

# That 'C' Word

Information and support for people living with cancer

MARCH-MAY 2023

## Welcome!

We are delighted to welcome **Nicky Osmond-Wallam** as the new **Supportive Care Coordinator at the Taranaki branch of the Cancer Society**.

Nicky says "I can travel to visit you or feel free to just pop into the office or give me a call. I'm always happy to chat about the services and support we can provide. This year I'm studying towards my Master in Social work and with the little free time I have I enjoy being outdoors hiking or at the beach."

You can contact Nicky during office hours (Mon-Fri 9:00 am to 3:30 pm) on ph 06 757 3006 or email [nicky.osmond-wallam@cancercd.org.nz](mailto:nicky.osmond-wallam@cancercd.org.nz)



## Is Exercise Really Worth The Bother?

Humans are designed to move, and everyone can benefit from regular exercise and movement - especially cancer patients. Movement can take many forms – organised sport, a walk on the beach with a friend or the dog, yoga, swimming or playing with children. Remember gardening, mowing the lawns and cleaning the house are great forms of exercise too! Just 30 minutes on five days a week has been proven to make a real difference to your health and wellbeing.

Scientific studies consistently show the benefits of regular movement for cancer patients, including:

1. **Gives you more energy:** Regular movement helps you rebuild your muscle strength and endurance, and increase your energy levels.
2. **Helps you feel happier:** Dealing with cancer is tough. Movement has been shown to improve mood, reduce stress and anxiety, and improve overall well-being. It can also help you sleep better, and everything feels easier after a good night's sleep!
3. **Reduces treatment-related side effects:** Nausea, constipation, fatigue, brain fog, osteoporosis, and nerve damage can all be reduced with regular movement.
4. **Improves heart and brain health:** By improving your fitness; reducing blood pressure, inflammation and cholesterol levels; and helping you control your weight; your heart will be healthier and your brain function will improve.
5. **Improves cancer-specific outcomes:** Cancer patients who move regularly reduce the likelihood of their cancer returning, and live longer than people who don't exercise.

Please consult your doctor before starting a movement or exercise program. They can recommend a safe and appropriate programme that takes into account your treatment plan and individual needs.

*"If the effects of exercise could be encapsulated in a pill, it would be prescribed to every cancer patient worldwide and viewed as a major breakthrough in cancer treatment."*

*Prof Prue Cormie - Australian Catholic University*

<https://www.cancer.org.au/blog/every-cancer-patient-should-be-prescribed-exercise-medicine>

Exercise is one of the 10 Healing Factors from the Radical Remission Project.  
Find out more at [www.renewalcoaching.nz](http://www.renewalcoaching.nz)



## Cancer Society Exercise Classes

Janine Luke-Taamaru  
janine@cancercd.org.nz  
Ph 06 757 3006

A FREE programme that runs for 12 weeks and involves 2 x 60 minute sessions per week. The sessions combine resistance, muscle strengthening and balance exercises as well as cardio. Sustaining a healthy lifestyle after cancer is more important than ever. Our current programmes are in New Plymouth, with separate sessions for Men and Women at Rampage Fitness.



## Mens' Rampage Exercise Groups

Paul Klenner  
pklenner@gmail.com  
Ph 0224131994

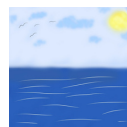
This is a great follow on from the Taranaki Mens' Cancer Society exercise programme. **Tuesday and Thursday mornings** at Rampage Fitness.



## NP Walking Group & Qigong

Graham Clouston  
graham.clouston@outlook.com  
Ph 027 495 7036

**Mondays 8:30 am** - mainly men



## NP Beach Walk & Coffee

Vicki Haylock  
vicki@renewalcoaching.nz  
Ph 021 172 0622

**Wednesdays 1:30 pm**

- mainly women



## Yoga

Kanya Stewart  
shakti108242@gmail.com  
Ph 022 678 2694

**Mondays 10:00 - 11:15 am**

TSB Cancer Support Centre, NP  
Cost \$15 (restarts 20th March)

Support Groups (Contact coordinator for location)	Time	March	April	May
<b>Taranaki Cancer Society Relay For Life</b> TET Stadium, Inglewood	10:30 am to 10:30 pm	Sat 25th <i>See next page</i>	-	-
<b>Taranaki Cancer Society Social Support Groups</b> New Plymouth - Men Can Talk - Women's lunch Waitara  Stratford Hawera - Can Talk Hawera - Women	7:30 pm 12:00 noon 7:00 pm  10:00 am 11:00 am 11:30 am	Thurs 9th Mon 27th Wed 1st  Tues 14th - Thurs 9th	Thurs 13th Mon 24th Wed 5th  Tues 11th Wed 12th -	Thurs 11th Mon 22nd Wed 3rd  Tues 9th - Thurs 11th
<b>Look Good Feel Better</b> For Men (online) For Women (in person) www.lgfb.co.nz	Various Mornings	Tues 7 & Fri 10 Fri 31st New Plymouth	- Mon 3rd Hawera	Fri 5th Fri 5th New Plymouth
<b>Meditation</b> Graham 027 495 7036	7:00 pm	Tues 14th Tues 28th	Tues 11th Tues 25th	Tues 9th Tues 23rd
<b>Women's Morning Tea</b> Paula 022 050 1491	10:30 am 10:30 am	Wed 15th Sat 4th	Wed 19th Sat 1st	Wed 17th Sat 6th
<b>Sweet Louise</b> (Advanced Breast Cancer) Chrissy Luke 027 328 8008	10:30 am	Fri 3rd	Fri 14th	Fri 12th



## Advertise Here!

Do you offer products or services to people living with Cancer?

Proceeds from advertising will provide a subsidy for low-income people to attend cancer-related training.

Contact Vicki Haylock - Ph 021 172 0622 - [vicki@renewalcoaching.nz](mailto:vicki@renewalcoaching.nz)

## Learn how to live longer and feel healthier, even if you have Stage IV Cancer.

### The Radical Remission Project

Over the last two decades, Dr Kelly Turner has been conducting scientific research to investigate how people have healed from life-threatening illnesses such as Cancer.

In her ground-breaking research she interviewed 1500 Radical Remission survivors and discovered that they all had something in common - they used specific "Healing Factors" to boost their immune system, improve their overall health & wellbeing, and ultimately to heal their disease.

These 10 Healing Factors are affordable, can be used alongside conventional treatment, and can be applied by anyone to dramatically improve their health.

You can now attend an in-person workshop in New Plymouth and learn how to implement the 10 Healing Factors in your own life!

Next Course Starts:

**Mon 17 April 2023**

TSB Cancer Support Centre  
New Plymouth

Find out more:

[www.renewalcoaching.nz](http://www.renewalcoaching.nz)

For a free copy of the  
**10 Healing Factors Information Sheet**  
email [vicki@renewalcoaching.nz](mailto:vicki@renewalcoaching.nz)

Ph 021 172 0622

**Renewal  
Coaching**

