

July 2024

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.

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Helen Carter, Cancer Society Waikato/Bay of Plenty CE, says she was "elated" to hear the news.

Government announces new funding for cancer treatments

In June, the Government announced a \$604 million boost in funding to Pharmac.

This decision was in response to persistent calls from the wider health sector for increased access to modern treatments.

"It's hard to imagine how infuriating it is knowing there is treatment that is freely available in other countries. This puts huge financial pressure on whānau to fund drugs," says our CEO, Helen Carter.

"This announcement suggests we're finally ready to do something about it and for us here at the Cancer Society Waikato/Bay of Plenty, that's something to celebrate.

"There is now optimism in air. It's important we get it right so while we don't know precisely what the alternatives will be, we remain optimistic and eagerly await more details."

What does this announcement mean?

Over the next four years, Pharmac will deliver up to 26 cancer treatments as part of an overall package of up to 54 more new medicines. Of the 13 cancer treatments listed in 2023, up to seven will be included in the new package and the others will be replaced by alternatives that the Government state are "just as good or better".

Who will benefit?

Pharmac estimates that around 175,000 people will benefit from the additional treatments in the first year. All cancer types in the pre-election manifesto are covered, but there will also be a number of other treatments including for blood cancers and other tumours.

The first of the newly funded drugs are expected in New Zealand from October/November this year.

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Misconceptions about cancer

The following is an excerpt from "[*Life, Happiness & Cancer*](#)" by cancer support advocate, Phil Kerslake.

"People have more misconceptions about cancer than any other disease. It has gained an aura of invincibility which gives it more power than it deserves.

Gaining some knowledge about cancer and the experience of a cancer battle will help you cope and prevail.

Cancer is one name for many diseases

It's over 200 diseases, each with its own characteristics. For convenience they are normally grouped according to the part of the body in which the disease starts growing.

The origin of many cancers is still not known

In fact, while cancer's behavior is sometimes relatively well understood, its origins are more often uncertain and mostly a mystery. For most cancers, we can only speculate on the cause. If you have been diagnosed with cancer, it's mostly irrelevant now anyway. Your focus needs to be on recovery.

Our immune systems routinely hunt cancer cells down and destroy them

A major misconception is that cancer cells are stronger than we are and therefore have the advantage. This is not always so. It's also wrongly assumed that cancer cells only appear in the bodies of those of us who eventually develop cancer. Again, not so. Rather than omnipotent, cancer cells can be weak and erratic. When cancer does develop, it has managed to evade or overwhelm the defence mechanisms of our immune system ... Laboratory research has proved that our immune systems can and do wipe out cancer.

You didn't cause your cancer

Taking responsibility for being involved in your recovery is positive because it encourages you to be an active participant and enables you to feel a greater sense of control over your circumstances. It does not, however, require you to take responsibility for creating your illness and bear the burden of guilt and self-flagellation that this produces.

If you feel that you in any way caused your disease, please put this misconception aside and focus on the solutions to your current challenge with the positive knowledge that while there are no silver bullets yet for cancer recovery, you *can* work to influence your recovery.

You CAN cope and you CAN survive cancer

Even the strongest and most optimistic of us will question our ability to cope with and ultimately survive a cancer battle at some point ... A focused outlook and active participation in the recovery process may help significantly in getting from a diseased state to remission."



Managing cancer conversations at work

With rising rates of cancer affecting more of the New Zealand workforce than ever before, it's so important that business owners, managers and colleagues know how to support someone with cancer. Here are our top tips:

1. *How should I respond to a diagnosis?*

Someone with a new cancer diagnosis is grappling with their own mortality. They may be anxious about losing their livelihood and being a burden to their colleagues. Allow them time to process the news in a way that works for them. Get clarity about how much they want to share with the wider team and avoid asking details about timeframes.

2. *How can I support my colleague during treatment?*

If your colleague is open with their cancer diagnosis, find ways to help that are practical and unintrusive such as frozen meals, offers to run errands or small acts of kindness. Keep note of milestones and consider checking in either directly or via their support person.

3. *When it's time to return to work*

Remember that there are lots of invisible ways a person who has undergone cancer treatment may struggle when they return to the workplace. Talk openly about workload expectations and remember the mental health rollercoaster is still very much in motion.

**Ngā mihi o
Matariki
Happy Matariki**



National Volunteer Week

By Helen Carter, CEO

In June, we celebrated Te Wiki Tūao ā-Motu, National Volunteer Week.

The word 'volunteer' may conjure up images of homemade jam stalls and knitted beanies, but in reality, volunteers are a hidden and very powerful labour force in Aotearoa.

Volunteerism is also something we do rather well as a nation - we're often at or near the top of the global rankings. So, while it's in our DNA to give back and that feels rather nice, it's really important we don't take it for granted. After all, organisations like ours cannot function without them.

At Cancer Society Waikato/Bay of Plenty, we rely on over 300 volunteers to help us support cancer patients and their whānau. Their warmth and light goes a long way to offsetting the shadows and sadness of cancer.

They are our youth, our business high-flyers, our retirees, our mums and our dads.

They're preparing food, sitting down for a yarn, driving people to hospital for treatment, entertaining, encouraging, organising and administering.

Or they're one of around 2,000 volunteers who shake buckets and sell daffodils to help thousands of cancer patients access free support when they need it most. In a world where so many of us are pathologically busy and distracted, it's remarkable really. This mahi is almost invisible, but I certainly see them.

Enhancing the experience of our volunteers is a priority for me, and for good reason. I believe we owe it to them to ensure their work is shifting the dial. This means measuring impact to help us make smarter decisions. It's not easy sometimes, but it's a really important way of honoring them and the valuable time they freely give us.

The human connection in these spaces is like nothing I've never witnessed before. Sometimes I wonder who is getting the most out of the experience - it really is a two-way connection. Thank you for all you do.



We highlighted Hazel Robertson, who has been volunteering with us for 35 years in Te Awamutu



Huia Patena says her experience with breast cancer led her to becoming a volunteer at the Lodge & an advocate for better health outcomes for Māori.



The students of Waikato Diocesan School for Girls were welcomed at the Lodge where they performed kapa haka.

Community news



Daffodil Day - help us by being a street collector

Each year, around 2000 volunteers from across the Waikato and Bay of Plenty help us spread hope on Daffodil Day. This year, it falls on Friday 30 August and once more we need your help to make it happen!

As a charity that is not directly government funded, our services (like the Lodge) rely on community support on Daffodil Day.

Being a street collector involves two hours of your time and a warm smile as you thank the public for their donations. Anyone can do it so if you have some time to spare, please jump online and book yourself onto a site.

Visit www.daffodilday.org.nz/volunteer and pick WAIKATO or BAY OF PLENTY. You will be then taken to our new easy-to-use booking system where you will be able to choose your site and sign up a friend/family member as well (if you wish).

If you have any issues, please send us an email: fundraising@cancersociety.org.nz



Sign your school up & win

All across our region, schools join the fight against cancer by holding fundraisers for Daffodil Day.

What they do is up to them but in the past we've seen bake sales, quizzes, walkathons, non-uniform days, yellow days, daffodil crafts, and more - we love seeing their creativity!

This year, our principle sponsor ANZ is giving away three sports equipment grants worth \$5,000 each. This prize is open to ECE, primary, intermediate and secondary schools who raise \$400 or more and are signed up on the website.

If you know a school who'd like to be part of Daffodil Day, please direct them to daffodilday.org.nz/atschool



Get your business behind us

We are immensely grateful to all the hundreds of businesses who show they back us on Daffodil Day.

From holding an internal fundraiser through to running a collection site at/near their workplace, their support is integral to the continuation of the work we do.

To register your fundraiser or to make an online donation on behalf of your business, please visit daffodilday.org.nz

If you would like to know more about volunteering as a team on Daffodil Day, please email:

fundraising@cancersociety.org.nz

Community news



Winter Wonderland Cancer Fundraiser

What an absolutely magical night over in Whakatāne thanks to Property Brokers Whakatāne.

The Winter Wonderland fundraiser has so far made over \$20,000 to help support our services in the eastern Bay of Plenty and surrounds.

"We believe in supporting our community and are actively involved in supporting various events in our town throughout the year," says Property Brokers Whakatāne branch manager, Kathryn McKay.

"We decided to look at an annual charity fundraiser which would benefit our community so the Winter Wonderland Cancer Fundraiser was born. I have had a wonderful committee of 7 staff members who have worked alongside me to bring the event to fruition. We live in a very generous community as was evident on the night."

Our nurse Leona (right) spoke on the night and was joined by our volunteers Charlotte and Laura.

A huge thank you to everyone at PB Whakatāne and the community for giving so generously and making this a night to remember. Photos by Claire House Photography.



Easy pumpkin & bacon soup



With the depths of winter upon us, the immune-promoting benefits of pumpkin is the perfect warming pick-me-up on a cold evening.

Pumpkin is rich in vitamins, minerals and antioxidants, and pack a healthy dose of fiber.

This soup was recommended by our Whakatāne nurse, Leona who says it is easy to make and bulk up with extra calories (if needed).

Ingredients

- 3 large red onions
- 2 cloves garlic
- 10-20g butter
- 2 medium butternut pumpkins
- 300g bacon ends
- 2 chicken stock cubes
- 1.5 litres water
- 150ml (approx.) cream
- salt & pepper to taste

Method

1. Prepare the pumpkin by removing seeds and skin then chop into large cubes
2. Finely chop onion and garlic
3. Saute the onion and garlic in the butter in a large pot on a low - medium heat
4. Add bacon
5. Add pumpkin and saute for 5 minutes, making sure it does not stick to the bottom of the pot
6. Add water and chicken stock
7. Add salt and pepper according to taste
8. Bring to the boil then reduce to a low heat and simmer for around 60-90 minutes (the longer,

the tastier!)

9. Once cooked, use a stick blender to create a smooth, thick soup
 10. Add cream (according to taste)
 11. Add more water if too thick for your liking
- Enjoy!

Tip #1

If you need to add more calories, try including kumara or potatoes |

Tip #2

Pumpkin can be substituted for other veges such as baby peas or broccoli.

Support Crew: help when its needed most

When dealing with a significant life event, it can be a struggle to ask for help and sometimes our friends/whānau don't know how.

Support Crew makes it easy to give a hand. It offers a free online help roster that easily co-ordinates meals and support for family and friends in need.

To get started, visit www.supportcrew.co then create a support page for yourself or someone else.

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, 029 771 1896

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

Helping to keep each other afloat.

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

Where: Raft Cafe board room
Chapel Street, Tauranga

Contact: Rozie, 029 771 1896

Oesophageal, throat and stomach support group

Meets bimonthly on a Friday.

When: Friday 16 August
10.00-11.30am

Where: Daffodil Cottage, 21 Twelfth Ave,
Tauranga

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.

When: Every Thursday
10am

Where: Whakatāne Information Centre
entrance, Quay St, Whakatāne

Contact: Kaye, 027 694 7052

Kawerau support group

When: Third FRIDAY 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: **NEW VENUE**
Whakatāne Lyceum Club, 58 Domain
Road, Whakatāne

Need support?

Our supportive care
nurses are here to help.

Contact us on 0800 22
77 44

Support groups cont.

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 RSA,
381 Alexandra 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

Cambridge Coffee & Chat

When: Fourth Tuesday of every month
10.30-11.30am

Where: Community House, 193 Shakespeare St, Leamington, Cambridge

Lymphoedema information sessions

When: 6 June, 27 June, 25 July, 29 August, 26 September, 31 October, 28 November, 19 December, 1-2pm

Where: Cancer Society's Lions Lodge, 32 Tainui St, Hamilton

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, 32 Tainui St, Hamilton

Contact: Kris, 021 032 4481

Hamilton mutual evening support group

When: **Wednesday 10 July ONLY**
7-8.30pm

Where: Cancer Society's Lions Lodge, 32 Tainui St, Hamilton

Hamilton mutual support group

When: Second Tuesday of every month
10-12pm

Where: Cancer Society's Lions Lodge, 32 Tainui St, Hamilton

Head & Neck support group

When: First Thursday of the month, 10am-12noon

Where: Cancer Society's Lions Lodge, 32 Tainui Street, 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

Support groups cont.

Thames men's space

Held in partnership with Thames Cancer Support Group.

When: First Thursday of the month, 10-11.30am

Where: Thames Community Centre
609 Mackay St, Thames

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 10-11.30am

Where: Varies (please phone Jan for location)

Contact: Jan, 0274822218

Coromandel support group

When: Second Tuesday of every month, 10-11.30am.

Where: Hato Hone St John's Building,
285/345 Tiki Road, Coromandel

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 every month, 10.30am-noon

Where: Taupō Harriers Clubrooms
13 AC Baths Avenue, Taupō

Contact: Rozie: 027 771 1896

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

Rotorua prostate cancer support group

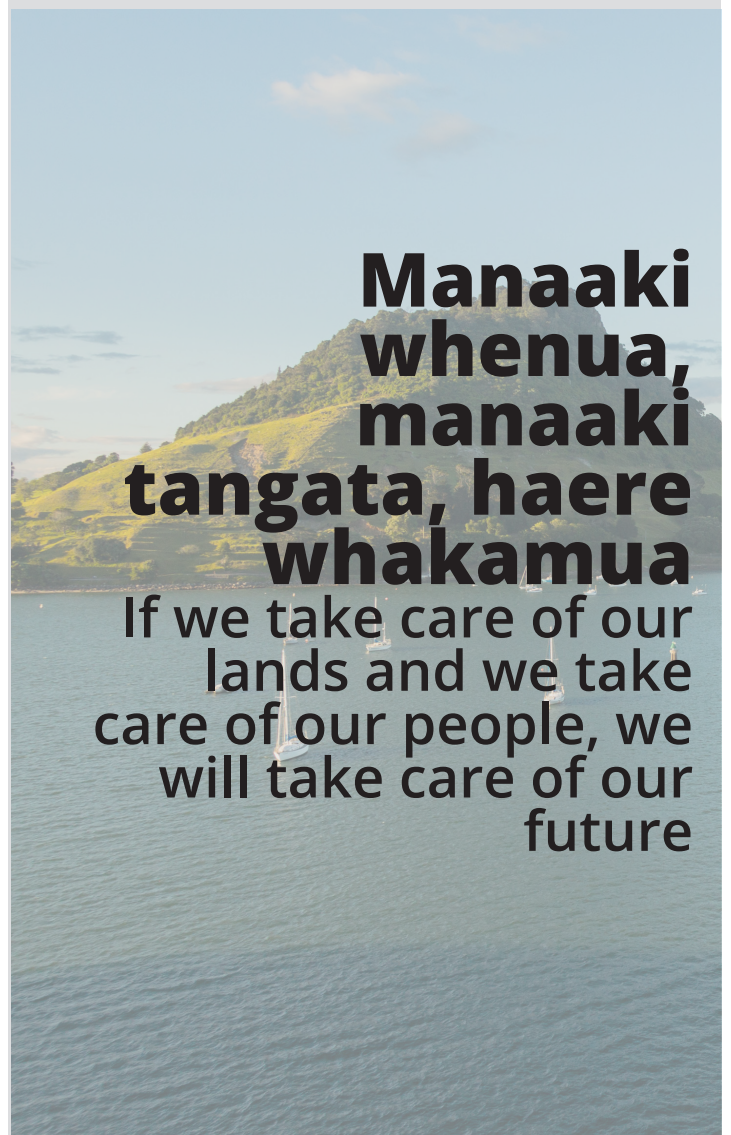
We warmly welcome you to our newly established support group in Rotorua. The dates, times and venue may change monthly so please contact Daniel or Heinz for more information.

Contact: Daniel 027 494 4491 or
Heinz 027 570 7601
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



**Manaaki
whenua,
manaaki
tangata, haere
whakamua**

**If we take care of our
lands and we take
care of our people, we
will take care of our
future**