

# NewsLink

Meri Kirihimete from the Cancer Society Waikato/Bay of Plenty



## December 2024

Wishing you a very happy holiday season.

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

**Cancer Society**  
**Waikato/Bay of Plenty Division**  
P: 0800 22 77 44  
E: [admin@cancersociety.org.nz](mailto:admin@cancersociety.org.nz)  
[cancer.org.nz](http://cancer.org.nz)

## Contents

Holiday season tips

Tauranga in focus

Festive recipes

Support groups



## Holiday season blues? Try these

If you have recently received a cancer diagnosis or are going through treatment, the Christmas season can be a particularly difficult time. You may struggle to keep up with loved ones or feel guilty about how you're feeling. Here are some ideas to help you navigate these emotions and set realistic expectations with both yourself and your friends/whānau.

### *Ask for help*

When you're struggling, asking for help can seem like an added difficulty but by doing so, you are taking steps to improve how you're feeling. Explaining exactly what you need means your loved ones don't need to guess, so be specific and remember it's ok to accept offers of help.

### *Set realistic expectations*

Scale back on decorating, entertaining and shopping - a fully-decked out Christmas tree and lavish presents do not symbolise the love you have for your whānau! If you are able (and wish to) give gifts, have a look online or give gift vouchers so you don't have to brave the crowds.

### *Be kind to yourself*

Even though Christmas is happening around you, that doesn't mean you should forgo any routines that support your wellbeing. If you can, keep up regular exercise and prioritise a good sleep.

### *Seek support*

Changes in your routine or time on annual leave may mean difficult thoughts or memories move front of mind. You've been through a tremendous amount on your cancer journey. Allow yourself the time you need to reflect and heal, and remind yourself it's ok to do so. If you feel like you need support, reach out. You could talk to someone you trust, such as a friend, or reach out to a medical professional. Our supportive care team are here for you or you may like to **call our helpline on 0800 226 237.**

 @CancerSocietyWaiBOP  
 @CancerSocietyWaiBOP

Continued on p.2

## Tauranga support in focus

In Tauranga, we are fortunate to have Rozie Young (below) on our supportive care team. Rozie has been with the Cancer Society for a number of years and brings her experience as a nurse to the role.

*"A cancer diagnosis is a difficult thing, How can we help? It's our smile, it's our reassurance ... Some people feel lonely, especially if their family are going through something or are geographically unavailable. They can connect with me, maybe with our massage therapist or our drivers - it makes for a bit of company in the hard times."*

### Come in and see us

Our office is at 21 Twelfth Ave, Tauranga. Our office is open Monday-Thursday from 9am until 1pm, and from 9am-12pm on Fridays.

### 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 to assess your needs.

### Refer yourself or someone you know

We also offer free transport to and from Tauranga Hospital and may be able to support with therapeutic massage.

### Connect with a Tauranga support group

Please see page 8 of this newsletter for a full list of what we offer in Tauranga and the Western Bay of Plenty. You may like to start with the Walk for Wellness group which meets every Monday morning for an easy stroll around the Mount before finishing with a drink at a nearby cafe.

## Cancer Society Christmas hours

### Support groups

Support groups will not be running in January and will recommence in February 2025, with the exception of the Rotorua and Whakatāne walking groups which will continue throughout January.

### Rotorua

The office closes on Friday 20 December and will reopen on Monday 13 January. Claire, Rotorua's Cancer Care Navigator will be available remotely from Monday 6 January until Friday 10 January. Contact her on:

021 1630 739

[clairegj@cancersociety.org.nz](mailto:clairegj@cancersociety.org.nz)

### Tauranga

The office will close at midday on Friday 20 December and reopens at 9am on Monday 6 January.

### Cancer Society's Lions Lodge

Remains open over the summer period.

### Hamilton (Grey Street)

Closed from 12pm Friday 20 December and reopens 8.30am Monday 6 January.

### Summer parking at the Cancer Society's Lions Lodge

*Thanks to a hefty donation from the Lions Foundation, work is underway fixing the retainer wall at the back of the Lodge. During this time, there is no parking available in the back carpark. Work is due to be completed mid-January and it will also give us some much-needed new parking spaces! Thank you for your patience during this time.*





## 11km City to Surf fundraiser in WBOP

A massive shoutout to the team at the Kathleen Kilgour Centre for taking on the 11km Tauranga City to Surf recently.

The team wanted to show their appreciation for the "unsung heroes of cancer care: the volunteer drivers at the Cancer Society! These dedicated individuals provide vital transportation for patients, ensuring they never miss a treatment or appointment."

The team raised an amazing \$1,202 towards our services in the Bay of Plenty. Thank you so much!

## Thank you to Registered Master Builders Association

We'd like to say a huge thank you to the Registered Master Builders Association for holding a fundraising golf tournament in our honour at Ngaruawahia Golf Club.

They raised over \$11,000 to help support the ongoing costs of the Lodge - amazing!

## Quiz night fundraiser

Maisey Harris & Co. recently held their annual quiz night fundraiser and we were privileged to be this year's lucky recipient.

A huge crowd turned out to show their support and have fun, managing to raise over \$8,000! Thank you to everyone who took part and helped make this night a great success.



## Brigitte & Janice hit 10-years

Thames volunteer Brigitte McMillan (above, centre), and Hamilton volunteer Janice Franks (below, centre) have both recently achieved 10 years as volunteers with the Cancer Society.

On behalf of the entire team, we'd like to thank them both for their generous contribution of time and service. You're superstars!



## Longest Day Golf Challenge

Here's a challenge for all the golf lovers out there: how about taking on 72 (or 36) holes of golf in one day? The Longest Day Golf Challenge is an epic fundraiser where you can choose the course and play on any date in December or January. Not for you but know someone who'd think this would be tee-rific? Please let me them know!

Sign up online at [longestday.org.nz](http://longestday.org.nz)



## Relay For Life 2025

Relay For Life is a special all-day event that brings the community together to celebrate their loved ones with cancer and raise money for the Cancer Society Waikato/Bay of Plenty.

Teams carry their baton around the 400m track while enjoying live music acts, family activities, food trucks and moments such as the Celebration Lap, Candlelight Ceremony and Closing Ceremony.

**When: Saturday 29 March**

**Time: 9am-9pm**

**Where: University of Waikato, Hamilton**

**Earlybird sign up price: \$19 per person**

People with cancer can also attend a free Celebration Morning Tea (details to come).

Visit [relayforlife.org.nz](http://relayforlife.org.nz) to sign up to the Hamilton event.



# Festive cheese log recipe



This recipe has been tried, tasted, re-tasted and shared with you now by Claire, our Cancer Care Navigator in Rotorua. Prep time: 25 mins, plus 3 hour setting time. Serves 16. Full credit for this recipe goes to Chelsea Winter: [chelseawinter.co.nz/festive-cheese-log/](http://chelseawinter.co.nz/festive-cheese-log/)

## Ingredients

- 500g cream cheese
- 200g feta
- 1/3 cup pistachios
- 1/3 cup pecans
- 1/3 cup hazelnuts
- 1 tbsp Dijon mustard
- 1 tsp horseradish
- Zest of 1 lemon plus 1 tbsp juice
- Big pinch of chilli flakes
- 1 clove garlic, crushed
- 1/4 tsp white pepper
- 1/4 tsp black pepper
- 1/2 cup dried cranberries, finely chopped
- 1/2 cup dried apricots, finely chopped
- 2 tbsp chopped chives
- 2 tbsp chopped parsley

## Method

1. Preheat the oven to 180°C, regular bake.
2. Bring the cream cheese out of the fridge and let it come to room temperature.
3. Add the pistachios, pecans and hazelnuts to a small roasting dish and bake in the oven for 8-10 minutes or until fragrant and turning golden. Chop to a coarse crumb (or use a food

processor). Set aside.

4. Add the cream cheese, feta, mustard, horseradish, garlic, lemon zest and juice, chilli flakes and pepper to a mixing bowl (or a food processor) and beat with a wooden spoon to combine evenly. Stir through the cranberries, apricots, chives and parsley.
5. Lay a large piece of greaseproof paper on the bench and spoon the mixture out into a rough log. Fold the paper over and roll out into one or two logs – or to your desired shape and size. It might take a bit of re-rolling and shaping. Cover and chill for 30 minutes.
6. Scatter the chopped nuts on a clean tray. Roll and press the cheese log in the mixture to coat evenly. Wrap in clingfilm and refrigerate until needed – up to a few days as long as it's tightly sealed. (You can also freeze it for a couple of weeks, just make sure it's well wrapped in glad wrap and tin foil). Serve!

"NGĀ MIHI O TE KIRIHIMETE ME TE TAU HOU. SEASON'S GREETINGS FOR CHRISTMAS & THE NEW YEAR FROM THE ROTORUA TEAM!"



## Custard square recipe



Alison, our community fundraising specialist in Tauranga, loves to make these custard squares for her family at Christmas. "I use good old Edmonds - the recipe hasn't failed me yet! It also works well using gluten/dairy-free pastry and coconut milk."

Alison also loves creating her own Christmas crackers using her own jokes and whatever else she feels like adding, such as chocolate.

Prep time: 2 hours.

### Ingredients

#### Custard

- 4 tbsp Edmonds Custard Powder
- 3 tbsp icing sugar
- 2 cups milk
- 50g butter
- 1 egg

#### Topping

- Glacé icing
- icing sugar (optional)

### Method

1. Preheat the oven to 215°C. Dampen two baking trays with a little cold water. Line a 20cm square cake tin.
2. Roll out the rough puff pastry to 3mm thickness or use the ready-rolled pastry sheets. Cut into two 25cm squares. Tidy any rough edges.
3. Place the pastry on the prepared baking trays and prick thoroughly with a fork all over. This will discourage the pastry from rising too much since you want flat, flaky sheets. Chill on the trays for 15 minutes.
4. Bake for about 20 minutes until dark golden brown. Carefully turn each piece of pastry over

after 15 minutes to ensure it is cooked right through. Place on a wire rack to cool.

5. In a saucepan, mix the custard powder, icing sugar and  $\frac{1}{4}$  cup milk to a smooth paste. Add the remaining milk, butter and egg and cook, stirring, until the mixture is very thick. Cover with a damp paper towel or plastic wrap pressed onto the custard surface to prevent a skin forming. Leave until cool but still pourable.
6. Trim the cooked pastry sheets to 20cm squares. Fit one in the base of the tin, pour over the cooled custard and top with second square of pastry. Leave to set for 20 minutes and then ice with Glacé Icing or dust with icing sugar. Cut into squares with a serrated knife when set. Enjoy!

"MERRY CHRISTMAS &  
A HAPPY NEW YEAR  
FROM EVERYONE AT  
THE CANCER  
SOCIETY'S LIONS  
LODGE!"



## Nuts and bolts recipe



Kylie, who leads our human resources, says her favourite recipe at Christmas is a classic nuts and bolts which her grandmother always made. Kylie loves it with cashews and peanut oil. It's a crowd pleaser plus it's quick and easy to make when you're not feeling up to much. Feeds a team!

### Ingredients

- 765g Nutri-Grain (1 large box)
- 750g salted peanuts or cashews (2 packets)
- 2 cups oil (Kylie uses peanut oil)
- 3 packets French onion soup mix or cream of chicken
- 6 tsp curry powder

### Method

1. In a large bowl, combine the Nutri-Grain and nuts.
2. In a separate bowl, combine the soup mix, curry powder and oil (you may like to first warm the oil slightly in the microwave).
3. Add the oil mix to the Nutri-Grain mix and mix well ensuring all the Nutri-Grain is covered (you can pour the oil mix into the Nutri-Grain bag and mix it up).
4. Spread over a large tray and bake for 30 minutes at 150 degrees celsius, mixing every 10 minutes to avoid burning (do not skip this step!).
5. Remove from the oven and allow to cool.
6. Store in an air-tight container for up to 3 months.

Need support?  
Our supportive care  
team is here to help  
you. Sign up to our  
services on  
0800 226 237.

"WE GIVE THE KIDS A XMAS EVE BOX EVERY YEAR WHICH INCLUDES NEW PJ'S & REINDEER FOOD. THEN WE SNUGGLE DOWN TO WATCH A XMAS MOVIE WITH POPCORN & A HOT CHOCOLATE."

Kylie on her favourite  
Xmas tradition



# Support groups

Our groups will be taking a break over January and will resume in February 2025.

## 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. Contact for details.

**When:** 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**

*Last walk of 2024: Thursday 19 December.*

*First walk of 2025: Thursday 9 January*

**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

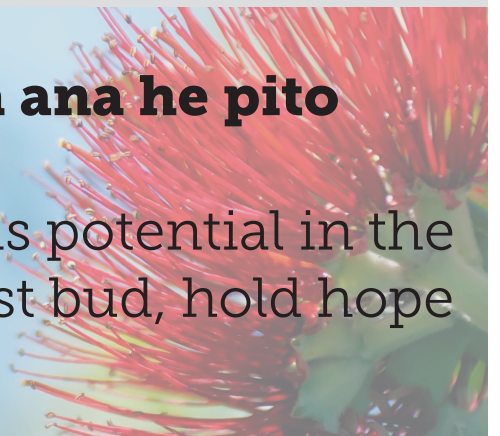
### **Whakatāne support group**

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

**Where:** Whakatāne Lyceum Club, 58 Domain  
Road, Whakatāne

## Iti noa ana he pito mata

There is potential in the smallest bud, hold hope





## 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  
**2025 venue change:**  
Baptist Church, 106 Teasdale 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

### 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

### Taumarunui support group

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

## Support groups cont.

### Thames men's space

Held in partnership with Thames Cancer Support Group.

**When:** Thursday 5 December  
10-11.30am

*Resumes Wednesday 5 February 2025*

**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:** Monday 9 December,  
5-9pm

**Where:** Cornerstone House, 101 Ocean Rd

**Contact:** Caro, 0274 353 733

*Resumes Monday 24 February 10.30-11.30am*

### 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](mailto: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](http://www.myfootprint.co.nz/org/cancersociety) or scan the QR code below

