

February 2025

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
P: 0800 22 77 44
E: admin@cancersociety.org.nz
cancer.org.nz

Contents

Talking about cancer

Coromandel support

Relay For Life

Support groups



Talking about a cancer diagnosis

Being open and honest with your family/whānau and friends about your cancer diagnosis can help keep your support network strong.

When you are diagnosed with cancer, it can be both a shock and a challenge for you. You may feel alone at times.

Support from your family/whānau and friends can be a great help to you while you cope with cancer, but it is your choice who you tell about your diagnosis and when you tell them. Here are some suggestions that might help you have those conversations.

How do I tell people about my cancer diagnosis?

1. Find a quiet time and a quiet place where you will not be interrupted. Turn off distractions such as the TV and phone.
2. Introduce the topic. Try saying something like: "I'd like to have a conversation about what is going on at the moment with my health. Is that okay?"
3. Give small amounts of information at a time and ask your friend if they understand what you're saying before you continue.

How do I respond to their reactions?

There may often be silences, but don't be put off by them. When you tell someone close to you about your diagnosis, they may feel distressed by the information you tell them.

You might think that you need to be positive and upbeat to make your friend feel better. Or you might want to hide the facts from your friend, so you don't upset them. It's helpful to be open about your feelings, so they have a good understanding. Be prepared for people's responses, provide clear and honest information and let them know what kind of support you need from them if any.

To find out more about this topic, and others, please visit cancer.org.nz

Support in the Thames/Coromandel

In the Thames/Coromandel area, we have two nurses working as part of our Cancer Care team. Caroline (below, left) and Lareece (below, right) bring many years of experience between them and are passionate about making sure that all people with cancer in the area feel supported.

"The majority of our patients do live rurally and can feel quite isolated, so to have one of us come to visit them can mean a lot," says Lareece.

"We come to them. We come when they want us to. We're there to offer advice, support, education, advice and link them in with community services and support networks as it's all very different across the Thames/Coromandel," adds Caroline.

"We're not a compulsory part of their mapped out cancer journey. We're there to empower them to become their own advocate, and help them have a little bit of control."



The Cancer Society's services are free to people living with cancer. To find out more, please visit our website cancer.org.nz.

To refer yourself to Cancer Society services, please scan the QR code below or phone 0800 226 237.



Volunteer Keira is off to uni

Many of our former Lodge guests will recognise Keira, who has been a Monday night volunteer since 2021. The high school student has been there through many a dinner service and has been instrumental at fundraisers such as Relay For Life and Daffodil Day. Keira finishes up her volunteer role this month as she has now graduated high school and is off to university!

She has been quoted as saying, "We as students don't think we have much of an impact because, you know, we're just kids." Well Keira, you have shown us that kids can and do make a difference, and we're proud to have had you as part of our Cancer Society volunteer army!



Welcome 'Carol' - Ford's first electric people mover

When the shuttle at the Cancer Society's Lions Lodge faced costly repairs, an anonymous benefactor reached out to the Cancer Society with a surprising offer: a donation towards a brand new, electric vehicle. But the story didn't end there – the shuttle would need to undergo extensive customization to make it fit-for-purpose for the daily shuttle run to and from Waikato Hospital. So, the charity turned to long-time supporter, Fairview Motors Limited.

"We have supported the Cancer Society for over 30 years. The end result is fantastic, making the Cancer Society's fully electric coach the first of its kind to have a Ford badge in New Zealand!"

Thank you so much to Fairview and our very special donor - you know who you are!

Join Relay For Life

Relay For Life is an incredible that brings the community together to celebrate, remember and fight back ® against cancer by raising funds for the Cancer Society's free services.

Date: Saturday 29 March

Time: 9am-9pm

Venue: University of Waikato

You can sign up on the website by visiting relayforlife.org.nz then search for the Hamilton event or scan the QR code below.

What's on:

- Celebration Lap (formerly Survivor's Lap)
- Celebration Morning Tea (free for people who have or have had cancer - see below)
- Candlelight Ceremony
- Closing Ceremony
- NEW family games
- NEW dunk tank
- Open mic
- Live music and performances
- Food trucks
- Spot prizes and more

Register as part of a team below:



Celebration Morning Tea - RSVP now

We invite everyone who has or has had cancer to join us at our FREE Celebration Morning Tea at Relay For life held from 9.15am. You are also invited to be part of our opening lap at 9am. Spaces are limited to 100 guests; RSVP's essential. Please scan the QR code below to fill in the RSVP form or contact fundraising@cancersociety.org.nz



Red Stag Rotorua Marathon

How about tackling a marathon past world-renowned geysers, sulphur lakes and waterfalls? The prestigious Red Stag Rotorua Marathon has chosen the Cancer Society Waikato/Bay of Plenty as their charity of choice and we are so excited!

Maybe you know someone who'd love to tick this off their bucketlist? Or maybe someone looking for a challenge while also raising much-needed funds for the Cancer Society? Please encourage them to sign up on the Marathon website - link below.

Walkers and runners welcome; varying lengths available.

Date: Saturday 3rd May

To signup, visit bit.ly/MarathonCancerSociety



Longest Day - thank you!

Over the summer, 103 people took to golf courses throughout the Waikato and Bay of Plenty to try their luck at 72 or 36 holes of golf ... in one day! Thanks to everyone that braved the sun (and rain) to make their Longest Day count. We are pleased to share that they have so far raised over \$80,000 towards our free services in the region. Photo above is of the incredible Kinloch Village Golf Club.

Need support?

Our supportive care nurses are here to help. Contact us on 0800 22 77 44

Best summer iced tea recipes



For a refreshing cool drink on a hot summer's day, nothing beats an iced tea. Plus, they're easy to make and low in sugar! These recipes from the Heart Foundation serve one and take about two hours cooling time..

Serves 1. Total time: 2 hours

Method

Make a weak brew, add fruit/herbs while still hot, leave to cool then serve cold with ice.

Option one: Jasmine, lemon & ginger

Combine one cup of water with a jasmine tea bag, 3 lemon slices, 2-3 ginger slices.

Option two: black tea & citrus

Combine one cup of water with a black tea bag and 2/3 mandarin or orange slices.

Option three: berry, lime & mint

Combine one cup of water with a berry tea bag and 2/3 lime slices and 3 mint leaves.

Welcome new faces of 2025

In January, we held a pōwhiri at the Cancer Society's Lions Lodge to welcome the new staff joining our team. We are so excited to welcome (from left to right) Larelle, Tracey, Janelle, Malia and Hilary to our Cancer Society whānau! They complete our Cancer Care, Philanthropy and Volunteering teams in the Waikato and Bay of Plenty and are all brimming with ideas about reaching more people with cancer.



E haunui ana i rar, e hari ana i runga

It's blustery below but the sky above is clear, the difficult times are over and the way ahead is now easier

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, 021 1630 739

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

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

Where: Classic Flyer's Aviation Museum
9 Jean Batten Drive

Contact: Rozie, 021 1630 739

Oesophageal, throat and stomach support group

Meets bimonthly on a Friday.

When: 10.00-11.30am

Where: Daffodil Cottage, 21 Twelfth Ave,
Tauranga

Contact: Phone Lyn for details, 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: Whakatāne Information Centre
entrance, Quay St, Whakatāne

Contact: Kaye, 027 694 7052

Kawerau support group

When: Third Monday 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

Aratika Cancer Trust - holistic support

Aratika Cancer Trust offers integrative and holistic programmes to empower people living with cancer.

Their services include support circles, residential weekends, meditation, creative therapy and various resources to support your through your journey. To find out more, please visit www.aratikatrust.co.nz

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 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

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

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

February date change: Thursday 13 February

When: First Thursday of every 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

When: Wednesday 5 February
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

Lymphoedema info sessions

When: 27 February, 20 March, 17 April, 29
May, 26 June, 31 July, 28 August, 25
September, 30 October, 27 November,
18 December.
Where: Cancer Society's Lions Lodge, 32
Tainui St, Hamilton
Time: 1-2pm

Look Good Feel Better -free wellbeing classes for cancer patients

Look Good Feel Better provides a range of free sessions, for anyone with any cancer. at any stage. It is time away from the world of diagnosis, treatment and recovery, to help you navigate cancer with confidence, feel stronger and live better. Some wellbeing classes are hosted at the Cancer Society's Lions Lodge. You can sign up or join a virtual session by visiting their website at: www.lgfb.co.nz/

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 each month
10.30-12noon
Contact: Rozie, 021 1630 739

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: 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



Register
now!

Relay For Life Hamilton

Let's do something remarkable together!



Sat 29 March 2025
University of Waikato
relayforlife.org.nz

