

## What's Happening in North Canterbury



### March & April 2022

Groups have resumed following Covid safety practices (includes sighting of vaccination passes, social distancing / hand hygiene and mask wearing). We also have several online workshops in the offering. Please contact us on 0800 226695 to register or find out more about the groups and activities or pop into the office at 143 Percival Street, Rangiora.

**Therapeutic Art group, Every Monday 10.00 am. to 12.00 p.m.** This weekly group is facilitated by Lynette. Held at Kaiapoi Baptist Church, 67 Fuller Street. Kaiapoi. Park on site. All patients and their carers welcome. Catering from absolute beginners to advanced painting skill.

**Rangiora Walking & Coffee Group, Every Tuesday 9.30 am.** Facilitated by Glenda & Chris the group meets every Tuesday. Open to all patients and carers. *Please note change in meeting arrangements.* Meet outside The Warehouse at 9.30 a.m. for a walk around Northbrook Waters and then to *Station Cafe* at 10.30 a.m. to purchase your coffee.

**Patient Group, First Wednesday of the month, 10.00am. Upcoming dates: 6 April, 4<sup>th</sup> May**  
Meet other patients in this supportive and informative session. Held at the Centre 143 Percival Street, Rangiora.

**Cancer Society Men's Get Together, last Wednesday of the month, 1.00 p.m.**  
**Upcoming dates: 30 March, 27 April** at 143 Percival Street, Rangiora. We will confirm location for the April group.

**Oxford Support Group – Third Wednesday of the month, 10.00 a.m. Next held on 16 May** at Café 51, Main Street, Oxford. Facilitated by Ans from the Oxford Cancer Society Volunteer Support Group. All patients and carers most welcome.

**Seasons for Growth workshop.** Following on from our grief and loss information session for cancer patients or carers we are seeking interest in this 2 x 4 hour workshop on offer for adults to process experiences of trauma, loss, and change. Participants appreciate the peer group setting for safe sharing of their experiences and the discovery of their own resources in the grief process in response to dealing with illness, bereavement, redundancy, family breakup, relocation, natural disaster and more. The workshop will be facilitated by Shona Lawson. If you are interested or wish to know more, please contact us. We will confirm details when we have 8 people registered.

**Rural Clinics:** Available for cancer patients and carers to find out about treatment related support and rehabilitation. *Held monthly (or thereabouts).* Please contact us to make an appointment.

**Waikari Health Centre Clinic,** Monday 11<sup>th</sup> April and Monday 9<sup>th</sup> of May, 1.00 to 3.00 p.m.

**Amuri Health Centre (Rotheram),** Friday 25<sup>th</sup> of March 10.00 a.m. to 12.00 p.m.

**Oxford Hospital,** commencing on Wednesday 4<sup>th</sup> of May 2.00 to 4.00 p.m.

## Cancer Society online resources –

Managing sleep problems <https://www.cancer.org.nz/cancer/cancer-treatment/side-effects-of-cancer-and-treatment/sleep-problems/>

**NEW Cancer Society Online Monthly Financial Workshops Held 2nd Wednesday of the month 10.00 a.m. to 12.00 midday.** Next date: **Wednesday 13 April.** Provided by ANZ, Community Law & Ministry of Social Development for Cancer Society patients, family and whānau. This 2-hour financial workshop will look at ways to help manage the stress associated with a diagnosis and change in financial situation. Please register for this Zoom workshop by contacting Fran on 06 356 5355 or Email: [fran.harvey@cancercd.org.nz](mailto:fran.harvey@cancercd.org.nz)

## Other resource and supports ...

**CanBead** are running **online** jewellery workshop for patients and carers. Go to <https://www.caninspire.org.nz/canbead.html> for more information. Participants will require their own laptop. Rangiora Workshop 17 March is FULL. There will be another held later in the year. Details to follow.

**Kaikōura** – Wed. 25<sup>th</sup> of May 1.00 p.m. to 3.00 p.m. *Registration by phoning CS NC by 11<sup>th</sup> May 2022.*

**Look Good Feel Better** workshops **for women** at CS Rangiora on Saturday 11 June and 19 November 10.00 a.m. to 12.30 p.m. To enrol online go to <https://lgfb.co.nz/class-schedule/> The Rangiora workshops are listed under Christchurch with our address, 143 Percival St in the details. There are also **workshops online for men**. Please register at <https://lgfb.co.nz/programmes/for-men/>

**Blue Bros** Exercise classes for Men at 8.15 a.m. on Mondays, Mainpower Stadium, Coldstream Road, Rangiora. Facilitated by Misha this committed group extends a warm welcome to new patients. Contact Dave on 0272027525 to register.

**Next Steps** group exercise cancer rehabilitation class combines yoga, Pilates and cardiovascular exercises to build strength, stamina and flexibility. This 10-week class commences Term 2 on Fridays 12.30 to 1 30 p.m. starting 6 May at the Rangiora Fitness Centre, 345 Flaxton Road, Rangiora. Please contact [susan@activehealth.co.nz](mailto:susan@activehealth.co.nz) or phone 03 383 6290 to find out more or to register.

**Prostate Foundation support group** – monthly meeting in Rangiora (2<sup>nd</sup> Tuesday of the month). Contact Dean and Lois on 02102246078 or email [rangiora@prostate.org.nz](mailto:rangiora@prostate.org.nz).

**Lymphoedema Education Sessions (also via Zoom).** Held each month on the 11:00 to 12.30 p.m. 2<sup>nd</sup> Tuesday of the month in the Chapel, Burwood Hospital. Enter via Gate 3, Mairehau Road. Learn skills for the self-management of lymphoedema. Next dates: 15 March, 12 April. To book phone 033836833 or email [physiobd@cdhb.health.nz](mailto:physiobd@cdhb.health.nz) to register for the group or attend by Zoom.

**Ostomy NZ Support.** Meet alternative months in Rangiora (1st Tues, Artisan Cafe) and CHCH (1st Wed, Kidd's Cakes, Cranford St). Next meeting in Rangiora Tuesday 3<sup>rd</sup> of May. Contact Brent on 033135744, Diane on 0274164185 or email: [ostomycanterbury@gmail.com](mailto:ostomycanterbury@gmail.com) for education and support for patients and families.

**Kaikōura Blue Bros** Exercise classes for Men in Kaikōura, Wednesdays at 10.00 a.m. Please call Belinda Rickerby 0275620811 to register. Join this community class to maintain your strength, flexibility, fitness and enjoy the camaraderie of others.

## [Cancer Society North Canterbury Fundraisers](#)

### **Bulbs of Hope Fundraiser – Quality Mixed Daffodil and Tulip Bulbs**

10 x Mixed Daffodils \$10.00, 10 x Mixed Tulips \$12.00, 100 x Mixed Daffodils \$95.00, 100 x Mixed Tulips \$110.00

#### **Ordering options:**

1. At the North Canterbury Centre, 143 Percival Street, Rangiora
2. Phone: 0800 226 695 or 021-139 4909
3. Email: [northcanty@cancercwc.org.nz](mailto:northcanty@cancercwc.org.nz)

### **Recycle Runway Pop-up Shop, Rangiora**

We are currently calling for the donation of women's clean, good quality clothing and accessories for our pop-up shop being set up in May. It might be everyday clothes, something chic, classy or with a point of difference: think Retro, Glamour, Vintage.

And what better time to declutter with the change in seasons! Please spread the word amongst your friends, family, colleagues, and community. Contact Tiff on 021-139 4909 to arrange delivery or pickup.