



NEWSLETTER

The alliance working for Territory women diagnosed with Breast Cancer



Paddling

When you have finished your treatment and a spring has returned to your step dragon boat paddling is an excellent upper body exercise. The ladies in pink paddle each Tuesday afternoon.

WHEN: Each Tuesday 5.30-6.30pm.

WHERE: Cullen Bay Marina, opposite the ferry terminal, through the walkway and down the steps right in front.



**Mothers Day Classic
Sunday 11 May**

An annual tradition, the Mother's Day Classic fun run and walk provides the community with a great way to celebrate Mother's Day and raise funds for breast cancer research.

The Mother's Day Classic walk or run for breast cancer research was established in 1998 by Women in Super. It started from modest beginnings as a walk in the park and has grown into a major national community event.

Its purpose is to raise money for National Breast Cancer Foundation (NBCF) research programs and awareness of breast cancer in the community. The Mother's Day Classic also works closely with the National Breast Cancer Foundation. The money raised by the Mother's Day Classic supports quality and cutting edge research across Australia.

The event has now become an integral part of Mother's Day morning for more than 125,000 Australians who enjoy getting up early to walk or run and raise money for breast cancer research. It has become a morning of activity and entertainment for families, schools, universities, corporate teams, runners and anyone who enjoys sharing activity on Mother's Day morning. The event also brings together people who are living with breast cancer or know someone who has been affected by, or lost someone to breast cancer. It is a time to remember, pay tribute and celebrate their lives and their strength.

Once again the Mothers Day Classic is hitting Darwin. There will be a new course on offer for 2014, so you will be able to run or walk the 4km and 8km in new surrounds, still taking

The Pink Slippers Walking 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, Palmeston.

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: *Penny*
sadgrove@d130.aone.net.au

expo area, there is definitely something for everyone whether you are running, walking cheering or volunteering.

Where: Mindil Beach

When: Sunday 11 May 2014
From 7.00am

Registration closing dates:

Online entries: 11.59pm Thursday 8 May 2014 (EST)

Mailed entries: 9.00am Friday 2 May

Late entries: will be available in person at the Fannie Bay Electorate Office (Parap Shopping Village):

Wednesday 7 May to Friday 9 May (11am - 7pm)

Saturday 10 May (9am - 4pm)

Enter by 9.00am Friday 2 May 2014 to have your race numbers mailed to you before the event.

Please note, if you enter the event after 9.00am on Friday 2 May 2014 you must collect your race number from the Fannie Bay Electorate Office at the times above.

How to register:

Online entries are now open [here](#)

If walking or running isn't your thing you can still join in the fun of the day by volunteering to help out. Sign up here to be a Mothers Day Classic volunteer.

MDC Volunteers needed URGENTLY

Sign up [here](#) to be a Mothers Day Classic volunteer - select Darwin.

This page has information about some of the generic volunteer roles for all MDC events, and the Darwin MDC committee will send out further information to registered volunteers to confirm each person's role and instructions for the role, their Team Leader contact details etc.

We need help with the following volunteer roles on the day:

- 2 cloak room attendants to assist the Cloak Room Team Leader
- 10 volunteers for registrations and race pack tents - very busy from 6am til all races have commenced, taking last minute registrations and money, and distributing last minute rack packs. Need to be able



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: *Marie Purdey*
0412 210 960

Coffee Morning Palmerston:
Tuesdays 6, 20 May. 3 June
10.00 am
Ben & Sam's
14 Palmeston Ct.

Contact: *Jennie Copley*
0427 845 950

Monthly Social:

May:

Saturday 24 May, 6.30 pm
Dinner (+ Partners) at Free Spirit Resort
Meet at 6:30pm at Elements Poolside Bistro at Free Spirit Resort, Pinelands. Good food and a relaxing atmosphere dining alfresco next to the main pool with its cascading waterfall.

Rae Darling
8932 6149; 0404 074 214
raemike@inet.net.au

Supported by the Cancer Council

- day training at 5:30am for 6am start!
- 2 volunteers to help at the kids face-painting table. The face painter needs a couple of helpers to paint the children's faces in white (prep for the facepainter to do her magnificent designs)
 - Start and Finish crew - direct finishers, ensure they enter finish line correctly for timing chips to work, keep the area clear, help St John's staff and SMA trainers identify anyone needing medical attention.
 - Course Marshalls - help set up course and maintain zone, direct/assist runners and walkers and encourage/cheer them as they pass. Ensure their path is kept clear/free of rubbish etc.
 - Information guides - you will be given an FAQ to help answer questions from the public
 - Floaters - assist Team Leaders / committee on ad hoc basis, relieve other roles as needed, working closely with Event coordinator.

We also need help with 2hr shifts at Michael Gunner's Community room in Parap on these days to take last minute registrations and hand out race packs:

Thurs 8th: 11am-1pm, 1-3pm, 3-5pm, 5-7pm

Fri 9th: 11am-1pm, 1-3pm, 3-5pm, 5-7pm

Sat 10th: 9am-11am, 11am-1pm, 1-4pm

If you need further information please contact the MDC Darwin Volunteers coordinator Vanessa Gillett by phone on 0409 057 278 or email at Vanessa.gillett@hotmail.com



10,000 Steps Program starts with Mothers Day Classic

Get your starting pack
Friday 9 May

The NTBCV is sponsoring the 2014 10,000 Steps program for Breast Cancer Survivors. The aim of this challenge is to promote better health outcomes for those going through a Breast Cancer experience or for survivors who want to



Flamingo Belles Social Group

For young woman who have experienced cancer of any kind.

Monthly Social:

Sunday 25 May, 11.00 am
BBQ Lunch at Lake

Alexander.....Family Event Meet at 11:00am at East Point Reserve. Please BYO drinks, meat and a plate to share (eg. Salad, fruit, nibbles). Don't forget your chair and/or picnic rug.

Contact: *Karen Stark*
0408 087 470
thestarkclan@gmail.com

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

Supported by the Cancer Council



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: *Liza Salib*
8953 5920
support.alice@cancernt.org.au

The challenge is run over a three month period and is a self-motivated, fun way to look forward to a healthier future.

10,000 steps will be commencing soon but it is not too late to register. T-shirt fittings and pedometer distribution will be on 9th May between 5-7pm at Rosebery. For those who would then like to, the Palmerston markets will be on so you can grab some yummy market food.

Come along, have some fun and exercise at your own pace.

Pedometers and subsidised T-shirts provided.

Please contact Jennie to register interest and further details.

Ph: 0427845950 or email jenniecopley@hotmail.com

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NTBCV Features on About Palmerston

In April a group from the NTBCV met the host of About Palmerston at Mindil Beach. You can see the episode on [YouTube](#) and see the star performance by Louise Calvi.



McGrath Breast Care Nurse

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

Lea Gelding
Rural and Remote clients
Royal Darwin Hospital
leanora.gelding@nt.gov.au

Marijke Alexander
Alice Springs Hospital
Marijke.alexander@nt.gov.au



WOMENS CANCER RETREAT DAY 2014

When: Saturday 24th May

Where: Doubletree by Hilton Hotel – Esplanade (next to the Entertainment Centre)

Who: Women who have been affected by gynaecological or breast cancer - you may be newly diagnosed, having active cancer treatment or living life with or after cancer.

What: The aim of the Retreat is to provide an opportunity for women who have had a similar experience to attend information sessions and presentations and participate in activities – all with a focus on adapting to a new normal. It is an opportunity to connect with others. Much of what women gain from the retreat comes from sharing and listening with women who have travelled a similar path.

Cost: \$50 for the entire day which includes morning and afternoon tea, lunch and a 3 course dinner

Places are limited.

To express your interest, please email me.

Darwin Meditation Classes

Cancer Council Women's Cancer Retreat Day 2014

Where: Family Planning Welfare Association, Rear of Unit 2, The Clock Tower, Dick Ward Drive, Coconut Drive

When: Thursday night from 7.00pm to 8.30pm

Where: Moulden Park School · 103 Bonson Terrace · Moulden

Cost: \$6 per class

<http://www.meditationindarwin.org/>

Entertainment Centre)

Cost: \$50

Contact: *Marg Lavery* 8927 4035 or email

bcn.darwin@cancernt.org.au



Breast Cancer Network Australia

Subsidy for secondary breast cancer drug Afinitor

News | 27 April 2014

Breast Cancer Network Australia (BCNA) has welcomed the Federal Government's decision to introduce a subsidy for Afinitor, a drug for secondary breast cancer patients whose cancer has stopped responding to treatment.

BCNA said the decision to list Afinitor on the Pharmaceutical Benefits Scheme (PBS) would help thousands of women living with secondary breast cancer (also known as advanced breast cancer). The subsidy will come into effect on June 1 2014.

BCNA had lobbied the Federal Government to introduce a subsidy for Afinitor, also known as everolimus. Afinitor tablets, in combination with an aromatase inhibitor, are used to treat post-menopausal women with hormone-receptor positive, HER2-negative secondary breast cancer after earlier treatments have failed.

More information can be found on [BCNA's submission to the PBS in support of Afinitor.](#)



BRAS NT Newsletter Back Issues

Previous issues of the BRAS NT Newsletter are available from the archive. Click on the BRAS NT logo to be taken to



YWCA of Darwin - YWCA Encore. Our first program for the year has now finished. Our group of ladies shared many giggles and stories during this program and we hope that our lovely ladies got as much out of the sessions, as we did delivering it. A very big thank you to all of our Guest Speakers for sharing your valuable knowledge and also being so generous with your own time.

The next program will be later in the year and we will give you all plenty of advance notice to get your application in.

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 May 2014

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NTBCV Membership Discount Scheme

The '*Member Discount Scheme*' to support NTBCV members is well under way. Local businesses in and around Darwin are supporting NTBCV members by offering a member discount. A current list businesses will be maintained on the NTBCV website coming soon!!

Please remember to present your member card to receive the discount. NTBCV member cards and a list of local businesses offering discounts can be obtained from NTBCV.

Not a member of NTBCV and would like to become one? Life membership is a one off \$30 fee that could save you \$\$\$\$.

Please contact NTBCV for a membership form. If you are a member and not have a membership card please contact NTBCV.

Contact: ntbcv@hotmail.com

NTBCV Membership Discount Scheme Business profile - Athlete's Foot

The Athlete's Foot is a retailer of athletic , duty, lifestyle & school shoes. As feet come in all shapes & sizes , our staff are trained to recommend the best fitting shoe for you. With our new FITZI machine we can assess your walking style & pressure to help select the correct fit & footwear for your activity. Please come into our store at Casuarina Square & experience it for yourself. We are happy to offer NTBCV members a 10% discount.

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