

# Flowers raise funds for cancer programme

## Pink blooms for pink cause

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SHIRLEY WHYTE/Fairfax NZ



Doctor Caroline Corkill and physiotherapist Lindsay Stephenson picking flowers at Clifden.

Picking coral sunset peonies roses to raise funds for Pink and Silver Pilates has proved a popular fundraiser.

Southland Pink and Silver Pilates patron Doctor Caroline Corkill said Johan Groters and Joyce Kolk, from Clifden, offered their peonies to them as a fundraiser.

"We were only too pleased to collect them, like Joyce said they had pink roses so why not sell them to benefit a pink course. We really appreciate Johan and Joyce donating their roses to us," Doctor Corkill said.

The Pink Pilates programme was started in 2005 by Auckland physiotherapist Lou James.

It is a personalised therapeutic, rehabilitation and exercise programme for cancer survivors.

All women with cancer are eligible to participate in the Pink Pilates Programme, from the newly diagnosed to women 25+ years after their initial cancer diagnosis.

There are more than 60 certified physiotherapists in New Zealand and a growing number in Australia. Research has proved that exercise helps patients recover from cancer surgery.

Lindsay Stephenson, of Stephenson Murray Physiotherapists, said it was the Southland Pink and Silver Pilates providers.

"It's a great programme. Clients who have been through the programme really enjoy it, get a lot out of it and find it really helpful in their lives," Ms Stephenson said.

The programme addresses the physical conditions and side effects of chemotherapy, radiation and hormone therapy.

The peonies are sold in the south and all money raised in Southland stays in Southland.

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