



Although it is not officially winter, I think it is safe to say that winter has come early this year.

Winter is one of the few seasons that offers an immense sense of magic and wonder. From the cozy feel of gathering around the fireplace to make s'mores or just hunkering down on the couch to binge-watch endless movies, there's no other season quite like the winter.

While yes, it is very cold – often to the point where you can't feel your fingers and toes, but the season also brings along with it breathtaking snowy landscapes, the best outdoor activities, fun date ideas and most importantly an excuse to indulge in all of the comfort food your heart desires (in an effort to keep warm, of course.)

There's a little bit of something for everyone on our winter activity list. And who knows, maybe you'll even be inspired to use some of these ideas to create your own FUNdRAISING activity.



The BCRT team can't wait to hear your heart warming (see what I did there) ideas.

Best wishes,

Cindy Jacobs

Manager: Marketing/Fundraising & Events

Our annual appeal runs throughout May, coinciding with International Clinical Trial's day (held to acknowledge the achievements that result from clinical research) celebrated on the 20th.

You can show your support by visiting our bucket collection stand at Chartwell Shopping Centre from the 15th to the 19th of May, donating to our digital collection via our website throughout the month of May or getting in touch with us and hosting your own FUNdraising event like a BrEaST Friends Brunch or a Boobie Book Club or a corporate raffle where you can ask the company to be a BOSOM buddy, the possibilities are endless.

BREAST CANCER RESEARCH TRUST
Annual Appeal 2023

DONATE NOW!
by scanning the QR code or visit
www.breastcancerresearch.org.nz

You can help us hold lives together through evidence-based breast cancer research.

Donate \$5 or more and be entered into the draw to win a fabulous hamper sponsored by PaknSave Te Awamutu

May is also a very exciting month for us as we will be celebrating the **Op Shop for Breast Cancer's** very **first birthday!**

The Op Shop was started to create a much-needed revenue stream for the Breast Cancer Research Trust and has become known as an 'op shop with a difference'.

Come in and find your treasure or donate between 10am and 2pm at the Op Shop for Breast Cancer, centrally located at 750 Victoria Street.

May we take this opportunity to thank the community for their unwavering support and our volunteers who give their time and expertise. Without you, we would not be here.



Take on the Kirikiriroa Marathon, Hamilton walk/run challenge and have fun, all while raising vital funds for BREAST CANCER RESEARCH.

Former Breast Cancer Research Trust Research Nurse, Heather Flay is in training to run the marathon for a 6th time and her goal is to cross the finish line under six hours. Heather, a cancer survivor herself, will run to help those diagnosed with breast cancer.

Go Heather - we wish you your BrEaST race ever!

For further information and to ENTER the Kirikiriroa Marathon, [click here!](#)

As with previous Kirikiriroa Marathons, the on-line registration will promote donations to the Breast Cancer Research Trust.



The International Breast Cancer Paddlers' Commission (IBCPC) Dragon Boat Festival is held every 3 to 4 years and for the first time since the establishment of IBCPC in 2010, the festival took place in New Zealand.

The festival is an international non-competitive participatory event for breast cancer paddler teams who engage in Dragonboat activities as post breast cancer diagnosis rehabilitation.

The event saw over 2500 breast cancer paddlers from all over the world participate in the non-competitive participatory event as part of breast cancer rehabilitation.

The youngest paddler was 34 and the oldest 89!

We were fortunate to share in the drums, splashing, laughter and tears that brought Lake Karapiro alive during this event aimed at awareness and dialogue.

Our chair person, Professor Ian Campbell, as well as our patroness Lady Tureiti Moxon were keynote speakers at the IBCPC 4th Congress held Novotel Hamilton Tainui.

Later in Cambridge, Lady Moxon alongside Mana Whenua Ngāti Hauā Iwi Trust, special guests and dignitaries welcomed participants, teams and supporters at the Parade of Nations.

We take this opportunity to thank them for their time and sharing their knowledge, expertise and personal journey with breast cancer.

BrEaST Brunch



You can help us hold lives together and improve quality of life through evidence-based breast cancer research by hosting a BrEaST Brunch this May.

Contact us at admin@breastcancerresearch.org.nz to register.

You can create change in the lives of those touched by breast cancer by hosting a BrEaST Brunch this May.

Whether you decide to host a brunch at home, a morning tea at work, or any other FUNdraising event, every dollar you raise this May will help hold lives together through evidence-based breast cancer research.

This is your chance to make your kitchen creations mean so much more! Pull out those recipes (or your back-up packet of Tim Tams!) and bring your friends and family together to help those touched by breast cancer.

Your FUNdraiser can help create change so join our circle of Gaining Knowledge and Saving Lives by registering your event at admin@breastcancerresearch.org.nz today!

Meet the new addition to our team - Research Nurse, Hina Pokaia

Hina is from Ngāti Mahuta and Ngāti Māhanga descent, drawing her passion and strength from her whānau, hapū and iwi. Pursuing a career in health has been a life goal for Hina, seeing it as an opportunity to help the community and support whanau in their health journeys.

After obtaining a Bachelor of Nursing, Hina worked as an acute respiratory nurse before transitioning into a community nursing role that closely supports Māori communities through cardiac rehabilitation. She has diverse nursing experience, gaining knowledge on front line COVID-19 nursing care, acute medical care, and whanau ora community nursing care.

Hina has a real interest in the pursuit of knowledge and undertaking research. She is currently pursuing a Post Graduate Diploma in Health Science, and has strong passion to pursue higher education in the future.



Welcome to the BCRT team Hina!

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The Entertainment App makes a great gift for mum as she will have access to thousands of great offers from dining, to shopping to lots of great local offers that she can use all year round.

A friendly reminder that Mother's Day will be celebrated on Sunday the 14th of May.

Click here to support us and help us reach our fundraising goals



**Breast Cancer
Research Trust**

Gaining Knowledge. Saving Lives.

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