

## October 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](http://cancer.org.nz)

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*Waikato supportive care nurses, Karen Keeling and Leoni Lawry.*

## Thank you for being with us on Daffodil Day

I wish to extend a heartfelt thank you to the community for showing us so much support on Daffodil Day.

Without volunteers and local business support, we would not have had a street collection. And without the public donating, we would not have the Cancer Society. Daffodil Day is the most important event in our calendar year because we are community-funded, but it is about so much more than just raising funds.

The daffodil is a symbol of hope for the 1 in 3 among us who will receive a cancer diagnosis. August is our opportunity to show those we love and care for with cancer that we see them, they are not alone, and we are directing our focus to be part of the solution.

In the past year, we have been there for our local patients 11,525 times. We have taken on 2,556 new clients. We have provided 16,025 bednights at the Cancer Society's Lions Lodge, and we have driven 113,950km getting people to their treatment appointments.

These numbers are staggering. As we see cancer rates increase, so too does the drive within me to ensure that we can be there for everyone and anyone who hears the words 'you have cancer'.

It would be wonderful to have you with us for Daffodil Day 2025.

Ngā mihi

**Helen Carter**  
Chief Executive



## Meet Leona in Whakatāne

Leona Spence has been a nurse for over 20 years, but it was only two years ago that she found her true calling at the Cancer Society.

"It's such a varied role, and I get to meet so many amazing people and their whānau. It's a privilege to play a part in helping them as best I can," she said recently in an article by Lotto New Zealand.

Leona supports people with cancer in the Eastern Bay of Plenty, including Whakatāne, Ōpōtiki and Kawerau. It's a remote part of New Zealand so access to cancer care can be difficult, particularly when radiation is required far from home at Tauranga Hospital.

Leona helps patients break down the barriers to their cancer care, ensuring that their treatment is not compromised due to the cost and logistics of staying in Tauranga.

"I have the time to hear about their families and whakawhanaungatanga - who they are, where they come from, and what makes them, them. Often with a new diagnosis, people find all the information overwhelming - I am not there to add to that, but I am there for them as they need."

Leona's work in the Eastern Bay is made possible with thanks to funding from the Te Puna Tahua Lottery Grants Board.

## Laurel's tip: try a doorbell

"I recently underwent quite serious back surgery and in the following weeks often required my husband's assistance. As I had lost my voice as a result of the anaesthetic tube, and my husband is very hard of hearing, summoning him for help was a bit of a challenge. A bell beside the bed was of little use as he could not hear it if more than a few feet away. Then he came up with a brilliant idea - he went and bought a doorbell. The button sat on the bedside cabinet and the actual bell was either in the kitchen or dining room area or he could put it in his pocket if he was working in the garden or garage. Even when my voice slowly returned it saved a lot of calling out and frustration. I recommend it!"

## Passing of King Tuheitia Pootatau Te Wherowhero

Kua hinga atu rā te Tōtara nui i te wao nui a Tāne. He mihi maioha ki te Kāhui Ariki, ki te whānau pani. Ka tangihia, ka tangihia. Ka rere tonu te aroha o ngā hau e whā, ki a koutou katoa.

E te Kiingi Tuuheitia Pootatau Te Wherowhero te tuawhitu, kei te mihi, kei te mihi, kei te mihi. Ko te mea nui kei ora tonu te whakakotahitanga ki tēnā ki tēnā o ngā iwi nā tō rangatiratanga. Nō reira, e te Kiingi, moe mai, moe mai, moe mai rā. Moe mai ki runga i te poho o te Runga Rawa, e moe.

A great Tōtara tree has fallen from the great forest of Tāne.

This is a warm acknowledgement to the royal family, to the bereaved family of the Māori King; we mourn, we mourn. May love continue to flow from the four corners of the world, from the hearts of the people, to you all.

O King Tuheitia Pootatau Te Wherowhero the seventh, we acknowledge you, we acknowledge you, we acknowledge you. The most important thing is that the unity among the iwi continues because of your leadership. Therefore, o King, it is your time to rest. Rest in the embrace of the Almighty.



## Changes to Pharmac cancer medicine funding

Pharmac has released its first cancer medicine decision since the funding boost!

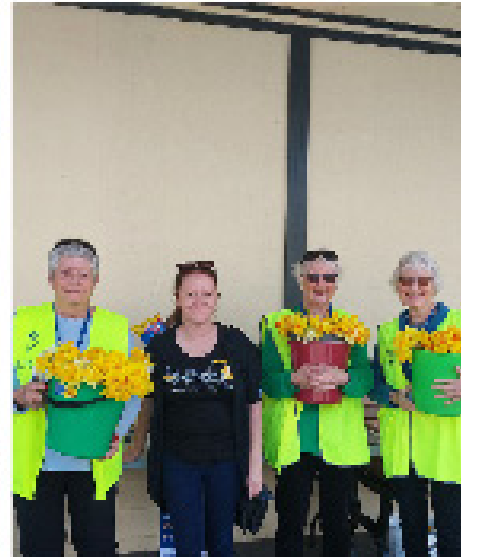
From 1 October 2024, pembrolizumab (branded as Keytruda) will be funded for eligible people with advanced triple-negative breast cancer, head and neck cancer, colorectal cancer, bladder cancer, and Hodgkin lymphoma. Nivolumab (branded as Opdivo) will be funded from 1 November for eligible people with kidney cancer.

About 1000 New Zealanders will benefit in the first year alone. For colorectal cancer, Keytruda is the first new drug funded in 20 years.

# Daffodil Day photos



# Daffodil Day photos



## Talking to others - counselling

Sometimes we need different support from that which our family/whānau and friends can provide. For some people, meeting others who are in a similar situation can help to decrease feelings of anxiety, isolation, and fear. Support groups offer you the opportunity to share your experiences and learn different ways to deal with problems.

Another option is counselling. When you connect with the Cancer Society, your supportive care nurse will carry out an assessment and refer you and/or your whānau to counselling services if appropriate.

Counselling can help you discuss the impact of a cancer diagnosis on your relationships and explore effective ways of support through this time.

If you've just received a diagnosis, are currently having treatment, or your treatment has finished, we are here to help.

If you are not eligible for a Cancer Society counselling grant, we will be able to suggest alternatives for you.

## Helpful numbers & websites

1. Cancer Society Cancer Information Helpline  
0800 CANCER (226 237)
2. AnxietyNZ Trust phone line  
0800 269 4389 (0800 ANXIETY)
3. Depression.org.nz Helpline  
0800 111 757
4. Healthline 0800 611 116
5. Lifeline Aotearoa  
0800 543 354
6. Kidsline  
0800 543 754
7. Need to Talk? 1737 for free 24/7 counselling
8. Supporting Families New Zealand  
<https://supportingfamilies.org.nz>
9. Family budgeting services  
[www.familyservices.govt.nz/directory](http://www.familyservices.govt.nz/directory)
10. Man Alive (New Zealand)  
[www.manalive.nz](http://www.manalive.nz)
11. Samaritans Aotearoa New Zealand  
[www.samaritans.org.nz](http://www.samaritans.org.nz)
12. Skylight  
[www.skylight.org.nz](http://www.skylight.org.nz)
13. Mental Health Foundationa  
[www.mentalhealth.org.nz/](http://www.mentalhealth.org.nz/)

*"I am a Colposcopist consulting with women everyday about HPV/cervical cancer and assessing their risk. I would love to be out of work due to lack of HPV related cervical cancer. These changes are vital in supporting the pathway towards the elimination of cervical cancer."*

- Julia Glentworth,  
Nurse Practitioner



**Together  
we can end  
cervical cancer**

Sign our open letter to the  
Government today



## Sign our open letter to Government

Elimination of cervical cancer in our lifetime is genuinely within reach. This is more than a women's issue. Our campaign is something for our tāne, our men to get behind too.

Sign our open letter for the wahine, the women, in your life – your girlfriends, wives, mothers, daughters, sisters, aunties, friends and workmates.

We are calling on the Government to:

- Extend free cervical screening to all who are eligible
- Fully fund an equitable Cervical Cancer Elimination Strategy
- Urgently increase access to HPV vaccination among school children to reach 90% uptake

Please sign the open letter today and encourage your friends and family to do the same. You can find it on our website: [cancer.org.nz](http://cancer.org.nz)

## Cambridge chess group - you're invited

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

## Green chowder with prawns recipe



Make the most of spring's peas with this easy and nutritious recipe that is also high in saponins, a compound that may help protect against certain forms of cancer.

Serves 4. Cooking time: 40 minutes.

### Ingredients

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 celery stick, finely chopped
- 1 garlic clove
- 300g peas
- 200g pack sliced kale
- 2 potatoes, finely chopped
- 1 low-salt chicken stock cube
- 100g prawns, cooked

### Method

1. Heat the oil in a saucepan over medium heat. Add the onion and celery and cook for 5-6 minutes until softened but not coloured. Add the garlic and cook for a further minute. Stir in the peas, kale and potatoes, then add the stock cube and 750ml water. Bring to the boil and simmer for 10-12 minutes until the potatoes are soft.
2. Tip 3/4 of the mixture into a food processor and whiz until smooth. Add a little more water or stock if it's too thick. Pour the mixture back into the pan and add half the prawns.
3. Divide between four bowls and spoon the remaining prawns on top.

Enjoy!

**Tip:** Can be frozen for up to a month. Add the prawns once defrosted.

## Did you know?

### GREEN PEAS

**Great source of plant-based protein = you can feel fuller for longer**

**Low glycemic index = can help regulate blood sugar**

**Soluble fibre = maintains flow of waste through digestive tract**

**B vitamins and vitamin C = can help with blood sugar management**

**Magnesium, potassium + calcium = supports cardiovascular function**

# 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:** Monday 21 October  
10.30-11.30am

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

**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:** Taupō Harriers Clubrooms, 13 AC Baths  
Ave, Taupō

**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



**Rahirahi tonu, kaurua  
e matatoru.**

**Be attentive and forever  
heedful**