

# Nelson Newsletter August 2017



It's been a busy few months here at the Centre with a number of events, programmes and support groups being held.

I have enjoyed continuing to meet many of our patients, volunteers, business people and others in our community. Please remember that my door is always open and you are welcome to come in to see me. Michelle Hunt - Centre Manager

---

## TRADE CENTRAL NZ CANCER SOCIETY ANNUAL CHARITY BALL

We held our annual charity Ball on Saturday 24th June at the Trafalgar Centre. The night was a huge success with just over \$47,000 raised to support our patients, their families and carers in the Nelson/Tasman region. We wish to thank our two main sponsors, Trade Central NZ and NZME and all of the other generous sponsors, businesses, supporters and volunteers. We are truly humbled by your generosity. Please refer to our website for details of all our sponsors and supporters

<https://wellington.cancernz.org.nz/en/about-us/contact-us/nelson-centre/events-and-fundraisers>

Guests were treated to amazing food cooked by some of our top Nelson chefs and restaurants, Fords Restaurant & Bar, Hopgoods, Paula Saengthian-Ngam (Paula's Plate) and Gourmet Catering. Each course was matched with some of our best local wines and beers, followed by a live band with plenty of fun and dancing.

Our ball next year will be held on Saturday 23rd June and we encourage you to book your tables early as tables sold out very quickly this year.



Kipp O'Donnell from NZME  
Alison McAlpine Cancer Society Chair  
Bruce and Kathy Farquhar, Trade Central NZ  
Michelle Hunt Cancer Society Centre Manager

## JUMP FOR CANCER

We recently launched our Jump For Cancer campaign with Skydive Abel Tasman to offer a free 13,000ft skydive in exchange for raising a minimum \$1000. Other jump options are also available.

We have lots of people keen to take up the challenge to help raise funds for cancer and to get an adrenalin boost!. One of our amazing volunteers Betty Van Rooyen took up the challenge and raised \$1,753.00. TVNZ were even there filming on the day and Betty has become a local celebrity.



Please refer to our website for more details and to take up the challenge

<https://wellington.cancernz.org.nz/en/about-us/contact-us/nelson-centre/events-and-fundraisers>

## ENTERTAINMENT BOOK

Purchase your Entertainment Book and support Cancer Society Nelson. We receive 20% from each book sold. You can order your book via this link on our website

<https://www.entertainmentbook.co.nz/orderbooks/944q368> or you can purchase your book from our Centre at 102 Hardy Street.

## What's On?

Survivors and Thrivers Motueka - 19th September & 21st November

Survivors and Thrivers Nelson - 8th August, 10th October & 13th December

Look Good Feel Better - 12th September & 28th November. This afternoon is for women having cancer treatment. It's a fun, friendly, afternoon of pampering

Bosom Buddies - 13th September

Lifestyle Behaviour Change & Enhanced Motivational Interviewing for Health Professionals-19th & 20th September

Head and Neck Cancer Support Group - 22nd September

Please phone the Centre for more information and to register for these (03) 539 1137



**DAFFODIL DAY**  
25 AUGUST 2017



Our annual flagship fundraiser isn't far away and we are looking forward to another successful fundraising campaign. We have many wonderful volunteers helping and we hope you will be able to support this important day to help those in our community affected by cancer.

### Daffodil Day Golf Charity Fundraiser

Entries are now open to join in the Daffodil Day Charity Golf Tournament at the Nelson Golf Club on Thursday 17th August. Please join us for this enjoyable day and fundraiser for cancer. For further details and a registration form please contact the Centre 03 539 1137 or [info@cancernelson.org.nz](mailto:info@cancernelson.org.nz)

### Cancer Korero Hui

There have been two Cancer Korero Hui's held so far, a great examples of how working collaboratively can help encourage better health outcomes for whanau.

Lorraine Staunton, Educator- Cancer Pathways for Maori says "By bringing professionals and whanau together it's hoped people affected by cancer in Nelson Marlborough will be well supported and receive referrals to the appropriate support systems along the cancer pathway which is from, prevention through to follow up care". There are more Hui's planned in Motueka, Golden Bay and Wairau in the coming months. Through working together we strive to improve equity for Maori, in access to cancer services and cancer outcomes.



Cancer Hui team

Rachel Thomas (Victory Community Centre Nurse), Miraka Norgate (Public Health), Michelle Hunt (Cancer Society), Alice Chisnall-Kalouniviti (Te Piki Oranga) Lorraine Staunton (Nurse Educator NMH).

# Tributes and Appreciations

*We would like to acknowledge the support from the following businesses and people*

Nelson City Council for their mufti day donation

Sandra Rogan for the donation of The Calendar Girls book & signed photograph

Nayland College Students (Josh Carter, Adam Choate, Matthew Rees & Reuben Grant) for their donation by selling goodie bags at The Isle Park Night Markets

Mika Hervels for his head shave

Richmond Rotary Charitable Trust for their donation

Nelson Hot Rod Club for their American Independence Day donation

Fabric Store for merino fabric to make beanies and head and neck scarves for patients

Knit and Natter Group from Summerset for knitting hats for patients

Stoke Tahunanui Inner Wheel, Motueka Inner Wheel, Waimea Nelson Inner Wheel for making silky pillows

Sewing Group for making drainage bags for patients

CJ's Takeaways for the donation box on their counter

Benjamin Black for donating 50% of the proceeds from each Daffodil Ring sold to the Cancer Society of NZ

Look Good Feel Better Volunteers

Good Bitches Baking for providing baking for our patients and support groups

The Nelson Mail for donating a binding machine for our Centre

To all of our wonderful volunteers who help in so many ways-driving patients to and from appointments, volunteering at our support groups and events and preparing patient packs

You help keep us doing what we do - Your enthusiasm is inspiring



The poster is for a Cancer Society Quiz Night. It features the Cancer Society logo on the top left and 'THE SPEIGHT'S ALE HOUSE' logo on the top right. The text reads: 'Cancer Society Quiz Night Tickets \$10 each'. The event is on Monday 25th September 2017 at The Speights Ale House, 99 Quarantine Road, Tahuna. Quiz starts at 6.30pm. To book a table for your team, call 03 547 7336. There is a note to 'Grab a bite to eat during the quiz'. Tickets can be purchased from the Nelson Cancer Society at 102 Hardy St, phone 03 539 1137, or email info@cancernelson.org.nz. At the bottom, it says 'ALL FUNDS RAISED LOCAL, STAY LOCAL'.



Mika Hervels Head Shave

Wednesday Art Studio at Magenta Creative Space  
Enhance your well-being by exploring your creativity  
Free classes 10am-12pm & 1pm-3pm  
For anyone interested in doing any form of art  
All abilities welcome, materials provided  
Spaces are limited ph 03 545 8498 to book your space by Thursday 3pm-ST. John's Church Hall  
320 Hardy St. (entrance at rear)



The poster is for Nelson College Talent Quest. It features the text 'NELSON COLLEGE' at the top, with a small note 'All proceeds go to the Nelson Branch of the Cancer Society'. Below that is 'TALENT QUEST' in large, bold, yellow letters. A tagline says 'YOU BRING THE TALENT'. The event is on Friday 11 August at Nelson College Hall, starting at 7pm - 9.00pm, with a cost of \$5.00 at the door.

**Cancer Society Nelson is on Facebook. Please 'Like' and 'Share' our page to find out about news, upcoming events and what we have been up to in your community.**

**<https://www.facebook.com/CancerSocietyNelson>**

**Please see the Cancer Society website for information, there are many fact sheets on different cancers you can access, or we can print any of these for you.**

**[www.cancersoc.org.nz](http://www.cancersoc.org.nz)**

# Welcome to Nelson Cancer Society

No matter who you are, where you live in the Nelson and Tasman region, or the issues you're facing through cancer, we can help with services that are free, confidential and accessible.

These services are available for individuals, their families and carers.

Our services aim to help those affected by cancer maintain a positive future outlook and make the most of living in the present.

We are situated at 102 Hardy Street, Nelson 7010  
PO Box 335, Nelson 7040

For more details call the Centre on 03 539 1137

## **CANCER SUPPORT GROUPS**

*Breast cancer support group- Bi monthly*  
*Prostate cancer support group - 1st Thursday of the month*  
*Survivors & Thrivers - coffee, chat, connect - Bi monthly*  
*Motueka Monday club - 3rd Monday of the month*  
*Head & Neck cancer support group - Bi monthly*

## **EDUCATION**

*Look Good Feel Better Programme*  
*Cancer Update - Annual guest speaker*  
*Lifestyle Programme - For Health Professionals*  
*Health Promotion- SunSmart, Smokefree, Seminars*  
*Living Well Programmes - 6 week Yoga programme*

## **WE SUPPORT THESE GROUPS**

*Pinc & Steel Cancer Rehabilitation Programme*  
*Whole Lotta Life Foundation*  
*Bras & Swimwear*  
*Golden Bay Fit Flamingoes*  
*Nelson Fit Flamingoes*  
*Mindfulness & Relaxation*

## **FREE SERVICES**

*Volunteer Drivers - Transport to & from appointments*  
*Professional Counselling*  
*Support Grant - Financial*  
*Online support - [www.cancerchat.org.nz](http://www.cancerchat.org.nz)*  
*Cancer Connect - Mentor system (0800 226 237)*  
*Cancer Information Nurses (0800 226 237)*  
*Cantalk Magazine & Local Newsletter*

## **ACCOMMODATION**

*Our locals stay for free during their treatment at:*  
*Daffodil House/ Daffodil Lodge/ Ranui House in Christchurch*  
*Margaret Stewart House in Wellington*

## **TO LEND**

*Wheelchair, Camera*  
*Library books including children books*  
*Shade Loan Scheme for events*