

Wellbeing & Information Calendar

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

September 2019						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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2 Selwyn Group 10am Therapeutic Art 10am	3 Craft Group 10am Coffee/walking Groups Prostate Group 10.30am	4 Healthy Steps 1.30pm – 2.30pm Or 5.30pm – 6.30pm	5 Meditation 10am	6 Healthy Steps Pool Class 10am – 11am	7	8 Walking group
9 Therapeutic Art 10am Yoga 1pm – 2pm	10 Craft Group 10am Coffee/walking Groups Prostate Group 1.30pm	11 Healthy Steps 1.30pm – 2.30pm Or 5.30pm – 6.30pm	12 Advanced Care Planning 6pm	13 Healthy Steps Pool Class 10am – 11am	14	15
16 Therapeutic Art 10am Carers Group 5.30pm	17 CanBead 5.30pm Coffee/walking Groups Prostate Group 7.30pm	18 Healthy Steps 1.30pm – 2.30pm Or 5.30pm – 6.30pm	19 Meditation 10am	20 Healthy Steps Pool Class 10am – 11am Walking group Advanced Group 10.30am	21	22
23 Therapeutic Art 10am	24 Craft Group 10am Look Good Feel Better Coffee/walking Groups Breast Cancer Support 7pm	25 Grief & Sorrow 10.30am Healthy Steps 1.30pm – 2.30pm Or 5.30pm – 6.30pm Selwyn Prostate Group 7.30pm	26	27 Healthy Steps Pool Class 10am – 11am	28	29
30	These groups are free of charge, however donations or a small koha are always gratefully accepted.					

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.

Gynaecological Group: This group is for ladies of any age with a gynaecological cancer diagnosis and their female support person.

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@cancerwc.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 twice a month on Mondays, at the Cancer Society Centre. Come and enjoy a gentle and relaxing Yoga session.

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: summer and winter walking schedules vary.

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, 7.00 pm – 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.

The Lunch Group: Held monthly on Fridays for people with a cancer diagnosis. Family and whanau most welcome. Venue: Cancer Society Centre.

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 1.30pm and the 3rd Tuesday at the Cancer Society Centre at 7.30pm and 4th Wednesday at the Lincoln Event Centre at 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.

Craft Group: Held every Tuesday during school term time at 10am. With the guidance of our volunteers learn new skills or share knowledge of all things crafty. This is an informal get together suitable for beginners through to experts.

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

Craft Group: Held on Tuesday's 10am – 12pm during School Term times. Join us for a social get together and learn new skills along the way.