nz

Rotorua prostate cancer support group

We warmly welcome you to our newly established support group in Rotorua. The dates, times and venue may change monthly so please contact Daniel or Heinz for more information.

Contact: Daniel 027 494 4491 or
Heinz 027 570 7601
rotorua@prostate.org.nz

Rotorua ostomy support group

When: Third Wednesday of every month

For details on time and venue, please contact:
Margaret, 07 348 5882 / Mike, 07 349 6609

Rotorua young person's support group

Run by Aratika Cancer Trust, this new support group connects those navigating cancer while juggling a young family or career.

When: Second Tuesday of every month
7pm

Where: Cancer Society's Rotorua office, 1235
Ranolf St, Rotorua

Contact: Susie or Shelley 022 429 5063

Leave a gift in your Will

Having an up-to-date will is the best way to ensure your wishes are followed and your loved ones are looked after when you're gone. We've teamed up with trusted will writer, Footprint, to make updating and writing your will easy and FREE!

Visit www.myfootprint.co.nz/org/cancersociety or scan the QR code below

