Dragons Abreast

Dragons Abreast Paddle

WHEN: Each Tuesday 5.30-6.30pm.
WHERE: Cullen Bay Marina, Go to the ferry terminal end, through the alleyway to the Boardwalk and the dragon boats are right below.

Contact: darwin@dragonsabreast.com.au

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March Profile - Introducing Dr Wade Pullin - New Oncologist AWCC

I’m originally from small town Northern NSW (Brunswick Heads). My university education was Brisbane based and I hold a Bachelors degree’s in Behavioural Science and in Medicine/Surgery. I completed my internship, residency and basic physician training at the Princess Alexandra Tertiary Referral Hospital in Brisbane. I then then rotated through all major tertiary hospital’s in Brisbane for my advanced training in Medical Oncology where I developed an interest in Breast, Lung and Brain malignancies. My interest in Lung cancer stemmed from the influential training a received with a 6 month term at The Prince Charles cardiothoracic referral hospital. I was awarded fellowship with the Royal Australian College of Physicians in 2013 and went on to a combined clinical/research fellowship at The Royal Brisbane and Women’s Hospital in 2013 focusing primarily on Breast and Brain Malignancies. I have a keen interest the education of junior medical staff and was
Groups are groups of women linked through breast cancer who enjoy a weekly walk.

We walk, talk and laugh while at the same time we attempt to keep fit.

Palmerston
The Palmerston Group walk around Fairway Waters, Palmerston.
WHEN: Thursdays
TIME: Call Chris to confirm the time
WHERE: Adjacent to the Vets at Fairway Waters

Contact: Chris Butler
8931 1143

Nightcliff
The Nightcliff group walk along the Nightcliff foreshore walking path.
WHEN: Wednesdays
TIME: 5.30pm-6.30pm
WHERE: Meet in the car park to the right of the the Nightcliff Swimming Pool on Casuarina Dr.

Contact: Fran Wickes
8948 0549

Boob Camp
Exercise program
WHEN: Thursday, 5.30 pm.
WHERE: Larrakeyah Primary School off Packard St
COST: $20 per night payable monthly in advance ($80)

Contact: Jenny
sadgrove@d130.aone.net.au

Fitness Works
Cancer Survivors
Exercise Program - 6 Weeks
WHEN: Saturday 3.00-4.00pm, 15 February - 22 March

Living with Cancer Forum - Today
Remember today is the Living with Cancer Forum, “Living with Cancer Forum” to be run on Thursday 6th March between 5.30pm and 7pm by the Cancer Council NT at Barbara James House, 9 Mirambeena St, Darwin.

This is a free forum and is open to anyone affected by a cancer diagnosis, including people living with cancer, those who have completed or are still undergoing treatment as well as those under surveillance, along with their carers, family, friends and health professionals.

Participants attending the forum can expect to learn more about cancer in a supportive and open group environment. Featuring key health care professionals within the Darwin region, the Forum will promote an open discussion, providing the opportunity to network and to share experiences.

Contact: Cancer Council NT 8927 4888
WHERE: Fitness Works, 69 Progress Drive, Nightcliff
COST: $10 per session up front

Contact: Karen Stark
0408087470 or Churyl Sheppard (Business Owner Operator) 89481061.

Belladonna Social Group
For over 50’s Breast Cancer Survivors

Coffee Afternoon Darwin:
Every Wednesday 2.00 pm
Sweet Tooth
Shop 9/2 Sabine Rd.

Contact: Paulette Kempster
8948 4503

Coffee Morning Palmerston:
Tuesdays 11 and 25 March, 10.00 am
Ben & Sam’s
14 Palmeston Ct.

Contact: Jennie Copley
0427 845 950

Monthly Social:
March:
Saturday 22 March, 6.30 pm
Dinner at The Precinct

Thank you NT Womens Network!
Photo: Maisie Austin OAM, ASM, CMC, President of the Women’s Network presenting cheque to Karen Dempsey, President of the NT Breast Cancer Voice

In January 2014 NT Breast Cancer Voice (NTBCV) received a cheque from the NT Women’s Network as part of proceeds from last year’s Pink Breakfast. This generous donation of $3000.00 is a tremendous boon for NTBCV as we operate on a voluntary basis and receive no direct operational government funding. Instead we rely on donations, bottle and can collections and on a Trash and Treasure stall at Coolalinga Markets to bring in the funds to purchase fans for newly diagnosed women to help combat hot flushes (a side-effect of treatment), print our annual calendar of support events and pay for pedometers and prizes for our 10,000 steps programme.

The donation will be used to assist with financing the cost of compiling the newsletter for BRASNT, an alliance between key cancer support groups including NTBCV, the NT Cancer Council, Encore, Dragons Abreast and the McGrath Foundation. The newsletter aims to become a one-stop information resource for all of these groups and is regularly disseminated at no charge to BRASNT subscribers. Of all breast cancer-related resources, this is the one we feel is of the most benefit to all women and men diagnosed with breast cancer.
**Flamingo Belles Social Group**

For young women who have experienced cancer of any kind.

**Monthly Social:**

**March:**
Saturday 22 March, 6.30 pm
Dinner at The Precinct Tavern - Girls Only
Girls event with Belladonnas.
Join us at 6:30 for dinner at The Precinct Tavern, Waterfront.

Contact: Karen Stark 0408 087 470 
theystarkclan@gmail.com

Liz Keith 0416 023 804 
liz@kieth.id.au

Supported by the Cancer Council

Thank you to all of you for subscribing. Please encourage others you know to subscribe. The sign up page to receive information from BRASNT is at http://eepurl.com/GWds5, or you can use the forward to a friend link on this newsletter. There is absolutely NO COST to subscribe and subscribers are free to opt out at any time. For more information please see the media release of the launch last year http://www.natashagriggs.com.au/media_releases/bras-nt-to-support-breast-cancer-groups/

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**YWCA Encore Course 1 for 2014**

We have had a great response so far for ladies interested to attend our next program. We have opted to change to a Tuesday evening for our program this time, based on feedback from previous attendees. We are looking forward to meeting a new group of Lovely Ladies, wanting to join us for some light exercise both on land and in water. The emphasis of this program is on fun and some fitness, with an informative Guest Speaker for many of the sessions. Our next program will commence on Tuesday 11 March, 2014. If you are interested or know of any ladies that might be interested, please

Contact: Eileen Davis on 8980 6100
for further details. Numbers are limited so contact us today!

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**NTBCV AGM**

Northern Territory Breast Cancer Voice
When: 15th of March 2014, 2.00pm
Where: Barbara James House
Contact: President Karen Dempsey
Karen.Dempsey@nt.gov.au
Secretary Paulette Kempster
pagr@adam.com.au
Cancer Council Breast Care Nurses

Providing cancer information and support to women diagnosed with Breast Cancer in the NT

Darwin: Marg Lavery
8927 4035
bcn.darwin@cancernt.org.au

Alice Springs: Susi Schleich
8953 5920
support.alice@cancernt.org.au

McGrath Breast Care Nurse

We are keen to get some new faces on the committee and to get ideas from you on the best way forward for the organisation. Please come along to the AGM and if you do have time to join the committee we would love to have you.

Following is a brief history of NTBCV over the past fifteen years and some information on what we are doing at the moment. If you are interested in joining the committee but are not able to attend the AGM, please contact Karen or Paulette - details above.

The NTBCV came into being fifteen years ago, started by a small group of women in Darwin who were determined to see improvements to the services available to women in the Northern Territory diagnosed with Breast cancer. At that time, there was no Alan Walker Cancer Centre (AWCC), no Breast Care Nurses, only one oncologist and none of the ancillary support groups that are now available to help women and men diagnosed with Breast cancer.

In the past 15 years, NTBCV has been involved in many areas of breast cancer advocacy including:

- Created Dragons Abreast,
- Developed the My Journey kit which is now given to all women going through Breast Cancer,
- Advocated for the need for radiation oncology services to be available in Darwin which led to the AWCCC being opened four years ago,
- and as a part of the Breast Cancer Network of Australia (BCNA) helped raise the profile of Breast cancer and assisted in getting drugs such as Herceptin on the PBS.

As an indirect result of NTBCVs involvement over the past 15
Caring for women from diagnosis through treatment such as surgery, chemotherapy and radiation and continual follow up post breast cancer.

Sharon Gallagher
Royal Darwin Hospital
mobile 0409 104 283
or pager #0329
fax 08 8922 7995
Sharon.Gallagher@nt.gov.au

years Darwin also now has two Breast Care nurses, an Encore exercise program and social support groups for breast cancer survivors.

Aims
Our aims are to promote Breast Cancer awareness and to continue with the improvement of services and conditions for all Territorians with a diagnosis of Breast Cancer.

Support is much improved for Darwin women diagnosed with breast cancer and we now concentrate our efforts on raising awareness of Breast Cancer by holding Mini Field of Women and Pink Buns events in Darwin under the auspices of BCNA and by assisting the Cancer Council with their fundraising events such as Relay for Life, Pink Ribbon Day and Daffodil Day.

Advocacy
We advocate for women and men diagnosed with breast cancer by meeting and communicating with key stakeholders such as the Alan Walker Centre, the patient advocate at Royal Darwin Hospital

Fund raising
We operate on a voluntary basis and receive no direct operational government funding. We rely on donations, bottle and can collections and on a Trash and Treasure stall at Coolalinga Markets to bring in the funds we need.

Grants
We have been successful in the past in applying for grants and have used grant money to bring speakers to Darwin for a Breast Cancer forum in 2012 and more recently purchase breast models for remote clinics to help raise awareness of breast cancer among Indigenous women

Kerry Milson Trust Fund
Last year Kerry Milson sadly away from breast cancer. Kerry’s last wish was for NTBCV to be in a financial situation to provide assistance to women and men diagnosed with breast cancer in times of need. Through Kerry we were able to secure a small trust fund which is available to provide basic help such as gardening, move house, clean windows etc.

Discounts for NTBCV members
We are currently contacting businesses around Darwin to offer a discount to NTBCV members. Already a number of businesses have signed up to the scheme which is planned to commence in March
To include news or notices of an event in the next edition of this newsletter please email details and images to brasnt1@gmail.com by 28 March 2014

Government House Luncheon
We coordinate an annual Luncheon at Government House for newly diagnosed women and men and provide participants with a fan to help combat hot flushes (a side-effect of treatment). This event is one of the highlights of the year and thoroughly enjoyed by all who take part.

Exercise
We actively encourage exercise as an effective means of reducing breast cancer reoccurrence. For the past four years, we have supported a 10,000 Steps exercise program. The program is timed to coincide with the Mother’s Day Classic and runs for three months from May to August. Participants are provide with pedometers and encouragement prizes throughout the entire period.

BRASNT
We are members of the BRASNT, an alliance between key cancer support groups including the NT Cancer Council, Encore, Dragons Abreast, McGrath Foundation. We share and disseminate information to all women and men diagnosed with breast cancer through the BRASNT newsletter.

Bone Health
Breast Cancer Network Australia (BCNA) has produced a new fact sheet on how to maintain bone health after a diagnosis of breast cancer.

BCNA’s new ‘Bone health and breast cancer’ fact sheet explains the impact breast cancer treatments can have on bone health and provides some tips to help you maintain or improve your bone health during and after your treatment.

Many women are aware that their bone density can decrease as a result of aging and natural menopause but some are surprised to hear that some breast cancer treatments also reduce bone density. Bone density refers to
the bone’s thickness and strength. As oestrogen works to protect bones, treatments that reduce oestrogen in the body, or stop it from working, can reduce bone density and increase your risk of bone fracture.

Some breast cancer treatments can affect your bone health, particularly hormone therapies, including Tamoxifen, and the aromatase inhibitors Arimidex, Femara and Aromasin.

A copy of the free factsheet can be downloaded from the BCNA website:
www.bcna.org.au/fact-sheets-and-booklets#bone

For more information on breast cancer and bone health, visit BNCNA’s bone health webpage:

10,000 Steps

A reminder that the 10,000 steps challenge will be starting soon. 10,000 steps is a three month, self motivated walking initiative. Pedometers are provided and fortnightly organised walks provide friendship, support and fun whilst encouraging participants to increase their daily exercise. The first walk is organised for May as part of the Mothers Day Classic but expressions of interest in participating in the three month program would be appreciated early in order to provide t-shirts at a subsidised cost.

Contact: Jennie Copley coplink@bigpond.net.au
Darwin Meditation Classes

When: Tuesday night from 7.30pm to 9pm
Where: Family Planning Welfare Association, Rear of Unit 2, The Clock Tower, Dick Ward Drive Coconut Grove

When: Thursday night from 7.00 t- 8.30 pm
Where: Moulden Park School · 103 Bonson Terrace · Moulden

Cost: $6 per class

Classes are held by the Kadampa Buddhism centre in Melbourne but run by volunteers. We do two meditations each week (around 10 minutes and about 15 to 20 minutes) and then listen to a teaching by a Buddhist monk. He is based in Melbourne and we listen to a tape. Dornying the monk comes up once every three months and runs a day course (costs $60) and also does the evening session when it then costs $15 instead of $6. The guy is really interesting and funny to listen to. It is not religious but common sense about how we see others and let them affect us. We are getting around 50 or 60 people each week now and last year it was around 20 - all ages, young and old.

http://www.meditationindarwin.org/

National Breast Cancer Foundation Community Conversations.

You may have attended the community consultation held by
the National Breast Cancer Foundation late last year. Marg Lavery, Cancer Council NT has received a copy of the report and is happy to share.

Contact: Marg Lavery  8927 4035  
bcn.darwin@cancernt.org.au

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