



Rotorua Breast Cancer Trust

Supporting the Rotorua Community

UPCOMING EVENTS

COFFEE MORNING SUPPORT GROUP

Come and join us on the last Wednesday of each month!

Wednesday
25th July
10.30 am,
at the Regent Hotel,
Pukaki St,
Rotorua

Wednesday
30th August
venue to be confirmed

Please come along, you will be made very welcome by the growing number of people attending each month. For more info contact Beth P: 022 424 6616

WALKING GROUP

Every Thursday
at 9:30 am
Sequoia Cafe,
Tarawera Road

Join us for a walk and a chat, or a coffee if it's raining.

Hi <<First Name>>,

The Rotorua Breast Cancer Trust will hold the bi-annual Winter Series event on Tuesday August 2nd at 7.00 pm at the Millennium Hotel here in Rotorua.

There are two speakers coming to share valuable information as well as there being displays for you to check out.

Nicole Winters a clinical psychologist and who founded a not-for-profit mental health clinic before moving here to work with the Cancer psychological and Social Support Service at Lakes DHB. Her clinical interests include cancer, assisted reproduction, trauma, and assessment work.

Nicole will be sharing a conversation about stress and resilience. And you will walk away with at least three skills to try at home.

Wayne Borell is a health promoter for the Waikato/Bay of Plenty Cancer Society.

Wayne is a graduate of Waikato University with a Bachelor of Social Science and a graduate of Auckland Institute of Technology with a Diploma in Recreational Management. Currently Wayne is studying Post Graduate Human Nutrition through Otago University.

Wayne has a passion for nutrition and incorporating nutrition as an integral support component for people diagnosed with cancer and for people wanting to reduce their risk of being diagnosed with cancer.

To reserve your seat and for catering purposes please email Mary on info@rbct.co.nz with your name, how many are attending and phone number so that we can be prepared for a simply fabulous night.

If you have any questions or feedback, don't hesitate to get in touch. Thanks so much for reading our newsletter.

Kind regards,

The Rotorua Breast Cancer Trust team

LYMPHOEDEMA SUPPORT GROUP

Last Thursday of the
month
26 July,
at 5:30 pm.
Southern Cross Hospital,
Otonga Road,
Springfield

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

Vanessa,
Lymphoedema Support
Coordinator
P: 027 350 8843
E: pvmalipaard@extra.co.nz

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PINK BREAKFAST FOR THE LADY LAWYERS IN TOWN

Kind Thanks to Local Lawyers for holding a Pink Breakfast.

On 8 June 2018 local lawyers Prue McGuire and Nikki Utting held their 3rd annual Pink Breakfast. Prue and Nikki like to make ensure that funds raised are used locally and so they are given directly to the Rotorua Breast Cancer Trust, RBCT. Other Rotorua female lawyers were invited to attend and to make a donation. A total of \$600 was raised.

Prue and Nikki would like to acknowledge Pennie Skinner, Vanessa Kiestaller, Catriona Gordon (Lava Law), Kate Yarrall (Lance Lawson), Stephanie Northey (the Law Shop), Rachele Cavanagh (Cavanagh /Law), Trudy Talbot, Minka Bodde-Phillips (Phillips and Co) and Priscilla Kirk (O'Sullivan Clemens) for attending and contributing.

When collecting the donation Sarah Davies (Chairperson) of RBCT acknowledged that trust provides an incredible support network to those affected by breast cancer and their families in the Rotorua Community. Also mentioning that every dollar raised was used locally in a myriad of ways.

On 8 June 2018 local lawyers Prue McGuire and Nikki Utting held their 3rd annual pink breakfast. Prue and Nikki like to make ensure that funds raised are used locally and so they are given directly to the RBCT.

There were also other Pink Breakfasts happening with Lone Star Supporters Breakfast \$1560 and the Rotorua Police \$500

Also we want to Thank Good in the Hood with the team from 'Z Fenton St' with \$1494 raised through the May promotion.

A VERY BIG Thank you to all people supporting us and helping to raise awareness and funds to help us in our work.



That's right,
the **Pink Walk** is returning on
Wednesday 17th October 2018!
So talk to your family and mates,
dust off your walking shoes,
bling up your sparkly bits
and fluff up your tulle,
registrations/donations open
online 20th August 2018!

[Follow us on Facebook](#)

for updates, as the planning is well underway.