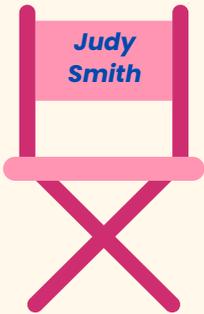




NTBCV NEWSLETTER

December 2025

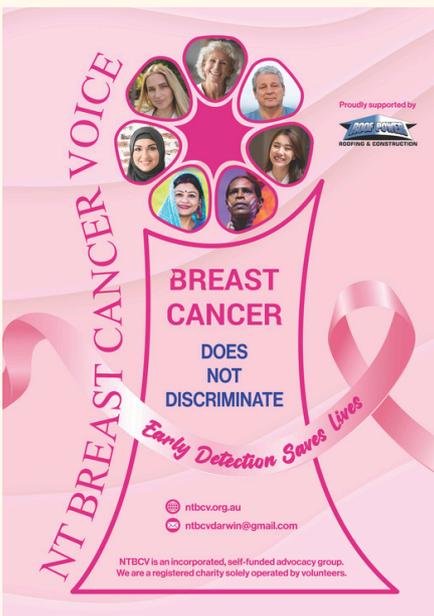


A word from our Chairperson

2025 is almost at an end. Much has happened but there is still plenty in the pipeline. This newsletter outlines some of the NTBCV achievements for the year.

NT BCV Postcard

Our postcard was designed, printed and distributed to numerous outlets across Darwin and surrounds as noted in an earlier Newsletter.



AWCC Wellness Group



Wellness Group

Tuesdays 10:30-11:30 at Alan Walker Cancer Care Centre

All welcome

- Meet other people living with cancer
- Learn about new topics each week

To ask about the group and hear what's on, call or text **0499 794 362**

These have continued throughout 2025 – currently on a Christmas break but will resume in 2026. The sessions are 10.30 – 11.30 am on Tuesdays at the Alan Walker Cancer Care Centre. They are open to anyone who has had a cancer diagnosis.

Phone 0499 794 362 to register your interest.



Our May Forum

Focussed chiefly on Reconstructive surgery, with an emphasis on what is available here in Darwin.

Our Patron, His Honour, The Honourable Professor Hugh Heggie, OA PSM Administrator of the Northern Territory opened proceedings for the day, followed with an address from the Honourable Steven Edgington MLA, the Minister for Health.

Dr. Lauren Arnold from BreastScreen NT outlined the contemporary services and the important role of BreastScreen across the Northern Territory, including "Millie" the very valuable mobile bus service that facilitates multiple screening services to many remote communities.

Professor Gillian Farrell, who regularly visits from the Peter McCallum Cancer Centre in Melbourne offers a range of breast and reconstructive surgeries and Dr. Ravi Mahajani - a Darwin plastic surgeon,

presented a very comprehensive overview of the various reconstructive surgeries available in Darwin.

The professionals took the opportunity to network with each other including being able to engage with the Minister for Health.

Meagan Colsey from Movement for Life Physiotherapy also gave a short presentation on the PINC Cancer Rehabilitation program which is now available. See further information later in this Newsletter.

The Forum was held at the Palmerston Golf Club in the Territory Room - a great venue. NTBCV was able to fund the Forum with fundraising monies from 2024

Importantly, those attending had ample opportunity to ask questions from any or all the presenters and significantly to connect with each other in an open setting.

Council on the Aging (COTA) Expo



Our attendance at the COTA EXPO this year was well worth the effort - it was a great opportunity to network with attendees, to talk about what our association is about and share with other stall holders.

We had fun setting up our stand and hope to make an appearance again in 2026.



Government House Luncheon 2025

This year the Luncheon was particularly special. It was once again celebrated in the Formal Dining Room at Government House with His Honour, The Administrator and partner Ms Ruth Jones as Joint Patrons. At the time we were unaware this would be the last Luncheon with the current Administrator and partner.

We sincerely thank His Honour and partner for their patronage, recognition of our newly diagnosed numbers and hospitality.



PINC
CANCER REHABILITATION

PINC Cancer rehabilitation aims to help people heal as well as possible, and function at optimal levels through every stage of their cancer treatment and recovery.

“For women of all ages with cancer”

Incorporating individualised physiotherapy rehabilitation and exercise prescription, we deliver flexible, tailored exercise and therapy in both one on one and group settings.

When
Wednesday, 9am - 10am

Where
6 Caryota Court
Coconut Grove

Cost
\$52.00 (HICAPS available)

Quick Links

- LEARN MORE
- BOOK NOW
- eREFERRAL
- CALL NOW

meagan colsey

Movement For Life
08 8945 3753

PINC Cancer Rehabilitation Program

From the [eBrochure](#), you can click on links for more information on what the PINC Cancer Rehabilitation Program is about. You can also make an appointment online.

Movement for Life are happy to answer any questions about the PINC Cancer Rehabilitation. Please give Meagan Colsey a call on 08 8945 3799.

The program is tailored to the individual needs of those attending according to a required assessment first. The program is very adaptable and would be of benefit for those who are short or long term out of treatment.

More Info!



[PINC Australia](#)



[Movement For Life Physio](#)

“Penny and I have been attending the early sessions Meagan has offered - we are happy to recommend the program. Each person attending can certainly gain benefit whilst working at their own appropriate level. Both of us are long term out of treatment but have certainly gained benefit.”

Judy Smith

Scan Me



2025 Pink Morning Tea at Cazaly's and Pink Golf Day



Cazaly's hosted a second Pink Morning Tea this year as a fundraiser for our association. Huge thank you to Cazaly's for the fabulous spread, the NTBCV Committee for their assistance, and especially to the various Electorate Staff members who were a massive help. Thank you to Cassie Valastro for taking on the MC job. Marina Mossman was outstanding at entertaining us all whilst encouraging ticket sales for raffles and auctions.

We were pleased to have our CM, Lia Finocchiaro attend briefly, Marie-Clare Boothy, AG and Member for Brennan there.

A very big shout out to Matthew Kerle, MLA for Blain and especially Clinton Howe MLA for Drysdale for his entertaining auction performance.



You had to be there to appreciate his theatrical entrance. Thank you to those who attended and so generously donated to our cause.

The Pink Golf Day, the afternoon of the same day raised significant funds also. Combining the two means they will enable funds to be put back into our local breast cancer community in a variety of ways – some still to be decided

From last years funds we have been able to pay for an edited limited edition of the book, "A beginner's guide to early breast cancer". These books are being included in a donated "pack" from BreastScreen NT.



MASSIVE SHOUT OUT TO BRAINIUM LABS FOR THEIR WORK AND THEIR OFFER TO HOST INDEFINITELY. THE AIM WAS TO KEEP IT SIMPLE BUT RELEVANT. IT HAS A CLEAN APPEARANCE. SEVERAL OF US WILL UNDERTAKE TRAINING EARLY IN THE NEW YEAR, MEANING WE CAN KEEP IT UP TO DATE.

NTBCV hopes the Festive Season brings you peace, joy and precious time with those who matter most to you – no matter how you might choose to celebrate.



Globally, it has been a tumultuous year. We have been reminded how precious and fragile life can be.

Looking forward, we hope we can focus on what truly matters. With shared strength I hope we all have a chance to truly celebrate.

In the words of Vivienne Green, “Life isn’t about waiting for the storm to pass, it’s about learning to dance in the rain.” (and it is looking as though we will have plenty of rain!)

If you wish to contribute to a Newsletter or have something relevant and worth advertising, please feel free to contact NTBCV.