

Aratika Cancer Trust is a not for profit organisation based in Rotorua that empowers and supports people impacted by a cancer diagnosis. Aratika brings people together at supportive cancer care retreats where participants learn about lifestyle practices that are proven to help patients thrive on a cancer journey. At these events our facilitators, staff, and volunteers wrap a cloak of whakanaungatanga around retreat participants enabling them to relax and learn while immersed in a healing environment.

The topics that Aratika shares with participants range from understanding what cancer is, stress reduction, nutrition, coping with emotional challenges, grief, death, spirituality, and resilient mindset and the healing power of gratitude, forgiveness and awe. We create a generous environment of aroha and manaakitanga.

Our fees for attendance to our retreats are partially subsidised. However the funding that Aratika Trust receives from our Funders only partially covers the costs of producing these retreats. Therefore, participants are charged a fee to attend.

The Trust encourages people interested to appeal to their local whānau, friends and communities for assistance in fund raising to attend. We understand that for many of us a cancer diagnosis brings with it financial challenges. We would like to offer our retreats for free, but our funding is limited and so we can only offer a reduced fee.

Some of our participants in the past have received funding support from their community in order to attend our Supportive Cancer Care Residential Retreats. We would like to encourage you to reach out to your community for assistance. We have provided information below that will help you to communicate the benefits of our residential retreats and more information about Aratika as an organization. This is for you to share when describing this opportunity to your community.

- Share your story. It takes courage - sharing your personal story has the greatest impact when seeking financial support.
- Start a '[give a little page](#)' or ask someone close to you to help set it up.
- Here are some funders who we know can offer support within your region - [Rotary](#), [Lions](#), local Iwi Trusts and many of the different cancer trusts and societies. Find your local charitable trusts, e.g Mercury Trust in Coromandel sponsors one person to attend each of our retreats.
- Fundraise locally within your own community. There are several ideas to get things going - [Fundraising Ideas](#) and more [Fundraising Ideas](#).

We have provided information below that will help you to communicate the benefits of our residential retreats. This is for you to share when describing this opportunity to your community.

- Be empowered.
- Learn practices that are vital to wellbeing.
- Eat amazing good quality nutritious food.
- Find positive aspects of your cancer journey.
- Become a stronger version of you.
- Be surrounded by a community of supportive peers.
- Re-energize and re-focus and go home with a new zest for life.

The benefits past participants have received from attending Aratika Retreats are:

- Improve the quality of your life.
- Learn about the holistic nature of wellbeing and healing.
- Learn about positive nutrition habits you can adopt to thrive through cancer.
- Feel the benefits of a plant-based diet while on retreat.
- Make more informed decisions on your cancer journey.
- Learn to manage your life with cancer.
- Understand the relationship between stress and wellbeing.
- Experience meditation and relaxation practices.
- Learn new problem solving skills and make positive decisions.
- Transform fear and grief.
- Do the sacred work of facing your mortality.
- Deepen your personal relationships.
- Expand your support circle of friends.
- Be empowered to share what you learn with *whānau* and friends.

Retreat Feedback

You have supported me and given me the knowledge, tools and aroha to work at putting harmony in my life instead of insurmountable grief. Thank you.

The schedules were full and enjoyable. PLEASE KEEP UP the fantastic job of giving.

Rebecca G - Mar 21

The knowledge that was shared, the loving environment that was created provide such helpful strategies to be able to make changes towards healthful living. Real changes that make a profound difference. I'm so grateful to experience this. It has changed my outlook.

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