

Tributes and Appreciations

G J Gardner Homes for being our major sponsor for Relay For Life 2018, The Breeze and all our other sponsors and volunteers
Heritage Homes Tour – Heritage home owners, our volunteers, The Nelson City Council, Gourmet Catering and SB Hire

Avoca Design for designing our new website

Anneliese Ashwell-Smith and her mum for making biscuits and Anneliese selling them at school to fundraise for us Burger Culture for holding an art auction with exclusive works from The Shady Collective lads and donating half the proceeds

Sheree for making heart pillows

Reece Nesbit from Golden Bay for regularly donating a portion of his pocket money

Eliana and Matteo Gibbons for selling lemonade and shells at the Stoke Catholic Mass and thank you to Lucca Gibbons and his friend Jackson Slattery for selling ice creams at Hampden Street School. It was nice to meet them and receive the money they raised for the Cancer Society Nelson & Tasman

Leah Howse and Jordan Manaena from Hampden Street School who made lip balms and sold these at school

Julie Stephens who organised a 7 day mindfulness cleanse and donated the funds raised from this

Thank You To Our Regular Supporters Also

Betsy from Hubbers for donating fabric for breast cancer patient bags

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

Stoke Tahunanui Ladies Rebus Club for making beanies and heart pillows and breast bags

Sewing Group for making drainage bags for patients

Look Good Feel Better Volunteers

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

Dilmah Teas for supplying tea for our support groups and Relay For Life 2018

And to all of our wonderful volunteers who help in so many ways – You help keep us doing what we do

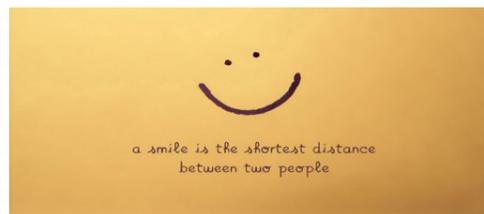
Your enthusiasm is inspiring



Matteo & Eliana Gibbons



Reece Nesbit



Remember to check out our new website!



<https://cancernelson.org.nz/>



Order your new Entertainment Membership!

Buy the new 2018-2019 Entertainment Membership from us! Come in or buy online via the website cancernelson.org.nz

Issue: May 2018

Nelson Cancer Society Newsletter

Where is the year going? It is May already and we have been super busy as always and we are just about halfway through the year in what seems like a blink of an eye. The Nelson Cancer Society has been busy over the summer months lending out our sun shade marquees to different community events, the biggest one that we manned was the Brightwater Food & Wine Festival. Our support groups are continuing in Nelson and Motueka and we now have one in Takaka every second month. A big thanks to all our volunteers that have helped at all of events but especially Relay for Life and the Heritage Homes Tour, more information in the newsletter. Winter is coming so please keep warm and healthy and please feel free to pop in anytime for a cuppa and a chat. Michelle Hunt - Centre Manager

What's Been Happening?

Carers Support Group

We have recently started a monthly Carers Support Group

We have started a monthly group for Carers – partners/family/friends supporting someone who has/had cancer. It meets the first Wednesday evening of the month from 7-8.30pm. It is a relaxed informal group and we have a theme each time to start off discussion, followed by supper – our May theme is Resilience. The primary purpose of the group is to have a space where carers can meet and focus on their own wellbeing, and connect with others in similar situations, and it will very much evolve based on the feedback from group members.

Anyone wanting to find out more is welcome to contact our Support Coordinator, Cyndy Smith, ph 0272580075, or cyndy@cancernelson.org.nz



Lymphoedema Evening

We recently hosted a seminar on Managing Lymphoedema in Daily Life presented by Yvonne Fergusson, NMDHB physiotherapist, which was attended by both people affected by cancer, and health professionals. Yvonne has a huge amount of expertise in treating lymphoedema, and gave a very informative presentation on the causes and signs; risk factors, impacts on daily living, as well treatment through physical therapy. There is a higher risk of lymphoedema developing for those who have had, in particular, breast cancer, vulva cancer, cervical cancer, and melanoma. Yvonne emphasized the importance of early detection as the symptoms can be reversed through early intervention and treatment. Yvonne will be holding this seminar in an afternoon session in Motueka on the 27th June.

Heritage Homes Tour

The Nelson City Council approached us to see if we wanted to run a Heritage Homes Tour to help celebrate Heritage Week but also as a fundraiser for us. A big thank you to the 8 home owners that opened their homes to us, they were: Ali Newton, Yvonne Thompson, Tom Ransom, Nick Ferrier, Aleksandra Mark, Jodie Cameron, Deborah & Bruno Allais and Lorna Sygrove. A huge thank you to Sarah Ryder from 'Forget-Me-Not Life Stories' for creating all the history story flyers for all of the eight houses. We all learnt so much about the history in our town. Also a big thanks to Gourmet Catering and the 40 volunteers that manned the houses on the day and the Devonshire tea, we could not run these events without you!



Contact us: 102 Hardy Street (next to Lone Star) or email info@cancernelson.org.nz or phone on 03 539 1137
We would love to see you!

RELAY FOR LIFE

The Nelson/Tasman Cancer Society held their Relay For Life event held on Saturday 17th March 2018 at a new venue Trafalgar Park with a new 12 hour format. This bi annual event is one of their major fundraisers in the region and is an opportunity for teams to participate and fundraise to celebrate, remember and fight back for those in the community affected by cancer. A huge thank you to our major sponsor G.J Gardner Homes, your support was amazing through out and we greatly appreciate your support in our community through events like ours. The support from G.J Gardner also meant that we got new 'Super Hero' t-shirts that everyone wore proudly.

We would like to thank everyone who supported this event. To date we have raised \$105,000.00 which is an amazing result which will go towards helping those in their community affected by cancer.



G.J. Gardner. HOMES



School Holiday Program

Six families joined Michelle Hunt (Centre Manager) and Cyndy Smith (Support Coordinator) and attended the recent Cancer Society family fun day at Teapot Valley camp, and had lots of fun enjoying activities such as the bouncy pillow, zip-line flying fox, mini-jeeps, and climbing wall. Several intrepid parents had a go as well on the zip-line and climbing wall! Thanks to Teapot Valley for running the day for us and providing yummy muffins and lunch. We run an activity each school holidays for families affected by cancer, so another one will be coming up in the July holidays.



What is coming up?

Annual Charity Ball

This year our principle sponsor is Anjela Sharma, she has supported our ball over the years with attending with her whole family so we are very thrilled to work with her this year. In 2017 we raised just over \$45,000 to help support patients and their families/whanau in the Nelson and Tasman region affected by cancer. This year's charity ball will again be held at the Trafalgar Centre on Friday 22nd June with fabulous food, and beverages, entertainment and the opportunity to bid for some amazing auction items. We would be most grateful if you could help us spread the word by sharing this event, or come along! Tickets are \$150pp or a table of 10 for \$1,500, this includes canapes and a 3 course meal, complimentary beverages, live auction and a band to dance the night away too! Contact the office or you can buy on our website!

Daffodil Day 2018

Friday the 31st August being the last Friday in August means that this is Daffodil Day! Our army of Daffodil Day volunteers will be on the streets collecting and selling for our biggest fundraiser of the year. If you would like to help out then please contact us at the office, there are also jobs to be done prior to the day if you are not available on the 31st August.



Support groups up coming dates

Survivors and Thrivers

22nd May, 10am-12pm Motueka Community House
30th May, 12-1.30pm Takaka, Golden Bay Community Workers Centre
12th June, 10am- 12pm, Nelson venue TBC

Carer's

6th June, 7-9pm, Cancer Society Nelson @ 102 Hardy Street
4th July, 7-9pm, Cancer Society Nelson @ 102 Hardy Street
8th August, 7-9pm, Cancer Society Nelson @ 102 Hardy Street

Please contact us on 03 539 1137 if you would like to attend for catering purposes.

Fitness!

Yoga classes

Did you know that we run yoga classes for anyone that has or has had cancer? We have a night class on a Thursday night at 5.15-6.30pm and on Tuesday mornings from 9.15-10.30am. These are held in the back of our premises at 102 Hardy St, just a gold coin donation. We have space in the Tuesday morning class if you would like to join please ring us on 539 1137 to book your spot!

Gym Program

The Nelson Cancer Society also is offering a 8 week gym program for anyone that needs to regain their strength or range of movement after cancer treatment. You will get a gym membership and get to work with your own personal trainer for 1hr per week. Please contact us at the office to find out more information and to book your spot.

