

# Community Newsletter

DECEMBER 25/JANUARY 26

## GAVIN'S NEWS

**Our greatest privilege is to be able to support people and their families through their cancer journey. While Christmas can be a difficult time, we want to assure you that support will be available over the summer.**

**We are open each day, except for the statutory holidays, 25&26 December and 1&2 January. For urgent calls, please refer to your GP or the hospital during these times. We are very pleased to have so many of you attend our support groups this year.**

**I would like to especially thank our Southland Staff and Volunteers for the outstanding job you have done this year.**

**We wish you all Seasons Greetings and a happy and safe holiday period.**

**We look forward to meeting up with you again in 2026.**



## UPCOMING EVENTS:

**Art Group: Every Wednesday, 10-12. RSVP Joy: 021 279 7797**

**The Southern Women's Group: 2nd & 4th 12.30 pm Tuesday of each month.  
RSVP Abby: 021 562 939**

**The Southern Men's Group: 2nd & 4th 5.30pm Thursday of each month.  
RSVP Gavin: 027 305 2133**

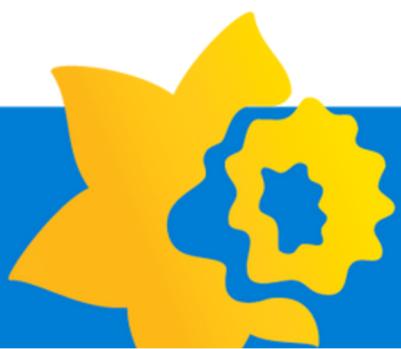
**Fiordland coffee group: 12.30-1.30pm last Wednesday of each month @ Te Anau club, Pop Andrew Drive, Te Anau. RSVP Abby: 021 562 939**

**Gore Support Group: 10-12.30 last Wednesday of each month @ Ruma Hui Room, Gore District Library. RSVP Aynsley: 027 218 4008**



## Need Support?

Contact your local Cancer Navigators  
Book a chat online [southerncancersupport.org.nz](http://southerncancersupport.org.nz)





**Southern Swing**  
CANCER SOCIETY SOUTHERN GOLF SERIES  
PRESENTED BY  
**Naylor Love** | **MITRE 10 TRADE**

**Invercargill Golf Club**  
Experience a great day out for teams and clients, while raising vital funds for the Cancer Society.

Don't miss your chance to compete in this exclusive event. Spaces are strictly limited to 25 teams only.

- Team Ambrose format
- 12 Noon registration, 1pm Shotgun start
- Registration BBQ
- Post event celebration with prizes and charity auction
- 12 pack personalised golf balls per team
- \$500 per team of 4 players

10 teams available only.

**+Your chance to WIN \$30,000 Cash** in our Hole in One Challenge thanks to Gallagher Insurance

**Gallagher INSURANCE**

**About Cancer Society Southern**  
We are the leading cancer support organisation in the South Island, dedicated to reducing the impact of cancer for individuals, whānau, and communities. We provide vital support services, fund life-saving research, and advocate for a future free of cancer.

The Southern Swing golf series is a fundraising initiative designed to bring communities and businesses together to support families with cancer. Every dollar raised helps us continue providing free services to people affected by cancer – whether it's transport to treatment, accommodation near hospitals, or one-on-one support.

Secure your Tee today! For registration and further details contact:  
Craig McGregor | 027 289 4084  
Craig.McGregor@southerncancer.org.nz

Mike Godinet | 027 532 4724  
Mike@golfmm.co.nz

SPONSORED BY GM+M, ANZ, Southern Cancer Society

**For more information or register:**  
**Contact: Craig McGregor | 027 289 4084**  
**Craig.McGregor@southerncancer.org.nz**



**RELAY FOR LIFE®**

10 am – 10 pm  
14 March 2026  
ILT Stadium Southland

[relayforlife.org.nz](http://relayforlife.org.nz)

We currently have 14 teams and 37 individuals signed up. We have raised \$1000 towards our \$100,000 goal. We encourage community groups to sign up before the 31 December for the Early Bird price of \$10.

Our committee are working hard towards this event. They include: Michelle Hesketh (Chairperson), Gavin Booth, Kim Forsythe, Mike Bowman, Mark Sales, Becky Osmond, Niki Tily, Aileen Findlater, Brighid Shelton, David & Marie Fahey.

## GIFT WRAPPING AT INVERCARGILL CENTRAL MALL

**10am – 4pm on 12 – 24 DECEMBER 2025**

**Come in and have your gifts wrapped by our friendly volunteers.**



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Book a chat online [southerncancersupport.org.nz](http://southerncancersupport.org.nz)



# Aynsley Dermody, Cancer Navigator

**I have been with the Cancer Society now for 5 years in the role of Cancer Navigator. Born and bred in Gore it has been nice to return to my local area in a Supportive Care role.**

**We have a variety of services available such as connecting you with other community service providers that can assist you in other aspects of your life during this time for example – counselling services, home help and personal care services, but often time to listen and discuss your individual and family situation and support needs is the most important. Helping to empower you to make informed decisions that are right for you and your family / whanau is important.**

**A major part of my role is assisting in arranging travel and accommodation. Travelling to appointments and treatment can be difficult and we can relieve a lot of stress by helping you know what financial subsidies are available through the Ministry of Health for travel and accommodation. Many people must travel to Dunedin for radiation treatment, and we have our “home away from home” Daffodil House accommodation or other choices available for those having to stay an extended time.**

**Gore has an amazing Support Group for anyone living with cancer, and or their carer. Some members may be newly diagnosed while others may be undergoing treatment or have finished treatment. We meet on the last Wednesday of each month at the Gore District Library for morning tea and a chat. Often, we have guest speakers but most of all it is about providing support for each other. I pay tribute to our amazing Cancer Society volunteers who are enthusiastically provide support through assisting with supporting you and our fundraising efforts.**

**Our services are free and confidential. I am available to make sure those people with cancer in the Gore area are well informed and have all their questions answered and have the level of support they need.**

**If you require cancer support, you can self-refer by contacting Aynsley Dermody direct on 0272184008 or 032184108 or email: [Aynsley.Dermody@southerncancer.org.nz](mailto:Aynsley.Dermody@southerncancer.org.nz) or through the Cancer Society website or via other health professionals.**

**Aynsley Dermody direct on 0272184008 or 032184108  
email: [Aynsley.Dermody@southerncancer.org.nz](mailto:Aynsley.Dermody@southerncancer.org.nz)  
Tuesday & Wednesday 9am-4.30pm**

## Community Outreach

Our support is tailored to you and your family/ friends needs- we walk alongside you, finding out what your changing needs are and connecting you with the right supports at the right time. Any questions, any cancer.

Whether you're newly diagnosed, supporting a loved one, or simply looking for a friendly chat, we're here to make it easier to access information and support during a cancer journey.

**ART GROUP: EVERY WEDNESDAY, 10-12.**  
RSVP JOY: 021 279 7797

**THE SOUTHERN WOMEN'S GROUP:**  
2<sup>ND</sup> & 4<sup>TH</sup> 12.30 PM TUESDAY OF EACH MONTH.  
RSVP Abby: 021 562 939

**THE SOUTHERN MEN'S GROUP:** 2<sup>ND</sup> & 4<sup>TH</sup> 5.30PM THURSDAY OF EACH MONTH.  
RSVP Gavin: 027 305 2133

**FIORDLAND COFFEE GROUP:** 12.30-1.30PM LAST WEDNESDAY OF EACH MONTH @ TE ANAU CLUB, POP ANDREW DRIVE, TE ANAU.  
RSVP ABBY: 021 562 939

**GORE SUPPORT GROUP:** 10-12.30 LAST WEDNESDAY OF EACH MONTH @ RUMA HUI ROOM, GORE DISTRICT LIBRARY.  
RSVP AYNSLEY: 027 218 4008

Gavin Booth  
Community Manager  
027 305 2133  
[Gavin.Booth@southerncancer.org.nz](mailto:Gavin.Booth@southerncancer.org.nz)  
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Cancer Navigator Invercargill  
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Aynsley Dermody  
Cancer Navigator Gore  
027 218 4008  
[Aynsley.Dermody@southerncancer.org.nz](mailto:Aynsley.Dermody@southerncancer.org.nz)  
Joy Freemantle  
Community Coordinator Southland  
021 279 7797  
[Joy.Freemantle@southerncancer.org.nz](mailto:Joy.Freemantle@southerncancer.org.nz)



**25/02/2026, 2/05/2026, 5/08/2026, 9/09/2026 (Sweet Louise members), 10/10/2026, and 9/12/2026**  
**1 - 3pm**



## Santa Parade

**HOLIDAY HOURS:**  
**Closed for Statutory Days:**  
**25&26 Dec, 1&2 Jan**  
**Other times:**  
**Open Mon - Fri: 9am - 4.30pm**  
**0800 226 237**



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Book a chat online [southerncancersupport.org.nz](http://southerncancersupport.org.nz)

