

August 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.

Cancer Society
Waikato/Bay of Plenty Division
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cancer.org.nz

Contents

Massage during cancer

Community news

Join us on Daffodil Day

Support groups



Therapeutic massage during cancer treatment

"Someone can get off the massage table and you can see the difference in their face, it's quite amazing sometimes. It doesn't take much, and I don't do anything magical, it's just a lovely thing to do for someone" - Louise Quartier, Cancer Society massage therapist

Louise has been a massage therapist at the Cancer Society's Lions Lodge for over six years. Massage, she says, has a lot of benefits and can help to reduce the pain and nausea associated with cancer treatment, as well as alleviate anxiety.

"Massage is very good at calming down the central nervous system and that includes a lot of those emotional reactions to stress and some physical reactions as well.

"Oncology massage uses the same techniques as a normal massage, you just allow for how the client is feeling, the position they're in, the site of their cancer. Practically everybody can get a massage on some level, even if it's just hands and feet. Sometimes we have to position people differently, so if someone is unable to lie on their front we can pull a chair up and prop them forward against some pillows. It's about what's comfortable."

The Cancer Society offers massage therapy to people with cancer at a reduced rate of just \$10 for a half hour session. And the service is also available to carers as well.

Those outside Hamilton, Rotorua and Tauranga can make use of the outreach massage programme which connects clients with their local massage therapist. Just call 0800 22 77 44 or speak to your supportive care nurse.

On complementary therapies

The following is an excerpt from our website:

Your treatment team will offer you conventional treatments that are proven by scientific research to be safe and effective in treating or controlling cancer, such as surgery, chemotherapy, radiation treatment, immunotherapy and hormonal treatment.

Some people may choose to use complementary or alternative (CAM) therapies or traditional healing (rongoā Māori) alongside conventional treatments to help manage cancer symptoms and the side-effects of treatment.

What are some complementary therapies that may help?

- Meditation, mindfulness and relaxation therapies can help with cancer pain and support well-being
- Yoga and Tai-chi may help with fatigue, sleep quality and/or anxiety
- Music, art and talking therapies (including peer support groups) can support your emotional health
- Massage and acupuncture may help with pain and nausea, depression and anxiety
- Healthy living measures including eating a nutritious diet and doing gentle, regular exercise may help you maintain your weight during treatment, reduce fatigue and improve wellbeing
- Complementary nutritional methods include eating a balanced, nutritious diet, talking to a dietitian for specialised advice or using ginger for nausea
- Rongoā Māori/Pasifika healing

Talking to your doctor

Some people do not talk about CAM and traditional healing with their doctors because they are worried that their doctors may not support their choices. Most doctors understand that people want to look at options to support their physical and emotional health while they are having cancer treatment and are willing to talk about this. It is important to discuss with your treatment team if you are using, or plan to use, any complementary therapies, including any vitamins and minerals, as these can change how your cancer treatment works.

For more information

- Cancer Society of New Zealand
cancer.org.nz
- Australian Cancer Council
cancer.org.au
- The Society for Integrative Oncology
integrativeonc.org/

Please speak to your supportive care nurse if you have any questions or would like more information.



Cash for Communities

We are proud to share that we were a recent recipient of a Cash for Communities donation totalling \$1,995.

The Cash for Communities programme from PGG Wrightson and Ballance Agri-Nutrients, with the support of agrichemical suppliers, financially contributes to schools, clubs, charities and community groups that help to support rural communities across the country.

Farmer Naginder Singh donated through Cash for Communities last spring when purchasing fertiliser and agrichemical through PGG Wrightson.

"I lost my mother to cancer three years ago. From that experience, I know the great work the Cancer Society does. I've also lost friends to cancer, and they were able to stay at home thanks to volunteers giving the families a helping hand," says Naginder.



Thanks Speedy Signs!

When our sign was in need of urgent repair, Claire (Cancer Care Navigator) had her fingers crossed when she stopped by Speedy Signs in Rotorua ten minutes before closing time. But the amazing team fixed it, tested it and donated the new poles too! "All with a smile on their face," says Claire. "Kind, calm and very helpful - thanks Speedy Signs!"

Community news



Farewell to Woolly Man

Our CE, Helen Carter, recently put out an SOS: "This is a call for help. My dear husband is MIA, buried under a pile of hair. While extremely boofy hair was the height of fashion in the 80s, it should stay there, never to return! So we have a deal - chop the mop - and if we bust the target, the beard will meet its end as well!"

As you can see, that target was met. The community rallied around Woolly Man, raising nearly \$4,000. What a difference!



Tea Party at Zealong

For the second year in a row, Zealong Tea Estate held a special Vintage Tea Party in support of the Cancer Society. With two sittings, at 10am and 2pm, guests enjoyed a fabulous high tea menu prepared by Executive Pastry Chef, Valentina AVECILLA while enjoying live classical music.

Zealong are also selling Good Morning and Good Night teas and donating a portion of the proceeds. Find them on their website: zealong.com



Daffodil Day: Go yellow this August



Be the hero
you want to see
in your community.

Volunteer this Daffodil Day
daffodilday.org.nz/volunteer

 Cancer Society
Major Sponsor

 ANZ

 Cancer Society
Daffodil Day
Te Rā Daffodil

We need your help!

With two hours of your time, you can spread hope and help continue the work of the Cancer Society in your community.

We urgently need volunteers in Hamilton, Rotorua and Tauranga to be part of our **Daffodil Day street collection on Friday 30 August and Saturday 31 August.**

All you need is two hours of time to donate and a smile as members of the public give their donation.

To pick your site and time, please visit daffodilday.org.nz.

If you would like to volunteer alongside a friend, colleague or family member, you will be asked to enter this information at the same time.

If you would like to support us in another way, you are welcome to hold a fundraiser or host a counterbox at your workplace.

If you would like to order a counterbox or speak with us about your ideas, please email:

fundraising@cancersociety.org.nz

 Cancer Society
Te Kāhui Mātepuhupuku
o Aotearoa

YOUR SUPPORT HELPS US PROVIDE:

- 16,025 bednights at the Cancer Society's Lions Lodge
- 40,059 meals at the Cancer Society's Lions Lodge
- 11,525 contacts with cancer support staff
- 2,556 number of new clients
- 113,950km travelled taking clients to their cancer treatment
- 28,327 SunSmart-accredited schools

Apple pie porridge recipe



When the mornings are chilly, there is nothing better than a warming bowl of porridge! Apples are also great sources of polyphenol which may help prevent inflammation and infections.

Serves 2. Cooking time: 15 minutes.

Ingredients

- 60g rolled oats
- 200ml milk of your choice
- 150ml water
- 10g butter
- 1 apple
- 1 tsp ground cinnamon + extra for topping
- 1/2 tsp mixed spice
- 1 Tbsp brown sugar
- Pinch of salt
- Honey or maple syrup and chopped nuts to finish (optional)

Method

1. In a small pot, combine the oats, milk, water and butter. Cut the apple in half. Grate half into the porridge mixture, then add the brown sugar, cinnamon, mixed spice and salt.
2. Place over a medium heat and bring to the boil while stirring. Reduce to a low medium heat, and cook for 3-4 minutes or until the oats are thick and creamy.
3. Once cooked, split the oats into two bowls. Thinly slice the remaining apple. Top the porridge with a sprinkle of cinnamon, drizzle of honey and apple slices.

Enjoy!

Look Good Feel Better

Look Good Feel Better offers free support classes for anyone, with any cancer, at any stage.

Their website is a great source of information and you can also sign up to a variety of online classes including chair yoga, mindfulness and gentle pilates.

They also have a wellbeing programme that includes skincare and makeup classes specifically put together for people with a cancer diagnosis.

You can find out more on their website: lgfb.co.nz

If you want more cancer support, our on-demand videos are a great place to start. Head to lgfb.co.nz



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

Raft support group

Helping to keep each other afloat.

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

Where: Raft Cafe board room
Chapel Street, Tauranga

Contact: Rozie, 029 771 1896

Oesophageal, throat and stomach support group

Meets bimonthly on a Friday.

When: Friday 16 August
10.00-11.30am

Where: Daffodil Cottage, 21 Twelfth Ave,
Tauranga

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: Whakatāne Information Centre
entrance, Quay St, Whakatāne

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: 29 August, 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 every month
10.30-11.30am

Where: Varies (please phone Caro for location)

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, 10.30am-noon

Where: Contact Rozie for location

Contact: Rozie: 027 771 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

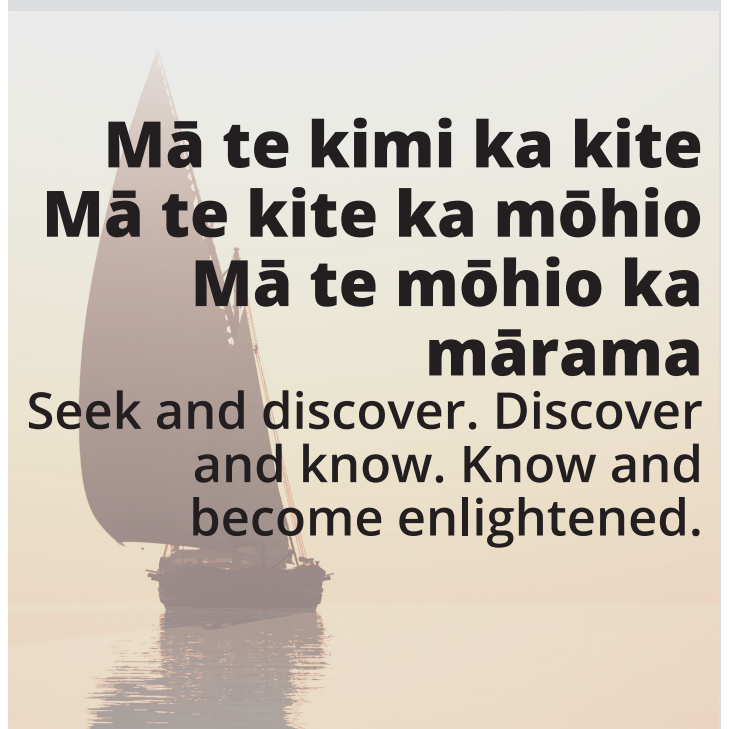
Rotorua young person's support group

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

When: 13 August (second Tuesday of every month)
7pm

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

Contact: Susie or Shelley 022 429 5063



 Cancer Society
Daffodil Day
Te Rā Daffodil

Ko au pea te
tahi o te toru



Please donate this Daffodil Day.
Because the 1 in 3 who'll get cancer
in their lifetime could be you,
or someone you love.

Donate Now
daffodilday.org.nz

 Cancer Society | 
Major Sponsor

