



Your support means Members like Susan can make the most of family time



Since her diagnosis, not only does Susan take more time for herself but she's also more aware of spending as much time with her family as possible.

“Secondary breast cancer changes the way you think. You're more aware of what's important instead of rushing around. You don't worry about the things you used to.”

Now, Susan and her family take time to slow down and enjoy life. “Family outings give us time away from the day-to-day, like sport commitments and homework.

“I now have awareness of slowing down and spending time together. Since my diagnosis, we always spend time together around Christmas. Even though the kids are getting older, they still make time.”

For many Sweet Louise Members like Susan, creating memories with their families is one of the things you make possible. We are able to help them plan special family days, provide tickets to events and organise family movie nights. Our thanks

to you for making this possible.



As someone who hardly ever got sick, Susan Clark says going to the doctor was something she rarely did. Then things changed.

“I'd been going to the gym on a 10 day trial and I'd been doing weights. One evening I thought I'd pulled all the muscles in my arm and I could feel a lump in my armpit. I didn't think anything of it, I just thought it was from the gym,” says Susan, who was 38 at the time.

“I was watching the kids put on their shoes for school and made the appointment. I don't know why I did because I've always been so well.” Her doctor sent her for a mammogram that afternoon and the next day she had a biopsy. Within a couple of weeks, she received the devastating news that she had secondary breast cancer.

“I didn't really know what to think. I

didn't know anything about secondary breast cancer. What about my children - Thomas was 5 and Isabella was 8.”

As Susan learnt more about the disease, Sweet Louise has been able to provide a support system and also exposed her to complementary therapies offered by Service Providers.

“Sweet Louise opened my eyes to a lot of different, complementary treatments. Without the vouchers, I wouldn't have had reflexology. I wouldn't have even known about it.”

When combined with conventional treatment, therapies like reflexology can improve and enhance well-being and quality of life. Through your support, we are able to offer each Member \$500 of Service Provider vouchers each year.

In the beginning, Susan used her vouchers for reflexology. These days she uses her vouchers for beauty therapies as a way to have some time for herself. “There are so many choices and it's just a reminder to have time out,” she says.



You touch the lives of Sweet Louise families



Sharing family memories

With your help we are able to support Sweet Louise families as well as our Members. Shani Kara (35) was a Member who sadly passed away in October last year. Shani loved the phone calls from her Support Coordinator and the vouchers to spend on movie tickets, beauty therapies and haircuts.

Last year Shani generously shared her story and was featured in the Australian Women's Weekly, alongside a beautiful photo of her, which our Support Coordinators printed and framed for the family.

After she passed away, her mum Caroline sent us a lovely letter.

"Every time I have started to write a letter of thanks I am overwhelmed with tears,

not of sadness, but with a heart full of gratitude that is hard to put into words. "Can I express to you how grateful we are as a family for the loving support you gave my dear daughter Shani.

"Letters, phone calls and vouchers were received with pleasure, enabling her to share them with family and friends.

"Thank you so much for my framed photo, it will bring my family and I so much comfort in all of the days ahead."

We're so grateful that family members are able to reflect on the moments of relief, comfort and joy Sweet Louise was able to provide for their loved ones. It is families like Shani's that you are helping to support through tough times.

Service Provider Star: Loaf

A bit of homemade baking can do the world of good and thanks to Service Provider Loaf, delicious treats can be delivered to Sweet Louise Members.

"It was great to use some Loaf baking for Christmas Day. It really took some of the stress off and made the day even more special," says one of our Members.

Thanks to supporters like you, Members can use their vouchers to enjoy baking that makes their life easier. Whether it's baking for a special occasion or something to come home to after a day of treatments. Not only are Loaf fantastic supporters of our Members, but Loaf also donates their amazing baking to Sweet Louise events and Member meetings - a huge help!

"Loaf are wonderful supporters of Sweet Louise and what they do for our Members is so special," says Sweet Louise CEO Fiona Hatton.

We love working with Loaf and the treats they provide for our events and meetings make such a difference.

Thank you everyone at Loaf for your wonderful support. **You are awesome!**



VOLUNTEER SPOTLIGHT

Our wonderful volunteers range from teenagers to retirees and they all contribute to supporting Members in a variety of ways.

One of the ways they provided help was at the NZ Breast Cancer Foundation and Sweet Louise Advanced Breast Cancer Forum in November. Attended by Sweet Louise Members, family, friends and health professionals, this one day event was only possible through the work of a team of dedicated volunteers.

From driving out of town Members to helping with catering, the volunteers helped contribute to the feeling of positivity that everyone felt. As one Member said, *"I got so much out of attending the forum. I had an extremely low year with my health and I found the whole event uplifting, with lots of positivity thrown in there."*

A huge thank you to our amazing volunteers who give their time and energy to support Members.



Your generosity means our Support Coordinators can continue to support Members to live life as well as they can

A warm welcome to Steph Hansen who has joined the Sweet Louise Team.

Steph joins us as the new Auckland Support Coordinator, looking after more than 150 Members.

Steph's background includes five years of palliative care and her last job was as a Radiation Oncology Nurse at Auckland Radiation Oncology.

"I have known of Sweet Louise since it began and have always thought it would be a

wonderful job," says Steph.

"I am passionate about encouraging and supporting others who face life challenging circumstances. I am looking forward to meeting Sweet Louise Members and their families to hopefully make a positive difference for them".

Your help means we are able to provide Support Coordinators who make a real and significant difference to Members when they need it most. **Thank you!**

Your Christmas spirit is a blessing

At our annual Christmas event, we welcomed Jeremy Taylor as our guest speaker. His wife Jaime was a Sweet Louise Member who passed away in 2013, leaving Jeremy a single dad of three. He spoke of his struggle since her death; dealing with a lot of anger and feeling his self-confidence slip away.

He says now, two years later, that *"watching his girls grow, hearing them laugh and giggle makes my soul sing again. It is tempered a lot though, knowing there are milestones that Jaime longed to see, longed to contribute to, and be there laughing with them. There is significant sadness in knowing that not only does Jamie miss out, but also the girls miss out on having such a wonderful mum."*

Jeremy says his experience brings into sharp focus what is truly important in life - to live, to laugh, to love. A big thanks to Jeremy for his honesty and openness in sharing his and Jaime's story. As well as the privilege of hearing Jeremy's story,

we were thrilled that the event raised over **\$15,000**. This will be used to support Members like Jaime to live as well as they can for as long as they can. For many of our Members, Christmas is a difficult time as they try to create special memories for their children to hold on to. Working with our Members, we are reminded every day of how precious life is and your support is keenly felt by all of us at Sweet Louise.

Our heartfelt thanks and best wishes for 2016.



MANY THANKS TO OUR SUPPORTERS FROM THIS QUARTER



NIKAU FOUNDATION



The different ways you support Sweet Louise Members

Running a marathon isn't for the faint-hearted, and seven Sweet Louise supporters took up the challenge in support of New Zealanders living with secondary breast cancer.

The amazing team raised more than **\$11,000**. Brogan Donnelly took part in the ASB Auckland Marathon in memory of his dad and Sweet Louise Member Shane, who passed away in January 2015.

Brogan says *"my main goal was to complete it for my dad. I wasn't out there for me. I wanted to do it for my dad."*

Brogan alone raised more than **\$4,000!**

A huge thank you to all Sweet Louise runners and all those who sponsored them - because of you, we will be able to provide more than **20 Members** with **\$500** in vouchers a year.

These provide access to services such as lawn mowing, meals and house cleaning, helping to make life a bit easier.



Leave a meaningful gift



Although Sinda Hall, Sweet Louise's Senior Support Coordinator for nine years, has left the team, she made sure she could continue supporting Members through leaving a gift in her will. She knows first hand the positive difference Sweet Louise makes in the lives of Members and wants to ensure it continues. If you are interested in leaving Sweet Louise a gift in

your will, please contact Liz Henry on liz.henry@sweetlouise.co.nz or 021 146 0860

In Memory

YOUR DONATIONS to honour the memory of Sandra Soper are very much appreciated.



Thank you to the **John Beresford Swan Dudding Trust**.

Sweet Louise Heroes

A heartfelt thank you to the individuals and groups who have given their time and effort to raise funds for Sweet Louise Members over the past few months.

A special thank you to Didas for generously donating food and staff to feed everyone at the NZBCF and Sweet Louise Advanced Breast Cancer Forum. The food was fabulous and everybody was blown away by their generosity.



In October, a group of Hot Rod ladies in Palmerston North held a fundraiser for us, displaying their beautiful cars, selling t-shirts, scarves and holding a raffle. Although they had terrible weather and ended up in the local Shannon pub, it was a great day and they raised over **\$900** for Sweet Louise Members. A huge thank you to Heather Counsell (pictured middle) for organising a wonderful day.



Thank you to Kings School for letting us use their venue and facilities free of charge for the forum.



Wishlist

IT'S THE LITTLE THINGS THAT MAKE THE BIGGEST DIFFERENCE. CAN YOU HELP US WITH THESE?

- Digital cameras to capture special moments
- Supermarket vouchers to help Sweet Louise families
- Event tickets for Members and their families
- Petrol vouchers for our amazing volunteers

Yes, I would like to support Women and Men living with secondary breast cancer

1. DONATION DETAILS

I would like to donate:

- \$30 – to get delicious baking delivered to a Member
- \$50 – for a Member to have reflexology therapy
- \$100 – to have special photos taken for a Member and their family
- Surprise us! \$.....

2. PAYMENT DETAILS

I would like to pay by:

- Visa Mastercard Amex
- Card Number.....
- Expiry..... CVV.....
- Name on Card.....
- Signature.....

OR

- Cheque: Please make cheques out to "Sweet Louise".

3. CONTACT DETAILS

Name.....

Address.....

..... Postcode.....

Phone.....

Email.....

PLEASE RETURN TO

Sweet Louise
PO Box 137-343, Parnell, Auckland 1151

Thank you for your generous support

- Tick here to receive info on how to support us through a bequest.

