

New Leadership Inspires

We are delighted to introduce our new Southern Chief Executive, Christine Prince. Christine brings seasoned leadership skills from a decade with the Canterbury West Coast Air Rescue and New Zealand Flying Doctors Trust. Her work there helped strengthen essential emergency services.

Now, she's bringing that same passion for community wellbeing to a cause that is deeply personal to her: supporting people facing cancer across the Southern region.

Christine's connection to our mission runs far beyond professional experience. She lost her mother to cancer when she was 10, and later her father. She understands the lasting impact cancer can have on families.

"Back then, we simply didn't have the services or support available today. I know the ripple effect that had not just on me and my younger brothers, but on our whole family," she says. "With cancer rates now



one in three, and possibly even approaching one in two, there is such an urgent need to do more. This is a time for us to be bold." We look forward to working with Christine here in Central Lakes Otago and the advocacy voice she will bring to improving services in our region.

Fitting and information closer to home

Becky, our expert bra and prosthetics coordinator, will be coming to Queenstown for fittings on 14th May, with bookings essential!

Becky runs the Cancer Society prosthetics service covering Southland and Central Otago.

Becky is here to support anyone on their breast cancer journey, providing information and advice, as well as post-op supports to increase comfort.

Her prosthetics room is well stocked with different types of breast forms, bras, camisoles and more for all types of activities and lifestyles.

To book your free appointment, contact Becky on 021 225 2501 or 03 218 4108.

Fittings will take place between 9am and 3pm on 14th May at Cancer Society, Remarkables Park Town Centre.



POP IN CROMWELL

Our Cancer Navigators will be available Monday 20th April from 2.15pm at Cromwell Community Hub. Pop in and find out how we can support you every step of the way.

From May onwards, they will be available at the Community Hub on the last Monday of the month, after the local support group held at Forage.

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look good feel better[®]

FACING CANCER WITH CONFIDENCE



If you or someone you know is navigating cancer, you are warmly welcome to join the FREE Look Good Feel Better community class.

When facing cancer, it can strip so much from us, our confidence, our energy, even the sense of who we are when we look in the mirror.

The Look Good Feel Better community class shares practical skincare and makeup tips to help you care for your skin during and after treatment, while creating space to reconnect with yourself and others who understand the experience. Sessions open to anyone affected by cancer, from diagnosis, through treatment, and beyond.

look good feel better

St John Ambulance Cromwell

Saturday 30 May

10:30 AM – 12:30 PM

Register here:

<https://lgfb.co.nz/registration/?campaignNo=C007721>

Exercise is Medicine

There is a growing body of evidence which shows how important exercise is when it comes to optimizing recovery. Exercise gives a sense of control and improves wellbeing, and if you join in a group it has the added benefit of building connections.

Exercise doesn't necessarily mean hitting the gym – what's most important is finding an activity that you enjoy doing. We are lucky enough across Central Otago to have a variety of options to support movement and most of them are FREE or subsidized.

These range from the Cancer Recovery gym, Patient Empowerment Programme, Pinc and Steel, Green Prescription, walking groups and one-to-one support provided by health coaches based at most GP services.

Patient Empowerment Programme

Cancer Society Southern is excited to partner up with the Cancer Patient Empowerment Programme. There are 3 remaining places for Southern Cancer Society clients. CancerPEP is a six month, home-based, research driven programme delivered by an Oncologist and Psychology professor. For more information contact Zoe cancerpep@southerncancer.org.nz

Navigating change, challenge, and uncertainty

Life rarely unfolds as planned. Change, challenge and uncertainty touch us all – something very relevant in coping with a cancer diagnosis or supporting a loved one.



Dr Lucy Hone, a global expert on resilience, will share a short, engaging presentation drawing on decades of research and lived experience, to provide simple strategies to help cope with adversity.

She will then join Te Kura o Tititea Mount Aspiring College Principal Nicola Jacobsen in a live conversation about what truly helps individuals and communities through difficult times.

There is still time to book and it's one not to be missed! This special community evening brings people together for connection, reflection and conversation.

Lake Wanaka Centre, 89 Ardmere Street
Wednesday 22nd April 7pm – 8.30pm
Tickets \$25 or bring a friend two for \$45
pathwanaka.org.nz/what's-on/event

NEED SUPPORT? Contact your local cancer navigators 03 442 4281

Zoe Arden – Central Lakes 021465746

Shona Bain – Monday, Wednesday, Thursday – 0274137421



Cancer Society

Te Kāhui Matepukupuku o Aotearoa

Cancer Recovery Programme - Remarkable Cancer Gym

Improve your health, fitness and wellbeing with the free Cancer Recovery Programme through the help of the Remarkable Cancer Gym. This specialised programme offers a safe and supportive environment, helping you to begin or resume your exercise journey.

The group sessions run for 12-weeks on Mondays and Wednesdays 7.30-8.30am.

The Cancer Recovery Programme is for survivors of prostate, bowel and breast cancer who are at least 6 weeks post treatment. There are also some further criteria participants must meet to ensure that the programme is safe for you to join.

Get in touch with Deni for more information deni.zawalski@qldc.govt.nz

Green Prescription

Green Prescription is a free health and wellbeing support service for those who would benefit from more physical activity and/or healthy eating support, or those with long-term health conditions such as cancer. In addition to the advice and guidance given from the Green Prescription team, if you have a Green Prescription voucher you are also entitled to join a small group, supervised exercise programme at Alpine Health and Fitness.

The Green Prescription programme runs every Wednesday from 11.00am-12.00pm at Alpine Health and Fitness for 10-weeks. To access services through Green Prescription, you must first receive a voucher from the team at Active Southland. You can do this by receiving a referral from your GP, or by self-referring online through this link: https://t.ly/_bGDq

Whakatipu Walkie Talkies & Cancer Society Walk & Talk

The Whakatipu Walkie Talkies and Cancer Society Walk & Talk groups (Wanaka & Queenstown), are free walking groups for all members of our community.

Social connection is extremely important, especially if you are feeling isolated during your cancer journey. These walking groups offer a relaxed, informal environment where you can meet others and stay connected with our community. The outdoors and gentle exercise will also do wonders for your mental health.

The Walkie Talkies meet every Thursday at 10.15am at Frankton Beach. Get in touch with Deni for more information deni.zawalski@qldc.govt.nz

Cancer Society Walking Groups every second Wednesday: 22nd April, 6th & 20th May, 3rd & 17th June
Walk & Talk Wanaka meet at lakefront car park (opposite McDougall Street) at 12pm
Walk & Talk Queenstown meet at Cancer Society, Remarkables Park at 5pm

Contact zoe.arden@southerncancer.org.nz for more info

PINC & STEEL

PINC & STEELs local team of certified Cancer Rehab Physiotherapists provide personalised care, guidance, and rehabilitation to help people regain strength, confidence, and quality of life, through every stage of treatment and recovery.

But PINC & STEEL is about more than just physical recovery. It's about giving people hope, strength, and courage as they navigate life after a cancer diagnosis. Their Individual Programs are designed to improve strength, restore quality of life, and enhance well-being for anyone diagnosed with any type of cancer.

Whether you've just been diagnosed, are undergoing treatment, or are navigating life after cancer, PINC & STEEL are here to help. Visit <https://www.cancerrehab.org.nz/> for more info.

Practical and emotional support to help you and loved ones navigate a diagnosis

Our FREE services include:

- One-on-one support
- Information and resources
- Advocacy and navigation
- Peer Support Groups
- Accommodations at Daffodil House and Christchurch Cancer Centre
- Counselling support

Call one of our local team, pop into a centre, or book directly with a cancer navigator via our online portal



Here to help across Otago Central Lakes

Zoe Arden
Cancer Navigator
021 465 746
zoe.arden@southerncancer.org.nz

Shona Bain
Cancer Navigator
027 580 0640
shona.bain@southern cancer.org.nz

Tara Strahan
Community Manager
027 576 6188
tara.strahan@southerncancer.org.nz

Laura McQuaid
Community Coordinator
021 390 445
laura.mcquaid@southerncancer.org.nz

Come to Chant! Free Series

Om Namah Shivay for wellness of people around us. Create a sound together that cleanses, purifies and brings positive energy within our existing aura. No previous experience required to be a part of these sessions.

Free sessions held at Wanaka Community Hub.
Facilitated by Meetu. 6.30am to 7.30am
15th April, 15th May, 13th Jun, 12th Jul, 28th Aug

Local centres:

Tahuna- Queenstown Remarks Park
Monday, Tuesday, Thursday, Friday
8.45am - 4.30pm
Wednesdays by appointment

Wanaka Hub
Wednesday & Friday Fri 9-1pm

Alex Community House- Wednesday
am- Pop in. Monday/ Thursday by
appointment

Cromwell Community House- First
Monday of the Month from 2.15pm

Ranfurly Medical Centre – Community
Support Hub
Last Thursday of the month
10am-1pm

Coffee Groups



Let's Make Your Day Better!

Join us for coffee, laughter,
and friendly chats

Family, friends & support
people welcome

Buzzstop Cafe,
Frankton
First Tuesday of the Month
12.30pm - 1.30pm

Forage Cafe,
Cromwell
Last Monday of the Month
12.30pm - 1.30pm

*April moved to 20th due to
Anzac Day



Need Support?

Contact your local Cancer Navigators
03 442 4281



**Cancer
Society**

Te Kāhui Matepukupuku
o Aotearoa

Volunteers Needed



**CanShop are looking for volunteers
to join the team**

At CanShop, 100% of our profits go directly to Cancer Society Southern, to provide vital support to people in our community and help fund lifesaving research.

Our shop is proudly staffed entirely by volunteers, Monday to Saturday - and we're on the lookout for more stars to join our crew.

Whether you're a styling superstar who knows all the labels, or you love to chat with customers, we'd love to have you on board.

**Help us turn quality second-hand finds into support for
Cancer Society Otago Central Lakes**

**Contact Laura to find out more
laura.mcquaid@southerncancer.org.nz**

Your time. Their hope.

