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**NEW OFFICE LOCATION**

**43 Church Street,** Rangiora.

We are **co-located with North Canterbury Netball**, which is on the left as you enter the car parking area. The entrance to the Dudley Park Aquatic centre is on the right. Our office phone numbers remain the same: 0800 226695 and 039755640. We look forward to you popping in.

***Below is our list of regular groups. To help with planning we ask that you register your interest in attending.***

**Therapeutic Art & Craft group, Every Monday 10.00 am.** **to 12.00 p.m.**

Held at Kaiapoi Baptist Church, 67 Fuller Street. Kaiapoi. Facilitated by Lynette. This popular group caters for absolute beginners to advanced skill.

**Rangiora Walking & Coffee Group, Every Tuesday 9.30 am.**

Facilitated by Glenda & Chris the group is for patients and carers this longstanding offering is a great way to socialise and keep fit.  Meet outside The Warehouse at 9.30 a.m. for a walk around Northbrook Waters & coffee at *Station Cafe* at 10.30 a.m.

**Rangiora Patient Support and Education Group, Resuming 10.00 a.m. Wednesday 2nd of August and monthly thereafter on the lst Wednesday of the month.**

**August Topic:** Keeping you and your family and whānau well – low-cost holiday options and other breaks.

**Oxford Support Group – Third Wednesday of the month, 10.00 a.m. Next held on the 19th of July.** At *Café 51*, Main Street, Oxford. Facilitated by Ans and the Oxford Cancer Society Volunteer Support Group. All patients & carers most welcome to join for a coffee and chat.

**Cheviot Support Group – Coffee and Chat.** Open invitation to patients and carers in the Hurunui and other areas who would like a morning out socialising. Hosted by the Cheviot Volunteer Support Group. Held the second Wednesday of the month 10.00 a.m. to 11.30 a.m. **Next held Wednesday 12th of July,** Craft Centre, 15 Seddon Street, Cheviot.

**Kaikōura Women’s Cancer Support Group**. Facilitated by Blou Rickerby, Community Support Group Worker, Kaikōura Health Centre. Meets weekly 10.30 a.m. Tuesdays. Please contact Blou on 0275620811 to register.

**Gynaecological Cancer Peer Support Group, 10th of July @ 6.30 p.m.** Meets every 2nd Monday of the month in Rangiora. A warm invitation is extended to people with gynaecological cancers to meet and gain support from others. Please note likely change of location for this evening meeting. Please contact Catherine 0220465070 or CS NC 0800226695.

***NEW SUPPORT GROUP Life after Cancer.* Facilitated by Kylie Tolman.**Following the success of the Life after Cancer - the “new normal” workshop last year, Kylie (cancer survivor) is now offering regular support for those who have completed treatment and are seeking support and ideas to adjust to their new life.  *6.30 p.m. Thursday 6th of July at the Cancer Society, Rangiora. Please register by contacting 0800226695.*

**Canmove** – Cancer Society 5-week (attendance once a week) exercise and education programme facilitate by Mischa at Mainpower Gym and supported by the North Canterbury Sports Trust. If you are interested in participating in our next programmes, please let us know 0800 226695.

***CRAFT BREAK***: Due to popular demand we are hosting Kirstee from the CanInspire Trust to run another **CanBead** workshop. Please register asap so that kits can be made up for participants. Open to carers, patients, and family and whānau members. Held **Rangiora** **Wednesday 19th of July** @ 10.30 a.m. to 12.30 p.m. at the Cancer Society office.

**Cancer Society Rural Clinics:**

Appointments available locally for all cancer patients and carers to find out about treatment related support, services, and rehabilitation.

*Held monthly (or thereabouts)* at health facilities.

**Waikari, Amuri, Hanmer medical centres with Gabrielle**

**Oxford with Emma @ Oxford hospital.**

**Kaikōura (as required) at the Kaikōura Health Centre.**

***NEW* Amberley clinics starting with Rachel on Friday 7th of July 10.00 to 12.30 (2 weekly)**

***Other resource and supports …***

**Look Good Feel Better** workshops **for women** at the Cancer Society Rangiora, Saturday the 18th of November 10.00 a.m. to 12.30 p.m. There are also **workshops online for men**. Please register at [**lgfb.co.nz/programmes**](https://lgfb.co.nz/programmes/for-men/)

**Blue Bros** Exercise classes for Men on Mondays & Fridays @ 8.15 a.m, Mainpower Stadium.Facilitated by Mischa, this committed group extends a warm welcome to new patients. Contact Dave on 0272027525 to register. *Note: classes starting in Amberley & Oxford.*

**Prostate Foundation support group** – monthly meeting in Rangiora (2nd Tuesday of the month). Contact Dean and Lois on 02102246078 or email **rangiora@prostate.org.nz****.**

**Ostomy NZ Support**. Meet alternative months in Rangiora (lst Tues, *Artisan Cafe*) and CHCH (lst Wed, Kidd’s Cakes, Cranford St). Next meeting in Rangiora 10.00 a.m. lst of August. Contact Brent on 033135744, Diane on 0274164185 or email: **ostomycanterbury@gmail.com** for education and support for patients and families.

**Sweet Louise** Support for those with advanced breast cancer. Contact 0273288003 [www.sweetlouise.co.nz](http://www.sweetlouise.co.nz) Now offering a monthly coffee & support group in Rangiora.

**Lymphoedema Education Sessions (also via Zoom)**. Held each month on the 11:00 to 12.30 p.m. 2nd Tuesday of the month in the Chapel, Burwood Hospital. Enter via Gate 3, Mairehau Road. Learn skills for the self-management of lymphoedema. To book phone 033836833 or email physiobd@cdhb.health.nz to register.

**Kaikoura**

Exercise & coffee classes for Men in Kaikōura (Blue Bros)**,** Wednesdays at 10.00 a.m. Please call Blou 0275620811 to register.

**Leukaemia and Blood Cancer NZ** - 0800 15 10 15, 20 Cashel Street, CHCH. For more information on services check out [www.leukaemia.org.nz](http://www.leukaemia.org.nz)

**Pinc & Steel** Cancer Rehabilitation with a Certified Cancer Rehabilitation Physiotherapist is available through Active Health offering group & individual sessions. Read more and/or register www.pincandsteel.com or contact susan@activehealth.co.nz.

**Canteen** – support for teenagers with their own cancer experience or a parent or sibling with cancer. Office at 23 Cambridge Tce, CHCH. See <https://www.canteen.org.nz/> for more information.