

Rotorua Breast Cancer Trust

Supporting the Rotorua Community



Celebrating 10 Years Serving Rotorua

Morning Tea Support Group

Come and join us on the last Wednesday of each month
Wednesday
27 September 2017
10.30 am
Urbano
Fenton Street
These coffee mornings are proving very popular with the numbers increasing each month. Do come along, you will be made very welcome.

Thursday Morning Walking Group

Meet at Sequoia Cafe
Tarawera Road 9.30 am
Join us for a walk or if raining a coffee.

Can B Fit NZ (BrCa) Join us for an 8 week Integrated Exercise programme for women following Breast Cancer Surgery

Commencing 10th October
Two hour sessions from: 10 am
-12 noon for 8 weeks
Program Dates: October 10th,
17th, 24th, 31st
November
7th, 14th, 21st, 28th
Any queries contact: Penny
Spooer (Mob) 021 122 6256 or
(Home) 07 2819427.

Registration and medical
clearance documentation is
required for participation
Maximum of 14 participants per
programme

Registration documents
available from Rotorua Breast
Cancer Support Service office
Enquiries 021 0235
2600 email
canbfitnz@gmail.com

**Six more ladies needed for this
to go ahead. Please contact
the above number/email or
email info@rbct.co.nz and
registration papers can be sent
to you.**



In memory of
Vivienne Kermode
(nee O'Hara)

3 March 1951 - 23 August 2017

It was with sadness that we farewelled a very dear friend and Rotorua Breast Cancer Trustee.

Some shared memories

Wednesday mornings were always special
This was the time we

- put the world to rights
- enjoyed our coffee and peach tea
- sampled the latest recipe
- then - finally pranced around Vivian's lounge, enthusiastically doing our weekly exercises.

This has also been a very important time; as we have supported each other through our various cancer concerns and worries.

Thank you Vivian for being there for each and every one of us.

We shall miss you - dear friend.

Anita, Sandra, Noeline, Gail and Pauline.

Rotorua Breast Cancer Trust 10th Anniversary

Pink Walk

Wednesday 18 October 2017

Village Green

Rotorua Lake Front

Mayoress Steve Chadwick to open proceedings

Starting time 6pm,

Registrations taken online or on the day.

\$5.00 adult, children under 12 Koha

NOTE: No Dogs Please

Food stalls, Kids zone, Spot Prizes

Bouncy castle, face painting, Balloon animals

sausage sizzle, Crepes, Coffee, Soup, Cupcakes

Entertainment by Aunty Bea and friends, Zumba Display,

Prizes for Best Dressed Woman, Best Dressed Man, best Dressed Child, Best Bra,
Best Dressed Business (trophy donated by Ray White Real Estate)

Online Registrations now open

[click here](#) to go to registration page

**Lymphoedema Support
Group**
Meets last **THURSDAY**
of the month
Southern Cross Hospital
(through main entrance)

58 Otonga Road,
Springfield.

Next meeting: **Thursday**
28 September at 5.30
pm

If you require support or
information about
Lymphoedema
or are interested in the
support group please
Guest speaker for
September

**Andrea Young (Cancer
Nurse)**

Contact **Vanessa** on
0273508843

or
email
pvmalipaard@xtra.co.nz



Pink Walk 2017 Tee Shirts

\$15 each

Sizes: med, large x- large, xx-large
buy online or on the day.



New this Year: Look out for the Remembrance Tree of Life
A chance to remember loved ones by placing a heart on the tree.

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 Warwick Drive, Lynmore
Cost: \$5.00

No need to register, just come
along.

First timers most welcome.

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.aratikatruster.co.nz
or call Shelley Ph 022 492 5063



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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