

June 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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Huia's mission for her iwi

Huia's story

Huia had only recently recovered from a stroke when she found the lumps in her breast.

It was 2022 and New Zealand was in the middle of a Covid lockdown. Getting herself checked wasn't easy and it took months of waiting before she was finally booked in for a biopsy.

During the pre-examination, she was told it was extremely likely she had cancer.

"When the nurse and doctor left the room, I just lost it. I cried and I could not stop. I was alone in that ugly, cold room and it was horrible."

Three weeks later, Huia was told she had grade three breast cancer. For this busy wife, mum and kuia, the thought of weeks of radiation, chemotherapy and hormone therapy didn't seem possible. And as the appointments piled up, Huia's husband Joseph admitted he couldn't do it.

"My family were busy and Joseph couldn't take any more time off work. So I contacted the Cancer Society about rides to treatment and they were so good.

"There is this one particular driver I'll never forget. I wouldn't be able to talk after chemo because I'd be so exhausted. So he'd put his hand on my shoulder and say 'you'll be alright girl, you've just done another session and you're one step closer.' It helped reframe it and then each time I'd think 'I am one step closer. 11 more to go, 10 more, 9 ...'"

Huia, who is now in survivorship, says she is thankful for the support she received on her journey.

"I am grateful beyond words to the people who support the Cancer Society and all of its services. Because they were there for me. Now I'm trying to give back as well. If you're going through cancer, tap into the services. They have the tools to help patients and their whānau. Just ask the questions don't be shy."

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Early detection protects whakapapa

But Huia's journey opened doors she didn't expect. Her diagnosis spurred a passion for improving the health outcomes of her iwi, Ngāti Hauaa, and she has since been on a mission to get 100% of her people screened.

"After I'd gone through all my treatment, I thought I don't want this to happen to any of my loved ones. Early detection is key and in 2023 alone, three family members passed from cancer. I'm doing everything in my power now to raise awareness and get wāhine to have their screening – early detection protects whakapapa!"

Part of Huia's mission was to hold a Pink Ribbon breakfast at her marae, Te Iti o Haua, in support of the Breast Cancer Foundation. This year marked her second event, held in late May.

Over 120 people attended and there were guest speakers from various organisations, including from the Cancer Society.

Justine, Leoni, Wai and Saffron attended in support of Huia's cause.

"It was the most fun Pink Ribbon Breakfast I have ever been to! Huia is a wāhine toa (female warrior) who is determined to ensure everyone has their screening. She is truly inspirational" says Saffron (Head of Cancer Care).

Thanks to Huia, 29 wāhine from her marae have been screened since last year's Breakfast, and an additional 14 put their name forward while at this year's event.

Huia wishes to thank the community for their incredible support of the cause, including the many local businesses who provided prizes and donations.



New research projects underway

Did you know that the Cancer Society is a major funder of life-saving and world-class cancer research? In the past 10 years, we've invested more than 50 million dollars in research across the motu that has improved the prevention, detection, and treatment of different types of cancer, and aimed to help New Zealanders live longer following a diagnosis.

We are currently funding 24 research projects, with topics including the discovery of unique biomarkers for endometrial cancer, expiratory muscle strength training in people with head and neck cancer, Māori cancer care, prehabilitation for patients with cancer, developing therapies for triple negative breast cancer, expanding the application of CAR T-Cell therapy in Aotearoa, and much more! You can find out more on our website.



Daffy to Daffy podcast out

Our new limited edition podcast series, titled 'Daffy to Daffy' after the Daffodil Day design by Dick Frizzell, is now available to stream on Spotify, iHeartRadio and YouTube. In it, six ordinary Kiwis like Tracey (above) share their cancer experience, from diagnosis through to treatment and beyond. They are wonderful examples of strength and hope, and we hope that hearing their words bring some comfort to you. We are grateful to the support of our host, Mark Bunting, for his help in bringing this project to life.



Huia pictured serving afternoon tea during her volunteer shift at the Lodge.

Community news

Jump For Cancer takes flight!

We had two great jump days in May in Tauranga and Taupō as part of our Jump For Cancer fundraiser.

Shout out to Bay Catering for their donation of delicious treats for our Tauranga jumpers!

And we are also excited to share the news that Government Minister Andrew Bayly, MP for Port Waikato, has accepted the Toss Your Boss challenge thanks to a nomination from his team.

Andrew says he isn't reading too much into the fact his team want to chuck him out of plane, and he's happy to support the Cancer Society's Jump for Cancer fundraiser as it's "such a great cause".

"Cancer doesn't discriminate; it's a cruel disease and the Cancer Society is a beacon of light and hope for patients and their families during some of their darkest days."

To sponsor a jumper or take part yourself, please visit jumpforcancer.org.nz



Daffodil Day is this August

As we are not directly government funded, we rely on the support of the community. Daffodil Day, on 30 and 31 August, is the biggest event in our calendar. You can sign up a workplace, early childhood or school fundraiser on our website at daffodilday.org.nz

We are also taking expressions of interest for our street collection. Shifts are two hours long and are a great way to show your support for what we do. You can sign up on the website by selecting either WAIKATO or BAY OF PLENTY. Visit daffodilday.org.nz/volunteer



30 hours free? Be a Daffodil Day area coordinator

We need your help to bring Daffodil Day (30 August) to Paeroa, Tūrangi, Te Kauwhata, Tairua and Coromandel Town.

An area coordinator can be an individual or group that can volunteer 30-40 hours mainly during July and August, including all day on Friday 30 August and Saturday 31 August,'

They will:

- * organise collection sites
- * lead a team of volunteers
- * manage resources
- * manage collection boxes and money

If you think this is something you could help with, please contact the team at fundraising@cancersociety.org.nz.

Youth Volunteer Week



Avaya gives back

"I would usually sit at home, do nothing and wait for my mum to finish work. Now I'm spending that time helping people out!"

Meet Avaya Dean. How many 14-year-olds spend their afternoons giving back to their community? But Avaya's age doesn't stop her from being an amazing help at the Cancer Society's Lions Lodge!

"I was pretty nervous about meeting new people," she admits. "But it's been going really well. Everyone was nice and comforting to me."

Avaya helps with small jobs at the Lodge such as helping in the kitchen, tidying up and organising. While she's pretty set on being a doggie daycare owner once she finishes school, her volunteering experience is helping push her out of her comfort zone and learn new skills that will look great on her CV and set her up for the future.

"I like coming here because I'm helping. I'm doing something with my time. I've told my friends too and they were like maybe we should come and help!"



St Paul's Collegiate at the Lodge

Brooklyn, Anu, Sangjoon and Sam joined us at the Lodge and entertained our guests with music.

The lounge area was transformed with the sound of the French horn, trombone, tuba and trumpet.

Our guests, who are staying with us while having cancer treatment at Waikato Hospital, spent a good hour enjoying classic tunes like the Pink Panther and even a bit of tango.

The students from St Paul's Collegiate School will be back every 3 weeks with a different act as part of a new volunteering project led by students Roy and Charlotte.

Thank you so much for coming and lifting our spirits! You were all amazing and we can't wait to hear what comes next.



Keira proving they're not "just kids"

"We think we don't have much of an impact because, you know, we're just kids..."

Keira proves that age is just a number when it comes to making a difference. She's been a volunteer at the Cancer Society's Lions Lodge for years, she donates plasma, she helps make Daffodil Day take off at her school and she volunteered at Relay For Life.

She shows that kids can and do make a difference, and we're proud to have Keira as part of our volunteer army!

Thank you SO much for all you do Keira!

News from the Lodge



Our Lodge shuttle heroes!

When we started taking our Lodge shuttle to Frankton Tyre & Alignment Ltd - Goodyear Autocare Frankton we didn't expect them to be such top blokes!

The team have helped us a lot over the years and have just gifted us 8 new tyres. This should see the shuttle through the next two years, as well as giving us all wheel alignments, fitting, balancing and tyre rotations free of charge.

"The Cancer Society was one of our first customers when we opened our shop in 2021. It's a very good cause and it's something we can do to give back." says co-owner Jeremy (pictured above left beside Lodge host Anna, and co-owner Jason).



Some unexpected visitors

It was a regular Friday at the Lodge when some little faces appeared at the door.

Tamariki from BestStart Clarence St made the walk up the hill to present our guests with muffins they'd made. It was a lovely surprise to see them and we were all happy to make a fuss around them.

We welcome donations, whether that be baked treats to gift, items for us to sell on our sales table, or other contributions. If you'd like to donate or find out more, please get in touch by emailing us at

lodge@cancersociety.org.nz



Debbie drops off goodies

Debbie, a volunteer from GBB (Good Bitches Baking), popped by the Lodge recently with some delicious dairy-free biscuits and shortbread emblazoned with Māori designs.

We are so grateful to receive the creations of GBB on a regular basis and they are always enjoyed by our guests at morning or afternoon tea.

GBB is a network of volunteers that provide treats to people who are going through a hard time. They have 3,246 volunteers spread out across New Zealand and they also generously donate their baking to some of our support groups around the region.

If you are interested in joining the GBB family (men are welcome too), you can find out more on their website: www.gbb.org.nz

Volunteering opportunities



Transport to Treatment drivers - Hamilton Tauranga, Cambridge

This front-line role helps to provide one of our most vital services - transporting our clients to their treatment appointments. Every journey you make will be important so being empathetic and a good listener is vital as you travel to and from appointments.

It usually takes between 2-5 hours per assignment, mostly within usual business hours.

In Hamilton, we are particularly seeking volunteers who live in the Grandview and Dinsdale areas.



Oncology Host - Waikato Hospital

As an oncology host, you'll be helping to provide our clients with help and support during their assessments, treatment and follow-up appointments. Whether that's offering a reassuring welcome, a well-timed cup of tea and a chat, or connecting them with the right medical professional, you'll be helping them to make their run as smooth as possible as they attend their appointment.

We are seeking volunteers on a Monday, Tuesday and Thursday between the hours of 9am-3pm. Training and a designated car park will be provided.

To apply for these roles:

Email us at

volunteering@cancersociety.org.nz

and we will send you an application form.

Gardening & Maintenance at the Lodge

This volunteer role will help our guests feel comfortable during their stay by carrying out general maintenance and gardening jobs around the building. This may include:

- Changing lightbulbs
- Maintaining outdoor furniture
- General gardening such as weeding and pruning
- Small paint jobs
- Tidying up the patio area

Time commitment is several hours once a week, any day between Monday and Friday depending on your schedule.

Samoa smoothie



Saffron, our new Head of Cancer Care, recommended this healthy vegan smoothie in honour of Samoa Language Week (26 May - 1 June). Even though it tastes like a samoa cookie, it's free of refined sugar and gluten, and it's low in fat. It makes a great option for breakfast when your appetite is low.

Makes 1 serving.

Ingredients

- 2 medjool dates, pitted
- 1/4 cup coconut milk (carton or canned)
- 2 ripe medium bananas (see TIPS)
- 1/2 tbsp cacao powder
- 1 tsp vanilla extract

Method

1. Blend the dates and the coconut milk (make sure the dates are blended well).
2. Add all remaining ingredients and blend until smooth.

Enjoy!

Tip #1

While you don't need to freeze bananas for this recipe, you may like to do so to make the consistency creamier.

Tip #2

Use the ripest bananas you can find - the browner and spottier the better!

If you'd like to submit a recipe for our newsletter, please email it to Lena at lenacordery@cancersociety.org.nz

Changes to June lymphoedema talk

The May lymphoedema information session has been cancelled and replaced by two dates in June: Thursday 6 June and Thursday 27 June.

Lymphoedema is a swelling condition that can affect anyone with lymph damage at any point during their lifetime.

These FREE talks are run by Renee Wood (below), a physiotherapist from ĀKI Innovations, who helps you learn the warning signs and what to do if you've been diagnosed.

Join us at the Cancer Society's Lions Lodge at 32 Tainui St, Hamilton at 1pm. You do not need to book your attendance - see you there!



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 3 May
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: Meet at Whakatāne Information
Centre (upper level), Quay St

Contact: Kaye, 027 694 7052

Kawerau support group

When: Third Tuesday of the month,
10am-12noon

Where: Ground floor boardroom, KEA Centre,
60 Onslow St, Kawerau

Ōpōtiki support group

When: Second Tuesday 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: Eastern Bay Primary Health Alliance
5 Louvain St, 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 12 June, Wednesday 26 June, 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

Mid-winter Xmas dinner

When: Monday 24 June
5.30pm

Where: Cornerstone House, Ocean Road,
Whangamatā

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

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