

May 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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Waikato/Bay of Plenty Division**
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Navigating te awa - the river

A cancer diagnosis can feel like being thrown from a waterfall into dark and murky waters but our Board member Ellyn Proffit, says using a patient-centred metaphor can help give you a sense of ownership over your cancer experience.

Ellyn, who holds a Masters of Nursing, is a clinical nurse specialist and supports young people with cancer in the Waikato, Bay of Plenty, Lakes and Tairāwhiti regions.

She uses the metaphor of Te Awa – the river - to help illustrate the complexities of a cancer journey which brings with it many challenging and enlightening moments

“Being told you have a cancer diagnosis can feel like going over a waterfall, then you hit the bottom to navigate ‘Huka Falls’ – leaving home to have scans, biopsies, blood tests etc. There can be rocks in the river (obstacles) and it’s easy to get pushed into caves when you’re feeling low. But helping you add fish to your river – support services - can help push you through.

“There are also rays of sunshine on the river – it’s not all gloom! And when things settle down, you can start to navigate your river on what suits you i.e kayak. When you move into follow-up, it can be really scary because you’re used to seeing people often so it’s important to remember all the fish added and the seeds we’ve planted along the way to help you stay connected to your team.”

Ellyn says that her clients (aka 'bosses') have helped improve the metaphor by adding to it to suit their interests and how they are feeling. So some people can ride their river on a jetski while also feeling a sense of peace with the river’s direction.

We are very grateful to have Ellyn’s 20+ years of nursing experience on our Board. Thank you for sharing this with us all, Ellyn.

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Are you aware of Lymphoedema?

When there's been trauma to the lymphatic system, such as through cancer, cancer treatment or an injury, there is a lifelong risk of developing secondary lymphoedema.

Physiotherapist Renee Wood holds monthly information sessions at the Cancer Society's Lions Lodge to help you understand the condition.

"Put simply, lymphoedema is a plumbing problem," she says. "The lymphatic system is like the poor cousin of the circulatory system - not many people know about it until there's a problem."

During the sessions, Renee talks about the symptoms to be mindful of: HAT (heavy, achy, tight).

"If you feel any HAT symptoms, your body is sending you a message. Lymphoedema is a lifelong risk and doesn't decrease the further you are from surgery or treatment."

Renee also discusses the things you can do to minimise your risk and the treatments that are available once you've been diagnosed. She also shares the various garments that can be used to manage symptoms.

"It's such a scary time, it's very life-altering," says guest, Donelle*. "I just woke up like this. Some days I'm fine, some days I need crutches. Other days I can't get out of bed. This session has been very helpful."

To find out more, please join us at our next session with Renee. No need to RSVP - just come along to:

When: Thursday 30 May at 1pm

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

See you there!

*name changed for privacy



Volunteer of the Month

Volunteer Nizi Anguraal (pictured right beside Lodge staff, Justine) is a qualified nurse who has recently immigrated to New Zealand from India. To get involved in Kiwi life, she leapt at the chance to volunteer at Relay For Life (and even talked her husband into doing it too!). Keen to help further, Nizi added Lodge Host duties once a week, helping in the kitchen and showing guests to their rooms.

"Nizi is a very compassionate and empathetic person who has been a delight to work with - always willing to jump in and help with whatever was needed for our Relay For Life event! However, her real passion is to be in a space where she is offering practical and moral support to our guests living with cancer. She is a great help at the Lodge - thank you Nizi!" says our Volunteer Support Lead, Sharon Lourie.



Kia ora - E te iwi reboots

We were thrilled to host the year's first Kia ora - E te iwi (Living Well with Cancer) programme at the Lodge in April. Speakers touched on a range of topics to help people with cancer and their whānau navigate their diagnosis and treatment, and discover the support options that exist in the community. Topics were presented by Cancer Society staff, Hospice, Ministry of Social Development, Te Aho o Te Kahu, and Āki Innovations. We look forward to holding more programmes throughout the year - keep an eye on our Facebook page.



Community news

Memory Meadows planted in Te Awamutu & Hamilton

We had two very special mornings in April planting the first of our Memory Meadows. People of all ages joined us to plant daffodil bulbs in memory and celebration of loved ones with cancer.

In Hamilton, we planted 7,000 bulbs in Sculpture Park with the support of Hamilton City Council and Mayor Paula Southgate.

10,000 bulbs were planted in Te Awamutu thanks to Waipā District Council and Mayor Susan O'Reagan.

A huge thank you to our sponsor, Lodge Real Estate, for kicking off this project in both locations. And thank you to the hundreds of volunteers who helped make the meadows a reality.

You can watch the video thanks to Adapt Media here:

www.bit.ly/memorymeadowvideo

To donate towards your own bulb in the Meadows, please visit memorymeadow.nz



Will you Jump For Cancer?

Picture yourself at the open doorway of a plane. Feel the air rushing past you, your quickened pulse as you look down on breath-taking Aotearoa. Imagine edging towards the door, and then before you know it - 3... 2... 1... jump!

All you need to do is sign up, raise \$1000, and you'll get a free jump! Experience the thrill of helping to create a future with less cancer!

Visit jumpforcancer.org.nz to sign up and find out more.



30 hours free? Be a Daffodil Day area coordinator

We need your help to bring Daffodil Day (30 August) to Raglan, Taupō, Tūrangi, Mount Maunganui, Cambridge and Paeroa.

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.

News from the Lodge



Volunteer honoured for decades-long service

Cancer Society volunteer, Simon Genet, has been awarded the Rotary Paul Harris Fellowship for 21 years' service to the community.

Simon, who grew up in the Netherlands with dreams of one day having his own dairy farm, is today an incredibly valued volunteer at the Cancer Society's Lions Lodge who knows first-hand the difficulty of a cancer diagnosis.

Simon grew up in a small village where the family business consisted of bulb growing. However, when some of the land became unsuitable for planting, Simon was tasked with looking after the family's five cows.

"I was more interested in dairy farming than bulb growing," says Simon. "Every year, we had a big flower show and one time there was a big stand from New Zealand. It was most impressive. I thought 'That's where I want to go'. And so I did."

Simon left the Netherlands in 1961, moving around the world to follow his dreams alongside his young child and pregnant wife. Simon was 25 at the time, eager to start work on a farm.

Simon arrived in New Zealand and quickly began work mixing concrete. After a year, he started working on a dairy farm, living just outside of Pukekohe.

Then he was diagnosed with cancer in 1994.

"I had cancer in my mouth and had my upper lip and gum removed. They used some of the top of my head. Then in 2000, my wife had breast cancer. I took her to treatment every day when she needed it. And if not, then one of our neighbours would do it, especially if it was during milking time.

"It was a half an hour drive. Then we'd be in the waiting room and I'd read pamphlets about the Cancer Society. I thought that might be something for me."

Simon sold the farm in 2002 and went overseas for several months. On his return, he became a Cancer Society volunteer driver. This role soon morphed into helping with the monthly newspaper from the volunteers. Then he started helping at the Lodge (then at Waikato Hospital), helping guests to their rooms and doing the washing.

"It is something to do. I enjoy it, especially the driving as it is such a relief for people not to go into the parking building. We were always there, always on time."

When asked about the Rotary nomination, Simon admits he feels a bit embarrassed by all the fuss.

But Jan White, President of the Frankton Te Rapa Rotary Club, says Simon deserves recognition for his extraordinary continued contribution.

"I knew that he'd done years and years of various types of voluntary work for the Lodge, right back to when it was up at the Waikato Hospital. And he just quietly still goes about doing it" says Jan.

Jan is an advocate for the well-being and value of older people and witnesses Simon in action every Friday at the Lodge, where they both volunteer. His current role, which involves preparing the building for the weekend guests, is vital and he is a much-treasured member of the Lodge team.

Simon was honoured alongside other recipients of the award in late April. Congratulations Simon!

Easy cinnamon scrolls



As the temperature starts to chill and the evenings darken, the spice of cinnamon scrolls make for a delicious treat. This recipe comes courtesy of Shay Rout, head baker at Sugar & Shay. If you've read Shay's name before, that's because she is also our fundraising events support, helping to put together campaigns like Relay For Life. If you're able to have a sweet treat, these scrolls take just 30 mins to prepare. Or you may like to gift them this Mother's Day?

Makes 12 scrolls.

Ingredients

Dough

- 3 1/2 cups self-raising flour
- 1 cup cream
- 1 cup soda water
- 1/2 cup caster sugar (optional)

Filling

- 120g softened butter
- 4 tbsp brown sugar
- 2 tsp cinnamon

Icing

- 1 cup icing sugar
- 1 tbsp boiling water (add more if needed to make a consistency that can dribble over the scrolls)

Method - dough

1. Combine the dough ingredients in a large mixing bowl
2. Gently mix with a knife and turn out onto a floured surface
3. Form a soft ball and roll out gently. Make sure your surface is well-floured.

Method - filling

1. Cream the filling ingredients
2. Spread the cinnamon mixture over the dough

and roll it up tight

3. Cut the uneven ends off of each end
4. Cut in half and then into quarters. Cut each quarter into thirds. You should now have twelve even pieces.
5. Pop the pieces onto your lined baking dish with sides (this helps avoid spreading). Arrange in a 3x4 array,
6. Cook for 20 minutes at 200 degrees.

Method - icing

1. Allow the scrolls time to cool
2. Place the icing sugar into a small bowl
3. Use one tablespoon of boiling hot water at a time to make a smooth pouring consistency
4. Drizzle the icing over the dish of scrolls using a sweeping motion as you move your hand back and forth across the dish

Enjoy!

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

Cancer Society, Te Aho o Te Kahu & Te Toi Ora ki
Whaingaroa invite you & your whānau to

Kia ora - E te iwi

Living Well with Cancer

An educational support programme to help people
diagnosed with cancer and their whānau to:

- Increase their knowledge of cancer and its treatment
- Increase their knowledge of cancer support services
- Develop the confidence to ask questions
- Build on coping skills - practical, emotional and spiritual

Āhea/when: Wednesday 15 May
Te wā/time: 10am-3pm
Mihi whakatau: 9.30am
Kei hea/where: 86 Riria Kereopa Memorial Drive,
Raglan
Kai/food: Will be provided
Nama waea/phone: 0276737827
RSVP by: Monday 13 May

NAU MAI, HAERE MAI



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

[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: Jive Cafe, Tamarangi Drive, 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: St John's Hall
30 Burgess 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: 30 May, 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 1st May, Wednesday 15 May, Wednesday 29 May, 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,
10.30-11.30am

CANCELLED IN MAY, RESUMES JUNE

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



Prostate Cancer Foundation info line:



Blood cancer support group Rotorua

We warmly welcome you to a friendly environment where you are welcome to share your thoughts and experiences while gaining personal and practical support. Light refreshments provided. **RSVPs required.**

When: Thursday 18 April, 10.30am-12.30pm

Where: Cancer Society office, 1235 Ranolf St,
Rotorua

RSVP to: 027 245 0933 or email seanr@leukaemia.org.nz