



Rotorua Breast Cancer Trust
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ROTORUA
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Keeping aBreast

June 2010

Kia ora, welcome to first of what we hope will be a quarterly newsletter.

In 2007 I was introduced to a group of extraordinary women who were already well along the track towards organizing the inaugural National Breast Cancer Conference in Rotorua. My own treatment complete, I joined their team. Following the success of the conference we determined to develop ways to support those affected by breast cancer in our local community.

The Pink Walk has become our signature fundraiser. On the last Wednesday of October an ever-increasing crowd in pink gathers at the Village Green (Lake Front). Walkers register and weave their way to Sulphur Point and back to raise the awareness of breast cancer and display an awesome pink measure of community spirit.

The Rotorua Breast Cancer Trust (RBCT) was formed to manage funds raised through sponsorship, donations and the Pink Walk.

The foundation trustees are Jenny Brell, Donna Morrison, Dell Gee, Diane Toulim, Lisa Beamsley, Raechel Leishmann and Jacqui Hesketh, Diana Anderson and Bubsie McFarlane.

This is our first newsletter, which reports the activities of the RBCT as we support those affected by breast cancer in our local community. Please spread the word!

Thank you to all who have supported our community by supporting us – Rotorua is very generous.

Ma tou rourou, ma toku rourou, ka ora te iwi – With your contribution and my contribution, all will be well in the community.

Hei kona
Jenny Brell
Chairman
Rotorua Breast Cancer Trust

Pink Walk 2010

The Pink Walk event just gets bigger and bigger. 2008 had 1,200 registrants.

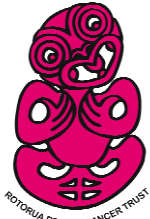


2009 saw this amount increase by 50% with the final registrations figure being 1,800 participants.



The Trust anticipates that the 2010 will be even bigger still and this is exciting as we commit 100% of the registration funding back to the local community through the variety of initiatives. The Trust encourages women to take advantage of the opportunities and programmes available to help in their recovery.

Our logo



Our fabulous logo was created by trustee June Northcroft Grant. The Hei Tiki is recognised throughout Polynesia as a symbol representing human life and also as a tangible memory of ancestors and the love associated with those who have worn the tiki over many generations.

June designed the hei tiki with thoughts of guardianship, ongoing life and well being, so the hands of the tiki are covering the breast, representing protection and for the aim of the Breast Cancer Trust, guardianship of this sacred part of feminine form and nurturing propensity.

Encore

Our trust supports the YWCA Encore after breast cancer exercise programme run by one of our members. This programme is available free to anyone who has had a diagnosis of breast cancer. It is an exercise programme that uses gentle tai-chi like floor exercises and the heated pool to increase flexibility and mobility and to help reduce the risk of lymphoedema. Guest speakers provide information on local resources..... and of course a group of women together provides the opportunity of friendship, support and fun.

The next 8 week programme is due to start 27th October 2010 is by enrolment only so please contact Diane 021596098 or fred.greg@xtra.co.nz

Pink Pilates

Another programme supported by the Trust is the Pink Pilates programme. Pink Pilates aims to help women recovering from breast cancer surgery or treatments by offering personalized therapeutic programmes. These include a complimentary blend of pilates, physiotherapy, massage, stretching and breathing techniques. The subsidized programme is available to all women within two years of surgery and costs \$10/session.



Peace of Mind ...



A meditation group, sponsored by the Trust, has commenced in April. It takes place every second Friday from 12noon to 1pm at RAVE. The group does not meet in the school holidays. Last meeting for this term is 2nd July.

Come along and enjoy a relaxing, mind clearing session.

Keeping up-to-date

Walking in the entrance of Rotorua Hospital and up the stairs to the first floor, did not have the same degree of apprehension that I felt when I first visited the Chemotherapy unit, as a first time patient in March 2003. When I walked in this time, the first thing I noticed was that a friend of mine was occupying the chair that I sat in when I had chemotherapy, a strategic seat where I could view the coming and goings of patients, the wonderful staff, and having a feeling of being aware of what was going on around me and simply coping with the medical regime that most cancer patients come to know intimately. However, in seven years since my treatment, nothing had changed in the unit at all, and it did seem a little cramped today, with patients and nursing staff carefully navigating around work stations. So the new Chemotherapy Unit is being eagerly looked forward to by everyone involved with cancer care. I viewed the plans which looked spacious, room for 9 chairs and 3 beds, important for medical day stays, laid out so that each patient has a degree of privacy with room to stretch out, especially if you have family and support people with you. All going according to plan, the new Chemotherapy Unit will open at the Rotorua Hospital in January 2011. - June Northcroft Grant

Trust AGM

The first Trust Annual General Meeting took place on Tuesday, 15 June at RAVE. Thank you to everyone who attended. We were pleased to welcome Gillian Wintrup as a new trustee while Bubsie MacFarlane and Diana Anderson who both resigned were thanked for their outstanding contributions.

Upcoming events

Thanks to...

MEDITATION GROUP

Restarts after school holiday break at RAVE and will meet between 12 and 1pm on:

- 23rd July
- 6th, 20th August
- 3rd, 17th September

PANEL DISCUSSION - NOT TO BE MISSED!!

RAVE 21st October at 7pm Mark your diaries now! Our panelists are:

- Oncologist - Dr Marion Kuper
- Breast Surgeon - Mr Etienne Truter
- Radiologist - Dr Barbara Hochstein

ENCORE

27th October - pre-enrolments essential

PINK WALK

27th October 6pm Village Green

MARCH 2011

Lymphoedema Education Evening

For further information contact the Trust at rbct@paradise.net.nz

- Rotorua Energy Charitable Trust
- First Sovereign Trust
- Polynesian Spa
- Daily Post
- Events and Venues
- Royal Lakeside Novotel
- Destination Rotorua Tourism Marketing
- Dynamics Audio Visual Ltd
- Ngongotaha Pharmacy Ltd
- Norton Transport
- Cottage Flair
- Reading Cinemas
- NZI Insurance & Dawson Insurance
- Waiora Group
- Aroha Mai Cancer Support Group
- Te Kahui Hauora Trust
- Leishman Electrical
- Roadmaster Limited
- Andy's Marque and Party Hire
- East Brewster Barristers & Solicitors
- The Radio Network

for their contributions and support. We look forward to your ongoing support in 2010.