

April 2025

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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**Important update:** Our Hamilton office is now located at 115 Lake Road, Hamilton inside The Cancer Society's Lions Lodge.

 @CancerSocietyWaiBOP  
 @CancerSocietyWaiBOP

**“Who will help  
end this cancer?”**  
She called.

Elimination of cervical cancer in our lifetime  
is within reach.

Be part of the story that ends cervical cancer.



## The Book That Ended Cancer - we need 1,000 more signatures!

Cervical cancer can now be prevented through vaccination against human papillomavirus (HPV), cervical screening and early treatment of cell changes. The end is close, but we're not there yet. We are calling for the Government to:

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

We will be presenting the book to Government once we reach 4,000 signatures. Sign the book here: [endcervicalcancer.org.nz/the-book](http://endcervicalcancer.org.nz/the-book) or scan the QR code above.

## New support groups

### Ōtorohanga support group

**When:** Second Tuesday of every month  
10am-12pm

**Where:** Ōtorohanga Support House  
120 Maniapoto Street.

**Contact:** Leoni, 027 700 4787

### Te Kauwhata support group

**When:** Wednesdays every fortnight  
10.30 – 11.30am

**Where:** Te Kauwhata Community House  
1a Waerenga Rd, Te Kauwhata

**Contact:** 027 519 8887

## Local support options

### Aratika Cancer Trust - holistic support

Aratika Cancer Trust offers integrative and holistic programmes to empower people living with cancer. To find out more, please visit [aratikatrust.co.nz/](http://aratikatrust.co.nz/)

### Look Good Feel Better

Look Good Feel Better provides a range of free sessions, for anyone with any cancer. at any stage. It is time away from the world of diagnosis, treatment and recovery, to help you navigate cancer with confidence, feel stronger and live better. Some wellbeing classes are hosted at the Cancer Society's Lions Lodge.

You can sign up or join a virtual session by visiting their website at: [lgfb.co.nz/](http://lgfb.co.nz/)

## GBB's Easter treats



Thanks to GBB for dropping off these beautiful Easter treats for our guests at the Cancer Society's Lions Lodge!

The note read:

"Easter is the only time when it's safe to put all your eggs into one basket!"

Thank you so much Fleur and the GBB team!

For more information on the GBB chapter in your area, visit [gbb.org.nz/](http://gbb.org.nz/)



## Jessie's half marathon success!

Now how cool is Jessie Bansgrove?

"I count myself very lucky having got through ovarian and melanoma cancer in the last 9 years and would like to give back for the wonderful treatment and care that I've had during that time. I'm now 80 and will have a go at walking a half marathon in March in Hamilton - haven't walked one for at least 6 years!"

And ... she's done it! Jessie completed her half marathon and raised over \$1,500 ... despite breaking her wrist along the way!

Thank you so much Jessie - you're a superstar!



## Red Stag Rotorua Marathon

How about tackling a marathon past world-renowned geysers, sulphur lakes and waterfalls? The prestigious Red Stag Rotorua Marathon has chosen the Cancer Society Waikato/Bay of Plenty as their charity of choice and we are so excited!

Maybe you know someone who'd love to tick this off their bucketlist? Or maybe someone looking for a challenge while also raising much-needed funds for the Cancer Society? Please encourage them to sign up on the Marathon website - link below.

Walkers and runners welcome; varying lengths available.

**Date:** Saturday 3rd May

**To signup, visit** [bit.ly/MarathonCancerSociety](http://bit.ly/MarathonCancerSociety)





## Plant hope in our Memory Meadow

Last year, we planted the first of our Memory Meadows in Hamilton, Te Awamutu and Morrinsville. These special spaces brought the community together to plant daffodils in honour of a loved one's journey with cancer, while also planting hope by donating to the Cancer Society. Now we are excited to share that Memory Meadows is coming back, with new locations added in Rotorua and Tauranga.

If you'd like to be involved in the community planting days, these will be held.

- **Rotorua:** Kuirau Park on Saturday 17 May, 1-4pm
- **Tauranga:** Yatton Park on Saturday 10 May, 1-4pm
- **Hamilton:** Hinemoa Park on Sunday 11 May, 9am-12pm

Bulbs are \$5, to make your donation please visit [bit.ly/memorymeadowsnz](https://bit.ly/memorymeadowsnz) or scan the QR code.







## Relay For Life is a wrap!

Thank you so much to everyone who attended, joined in our Celebration Lap, spread the word and who donated. **Thanks to you, we have raised over \$230,000!**

Shout out to our lead sponsors ACLX and The University of Waikato for making the event happen, as well as all our other business supporters, entertainers, and volunteers for donating their time. Kahurangi Catering - Montana Food & Events also donated the Celebration Morning Tea.

Congrats are also due for our top fundraisers:

- Top Youth Fundraiser - Lani Jarrett
- Top Fundraiser - Ash Hewitt
- Top School Team - St Paul's Collegiate
- Top Corporate Team - PwC Hamilton
- Top Community Team - Faith To Thrive

To see the rest of the photos, please visit our Facebook page @cancersocietywaibop





# 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, 021 1630 739

### 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

### Raft support group

**When:** Third Tuesday of every month,  
10-11.30am

**Where:** Classic Flyer's Aviation Museum  
9 Jean Batten Drive

**Contact:** Rozie, 021 1630 739

### Oesophageal, throat and stomach support group

Meets bimonthly on a Friday.

**When:** 10.00-11.30am

**Where:** Daffodil Cottage, 21 Twelfth Ave,  
Tauranga

**Contact:** Phone Lyn for details, 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. **If you would like to join us just for a cuppa, please meet us at The Comm at 11am.**

**When:** Every Thursday  
10am

**Where:** Whakatāne Information Centre  
entrance, Quay St, Whakatāne

**Contact:** Kaye, 027 694 7052

### Kawerau support group

**When:** Third Monday 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

### Whakatāne prostate cancer support group

**When:** Third Monday of the month  
7.00pm

**Where:** East bay Primary Health Alliance  
5 Louvain Street Whakatane

**Contact:** Mark Wootton ph 027 273 1437

## 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 Baptist Church  
106 Teasdale 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

### 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, 115 Lake Rd, 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, 115 Lake Road, Hamilton

### Hamilton mutual support group

**When:** Second Tuesday of every month  
10-12pm  
**Where:** Cancer Society's Lions Lodge, 115 Lake Road, Hamilton

### Head & Neck support group

**When:** First Thursday of every month  
10am-12noon  
**Where:** Cancer Society's Lions Lodge, 115 Lake Road, 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

### Ōtorohanga support group

**When:** Second Tuesday of every month  
10am-12pm  
**Where:** Ōtorohanga Support House,  
120 Maniapoto Street.  
**Contact:** Leoni, 027 700 4787

## Support groups cont.

### Thames men's space

**When:** Contact for info  
10-11.30am  
**Where:** Thames Community Centre  
609 Mackay St, Thames  
**Contact:** Lareece, 027 880 5644

### 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:** Fourth Monday of every month  
10.30-11.30am  
**Where:** Varies  
**Contact:** Lareece, 027 880 5644

### Coromandel support group

**When:** Second Tuesday of every  
month, 10-11.30am.  
**Where:** Hato Hone St John's Building,  
285/345 Tiki Road, Coromandel

### Te Kauwhata support group

**When:** Wednesdays every fortnight  
10.30 – 11.30am  
**Where:** Te Kauwhata Community House  
1A Waerenga Rd, Te Kauwhata  
**Contact:** 027 519 8887

### Lymphoedema info sessions

**When:** 17 April, 29 May, 26 June,  
31 July, 28 August, 25 September, 30  
October, 27 November, 18 December.  
**Where:** Cancer Society's Lions Lodge, 32  
Tainui St, Hamilton  
**Time:** 1-2pm



**Kei ōu ringaringa te ao**

The world is yours.

## 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 each month  
10.30-12noon  
**Contact:** Rozie, 021 1630 739

### 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 Heinz for more information.

**Contact:** Heinz 027 570 7601  
[rotorua@prostate.org.nz](mailto: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 support group connects those navigating cancer while juggling a young family or career.

**When:** For details on date, time and venue -  
please contact below  
**Contact:** Susie or Shelley 022 429 5063