

COMMUNITY NEWSLETTER

Otago Central Lakes

Ed10 2025

 Southern
Cancer Society

Te Kāhui Matepukupuku o Te Waipounamu

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New Home, All Welcome!

We're very excited to let you know that we'll soon be moving to our new premises! The new space is much more accessible and easy to find—right below the GP surgery and the pharmacy in Remarkable Park. Just around the corner from the Can Shop with plenty of parking so it'll be super easy to pop in.

We can't wait to welcome you to our new home in the community!

We will be having a open day at the end of January—more details to come! Need to get through the move and Xmas first ;)

The Search is Over...

Introducing our new Community Coordinator responsible for looking after our amazing volunteers, assisting with events and service development. Thank you to all applicants we had some amazing candidates but Laura McQuaid stood out with her passion to be involved in meaningful mahi, events and management experience and all round good craic! Originally from Ireland just out of Dublin Laura has been in Queenstown/ Tahuna for 6 years and now is proudly a resident. Laura looks forward to connecting with you over the coming months.

Students Bringing Hope

Bags of Hope are more than beautiful artwork; they're a heartfelt reminder to cancer patients that their community is walking beside them during an incredible tough and at times lonely journey.

The project is a powerful learning opportunity for year 7-8 students across our region. Students can express creativity in their bag design while developing compassion and a deeper awareness of what others are going through in their communities. The bags are cherished by Oncology patients as they store their belongings and prepare for treatment. Huge thank you to Remarkable primary teacher Angela Thompson for championing their school project. If your school would like to be involved please get in touch with Laura.mcquaid@southerncancer.org.nz



Introducing Laura- Outside our new home

Living well with Cancer and Beyond- Community Event

Join us at the Events Centre for a relaxed after-work event all about living well with cancer and beyond. An opportunity for the community to meet local services all in the same place and find out what supports are available. Refreshments and goodie bags provided!

When: Thursday 12 February, 5.30-7.00pm

Where: Queenstown Events Centre, upstairs function room



Bags of Hope proudly displayed by Remarkable students.

Need support: contact our local Cancer Navigators
Zoe Arden - Central Lakes- 021 465 746
Shona Bain - Central Otago- 027 5800 640



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Or book a chat online-
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Free Wills Week

Our awesome Free Wills Week is live for volunteers! We've teamed up with Safewill to offer you the chance to complete a professionally written Will - completely free. It's our little way of saying thank you for the incredible work you do every day.

If you haven't sorted your Will yet, this is a great moment to tick it off the list. But don't wait too long—this offer ends Monday, 8 December. You can get started here: <https://safewill.com/nz/cancersocietysouthern>

CanBead Workshop, Cromwell



Thanks to everyone who came along to the recent CanBead workshop in Cromwell. It was a great turnout and a chance for people impacted by cancer to come together to enjoy a calming, creative and therapeutic activity.

If you're interested in attending future workshops, please get in touch so we can coordinate with CanBead.

Need pampering??

♥ Look Good Feel Better community class in Cromwell Thursday, 12th December from 1-3pm at St John's Hall. Connect with others, and enjoy being pampered while you learn simple tips to look and feel your best.

Register online to reserve your spot

<https://lgfb.co.nz/> ♥



Tara Strahan & Romy Canshop Volunteer Shona Bain

Need support: contact our local Cancer Navigators

Zoe Arden - Central Lakes- 021 465 746

Shona Bain - Central Otago- 027 5800 640



Naylor Love

MITRE 10 TRADE

The Southern Swing Golf Series is a fundraising initiative designed to bring communities and businesses together to support families with cancer.

Our first two events at Clearwater, Christchurch and the Otago Golf Club, Dunedin were a huge success—beautiful weather, fantastic competition, winners and grinners, and amazing support from sponsors and local businesses. Unfortunately, no \$30,000 holes-in-one yet, but that has not stopped people from giving it their best shot!

We are now heading to Arrowtown and Invercargill for the final two tournaments and would love to have you join us.

- 🏆 Arrowtown | Monday, 26 January 2026 | \$850 + GST per team
- 🏆 Invercargill | Friday, 30 January 2026 | \$500 + GST per team

You can get involved by:

- ✓ Registering a team of 4 players- we need 8 more teams
- ✓ Sponsoring a hole - includes signage and onsite promotion
- ✓ Becoming a Par 3 Hole Partner or Gold Partner - gain premium visibility and speaking opportunities

On the day, there's also a registration bbq, 12 pack personalised golf balls per team, post-event celebration with prizes and charity auction, and the chance to win \$30,000 for a hole-in-one, thanks to Gallagher Insurance!

If you are not able to join us on the day, perhaps you could offer prizes or auction items to help us reach our goal of \$100 000 for the series.

Funds raised help us provide free services like transport to treatment, accommodation in Daffodil House in Dunedin or the Canterbury Cancer Centre in Christchurch where more of our community are travelling to for treatment, and one-on-one support from our Cancer Navigators.

For more details, visit [Southern Swing website](#) or contact our Community Funding Partners:

craig.mcgregor@southerncancer.org.nz mobile 027 289 4084

cherie.roper@southerncancer.org.nz mobile 021 241 5429

Christmas festivities are under way!

We had the privilege of joining the lovely CanShop volunteers at their annual celebration. The CanShop has a dedicated group of amazing volunteers, most of whom have been with the shop since its inception 12 years ago. We are looking for some new volunteers to join the team.

If you are interested, please get in touch with Laura - laura.mcquaid@southerncancer.org.nz

Alexandra Community House holds an annual Decorate the Door competition. Cancer Navigator Shona Bain is our very own Christmas Elf - we think Shona will take it out with her Santa's Grotto.



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Or book a chat online-

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Our one to one support is tailored to you, and your whanau needs- providing practical and emotional supports to assist as you navigate a cancer diagnosis and all that it brings.

Need help getting to treatments?

We can support linking you in with Health Shuttles and other ride options or link you in with our trained volunteers to drive to appointments or treatment. Please ask us about our dedicated volunteer service.

All welcome Coffee Groups:

Our coffee groups offer a safe, welcoming space for you and your whānau to meet others who 'get it'.

- Queenstown Central Lakes Coffee Group- First Monday of the month. Buzzstop cafe. 10am -11am
- Central Otago Coffee Group- last Monday of the month, Forage Cafe, Cromwell. 12.30-1.30pm - this will restart in the new year.

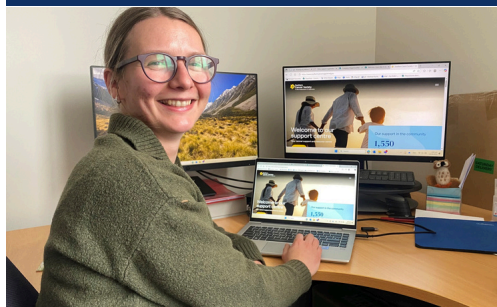
Transport available. Any Cancer, Any Stage- for more info contact Zoe or just turn up.

Walking Wednesdays

The new Wanaka walking group is going strong- Fortnightly Wednesday 12pm. Meet at lake front car park opposite rugby pitches. Short and longer walk options. Option to join for coffee after.

Turn up or for more info contact Zoe- Cancer Navigator Watch this space for a Queenstown group.

70% of people diagnosed feel alone- Please get in touch, we are here to help.



Zoe - One of our local Cancer Navigators using the new portal

Our digital portal gives you access to information and resources anytime, anywhere. Support is here - whenever and however you need it, book in with a cancer navigator online or call us:
www.southerncancersupport.org.nz



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**BASED IN CENTRAL
OTAGO LAKES
HERE TO HELP-**

03/03

Support Your Recovery

Feel empowered with the Patient Empowerment Programme. The PEP is an evidence based wellbeing tool created by a Canadian Oncologist and Research Psychologist. We still have a few fully funded places available for the programme.

For more info contact Zoe
cancerpep@southerncancer.org.nz

Community Outreach:

- Wanaka Hub-Wed/ Fri 9-1pm
- Ranfurly Medical Centre - Community Support Hub: Last Thursday of each month, 10am-1pm
Coming to Cromwell and Queenstown next year!

Holding a Summer Event?

Central Otago Lakes has one of the highest rates of skin cancer. Skin cancer is the most common diagnosed cancer. Over 90% of these are preventable with Sunsmart activities. Check out the website <https://www.sunsmart.org.nz/> or get in touch if you would like support at your event.

Cancer Psychosocial Service

A dedicated Southern DHB psychosocial service for individuals impacted by cancer. CPS recognises that a diagnosis affects your body, mind and emotions. Their dedicated team of counsellors and social workers are available to support you either face to face or online. ph 0800 222 158

Online groups- Tips and Tricks run at Daffodil House- Thursdays at noon- contact Zoe for more info- zoe.arden@southerncancer.org.nz

Nutritional support, physiology, counselling

Ask us about local options and funded supports available online via our partner Encompass.

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

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

Shona Bain - Cancer Navigator Central Otago- 027 5800 640
shona.bain@southern cancer.org.nz

Laura McQuaid- Community Coordinator- add in ph number
laura.mcquaid@southerncancer.org.nz