

# 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**

25 October 2017

10.30 am

The Regent  
Pukaki Street



### Final morning tea for 2017

29th November 2017

Princess Gate Hotel  
Arawa Street

Please have a chat to Beth at the October get together and indicate if you are intending to come along to our final morning tea in November (for catering purposes)

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 10th Anniversary

#### Pink Walk

18 October 2017

The weather (a part from a short squall) held fine, a sea of pink, smiles on faces and the upbeat mood of the 2000 plus Pink Walk participants confirmed another successful Rotorua Breast Cancer Trust annual Pink Walk event. People took advantage of the food vendors on site to have dinner while they were waiting for the walk to begin, while others grabbed a bite to eat on their return..

Did you read the write up in the Rotorua Daily Post? Check it out plus photos on our the Web site and Facebook page Thanks to Gotya Photography for covering the event.

The **Tree of Remembrance** was visited by many who took the opportunity to leave a message for a loved one affected by Breast Cancer.

A massive big **THANK YOU** to all the people of Rotorua who sponsored and donated prizes for the Pink Walk 2017.

Please checkout our sponsors page on the Rotorua Breast Cancer Trust Web page



### Thursday Morning Walking Group

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

### Lymphoedema Support Group

Meets last  
THURSDAY of the  
month

Southern Cross Hospital  
(through main entrance)  
58 Otonga Road,  
Springfield.

Next meeting: Thursday  
26 October at 5.30 pm  
If you require support or  
information about  
Lymphoedema

or are interested in the  
support group please  
Guest speaker for  
September

The rep from Obex will  
be talking about and  
showing their Sequential  
Circulator machine.  
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 Warwick Drive, Lynmore

Cost: \$5.00

No need to register, just  
come along.

First timers most welcome.

### Pink Walk 2017 Tee Shirts

are still available to purchase

Sizes: Adults: med, large x- large.

\$15 each

Children's: 10, 12, 14 7& 16

\$10 each

please email [info@rbct.co.nz](mailto:info@rbct.co.nz) if you are wish to purchase a limited edition 2017

Pink Walk t shirt



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### Breast Cancer Aotearoa Coalition (BCAC) Inc.

Check out the BCAC web page

- BCAC welcomes new drug but says desperate patients need it funded now
- Should we have annual mammograms?
- Managing menopausal symptoms in women with breast cancer
- Exercise helps to ease fatigue and chemo brain

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Karen & Megan, from Lymph Connection have uploaded the last Breast Cancer Summit link from Australia, onto the Lymphconnection website so it is available for all. The link is available for a year from August 2017.

Go to their website

[lymphconnection.co.nz](http://www.lymphconnection.co.nz) <http://www.lymphconnection.co.nz> and on the home page click the link "Breast Cancer Rehabilitation & Wellness"

Aratika Cancer Trust  
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[Aratika Trust Home Page](#)  
Empowering people to  
live well.

In 2010 five Rotorua women came together to explore a dream and concept on how to offer hope and choices to women with breast cancer that would empower their own healing following the principles of Integrative Medicine. This conversation quickly progressed to include anybody affected by any cancer, men, women and support people, with acknowledgement that breast cancer already receives great support compared to other cancers. The Aratika Trust was born.

In 2015 the name of the trust was changed to Aratika Cancer Trust, to better reflect our mission statement.

We have run a number of programmes already this year and our next event in 2017 is our [Residentail Retreat](#) at Lakes Lodges Okataina in November



**PEDAL FOR PINK**

**Saturday 28th October**

5.7km family-friendly bike ride with a pit-stop at Baked on Froude St, Whakarewarewa.  
Meet on Springfield Rd (by Jackson Park Kindy) @ 10.30am  
Entry fee - koha of your choice to go to Rotorua Breast Cancer Trust. Please register for catering purposes.  
To register or for more information, please call 07 348 4199, check out the CyWayRotorua Facebook page or email [cycling@rotorualc.nz](mailto:cycling@rotorualc.nz)



## 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.  
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](mailto:info@rbct.co.nz) or call us on 022 424 6616

You can also check out our website [www.rbct.co.nz](http://www.rbct.co.nz) or our Facebook page [www.facebook.com/RotoruaBreastCancerTrust](https://www.facebook.com/RotoruaBreastCancerTrust).

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