

# You support the family too

I FIRST MET CHERIE WHEN WE WERE 12 YEARS OLD AT SECONDARY SCHOOL IN LONDON. AFTER YEARS OF FRIENDSHIP WE GOT TOGETHER AT 19 AND NEVER LOOKED BACK. I BECAME A BUILDER AND CHERIE A CIVIL SERVANT. WE HAD THREE BEAUTIFUL DAUGHTERS AND SET UP HOME IN NEW ZEALAND IN 1993.

In 2004 we welcomed Milo, our dog, who quickly became Cherie's beloved sidekick, into our family.

We also bought a French farmhouse to renovate. Cherie spoke fluent French and it was her dream to eventually live six months in New Zealand and six months in France. For eight years we went back and forth, working on our house, having fun and embracing the adventure together.

Then, in 2008, Cherie was diagnosed with cancer and everything changed. The day of the diagnosis we were lost for words. I remember walking to the carpark, and as we reached our car we both burst into tears. We then had to go and tell our daughters their mum had cancer.

Cherie was so strong though. She got through chemotherapy

and radiotherapy and we eventually went back to working on our French farmhouse.

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**Six years later, Cherie was diagnosed with incurable breast cancer. Life wasn't going to turn out how we planned.**  
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We immediately turned to Sweet Louise for support. Our Support Coordinator was fantastic. She understood what we were going through and provided us with the care and knowledge we needed. The vouchers we received from Sweet Louise were incredibly useful too.

We used them for things like ordering healthy, prepared meals. After returning home exhausted from treatments, it was a relief for Cherie to have something delicious and nourishing waiting and ready for her.

Cherie passed away last year. We never got back to our farmhouse. We miss her every day.

Cherie always said Sweet Louise was there for her in her time of need.

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**I want you to know that, when you support Sweet Louise members, you are also supporting their families.**

I am so grateful for the help I received, to understand and better support Cherie with her cancer.

Without the help of Sweet Louise, I know our journey would have been much more difficult.

My daughters and I will continue to support Sweet Louise, and I urge other families to do so too.

By giving Cherie the support she needed, Sweet Louise allowed us to focus in on what's important. We had more time to be together. We had more time to be a family.

MARTIN





# Advanced Breast Cancer Forum

ON SATURDAY 11 MARCH, WE HELD A DAY LONG FORUM FOR MEMBERS, FAMILY AND HEALTH CARE PROFESSIONALS. THERE WERE PRESENTATIONS ON TREATMENTS, NUTRITION AND EXERCISE, NAVIGATING DIFFICULT CONVERSATIONS WITH YOUR KIDS AND FINDING PEACE AND RESILIENCE AMIDST THE TURMOIL.

For many members, the Advanced Breast Cancer Forum is not only an opportunity to learn from knowledgeable speakers, but also to connect with people who can completely understand their situation. There is something very powerful about having so many of our members in the same room and this was reflected in the questions



they asked and the advice they received from speakers and other members.

Sue attended the 2015 Sweet Louise forum and came away with a whole new outlook on how to live with incurable breast cancer.

*"I went to the forum soon after I had been diagnosed with secondary breast cancer. Before the event I was living like I only had months left, like there wasn't much hope and that my situation was hopeless. Just being in a room with women who were living positively changed everything for me. Seeing these women and hearing their incredible stories made me come away with a new perspective on how to live my life."*

This year, Sue attended the forum again. *"I think the forum is vital for any newly diagnosed member. You come away with such a refreshed sense of hope and strength."*

A huge thank you to our speakers, members and their families, our trustees and all those who made the event possible.

## Your support means members can put their feet up with Sole to Soul

SINCE JOINING AS A PROVIDER WITH SWEET LOUISE IN 2009, SOLE TO SOUL HAS HELPED OUR MEMBERS WITH FOOT CARE AND BODY MASSAGE SERVICES. THEY PROVIDE MEMBERS WITH PODIATRIC CARE AND INFORMATION AS WELL AS SOME PRECIOUS PAMPER TIME.

Owner Andrea King came up

with the idea behind Sole to Soul when she was working as a Hospice Nurse. She found a lack of access and support for patients in foot care services. This was due to transportation issues, the person was too ill to go out, or they were embarrassed by the state of their feet and/or the cost.

So she took her experiences,

training and passion for helping others and turned it into something special.

Andrea, who is of Jamaican, Chinese and Caucasian heritage says one of the highlights of her job is meeting and bonding with members who have sometimes felt isolated because of their own cultural background. "A lot of it comes down to clients

feeling like they can express themselves comfortably with me." Andrea says swapping stories and talking about shared experiences makes her job all the more valuable. Thanks to you, Sole to Soul are able to give our members a chance to put their feet up and to also give them an opportunity to feel part of a wider support team.



## Running for his mum

I HAVEN'T ALWAYS BEEN INTO EXERCISE. FIVE YEARS AGO I COULDN'T EVEN RUN DOWN THE STREET! SO WHEN I DECIDED TO RUN WELLINGTON'S ROUND THE BAYS HALF MARATHON IN FEBRUARY I KNEW IT WASN'T GOING TO BE EASY.

**Knowing I could fundraise for a cause I believed in made it all the more worthwhile.**

The decision to run for Sweet Louise was easy because a few years ago, my mum was

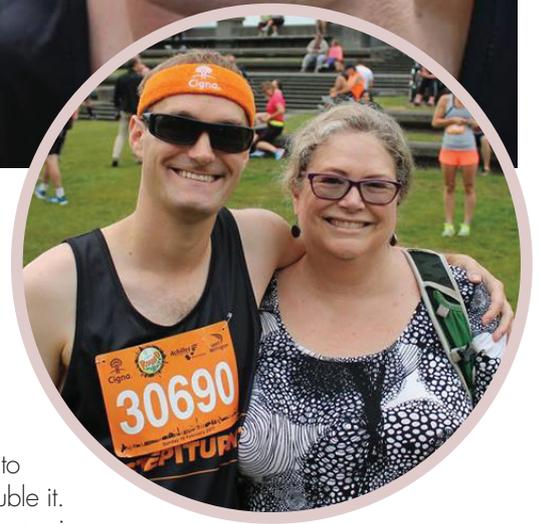
diagnosed with incurable breast cancer. Since then, she has valued her involvement with Sweet Louise, whose members have provided the kind of friendship and understanding that only those sharing the experience can really have.

This experience has shown me how many people are ready to stand behind you when it really counts. When I was out there training, doing my best but feeling tired and sore, it meant so much to know that I wasn't just doing it for myself, but for my supporters. If you're thinking of fundraising

for Sweet Louise, my advice is to go for it! Set yourself a target that you would be happy to achieve, then double it. Talk about your campaign every day, post online, and include photos. Remind people what you are doing and that it matters to you. People often need several reminders before they donate. Don't be shy, and don't be afraid to ask others for help. Completing the half marathon and raising funds for Sweet Louise has left me with an

incredible feeling. Knowing that I achieved my challenge and helped my mum and her Sweet Louise friends in the process makes it all the more special.

**Note:** Huge thanks to Lachlan who smashed his \$2k target and raised just over \$2.7k for Sweet Louise members.



## Your turn? Run and do good

ALWAYS THOUGHT ABOUT RUNNING A MARATHON? OF COURSE YOU HAVE! WHY NOT FUNDRAISE FOR SWEET LOUISE WHILE YOU'RE WORKING HARD AND MAKE IT EVEN MORE WORTHWHILE. WE'LL SUPPORT YOU AS MUCH AS WE CAN AND YOU'LL BE DOING SOMETHING REALLY GOOD FOR OUR MEMBERS.

Last year, our amazing ASB Auckland marathon team raised an impressive \$18,000 to support Members. This year, you could be a part of the team that smashes that record. Email [eva.foreman@sweetlouise.co.nz](mailto:eva.foreman@sweetlouise.co.nz) for more information and join the team.

WE THANK THESE SPONSORS WHO HAVE SO GENEROUSLY SUPPORTED US:

SOVEREIGN

farro  
FRESH FOOD

Handcrafted by  
Loaf

GREEN ACRES

sentra PRINTING

Jetstar

Southern Cross  
Health Trust

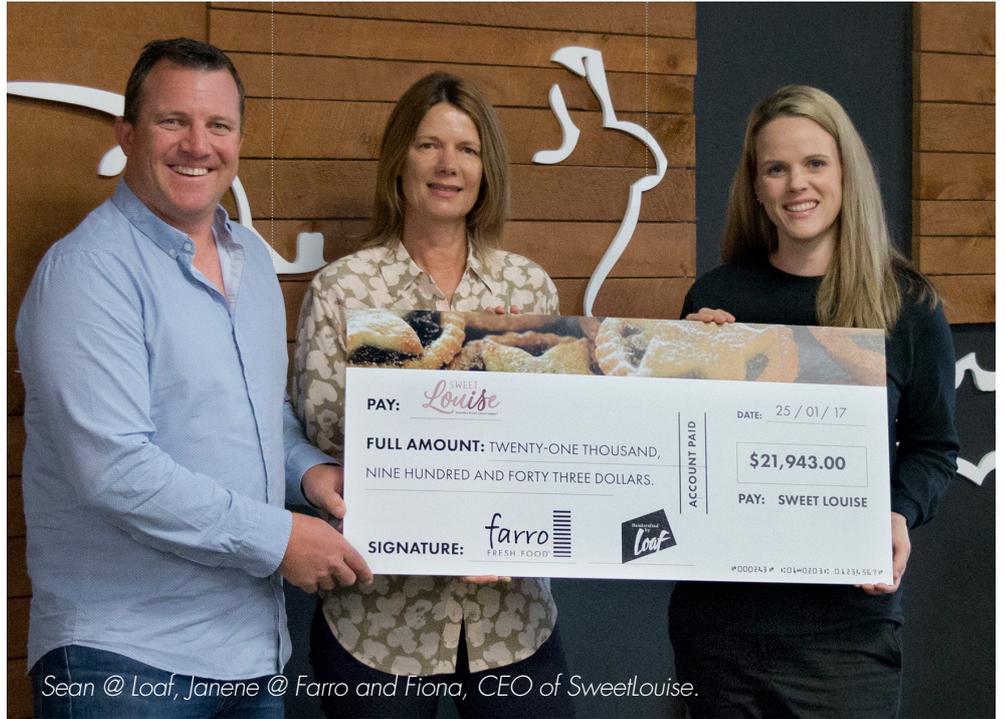
# Mince Tart Madness!

LAST YEAR LOAF AND FARRO COLLABORATED TO SUPPORT SWEET LOUISE MEMBERS IN THE BEST WAY. LOAF CREATED A YUMMY XMAS MINCE TART AND FARRO PROMOTED AND SOLD THEM. EVERY TART SOLD MEANT \$1 WAS DONATED TO SWEET LOUISE.

**They sold a staggering 22,000 tarts and raised an amazing \$22,000 for Sweet Louise!**

Farro and Loaf, thank you for making such yummy tarts and selling so many! Loaf also supported our members at the forum, supplying healthy treats for the day.

Be sure to check out Loaf's yummy goodies – you can buy them at supermarkets and at Farro of course, including their fabulous new store at Orakei Village.



Sean @ Loaf, Janene @ Farro and Fiona, CEO of SweetLouise.

# Rapid Relief Team

THE RAPID RELIEF TEAM PROVIDED AN AMAZING ARRAY OF FOOD, ALL SERVED WITH MUCH GRACE AND KINDNESS.

We can't speak highly enough of the contribution they brought to the day – they truly were wonderful.



# Jetstar

THANKS TO JETSTAR, WE FLEW MEMBERS FROM OUT OF TOWN TO THE FORUM ON 11 MARCH.

IT MEANT A LOT TO US THAT WE WERE ABLE TO OFFER THIS, TO THOSE MEMBERS WHO LIVE IN THE REGIONS.

THIS WOULDN'T HAVE BEEN POSSIBLE WITHOUT JETSTAR'S KINDNESS.

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

**DONATION DETAILS** I would like to donate:

- \$30 - will mean a Member will get a meal delivered
- \$50 - will help a Support Co-ordinator visit rural Members
- \$100 - will give a family like Cherie's a night at the movies
- Your choice: .....

### PAYMENT DETAILS

I would like to pay by:  Visa  Mastercard  Amex  
 Card Number .....  
 Expiry ..... CW .....

Name on Card .....  
 Signature .....

**OR:**  Cheque: Please make cheques out to 'Sweet Louise'

**OR**

Direct Credit to Sweet Louise: 12 - 3198 - 0032019 - 00

### 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 information on how to become a regular giver.