

April 2024

We hope you enjoy the latest news from Cancer Society aikato/ 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
P: 0800 22 77 44
E: admin@cancersociety.org.nz
cancer.org.nz

Contents

[Funding boost a win](#)

[News from the Lodge](#)

[Relay For Life wraps up](#)

[Support groups](#)



Funding boost a win

The Government recently announced a long-overdue boost to the National Travel Assistance scheme, which will make a material difference to people who don't live close to hospitals and treatment centres. From 1 April 2024, nationwide, nightly accommodation support will be \$140 (up from \$100) and mileage rates 34c per km (up from 28c). Cancer Society Waikato/Bay of Plenty welcomes the increase which is the first since 2009. I've described this funding change to colleagues as 'historic,' even.

This boost will make a big difference to people undergoing cancer treatment in this region, during an incredibly difficult time in their lives. Our large rural population means we see a lot more people struggling with the logistics and costs associated with cancer treatment, compared to larger cities. Accommodation costs could be incredibly burdensome for those who need to stay close to the Waikato Hospital for lengthy periods of time.

We supported 2400 with accommodation at the Cancer Society's Lion's Lodge in Hamilton over the last 12 months.

But it's a constant battle to keep the lights on. With this new funding we can keep the wolf from the door for now so our attention can go to urgently growing services.

The reality is demand for cancer support service is the highest it's been in our 60-year history and set to skyrocket as cancer rates increase in the Waikato and Bay of Plenty regions over the next decade. The need for accommodation in the Bay, like the Lodge in Hamilton, is also huge. This is a priority project for our team, to find funding partners to make this a reality.

We understand that the funding increase announced is only the first step in a series of improvements to the NTA scheme. The second step

Continued from p.1

involves improving eligibility and awareness of the scheme – making the criteria fairer and the application process simpler.

The Government has also said they will look at providing the financial support upfront, rather than as reimbursements.

We welcome these further improvements, which we regard as just as critical, for the many people who are slipping through the cracks because of complicated criteria and the inability to fund their travel costs upfront. This can be a dealbreaker when it comes to accessing treatment.

Sadly, we often hear of people who have really struggled through their cancer treatment without knowing support is available at all. If you or a loved one is going through any type of cancer treatment in our region, know that there is support out there and Cancer Society Waikato/Bay of Plenty has your back.

And thanks to the Government's new funding boost, we can provide even more support to those who need it most.

Helen Carter

CEO, Cancer Society Waikato/Bay of Plenty

A special thank you to Bob Owens Retirement Village

When their regular newsletter ceased, the residents of Bob Owens Retirement Village decided to generously donate the remaining funds towards our services in Tauranga. We are so grateful!

If you would like to make a donation to the Cancer Society, donations are always welcome. You can contact us at admin@cancersociety.org.nz for more information.



Volunteer reaches 20-year milestone

Over in sunny Whakatāne, we are fortunate to have the help of volunteer, Charlotte MGougan.

Charlotte, who is a former nurse, facilitates our work in the area and leads a group of ladies who brighten up the oncology ward in Whakatāne Hospital.

To celebrate Charlotte's long service achievement, our CE Helen popped over for lunch. Charlotte, we really couldn't do what we do without you - thank you so much for everything you have contributed over the last 20 years.



Team on the road in Whakatāne

We are pleased to announce that we have recently appointed Saffron Mitchell as our new Cancer Care Manager. As part of her induction, we sent her out on the road with our CE, Helen, and stopped by to see the great work of the staff at Whakatāne Hospital.

Community news

Relay For Life raises over \$200k

After a week of rain, we were blessed to have sunshine on the day of Relay For Life. Around 1,000 people descended on Claudelands in Hamilton for our annual fundraiser, with special moments including our Celebration Lap for cancer survivors, a kapa haka opening performance by Rototuna High Schools, a dunk tank (including dunking of CEO!), incredible open mic performers and a head shave facilitated by our former Lodge guest, Hailey Jenner.

Our top fundraising team was St Peter's Cambridge closely followed by community team, Faith to Thrive. The current total is sitting at \$206,000 - what an achievement!

A huge thank you to everyone who made the journey over and who helped make this day completely magical. Until next year!



News from the Lodge



Ray's incredible achievement

A wee surprise for our resident Jack-of-all-trades superstar, Ray!

Ray is a long time Cancer Society employee, volunteer, shuttle driver, handyman and all-round good guy. Over the last year Ray has undertaken a mammoth project to repaint all the bedrooms at the Lodge. In all, he has painted 58 bedrooms and ensuites in his trademark "black white" colour.

Ray says the worst part was the preparation - shifting, covering furniture and sanding. Sometimes it was hard to get access to the rooms, as Lodge guests can have quite long stays, so the rooms were not available to have work done.

In the middle of it all, Ray battled his own health problems and spent 5 weeks in Waikato Hospital. But he was determined to return to complete his project and last week achieved his goal. What an achievement!

We're so lucky to have you Ray!

Need support?
Our supportive care nurses
are here to help. Contact
us on 0800 22 77 44

Claire's seed crackers recipe



This recipe is from Claire, our cancer care navigator for Rotorua. These healthy crackers make a great snack either on their own or paired with a healthy protein like cottage cheese. Enjoy!

Ingredients

- 1 cup fine cornmeal flour
- 1/3 cup sesame seeds
- 1/3 cup linseeds
- 1/3 cup pumpkin seeds
- 1/2 cup sunflower seeds
- 1/2 tsp salt
- 50mls olive oil
- 250mls boiling water

Method

1. Heat oven to 150°C fanbake
2. Mix all dry ingredients
3. Mix together boiling water and oil, then slowly add to dry mix
4. Spread mixture evenly and as thinly as possible over a baking or oven tray
5. Score lightly
6. Bake 1 hour approx. or until golden and crisp
7. Let cool and break into pieces.

Tip

Sprinkly with salt flakes over the top before baking.

New support group for carers in Te Awamutu

If you are caring for someone with cancer and would like to connect with others in a similar space, please join our nurse Leoni (below) at our monthly support group specially for carers.

When: Second Wednesday of every month from 1.30-3.30pm

Where: Te Awamutu Baptist Church, 106 Teasdale St, Te Awamutu.

For more information, please contact Leoni at 027 700 4787.



Help us plant 10,000 memories



Join us to plant Memory Meadow in Hamilton and Te Awamutu

Join us to plant a memory and grow hope by planting Memory Meadows, dedicated spaces where daffodils will bloom to remember and celebrate those we love with cancer.

Bulbs are \$5 from our website memorymeadow.nz or you can donate on the day. We have 10,000 bulbs to plant so if you can join us to make an impact, please do.

Hamilton

Hinemoa Park, Sunday 7 April from 9am-12pm

Te Awamutu

Sculpture Park, Sunday 14 April from 9am-12pm

Please bring wet weather gear (just in case) and a trowel if possible.

For more information, please visit memorymeadow.nz or contact fundraising@cancersociety.org.nz

Memory Meadow is made possible thanks to the support of Lodge Real Estate, Hamilton City Council and Waipā District Council. All funds support the Cancer Society Waikato/Bay of Plenty.

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.
RESTARTS 12 FEBRUARY

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 February
Friday 26 April
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

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: 28 March, 18 April, 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 Mark's 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 3 & Wednesday 17 April
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 (see next page)
Where: Varies, Cambridge
Contact: Ron, 027 276 0336

CAMBRIDGE

PROSTATE CANCER SUPPORT GROUP 2024

An established informal forum for men to meet and share personal experiences of prostate cancer. Wives and partners welcome.



2024 Meeting Schedule:



Wednesday Evenings

6.30pm for a meal.

ONYX Cafe & Bar, 70 Alpha St, Cambridge.

March 27 May 29 September 25 November 27 'Christmas night'



Tuesday Mornings

10.30am for coffee.

The Woolshed, Te Awa Lifecare Village, 1866 Cambridge Road.

February 27 April 30 June 25 August 27 October 29



Mid-Year Lunch Meeting

11.30am. Wednesday July 31.

The Woolshed, Te Awa Lifecare Village, 1866 Cambridge Road.

For more information please contact:

Support Group Coordinator Ron Greenwood



027 276 0336



cambridge@prostate.org.nz



www.prostate.org.nz/support-groups



Information Service

0800 66 0800 infoservice@prostate.org.nz



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

Where: Whangamatā (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 groups

Rotorua support group

When: First Tuesday of every month, 10.30am-noon

Where: Cancer Society's Rotorua office
1235 Ranolf St, Rotorua

Contact: Claire: 022 429 5063

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: 022 429 5063

Taupō support group

When: Third Thursday of every month, 10.30am-noon

Where: TBC

Contact: Rozie: 029 771 1896

**Mā mua ka
kite a muri, mā
muri ka ora a
mua**

**Those who
lead give sight
to those who
follow, those
who follow give
life to those
who lead**

Prostate Cancer Foundation info line:

0800 660 800
INFORMATION SERVICE
www.prostate.org.nz

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