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May 2018

Rotorua Breast Cancer Trust

Supporting the Rotorua Community

Hi everyone

Times are a changing; the seasons are changing, as we see winter knocking on the door. Also our AGM is next week Tuesday 29 May, 5.30pm at the Millennium Hotel, so if you would like to be more involved in our Trust here is your opportunity to be involved.

We also now have a new administrator, Mary who is feeling her way into the position, so do drop her a line and let us know if you prefer to get the newsletter as a email rather than snail mail for those that do the paper version. Mary's email is INFO@RBCT.CO.NZ

Don't forget the Morning Tea Group, with Beth and Cushla; 30th May at the Ciabata Café, White St so we hope we see many of you there to chat and share.

Take care

Keep warm

Keep well

The Trustees of RBCT



Help us help you!

RBCT Charitable Trust is one of the four groups being supported through **Good in the Hood** promotion at the **Z Fenton St Rotorua** during May. That means we'll get a share of \$4,000 - but exactly how much depends on how many votes we get!

So please fill up and spend up at the Z Fenton St station and vote for **US RBCT**—by putting your token in the slot on display



Events

Coffee morning

30th May

10.30am

Ciabata Café

38 White St

Fenton Park

Rotorua

AGM

29th May

5.30pm

Millennium Hotel

Hinemaru St

Rotorua

Winter Series

2nd August 7.00–9.00pm

Millennium Hotel

Hinemaru St

Rotorua

PINK WALK

October

Details to be confirmed

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

Emails: info@rbct.co.nz

Phone: 022 424 6616



www.facebook.com/pg/RotoruaBreastCancerTrust/about/?ref=page_internal

Website

www.rbct.co.nz

Coffee morning Tea Support Group

Come and join with us on the last Wednesday of each month.

Wednesday 30th May, Ciabatta, White St

Wednesday 27th June, venue 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.



AGM

29 May, 5.30pm, Millennium Hotel, Hinemaru St, Rotorua

If you would like to contribute to the running of RBCT please do let us know and come along to the meeting

Winter Series

Once again we bring you the winter series, We have speakers and displays lined up for what promises to be a great informative event. Mark the calendar now for 2 August 7-9.00pm, Millennium Hotel, Hinemaru St, Rotorua

Thursday morning Walking Group

Meet at Sequoia Café, Tarawera Rd, 9.30am. Join us for a walk or if raining a coffee

Lymphoedema Support Group

Meets last Thursday of the month at Southern Cross Hospital, Springfield—31st May

If you require support or information about Lymphoedema or are interested in the support group please contact Vanessa on 027 3508843 or email pvmalipaard@xtra.co.nz

Good morning all

Im the new girl on the block in effect. I am new to RBCT and I have been doing a similar role for another Not for Profit charity in the BoP. I have had health [variety of cancers] experiences, within my own immediate, extended families and friends, so feel really excited that I can be involved with RBCT and to not only work with great people; but in time to meet awesome people through my role and all for a great purpose.

I hope to attend meetings at times, to meet you but sadly not every meeting.

Here's a thought:

As I wake in the morning, today I feel the chill in the air.
As I look out my window, I see the autumn colours in the trees.
As I venture out the door, I see fallen leaves on the ground ready to trip me up.
I see winter is knocking on my door and I know it is time for us all to be reminded of a few winter essentials. It is time to check for potential hazards, the sloppy slippers, and the electric cords that might be running the heaters, to keep us warm.

DO take care to check your surroundings are clear, well lit and safe; as we don't want to hear of slips and spills, and do check your smoke alarms are in good working order too.

Take care **Mary** Mary Reid, Administrator Phone: 022 468 0433 Email: info@rbct.co.nz

Coffee time with Mary



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Rotorua Breast Cancer Trust



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