



Your support means the world to blokes like Ron...

IF YOU MET RON, you'd think he's very much a typical Kiwi bloke. A farmer, husband, dad and granddad, he also has secondary breast cancer.

One of our four male members, Ron was first diagnosed in 2013. As a dairy farmer, he'd led a physically active life and had always been really fit and he took the first diagnosis as well as he could, expecting a good result. As he says, *"Everything looked good after surgery. It was a non-invasive cancer and I fully expected things to be hunky-dory."*

One day, a month after surgery, he was working a heavy pick and shovel job, when his back started hurting. *"I thought the pain was part of a farmer's normal type of back trouble. I went to a physio for a month but when I mentioned it to my oncologist, they decided to take bone scans and a CT which revealed breast cancer in my hip and spine."*

His initial diagnosis was a complete surprise and the news of secondary progression was even harder to come to terms with. *"When they said it was secondary I didn't really understand the implications of that at first. It wasn't until one of the oncologists said, 'Well, we expect you to be around for years but you know there is no cure' that I really understood what the diagnosis meant. I hadn't realised before that it was something I'd be stuck with so that was a shock."*

After his secondary diagnosis, an article about Sweet Louise in the local paper caught Ron's eye. He saw both women and men living with secondary breast cancer were welcome to join. *"So I did. I wanted to be with other people, to hear their stories and compare results of treatments."*

Ron says all the Members accept he is a "bloke" and don't treat him any differently.

Getting up at 4am to milk the cows and a three hour round trip to Hamilton doesn't stop Ron from attending the Member Meetings on the last Friday of every month. *"The day can be really long, especially in milking season and even though I get very tired because of the driving, going to Member Meetings is definitely worth it,"* says Ron.

Thanks to support like yours, we are able to host monthly meetings, giving our Members the opportunity to connect and learn from each other, guest speakers and our Coordinators. As Ron says, *"Everyone is in the same boat and it's great to get to know other Members and compare notes. Sweet Louise has really helped me to connect with other Members and that's so important to me."*

Thank you so much for helping Members like Ron connect with each other.

SINDA'S SWIM

FOR SINDA HALL, Sweet Louise's Senior Support Coordinator, completing a 1km swim was not only an opportunity to raise money for Sweet Louise Members, it was also a personal milestone after being diagnosed with breast cancer last year.

Sinda says *"It came out of the blue – it was a complete shock. I'd had regular screenings and there hadn't been any concerns."*

She used the opportunity to raise money for Sweet Louise Members when she undertook the King of the Bays State Ocean Swim Series. In just over a month, Sinda raised a whopping \$4,000 through her Givealittle page.

"I was not expecting that kind of response. I was delighted to reach \$1,000 let alone \$4,000. I am so grateful for all the support from my family, friends and even people I don't know."

To make sure she'd get through the swim, Sinda trained for months at her local swimming pool and beaches. *"I felt such a great sense of achievement, the experience was simply amazing and raising that much money for Sweet Louise Members was so special."*

Thank you Sinda for your dedication and courage and to all those who gave for Sweet Louise.

Are you keen to get fit and make a difference like Sinda? Join us and other supporters as we take on the Auckland marathon. Visit www.sweetlouise.co.nz to sign up. Your support means a lot to us and we'll make sure you enjoy the experience!



Members inspire Sinda to fundraise for Sweet Louise and achieve a personal milestone.

Your fundraising is inspiring!



Lynne Vautier hands a whopping great cheque to Sweet Louise staff Fiona & Geraldine.



Sweet Louise Members presented medals to the amazing participants.



There were many beautiful outfits on the day.

FOR MANY OF US, walking or running 10k is a major challenge. Luckily, it can be fun when you do it alongside 480 women and that's what happened at the Women's 10k for 10k in Palmerston North on Mother's Day.

A real mix of women participated, many taking part to remember family or friends they have lost, some women still undergoing treatment and newborn babies being pushed in buggies. Several Sweet Louise Members took part in the race, walking with Mid Central Support Coordinator Geraldine Carswell and CEO Fiona Hatton.

At the finish line, Members presented medals to all the walkers and runners to show appreciation for their support and efforts.

A huge thank you to the wonderful Lynne Vautier for organising the event which raised just over \$10k for Sweet Louise Members. Big thanks to Gerry for all her work supporting the event and husband Bill for all his help on the day, starting at 6.30am putting up signs in the women's portaloos!

And lastly, an enormous thank you to all of those women who ran and walked for Sweet Louise. Your commitment to supporting other women is inspiring. **Photos courtesy of Jack McKenzie**



SERVICE PROVIDER STAR: GREEN ACRES & HIRE-A-HUBBY

Green Acres & Hire-A-Hubby CEO Logan Sears' support makes a positive difference for Members.

FOR MANY OF OUR MEMBERS, every day household jobs can become difficult. Thanks to one of our lovely Service Providers,

Green Acres and Hire-A-Hubby, our Members don't have to stress about getting the jobs done.

One of our Members says, "There was a point where I couldn't even change lightbulbs and I also desperately needed my bathroom painted. Bill from Hire-A-Hubby fixed the lightbulbs, did the painting and everything else on my list. It was such a huge help and it took a weight off my shoulders."

Green Acres and Hire-A-Hubby have been a Service Provider since the beginning and are an important support for Sweet Louise Members.

CEO Logan Sears says, "Our organisation chooses to support Sweet Louise because the relationship is a tangible one. It is the ability to make a real life, visible difference to their members that appeals to us."

From household jobs to mowing the lawns, Green Acres and Hire-A-Hubby help make life easier for our Members. Thank you Logan and the team for everything you do.

VOLUNTEER SPOTLIGHT: KATE CARO

SINCE THE BEGINNING, Kate Caro has been a key supporter of Sweet Louise as one of our incredible volunteers. Kate was the best friend of Sweet Louise's namesake Louise Perkins and has been driving for Sweet Louise since 2009.

Kate helps Members get to monthly meetings and back home again, something that many Members rely on as some are no longer able to drive. The meetings are a chance for Members to meet others, learn from speakers and meet with our Support Coordinators.

For Kate, being a volunteer is not only a way to give back but also a way to remember Louise. "Being a Sweet Louise volunteer is something I will never give up. It's so uplifting and something I can easily do. And it's a special way to remember Louise."

"For me, it's such a small thing I can do to help but it means Sweet Louise Members can get to the meetings and that is so important."

Kate helps to make a positive difference for our Members and is vital to the Sweet Louise team.

Join our team of wonderful volunteers....Members need drivers in Wellington, Kapiti Coast, and South Auckland. Please contact Sinda on 027 328 8003 or sinda.hall@sweetlouise.co.nz – we'd love to hear from you.



Volunteering makes you feel great.

In Memory

YOUR DONATIONS to honour the memory of Karen Hunter, Jacqui Frazer and Fiona Watson are very much appreciated.



Your support of our Members and their families is amazing...

WHAT STARTED OFF as one woman and a pair of clippers, turned into three friends, a grandson, and a public "shave off".

In a show of solidarity for her mother and Sweet Louise Member Lynne, Meredith Priscott decided to shave her hair off. "It all came from my mum starting chemotherapy again after two years, and despite being told she wouldn't lose her hair, she started to feel 'that tingle'. I told her I would shave my hair to support her," says Meredith.

Meredith's son Ryan and friends Bronnie and Natalie wanted to show their support too and joined Meredith in shaving their hair off and fundraising for Sweet Louise, raising almost \$850.

"We tried to have as much fun as possible while spreading the message

about Sweet Louise," says Meredith. I was surprised with the amount of people who had never heard of Sweet Louise, or even secondary breast cancer."

The group raised money through their Givealittle fundraising page and also on the day of the head shave at The Warehouse, Te Awamutu.

Although Meredith used this opportunity to hold a lighthearted event, she is unfortunately more than aware of how stressful secondary breast cancer is for families.

She's really happy that the money they raised will give four members and their families a special day of creating memories that will help through the hard times.

YOU CAN SUPPORT OUR MEMBERS WITH A GIFT

- \$30 - providing a Member with a special scarf or hat to cover hair loss during chemotherapy.
- \$50 - giving a Member and her son or daughter a night at the movies.
- \$100 - providing a Member with a personal caregiver for 5 hours to help with shopping, meal preparation, housekeeping and companionship.
- \$200 - giving Members and their families a special day out.

Your support helps our Members to live as positively as they can for as long as possible. Thank you.



Meredith Priscott shaves her hair off for Sweet Louise and her mum Lynne.



Lynne and Meredith after the big shave.

YOUR STORIES HAVE A NEW HOME

WE ARE EXCITED to launch our new website! A special thanks to Stu Johnstone from The Design Web for all his hard work in putting it together for us and providing his time for free.

The new website means a more user-friendly space for our Members. They can now easily access news, event information, FAQs and a map of service locations.

Visit www.sweetlouise.co.nz to see all the new features and read some more inspirational stories from our Members and supporters like you.



We'd like to say Many Thanks to our sponsors from this quarter



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. Thank you also to the **David Levene Foundation**.

Sweet Louise Heroes

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

THANK YOU TO THE WONDERFUL Karen Middleton who runs "Stretch Fit" classes and donates \$2 from each person per class to Sweet Louise. The classes have been running since February 2014 and Karen recently donated \$553.40 to Sweet Louise.



THANK YOU TO Spark PHD and Y&R Media for generously donating magazines for Sweet Louise Members to enjoy. Your magazines make such a difference!

THANK YOU TO THE LOVELY Kaytee Boyd and Ecostore for donating wonderful goodie bags for an Auckland Members Meeting.

THANK YOU TO Sara Greene and Sanson Agriculture Ltd who held a "Pink Lunch" and raised \$527 for Sweet Louise.

A SPECIAL THANK YOU to Sarah Paykel, Charlotte Sumich and Martin Colenbrader for hosting a "Sweet Louise Tennis Tournament and Lunch" at Gladstone Tennis Club. The event raised an amazing \$5150 which means 25 Sweet Louise families can spend a special day together.



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

1. DONATION DETAILS

I would like to donate:

- \$30 – providing a Member with a special scarf or hat to cover hair loss during chemotherapy.
- \$50 – giving a Member and her son or daughter a night at the movies.
- \$100 – providing a Member with a personal caregiver for five hours.
- 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 "The Louise Perkins Foundation".

3. CONTACT DETAILS

Name.....

Address.....

Postcode.....

Phone.....

Email.....

PLEASE RETURN TO

The Louise Perkins Foundation
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.

