

GROUPS AND PROGRAMMES CALENDAR

AUGUST 2019

Please register your interest by contacting the Cancer Society Group Coordinator on 03 379 5835 or groups@cancercwc.org.nz

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
				The Lunch Group 12pm Healthy Steps Pool Class 10am – 11am		Walking Group
5	6	7	8	9	10	11
Selwyn Group 10am – 12pm Therapeutic Art Class 10am – 12pm	Coffee/Walking Groups Prostate Group Meet at 10.30 am Craft group 10am – 12pm	Healthy Steps 1.30pm-2.30pm or 5.30pm-6.30pm	Meditation 10.30 am – 11.30 am Ladies Night 5.30 – 7pm	Healthy Steps Pool Class 10am – 11am	Look Good Feel Better	
12	13	14	15	16	17	18
Therapeutic Art Class 10am-12pm Yoga 1pm – 2pm Carers Group 5.30pm-7pm	Coffee/Walking Groups Rangiora Prostate Group 1.30pm – 3pm Craft Group 10am -12pm	Healthy Sleep 10.30am – 12pm Healthy Steps 1.30pm-2.30pm or 5.30pm-6.30pm		Walking Group 9.30 am – 11.30 am Healthy Steps Pool Class 10am-11am		
19	20	21	22	23	24	25
Therapeutic Art Class 10am – 12pm	Coffee/Walking Groups Craft Group 10am - 12pm Prostate Group 7.30 pm– 9.30 pm Look Good Feel Better	Healthy Steps 1.30pm-2.30pm or 5.30pm-6.30pm	Meditation 10.30 am – 11.30 am Head & Neck Group 5.30pm – 7pm	Advanced Group 10.30 am – 12pm Healthy Steps Pool Class 10am–11 am		
26	27	28	29	30	31	
	Coffee/Walking groups	Selwyn Prostate group Meet at 7.30pm		Daffodil Day		

These groups are free of charge, however donations or a small koha are always gratefully received.

Facilitated Groups

Advanced Group: Held throughout the year the advanced group is for those with a diagnosis of advanced cancer and their support person.

Brain Tumour Group: Held throughout the year the Brain Tumour group is for those with a primary brain tumour and their support person.

Carers Support Group: The carers group is specifically for those supporting a loved one with a cancer diagnosis.

Ladies Night This group is for ladies of any age with any cancer diagnosis and their female support person. This group replaces the gynaecological group for 2019.

Head and Neck Group: A group specifically for those with a Head and Neck cancer. This group is held throughout the year with the Head and Neck Clinical Nurse Specialist in attendance.

Healthy-Steps Programme: Therapy, exercise and movement programme for anyone with Lymphoedema or who is at risk of developing Lymphoedema. Two classes held each Wednesday during school terms. Julie Day: Certified Healthy Steps teacher & Cancer Information team, Cancer Society.

Healthy-Steps Lymphoedema Pool Class: Held on a Friday during school terms at Graham Condon Pool, 3 Sisson Drive, Papanui. Contact Julie Day: (03)3795835 to register or email julie.day@cancercwc.org.nz.

Meditation: Held fortnightly on Thursdays 10.30 am – 11.30 am, at the Cancer Society Centre. Please contact Kathryn on 027 209 0416 for further information.

Selwyn Group: Held on the 1st Monday of the month 10.00 am – 12.00 pm. Join us for coffee. Family and whanau most welcome. Venue: Selwyn Centre, 6B Kidman Street, Rolleston.

Therapeutic Art Class: Held on Monday's 10am – 12pm, during school term times. Please be assured it will be an easy, relaxed, enjoyable and rewarding experience creating an artwork on canvas.

Yoga: Held on the 2nd Monday of the month, at the Cancer Society Centre. Come and enjoy a gentle and relaxing Yoga session.

Look Good Feel Better (LGFB): Held throughout the year at the Papanui Club, 302-310 Sawyers Arms Rd, Bishopdale. LGFB is for anyone with any cancer and at any stage of treatment. For further information and to register please visit www.lgfb.co.nz or call 0800 865 432

Self-Facilitated

Walking/Coffee Group:

Christchurch: Contact Brenda on 03 342 7878 for more details. This walking group walks at the pace of the slowest walker. Morning tea is enjoyed at Antigua Boatshed Café. Meeting times: Summer 10.00 am, Winter 11.00 am, leaving from the bridge by the Botanic Gardens Kiosk and car park.

Rangiora: Contact Catherine on 03 379 5835. A walk followed by coffee at the Artisan Café, 18 High St, Rangiora at 10.30 am. Meeting times: Walking schedules are currently on hold during winter.

Walking Group: Held twice monthly on the 1st Sunday and 3rd Friday of the month at 9:30am. These walks will take 2 – 2.5 hours and will create a cardio workout/puff. Drink bottle is essential and a small snack recommended. Contact Helen on 027 408 2846 for more details or if wet.

Breast Cancer Support Group: Held on the 4th Tuesday of the month, 7pm – 8.30 pm. This is for women of any age with a past or present breast cancer diagnosis offering information, guidance and support. Held at the Cancer Society Centre, Contact 0800 273 222 for more details.

Prostate Group: Held four times a month on the 1st Tuesday at McDonald's Merivale 10.30 am, 2nd Tuesday at John Knox Centre (Wylie Rm), Rangiora at 1.30 pm, 3rd Tuesday at the Cancer Society Centre 7.30pm – 9.30pm and 4th Wednesday at the Lincoln Events Centre 7.30pm, from January – November. All are welcome. Contact Tony for more details on 0274 505 444.

Lymphoedema Support Group: Held four times a year on a Wednesday evening from 7.00 pm at the Cancer Society Centre, 97 Fitzgerald Avenue, Christchurch. It is a chance to meet, chat, swap stories, seek support and learn about lymphoedema, no matter what the cause.