

## May 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.**



## Your rights as a patient

Did you know that if you have concerns about a health or disability service, you receive advice from the Health and Disability Commission?

The Health and Disability Commission promotes and protects the rights of consumers as set in the Code of Health and Disability Services Consumers' Rights. It is a free service, and advocates are independent of all health and disability service providers and agencies.

Advocates can:

- Help you understand your rights when using health or disability services
- Listen to your concerns
- Talk through your options
- Help you to formulate your complaint and make a complaint
- Support you while you resolve your issue.

### Questions, concerns or problems

If you believe that your rights (or the rights of someone you know) have been breached, it is best to talk or write directly to the organisation providing you the service.

If you feel uncomfortable or are unable to do this you can take a friend or relative with you as support. You can also have the support of an independent Health and Disability Advocate who is trained to help people in your situation. This service is free.

The Health and Disability Commission also provide resources in other languages. For more information, please speak to your Cancer Care team.

Freephone: 0800 555 050

Email: [advocacy@advocacy.org.nz](mailto:advocacy@advocacy.org.nz)

## Onwards ... Beyond the Finish Line



Helene Barron - physio, trail runner, coach, mum, wife, sister, daughter, aunt, friend, legend.

In February 2023 Helene completed the internationally acclaimed Tarawera 100mile ultramarathon in Rotorua – an international trail race, where she placed 5th. A week later, she left for the Northern Hemisphere for her work as a Performance Physiotherapist with the NZ Ski and Snow Board team. Two weeks later, in her bathroom at the World Championships in Georgia, she found the lump on her tongue, and so her cancer journey began.

In May 2023 she had a partial glossectomy, and July-August underwent 6 weeks of radiation therapy to her head and neck. "Onwards" is a Ben Wallbank film documenting Helene's cancer journey. She hopes it can help others navigate their journey, and hopefully help raise funds for the Cancer Society along the way.

The film had its first public screening in Hamilton recently and will be premiering across New Zealand later in the year.

## App makes playground selection easy

NZ Playground Explorer provides equipment and facility information for more than 3550 playgrounds across the country thanks to University of Waikato academic Dr Bronwen McNoe.

The app can tell you which playgrounds offer good shade, as well as a wealth of details on play equipment such as pump tracks and flying foxes, and amenities such as public toilets and barbeque facilities.

Find the app here: <https://bit.ly/nzplayground>



## Rotorua Marathon

In May, the Cancer Society were honoured to be chosen as the charity of choice for the Red Stag Rotorua Marathon. One participant in the marathon was Sophie Wallace who says that the Cancer Society is "a really important foundation to me. I've had a number of people I know go through cancer treatment and so it is important that I give back when I can. Thank you so much for everything Cancer Society does to support patients!"



## Easter donations

Just look at this - a beautiful donation for our Lodge guests thanks to the students of Waikato Diocesan School for Girls. Each house carefully made up these care packages containing lovely goodies like tea, puzzles, chocolate, soaps, etc which brightened up Easter for our Lodge guests.

Dio's Reverend Steve and Operations Coordinator, Georgina popped by to drop off the care packages along with Georgina's son, Michael. Thank you all SO much for these thoughtful and touching donations!

## Donate to our Memory Meadow



Memory Meadows are being planted across the region for our loved ones with cancer. The meadows will bloom into quiet spaces of reflection and hope for the community come spring. Bulb donations start at \$5; visit [memorymeadow.nz](http://memorymeadow.nz) or scan the QR code below.

You can choose to plant your daffodil on one of our planting days (below) or one of our volunteers will plant it for you.

Our Memory Meadow locations:

- **Tauranga - Yatton Park**  
Saturday 10 May, 1-4pm
- **Hamilton - Hinemoa Park**  
Sunday 11 May, 9am-12pm
- **Pirongia - Franklin St**  
Sunday 11 May, 9am-12pm
- **Cambridge - The Oak Arboretum**  
Sunday 11 May, 9am-12pm
- **Rotorua - Kuirau Park**  
Saturday 17 May, 1-4pm

## Happy NZSL Week

This month is New Zealand Sign Language Week and the theme is 'An Aotearoa Where Anyone Can Sign Anywhere'.

We'd love to share our support by sharing some key signs that might be useful for you to know in a medical situation.

In cancer care, inclusive communication is key to making sure everyone gets the support and information they need. This week we encourage you to learn a few signs and help keep conversations accessible for all.

For more information, head to [nzsignlanguage.nz](http://nzsignlanguage.nz) to learn more.

I am Deaf  
**let's talk**

**ESSENTIAL SIGNS  
for communicating  
with a Deaf person  
in a medical situation**



**Need to book a NZSL Interpreter?**

Contact iSign on 0800 934 683, Free Text 3359,  
email [bookings@isign.co.nz](mailto:bookings@isign.co.nz) or visit [www.isign.co.nz](http://www.isign.co.nz)

**Want to learn more?**

Visit Learn NZSL, a free new learning portal, at [www.learnNZSL.nz](http://www.learnNZSL.nz)  
Visit [www.deaf.org.nz](http://www.deaf.org.nz) for videos, booklets and customised  
New Zealand Sign Language courses for your workplace.



# 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

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

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

**Contact:** Rozie, 029 771 1896

### 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:** 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

## He manako te kōura i kore ai

Wishing for the crayfish won't bring it

## 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, 029 771 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](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



**CANCER SOCIETY**  
**WAIKATO | LAKES | BAY OF PLENTY**

# Meet our Team



## **Janelle**

### **Waikato Region**

Raglan, Waikaretu, Glen Murray, Meremere, Whakatiwai, Miranda, Kopu, Puriri, Paeroa, Waihi, Tauhei, Puketaha, Gordonton, Taupiri, Horotiu, Te Kowhai, Whatawhata



## **Karen**

### **Waikato Region**

Newstead, Motumaoho, Morrinsville, Te Aroha, Manawaru, Turangaomoana, Te Poi, Tapapa, Okoroire, Karapiro, Leamington, Cambridge, Tamahere, Tauwhare



## **Larelle**

### **Waikato Region**

Hamilton



## **Lareece**

### **Thames-Coromandel**

Thames, Te Puru, Tapu, Kereta, Coromandel, Colville, Port Jackson, Waikawau, Kennedy Bay, Matarangi, Opito Bay, Wharekaho, Whitianga, Hahei, Tairua, Whangamata, Whiritoa



## **Leoni**

### **Waikato Region**

Kawhia, Ohaupo, Tirau, Putaruru, Tokoroa, Mangakino, Taumarunui, Tongaporutu, Awakino, Marakopa, Te Kuiti, Otorohanga, Te Awamutu, Owango, Ngahinapouri



## **Claire**

### **Rotorua Lakes District**

Rotorua



## **Leona**

### **Bay of Plenty Region**

Whakatane, Ohope, Waiotaha, Tirohanga, Hawaii, Omaio, Te Kaha, Matawai, Waioeka, Matahi, Murupara Kawerau, Manawahe, Awakeri, Te Teko, Omataroa, Taneatua



## **Rozie**

### **Bay of Plenty Region**

Waihi Beach, Katikati, Omokoroa, Tauranga, Papamoa, Te puke, Pukehina, Maketu, Reporoa, Taupo, Waitahanui, Turangi, Kuratau, Tihoi, Whakamaru, Mamaku