

# Rotorua Breast Cancer Trust

Supporting the Rotorua Community



**Celebrating 10 Years Serving Rotorua**



**Final Get Together for 2017  
Morning Tea Support Group**

Come and join us on the last  
Wednesday of each month

**Wednesday**

29 November 2017

10.30 am

Princes Gate Hotel

Arawa Street

Please R.S.V.P to 0224246616  
for catering purpose

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

This is our last newsletter for 2017.



**The Trustees wish you a joyful and  
safe Christmas**

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**Lymphoedema  
Support Group  
Last meeting for  
2017**

**Thursday 30  
November  
Southern Cross  
Hospital  
(through main  
entrance)**

58 Otonga Road,  
Springfield.

5.30 pm

If you require  
support or  
information about  
Lymphoedema  
or are interested in  
the support group  
please

Look out for  
details of our  
next get together  
February 2018

**Contact Vanessa  
on 0273508843  
or  
email**

[pvmalipaard@xtra  
.co.nz](mailto: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

**Coming up in 2018**

**Next Steps classes**

For women who have completed their active  
cancer management (surgery, chemo and  
radio) and are keen to work on their fitness,  
strength and flexibility. Weekly 1 hour classes  
including step aerobic work, pilates, yoga and  
relaxation. 10 week blocks running regularly  
throughout 2018. Call to register 07 2822047  
or via [www.pincandsteel.com](http://www.pincandsteel.com). First 10 week  
block completely funded.

**Paddle On**

Currently taking registrations for the only 5  
week block in 2018 starting at the end of  
January. Taking you outside your comfort  
zone by learning the skills of stand up paddle  
boarding on our beautiful lakes. All equipment  
provided, no experience necessary. For  
those who have completed their active cancer  
management. Loads of fun and fantastic for  
your physical and mental wellbeing. Call to  
register 07 2822047 or via  
[www.pincandsteel.com](http://www.pincandsteel.com). \$60 charge includes  
all 8 sessions and a land-based screening.

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**Can B Fit NZ (BrCa)**

The can B Fit Programme is coming to an end  
for 2017

If you are interested in attending next year  
please contact Penny through the Rotorua  
Breast Cancer trust email: [info@rbct.co.nz](mailto:info@rbct.co.nz)

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No need to register, just come along.

First timers most welcome.

**Tai Chi will be taking a break over the Christmas period and will start again in January for more information please contact Beth 022 424 6616**



**Thursday Morning Walking Group**

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

We will be taking a break over the Christmas period

Please contact the

Cancer Society on 3494556 for dates



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.

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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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