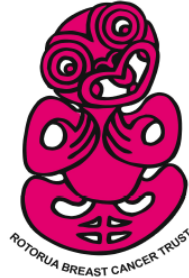


Rotorua Breast Cancer Trust

Supporting the Rotorua Community



Morning Tea Support Group

Come and join us on the last Wednesday of each month

Wednesday

26 July 2017

Ciabatta, White Street

Wednesday

30 August 2017

to be advised

These coffee mornings are proving very popular with the numbers increasing each month. Do come along, you will be made very welcome.

Rotorua Breast Cancer Trust AGM held 27 July 2017

Trustees for 2017

Chairperson - Vivienne Kermode

Treasurer - Gail Teichmann

Trustees - Sarah Davies

Cushla Hollings

Beth Lang

Myrtle Colebert

Noeline McQueen

Vanessa Malipaard

Louse Smith

Allison Melhuish

Megan Hohepa

Sally Goddard - Administrator

Thursday Morning Walking Group

Meet at Sequoia Cafe

Tarawera Road 9.30 am

Join us for a walk or if raining a coffee.

Coffee Evenings

Due to poor turnout the organisers have decided to put these evening on hold.

They are very keen to receive your thoughts on what works best for you regarding time, day, venue.

Please contact us through our email address.

Coffee Evenings

Our coffee evenings (5 pm) for Breast Cancer people who work is having a rest.

We had only 2 people attend in the first month and no one in June. It is obvious

that this is not working, so if you are working and would like to meet others in the same situation as yourself, please send us an email to info@rbct.co.nz telling us what day/s and times you would be free to come for coffee and a chat.

We try very hard to meet your needs so

Lymphoedema Support Group

**Southern Cross Hospital
(though main entrance)**

58 Otonga Road,
Springfield.

**Next meeting: Thursday
27th July at 5.30 pm**

If you require support or
information about

Lymphoedema

or are interested in the
support group please

**Contact Vanessa on
0273508843**

or

email

pvmalipaard@xtra.co.nz

TAI CHI for Beginners

The benefits of Tai Chi are well
documented, why not give it a
try? You are welcome just to
come along and give it a try and
see whether you like it.

**Every Monday & Wednesday,
6-7pm at the Eastside**

Bowling Club rooms,

26 Wariwick Drive, Lynmore

Cost: \$5.00

No need to register, just come
along.

First timers most welcome.

Drop in Meditation Fridays

Unfortunately this has no longer
being offered due to a lack of
interest.

**Rotorua Breast Cancer
Trust**

**10th ANNIVERSARY
PINK WALK – 18 October
2017.**

Put the date on the
calendar.

Organise a team - friends,
workmates, family.

Don't forget to think of a
great costume.

We welcome any offers of
sponsorship,
please contact Sally at
info@rbct.co.nz

**We can make a difference to breast
cancer survivors and their caregivers
lives.**

The Breast Cancer Rehabilitation &
Wellness Summit will be the first project to
REV UP RECOVERY after breast cancer
across the world. 30 speakers are
preparing their video presentation right now.
Each day of the Summit, there will be 6-8
presentations available to view, all at one
location. Topics covered will include:

- Exercise
- Sexuality
- Food choices
- Scar tissue
- Mindfulness

Through sheer dedication and
determination, this Summit will have **free
registration**. We want to reduce some of
the barriers to survivors accessing
information they need to help them achieve
better recovery and wellness.

The link for free registration is:

<https://www.eventbrite.com/e/breast-cancer-rehabilitation-wellness-summit-2017-tickets-33886040058>

Summit viewers will be directed to cancer
aware health professionals and service
providers via online resources such as

www.foundation96.com

JULY 31- AUG 6 2017

REGISTER NOW

Aratika Trust Programmes offered

Terms 3 & 4

Meditation Evening Classes (5 weeks)

held on Wednesday nights.

*(This will be our last block series of
meditation classes this year)*

These classes will be run by an
experienced facilitator Cherry Campbell.
Bring a friend and sign up together, then

Cancer Wellness Retreat 2017

Sunday 12th - Thursday 16th
November

Lakes Lodge, Okataina.
(about 25 minutes from Rotorua
towards Whakatane)

This retreat is for people affected
by cancer looking for evidence
based information to help them
understand the lifestyle choices
that have that affect well-being.
You can bring along a support
person if you wish too.
Check out our page for more
information.

www.aratikatrust.co.nz
or call Shelley Ph 022 492 5063

VENUE: QE Health and Spa

DATE: August 9th - Sept 6th

TIME: 6:30-8:30pm

\$100.00

[Email](#) or Ph/Txt 022 429 5063 to register
and payments can then be made online.
(We can only take the first 14 people for
this programme)

ASB: Aratika Cancer Trust - 123263
0004824 00

Plant based Nutrition workshop.

Come along and learn easy ways to cook
healthy meals and snacks.

\$100 for the 4 sessions includes trying the
delicious food every week, recipes to take
away, tips and tricks on simplifying food
preparation and the latest research on the
health benefits of eating a plantbased diet.

Facilitated by *Life is great!* Cookbook
Author Aleisha Wyllie and Tony Bland

4 week evening programme 6:30-8pm
Wednesday July 19, 26, August 2nd and
9th 2017

\$100 per person, spaces are limited

Email [Shelley](#) to book a spot, 10 places left.
Invoices will be sent so you can pay online.

Can Be Fit

Starting again in October 2017
More information to come
watch this space



Facebook



Website

Rotorua Breast Cancer Trust is on Facebook

From time to time we share interesting
information or support opportunities on
Facebook Please Like and Share our Facebook
Page by clicking [here](#) or clicking on the
Facebook icon on the left of this newsletter.

Thanks for reading our newsletter. Again, please don't hesitate to contact us if we can be
of any assistance.

Kind regards

The team at Rotorua Breast Cancer Trust.

Need some information or have a query?

If you would like to get in touch with Rotorua Breast Cancer Trust please don't hesitate to
email info@rbct.co.nz or call us on 022 424 6616

You can also check out our website www.rbct.co.nz or our Facebook page
www.facebook.com/RotoruaBreastCancerTrust.

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