



**Cancer
Society**

Te Kāhui Matepukupuku
o Aotearoa

Nelson Tasman Newsletter

December 2019

We would like to wish everyone a Merry Christmas and we hope you enjoy the holidays and spending time with family and friends. This is often a hard time of year for many and we are thinking of all of those who have lost loved ones and those who are going through a difficult time at the moment.



Have You Registered For Relay For Life Yet?

This Overnight Event will be held at the A&P Showgrounds in Richmond from 4pm on Saturday 21st March to 8am on Sunday 22nd of March. Thank you to our major sponsor G.J.Gardner. Homes.

Welcome to all the teams who have registered. If you haven't registered your team yet we encourage you to register by 6th December to go into the draw to win a Quiz Night fundraiser at McCashins Brewery Kitchen & Bar with MoreFM.

Our first team meeting is on 10th December at The A&P Showgrounds, Richmond at 5.45pm (in The Scout Hall). This is an opportunity to get fundraising support and to find out more information about the event.

To register visit <http://nelson.relayforlife.org.nz/> or email rfl@cancernelson.org.nz

Survivors And Carers Afternoon Tea

This invitation extends to all who have a personal experience of cancer, no matter where they are on their cancer journey. **Saturday 21st March 2.30pm to 4.15pm** - You and a guest are invited to join us at one of our upcoming Relay For Life Events

2:00pm - 2:30pm - Collect your sash from Birchwood Hall & handprint

2:30pm - 3.45pm - Afternoon tea @ Scout Hall - An opportunity to mingle with guests and staff

4:00pm - 4:15pm - Opening ceremony begins - All guests of the afternoon tea are invited to take part in the opening ceremony by leading the opening lap

Please RSVP to the office info@cancernelson.org.nz or 03 539 1137

DO YOU HAVE AN EMAIL ADDRESS?

We are currently updating our mailing list to reduce the cost of postage. If you are happy to receive future newsletters by email please let us know email info@cancernelson.org.nz / phone 03 539 1137

Contact us: 102 Hardy Street (next to Lone Star), phone on 03 539 1137,

Email info@cancernelson.org.nz, or visit www.cancernelson.org.nz

We would love to see you!

Our Supporters

THANK YOU TO OUR RECENT SUPPORTERS

Eliana Gibbons for her donation from selling origami
Lyn Nelson and Colleen Humphries for making knitted knockers
Joice Brewerton from Stoke Tahuna Rebus Club for making breast pillows
Kevin Hopgood-Hopgoods Restaurant
Robert Palmer for donating whitebait
Tatiana and Louis for helping to make reindeer food
Shannon from Cookie Time Cookies



Bosom Buddies

Feb 10 @ 7:00pm - 8:30pm /

Mar 9 @ 10:00 am - 12:00 pm

Survivors & Thrivers Motueka

Jan 21 @ 10:00 am - 12:00 pm

Mar 17 @ 10:00am-12:00pm

Survivors & Thrivers Nelson

Feb 11 @ 10:00 am - 12:00 pm

Apr 14 @ 10:00 am - 12:00 pm

Survivors & Thrivers Takaka

Jan 29 @ 12:00 pm - 2:00pm

Mar 18 @ 12:00 pm - 2:00 pm

Survivors & Thrivers Tapawera

Feb 20 @ 12:00 pm - 1:30 pm

Apr 23 @ 12:00 pm - 1:30 pm

Survivors & Thrivers Murchison

Jan 23 @ 1:00 pm - 2:30 pm

Mar 12 @ 1:00 pm - 2:30 pm

Carers Group

Dec 4 @ 7:00pm-8:30pm

Mar 4 @ 7:00pm -8:30pm

Colorectal Group

Dec 11 @ 6:30pm-8:30pm

Feb 12 @ 7:30pm-8:45pm

We have a number of regular support groups. For more information please email info@cancernelson.org.nz phone 03 539 1137

Holiday Hours...



Our Centre will be closing on **Friday 20th December** and reopening on **Monday 6th January**
If you do need assistance during this time please phone our Cancer Information Helpline 0800 226 237
(closed from midday **Tuesday 24th December** and reopen at 8.30am **Monday 6th January 2020**)

The last Yoga sessions at the Centre will be on **Tuesday 17th December** and will commence again on **Tuesday 14th January**.

The last Mindfulness session at Fairfield House will be on **Tuesday 17 December** and commence again on **Tuesday 21st January**.

We will also be closed on Waitangi Day **Thursday 6th February** and **Friday 7th February**

Major Sponsor



@cancersocietynelson

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Please share our posts to help spread the word.