



MAX'S STORY: STAYING POSITIVE WITH BREAST CANCER



"Once you come to terms that you have this disease that is predominantly known as a woman's disease, it breaks down some of those barriers to coming to something like Sweet Louise."

Max says he isn't a real macho 'rugby, racing and beer' type of guy, but nonetheless his diagnosis of breast cancer at the age of 50 was very hard and a terrible shock. Coming along to Sweet Louise meetings helps him feel that he is not 'such an oddity', and being surrounded by women isn't so bad either.

"Any disease has certain channels that it follows, whether it is a man or a woman experiencing it, and it can be inspiring to attend the meetings and see how others are getting along."

Max heard about Sweet Louise when he was in hospital after he fractured his hip. His partner surfed the net, found the website for him and he completed the online registration form.

"Sweet Louise is fantastic. It is specialised but at the same time breast cancer covers such a big area with the different types and courses it can take. It is good to have something that caters for this group. It is a wee bit different when people get the first diagnosis because daily life does resume eventually but when it comes back, there's this bolt from the blue again. It's something so unexpected. Being with Sweet Louise I can see people who are working and getting back into life. It's like the slogan says, 'Positive lives with breast cancer.'"

Max says the group is very positive and it's great to spend time with people who are going through a similar experience, sharing their ups and downs.

"It rejuvenates me. I enjoy meeting new people and value the friendships I've made."

MEMBERS HAVE A CHANCE TO SPEND MORE TIME WITH FAMILY

For Sweet Louise Members with young children, being able to spend time together as a family can become difficult. A pilot programme and generous donation of \$10,000 from a wonderful donor in 2013 gave 50 Members with young children an extra \$200 to spend as a family. Feedback after the pilot has shown Sweet Louise just how important family support really is. Thanks to an incredible donation of \$25,000, the family initiative can now expand to all Members who have children under 18 as well as those with young dependent grandchildren. Here are just a couple of the amazing things our Members have been able to do thanks to the new initiative.

A TUROA SKI TREAT FOR THE WHOLE FAMILY

The MacDonald family from the Manawatu enjoyed every moment of their Discovery Ski Package on the slopes of the beautiful Turoa ski field. Sweet Louise Member Lesley, Dad Neil and their three daughters aged 16, 13 and 11 took to the snow for an experience that would not have been possible without the support from Sweet Louise.

Being able to ski as a family had always been too expensive but the Sweet Louise gift enabled them all to enjoy the special time together and have 'fun family time'. For Member Lesley, the best thing about the day was 'seeing the smiles' of her children.



*"Anything we can do together where happy memories are made is beneficial. **It was a treat for the whole family.**"*

CELEBRATING ISABELLA'S 16TH WITH A 'SPOT OF TEA'

To celebrate daughter Isabella's sixteenth birthday, Mum Susan organised a special outing - High Tea at Auckland's Stamford Plaza. *"Sweet Louise made this possible for us,"* wrote Susan. *"Isabella, my son Thomas (12 years) and I enjoyed quality time together, chatting and laughing. The outing gave us time away from the day to day - sport commitments, homework - and we loved the great atmosphere at the Stamford Plaza."* **It certainly was a birthday to remember for Isabella and a special time with her children that Susan will always treasure.**



WHAT YOU MAKE POSSIBLE THROUGH SWEET LOUISE



- Since 2006, Sweet Louise has supported almost 1400 women and men living with secondary breast cancer.
- We currently support more than 400 Members.
- Starting with only two nurses, we now have six support coordinators providing Members with support across the North Island.



VOLUNTEER SPOTLIGHT: ROBYN WARIN

"I like the values of Sweet Louise. It's all about the Members, giving them the support they need. And as a volunteer, giving is amazing. It's easy to do and easy to share."

Robyn Warin is one of Sweet Louise's amazing volunteers. From supporting the NZ Textiles Fishing Competition which raises funds for Sweet Louise, to preparing morning tea for the Whangarei Members Meetings, Robyn is a wonderful supporter of Sweet Louise. Without support from people like Robyn, Sweet Louise couldn't continue to do the work we do. So a special thank you to Robyn and all our great volunteers. To read more about her incredible volunteering, visit the latest news page on the Sweet Louise website for more information.

INCREDIBLE SUPPORT FOR SWEET LOUISE AND ITS MEMBERS

My first few months at Sweet Louise have absolutely flown by, which I think must be a result of raising a 3-year-old and a 1-year-old, while stepping into a new and amazing role.



One of the first things I noticed as soon as I started is the incredible network of support Sweet Louise has. There is a fantastic web of tireless volunteers, corporate sponsors, caring individuals, and committed board Members who go to great lengths to help Sweet Louise in every way possible. And ultimately, that web supports our Members, who deserve every last bit of support we can send their way.

In July we found our very own office space, which has been beautifully fitted out with signs from Phillip Garrat at Cranium, technology from Matt McClay at Spark, and artwork from Lara at Soul Sisters Photography with her collection "Hope Emerges".

Just a glance at the articles in this newsletter shows how wonderfully busy the past few months have been. I think the rest of the year will fly by just as quickly, and will be full of even more amazing events and opportunities for both our supporters and Members.

If you love paddle boarding, or would love to learn, then get in touch and sign up for the Paddle for Hope event on 1 November. All funds raised by Sweet Louise teams will help our Members access to cancer rehabilitation programs through Pinc and Steel. And if you're wondering what to do for Breast Cancer Awareness month, bring friends along to see a special Sweet Louise screening of Decoding Annie Parker.

If there's a story you'd like to share, an idea you've had floating around, or if you'd just like to meet, please do get in touch at Fiona.hatton@sweetlouise.co.nz. I love hearing from the amazing supporters and friends of Sweet Louise. Without you, we couldn't do the work we do.

Warm regards,
Fiona Hatton

PRE-LOVED DESIGNER FASHIONS MAKE A SWEET DONATION

Thanks to an exciting partnership with Sweetie Fashion Recovery, designer clothes donated by Sweet Louise supporters can help benefit women and men living with secondary breast cancer.

In late August, Sweet Louise CEO Fiona Hatton visited the Sweetie boutique and met with owner Tracy Lancaster, who opened her Remuera shop in 2009. Thanks to wonderful Sweet Louise supporters with fabulous fashion sense, \$2,500 was raised from the sale of their designer donations and given to Sweet Louise.

A very big thank you to those lovely, fashionable friends of Sweet Louise. And a very big thank you to Tracy and Sweetie Fashion Recovery for creating another way to help people living with secondary breast cancer!

If you have a wardrobe that's full of the latest fashions and you'd like to help Sweet Louise by donating a piece, please visit the Sweetie Fashion Recovery shop at 1 St Vincent Ave, Remuera and mention that you'd like the sale of your item to go to Sweet Louise. If you're unable to stop in store, please feel free to drop off your amazing clothes to our office at 23 Union Street, Auckland CBD. Or give us a call on 0800 11 22 77 and we'll come pick them up.

A NIGHT TO REMEMBER



Beautiful clothes, stunning shoes and a lovely evening of entertainment were on offer at the King's College fashion show in support of Sweet Louise. Models graced the catwalk wearing clothes from Ruby, Browns, Working Style and Jetset Bohemian. It was great to

hear from Janet French, Louise's sister, who shared about the work Sweet Louise does in the lives of those living with secondary breast cancer. The Taylor House year 13 committee organised the whole event, from coming up with the idea and sourcing the clothes right through to styling the models on the night. **The girls raised an amazing \$3000 for Sweet Louise!** Special thanks to Zoe Marshall, Alex Mortimer, Ali Milne, Mrs Gina Adams and Housemaster Ms Julie Kerr who put the wonderful evening together.



Photo Source: Simon Watts—BW Media

SUPPORT COORDINATORS GO TO GREAT LENGTHS TO REACH MEMBERS IN REMOTE AREAS

Who knew that a car could make such a difference for Sweet Louise Members?

Last month Waikato Support Coordinator Robyn Wilson got to use the Sweet Louise car for the first time, and it meant more home visits and more meetings.

According to Robyn, using the car *"has allowed me to make home visits to many of the outlying Members. I've had time to sit and chat with them and also to arrange for small groups to meet together at local cafés - this has been very successful."*

Robyn was also able to pick up a member who is blind, with no access to transport during the day, and take her to one of those café meetings.

A large number of Sweet Louise Members live remotely in the Waikato area. This means Members spend a great deal of time travelling to and from the Waikato Hospital for specialist appointments, chemo and radiotherapy, scans and procedures. Often this is more than once per week.

Because of the time spent travelling and the fatigue it causes, many Members find it too tiring to make yet another trip into the city to attend member meetings and activities. They often comment that time spent with others in the same situation is something they wish for, but it is simply too hard.

Currently Sweet Louise has just one vehicle, which is shared by Auckland Support Coordinators Jana and Sally. Now that the car is back up in Auckland, travelling to visit those remote Members is once again difficult.

Robyn says, *"Without the use of the car last month I would not have visited many of the Members. The time spent with the ones who are very unwell was particularly nice, and they were very grateful for the visits."*



If you can help Sweet Louise provide another vehicle for our Support Coordinators, please let us know. Your help will mean that more Members receive the face to face support they need.

We'd love to hear from you. Contact us at:

The Louise Perkins Foundation
Sweet Louise
PO Box 137 343
Parnell, Auckland
Phone: 0800 11 22 77
Web: www.sweetlouise.co.nz
Email: info@sweetlouise.co.nz



SWEET LOUISE NEWS

A PLACE TO CALL HOME



Sweet Louise staff have settled into our very own office in Auckland's CBD. This is our first Sweet Louise office and it's great to have a dedicated space to call our own. A huge thanks to Philip Garratt from Cranium for our lovely mural. Feel free to pop in for a chat if you're in the area. We're at G4, 23 Union Street, Auckland City.

NEW STAFF

Sweet Louise welcomed two new staff Members in August. Lindsay Bennett is the new Fundraising Manager for Sweet Louise and Emma Pirie is our new Fundraising and Communications Assistant. Sweet Louise welcomed back Jo Varney as the Grants and Foundations Manager in September. Feel free to contact them at info@sweetlouise.co.nz. It would be great to hear from you.

DECODING ANNIE PARKER

Sweet Louise is holding a Girls' Movie Night fundraiser at Hoyts Sylvia Park on October 23rd for Breast Cancer Awareness Month. Tickets are \$30 and include the movie and a special goodie bag with lots of treats. Decoding Annie Parker is only showing in theatres for a limited time so you don't want to miss out! Please contact Julie at Julie.osullivan@sweetlouise.co.nz if you're interested in buying tickets.

A WORD FROM THE NEW ZEALAND BREAST CANCER FOUNDATION



Recently I listened to an update from Australian oncologist Prue Francis on the Advanced Breast Cancer 2 conference, held in Lisbon last December. ABC2 is a forum where doctors from around the world gather to reach a consensus on best-practice treatments for advanced breast cancer. It was good to see that the main recommendations from ABC2 already form part of standard care in NZ. Prue Francis pointed out there are some areas where Australian (and possibly NZ) centres are falling short. For example, metastatic patients should have more access to breastcare nurses. The full list of recommendations from ABC2 will be published soon. If your treatment or a loved one's doesn't seem to be in line with the international recommendations, it might be worth asking your doctor why.

Van Henderson,
Chief executive, NZ Breast Cancer Foundation

Visit the Sweet Louise website for more information and a sample of the recommendations from the ABC2 conference.



HANDMADE CUSHIONS GO TO SWEET LOUISE MEMBERS

Gerti Weber has been making heart cushions for Sweet Louise since the beginning of 2012. She started after reading about projects overseas. In this time she thinks she has made well over 4000 cushions. The cushions are a delight, made with gorgeous colourful fabrics they come beautifully packaged with a small note. It is lovely to be able to pass them on as they are always so happily received. We are very sad that Gerti will be finishing but she has left us at Sweet Louise very well supplied dropping off two huge carloads to keep us going. What Gerti has started will surely continue, as over the years she has supported others around the country to start similar initiatives sharing templates and advice. We thank Gerti so very much for her love and care and time.



Beautiful bottles have just arrived at the Sweet Louise office! A very big thank you to **Endeavour Glass** for donating the amazing long-neck bottles featuring this year's olive oil. Pressed from local Waiheke olives grown on Sweet Louise founder Scott Perkins' estate, this olive oil is perfect for gifts or an elegant dinner party. Available online at www.sweetlouise.co.nz or send us an email at info@sweetlouise.co.nz to purchase. Proceeds will help create positive lives for people living with secondary breast cancer.

GET INVOLVED IN THIS YEAR'S PADDLE FOR HOPE

Have a blast and help men and women living with secondary breast cancer! This year Sweet Louise is excited to be a partner charity of the **Paddle for Hope 2014 challenge**. If you're interested in finding out more about Paddle for Hope or how to register a team for the event, email info@sweetlouise.co.nz or call Emma on 027 347 4900. All funds raised for Sweet Louise will help our Members access Pinc and Steel cancer rehabilitation services!



IN MEMORY

Thank you to all of those people who have made 'donations in lieu of flowers' to Sweet Louise in memory of Alison Whitely, Bobbie Skeet, Tasha McIver, and Lisa Laney.

WE WISH TO THANK THE FOLLOWING ORGANISATIONS AND BUSINESSES FOR THEIR ONGOING SPONSORSHIP AND FUNDING:



We wish to thank Sir Pat and the late Lady Kay Higgins, and Bernard and Sue Higgins for their very generous support of Sweet Louise in the Mid Central Region.

WE WISH TO THANK THE FOLLOWING ORGANISATIONS, TRUSTS AND FOUNDATIONS FOR THEIR ONGOING SUPPORT:



David Levene Foundation.

Thank you to the Narev Foundation for their generous support of Sweet Louise.

WE WISH TO THANK THE FOLLOWING BUSINESSES FOR THE DONATION OF THEIR EXPERTISE, PRODUCTS AND SERVICES:

BELL GULLY

