

# SWEET Louise Reach Out

MEMBERS' NEWSLETTER - APRIL 2017



## A show to remember

Joseph and the Amazing Technicolor Dream Coat

SOME OF OUR AUCKLAND MEMBERS SANG AND DANCED THEIR WAY THROUGH LAST SATURDAY AT THE PRODUCTION OF JOSEPH AND THE AMAZING TECHNICOLOR DREAM COAT.



Sarah, one of our Support Coordinators, said it was an absolutely fantastic show. If you're in Wellington and Christchurch and off to the performance share the love and send in your selfies.



## ANZ lends a hand

AT THE END OF LAST MONTH A GROUP OF VOLUNTEERS FROM ANZ TRADED IN THEIR SHIRTS AND TIES FOR SHORTS AND GUMBOOTS TO LEND A HELPING HAND TO SWEET LOUISE MEMBERS.

54 staff spent the day cleaning and gardening member's homes as part of their ANZ NZ community volunteer day. Cathy from ANZ said it was a fantastic day, "The team absolutely loved getting out and helping people in our community! It's personal and we all liked the fact that we can meet the members." Our members were happy with the help too. Karen knows that sometimes it's hard to ask for help.

*'We often fall back on saying 'no' but I'm practicing saying 'yes' more, and its times like this when it pays off.'*

Patrish was very happy with her 'jungle' turned garden. *'I just want to say thank you to the ANZ working bee team transforming my garden from a jungle into a beautiful place where I like to hang out! I love it!'*

A big thank you to the ANZ volunteers for a fantastic effort!

# Run the City

SUNDAY 29<sup>TH</sup> OCTOBER 2017

ON SUNDAY 29<sup>TH</sup> OCTOBER MANY OF US MIGHT BE TEMPTED TO HAVE A WEEKEND SLEEP IN AND TURN OFF WORK DAY ALARMS.

But some of us will be up early, bounding out of the house and on to the streets to take part in this year's Auckland Marathon.

**Do you have any family or friends who are thinking about running (or walking!) in this year's Auckland Marathon (can be the full or the half marathon)?**

If so, have they thought about supporting you by running to fundraise for Sweet Louise?

Earlier this year, Lachlan McKenzie took up the

challenge of running the Wellington Round the Bays half marathon to support his mum who is a Sweet Louise member.

Lachlan admits, "I haven't always been into exercise. Five years ago I couldn't even run down the street! ... but knowing I could fundraise for a cause I believed in made it all the more worthwhile."

Lachlan did an amazing job. '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.'



We will do our very best to support those looking to run for Sweet Louise and help them along the way.

So if you know of any running enthusiast, or simply, people that love giving something a go we would love to hear from you.

Contact Eva on 027 5399 774 or email her at [eva.foreman@sweetlouise.co.nz](mailto:eva.foreman@sweetlouise.co.nz) For any other queries about the day head to [aucklandmarathon.co.nz](http://aucklandmarathon.co.nz)

## Homegrown Kitchen

### NO-BAKE SEED BARS

These delicious seed bars are quick to make and provide a great energy boost from the seeds, oats and coconut. I rotate them with my Chewy Apricot Muesli Bars (find the recipe on [HomegrownKitchen.co.nz](http://HomegrownKitchen.co.nz)) for snacks and lunch boxes.

The caramel that holds the dry ingredients together needs a little attention to get to the setting stage – follow the directions in the recipe closely so the mix will set firm once cold and not crumble when it is sliced.

This bar can be made nut-free using tahini in place of nut butter – just make sure you don't add any oil floating on the surface of the tahini (or nut butter for that matter) or the caramel may not set.

MAKES APPROX. 20 BARS / GLUTEN-FREE OPTION / DAIRY-FREE OPTION

#### DRY INGREDIENTS

- ¾ cup / 75g rolled oats
- 1 cup / 100g desiccated coconut
- ½ cup / 75g sunflower seeds
- ½ cup / 75g pumpkin seeds
- ½ cup / 75g sesame seeds
- ¼ cup / 30g ground flaxseeds or whole chia seeds

#### CARAMEL

- 100g unsalted butter or coconut oil
- 3 tablespoons Nut & Seed Butter or tahini
- 3 tablespoons honey
- 3 tablespoons sugar
- pinch of salt

**Gluten-free:** use quinoa or buckwheat flakes in place of rolled oats.

Combine the dry ingredients in a large mixing bowl and whisk to combine.

Place the caramel ingredients in a small saucepan and melt together over a moderate heat, using a whisk to combine. Once the mixture begins to boil, turn down the heat and keep whisking until the mixture thickens and starts to pull away from the sides. This will take about 5–6 minutes. To test if it's ready, drop a small amount into a glass of ice-cold

water. Scoop out the caramel ball from the water and squeeze it between your fingers. It should be similar to the texture of putty – pliable and mouldable, not soft and squishy. Remove from the heat and immediately pour the caramel over the seed mix. Fold the mixture together then tip into a lined tin. Press and smooth the surface with the back of a spoon. Set in the fridge then cut into bars and store in an airtight container in the fridge. Consume within 5 days.

**Optional additions:** Chocolate Drizzle (pictured) – melt 50g dark (70%) chocolate over a double boiler then drizzle over the sliced bars. Goji Cacao Power – to the dry seed mixture, add 2 tablespoons dried goji berries and 2 tablespoons cacao nibs. Green Boost – add 2 teaspoons spirulina or greens powder to the dry ingredients for an extra energy boost. Note, this will give the bars a slight green hue.

Reproduced from Homegrown Kitchen by Nicola Galloway, published by Potton & Burton, available nationwide



Homegrown Kitchen is a complete guide to eating well for those who love to cook fresh food.

Inspired by her large garden, Nicola Galloway creates food in rhythm with the changing seasons, with fresh homegrown and local produce forming the base of her recipes.

With a young family, her food focus is on simple and delicious family-friendly recipes using pantry staples that are packed with nutrients.

Nicola also has a particular interest in healthful traditional cooking techniques, such as sourdough bread and fermentation, and simplifying them so they can fit into our busy modern lives.

**Be in to win!** We have two copies of Homegrown Kitchen to giveaway! Please email Eva [eva.foreman@sweetlouise.co.nz](mailto:eva.foreman@sweetlouise.co.nz) with your name and contact number to be in the draw to win!



Handcrafted™  
by

Loaf

## Loaf news...

FANTASTIC NEWS FOR ALL YOU SWEET TOOTHES ... OUR WONDERFUL SERVICE PROVIDER LOAF HAS REDUCED THE COST OF THEIR TREATS TO \$5 FOR SWEET LOUISE MEMBERS ONLY!

Loaf makes delicious handcrafted slices, loaves and bliss bites that are available nationwide with the use of your vouchers.

Check out [www.loaf.co.nz](http://www.loaf.co.nz) for details or contact them on 09 527 4354 / [orders@loaf.co.nz](mailto:orders@loaf.co.nz)

Thank you Loaf for the sugary kindness!

## SERVICE PROVIDERS NEW, UPDATES AND CHANGES

### AUCKLAND AND NORTHLAND

#### BODY BALANCE (New Provider)

**Location:** Tui Medical Centre, 425 Maunu Road, Whangarei

**How to Book:** Phone Marie at 021 942 972. Please give at least 24 hours notice to cancel.

**Operating Hours:** Tues & Thurs: 9am – 3:30pm

**Service Provided:** Manual Lymphatic Drainage (MLD) & Low Level Laser Therapy (LLLT) for Lymphoedema & other conditions - \$65 (1 hour); MLD & LLLT - \$45 (30 mins)

#### ACTIVE SEXLIFE SOLUTIONS (New Provider)

**Location:** 127 Maskell St., St. Heliers, Auckland or via Skype

**How to Book:** Email: [edit@activesexlife.net](mailto:edit@activesexlife.net)

**Website:** [www.activesexlife.net](http://www.activesexlife.net)

**Cost:** \$155 per hour

**Operating Hours:** By appointment

**Services Provided:** Therapy specializing in sex therapy, couples counselling and psychotherapy, aiming to allow clients to speak their truth about sexuality, sexual feelings, experiences and relationships.

#### OASIS HAIR DESIGN (New Provider)

**Location:** 19 Tollana Rd, Te Atatu Peninsula, Te Atatu 0610

**How to book:** Mobile: 021 254 0573

**Operating Hours:** Mon - Thurs: 9am - 8pm; Fri - Sat: 9am - 1pm

**Services Provided:** A small, private hair salon offering cuts/styles from \$25; wash/blow dries from \$30; colouring from \$80.

#### HONEY CENTRE WARKWORTH (New Provider)

**Location:** 7 Perry Road, RD 3, Warkworth

**How to Book and order:** Phone 09 425 8003

**Website:** [www.honeycente.com](http://www.honeycente.com)

**Services Provided:** Cafe, Honey products

#### Operating Hours:

Shop open 7 days: 8:30am–5pm;

Cafe open 7 days: 8:30am–3:30pm

#### MEGAN JOHNSON (Update; Correction to email address)

**Location:** 98 Arney Road, Remuera, Auckland 1050

**How to Book:** Phone 021 389 151;

**Email:** [megaroma@clear.net.nz](mailto:megaroma@clear.net.nz)

**Services Provided:** Aromatherapy massage 60 min at clinic \$70; Aromatherapy massage 60 min at home \$100

### WAIKATO

#### BAY OF PLENTY DRIVING MISS DAISY

(New Provider)

**How to Book:** Call, text or email in advance [missdaisy@xtra.co.nz](mailto:missdaisy@xtra.co.nz); Phone 0800 363 000 or 027 607 7354; Text: 027 607 7354

**Website:** [www.driving-missdaisy.co.nz](http://www.driving-missdaisy.co.nz)

**Location:** 5 Hastings Road Pyes Pa, Tauranga 3112

**Coverage:** Tauranga area and the coastal Bay of Plenty, from Katikati to Te Puke

**Services Provided:** Driving Miss Daisy BOP provides personal driving assistance and companionship for people who cannot drive themselves. We can help with shopping and errands, get you to your medical and personal appointments on time and wait while you are being seen; drive you to clubs and social activities or simply take you out for a coffee for a change of scenery. We can also provide a wheelchair for those who need assistance for shopping trips or cannot walk easily if we have to park some distance away.

**Cost:** Transport and assistance per half hour, off peak (between 10am and 2pm): \$24. Transport and assistance per

half hour, peak times (before 10am and between 2pm – 4pm): Cost \$30

**Operating Hours:** Monday-Friday, 8am – 5pm, other hours by arrangement

**Cancellation:** Let us know as soon as possible please, no cancellation charge

### SOUTH ISLAND

#### HAIR THERAPY WIGS (New Provider)

**How to Book:** Phone: 03 332-8569, 0274361684

**Email:** [info@hairtherapy.co.nz](mailto:info@hairtherapy.co.nz)

**Web:** [www.hairtherapy.co.nz](http://www.hairtherapy.co.nz)

**Services Provided:** Medical wig specialists providing support for people who suffer from hair loss by providing our beautiful Ellen Willie wigs, both synthetic & human hair. Our service includes private consultation; servicing wigs; alterations to fit individual head, hairdressing, wig care products, hats, turbans, and beanies.

**Costs:** Human Hair Wigs: \$1600 - \$2500; Synthetic Wigs: \$465 - \$750; Beanies: \$20 - \$30; Hats (Winter & Summer): Various; Servicing/Rejuvenating: \$60 - \$80. The Hair Grip: \$30 plus Postage & Handling - \$10 non-rural and \$13.20 rural delivery and can be shipped anywhere in New Zealand.

**Operating Hours:** Mon – Fri: 9:00am – 4:00pm by appointment

#### BODYWORK MASSAGE THERAPY ST. GEORGES CANCER CARE CENTRE

**Location:** 131 Leinster Rd, Merivale, Christchurch 8014

**How to Book:** Phone 03 375 6100

**Email:** [cancer.care@stgeorges.org.nz](mailto:cancer.care@stgeorges.org.nz)  
[www.stgeorgescancercarecentre.org.nz](http://www.stgeorgescancercarecentre.org.nz)

**Services Provided:** Lymphoedema Assessment: \$108.70+gst; Lymphoedema Treatment: \$56.52+gst; Compression garment or bandages: variable costs

**Operating Hours:** Monday – Friday: 8am - 5pm



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## Contact us

We love hearing from our friends, Members, supporters and anyone interested in learning more about secondary breast cancer.

### EMAIL:

- members@sweetlouise.co.nz for member related queries
- fundraising@sweetlouise.co.nz for donation, event or fundraising queries
- accounts@sweetlouise.co.nz for any accounting queries
- info@sweetlouise.co.nz for anything else.

TELEPHONE: 0800 11 22 77

VISIT US AT: Sweet Louise, Ground Floor, 23 Union Street, Auckland Central, Auckland 1010

WRITE TO US: Sweet Louise, PO Box 137 343, Parnell, Auckland 1151

# Members Meetings May & June

Details of all member meetings are also posted on the Sweet Louise website - [www.sweetlouise.co.nz](http://www.sweetlouise.co.nz)

If you have any questions about Auckland and Northland meetings, please email your Auckland Support Coordinator or email [kari.reading@sweetlouise.co.nz](mailto:kari.reading@sweetlouise.co.nz) to see if transport is available. Please note times for individual meetings. Morning tea is provided.

## AUCKLAND: West, North Shore, Warkworth & Northland.

Sarah on [sarah.thomson@sweetlouise.co.nz](mailto:sarah.thomson@sweetlouise.co.nz) 027 371 8686 or 0800 11 22 77

- 📍 **Matakana:** Tuesday 9 May, 10.00am – 11.30am, The Pottery Cafe Matakana, 48 Tounge Farm Road.
- 📍 **North Shore:** Tuesday 13 June, 10.00am - 11.30am, The Snug Knightsbridge Village, 21 Graham Collins Drive, Mairangi Bay.
- 📍 **Orewa:** Wednesday 7 June, 9.30am - 11.00am, Walnut Cottage, 498 Hibiscus Coast Highway Orewa.
- 📍 **Whangarei:** Tuesday 6 June, 10.30am - 12pm, Daffodil House, 73 kamo rd , Kensington.

## AUCKLAND: Central, East

**& South.** Nicky on [nicola.roy@sweetlouise.co.nz](mailto:nicola.roy@sweetlouise.co.nz) 027 328 8008 or 0800 11 22 77. Transport for Epsom meetings available on request.

- 📍 **Auckland:** Wednesday 17 May, 10.30am – 12.00pm, Mercy Centre, 104 The Drive, Epsom.
- 📍 **Auckland:** Thursday 22 June, 10.30am - 12.00pm, Mercy Centre, 104 The Drive, Epsom.
- 📍 **Pukekohe:** Wednesday 14 June, 10.30am – 12.00pm, Petals 'n' Pots Café, 25 Paerata Rd.
- 📍 **South Auckland:** Thursday 8 June, 10.30am - 12.00pm, Columbus Coffee Mitre 10, 61 Lambie DR, Manukau.

## WAIKATO Meetings.

Our Waikato meetings are currently on hold as we wait to fill the position of Support Coordinator. We apologise for any inconvenience that this may cause! In the mean time, if you wish to speak to a Support Coordinator a call please ring our free phone line, 0800 11 22 77.

## Mid Central Meetings.

Please RSVP to Geraldine if you can come along on 021 328 838, call our free phone 0800 11 22 77 or email [geraldine.carswell@sweetlouise.co.nz](mailto:geraldine.carswell@sweetlouise.co.nz).

- 📍 **Hawkes Bay:** Thursday 18 May, 10.30am – 12.00pm, Birdwoods Café, 298 Middle Road, Havelock North, Wednesday 14 June, 10.30am - 12.00pm, place to be confirmed.
- 📍 **New Plymouth:** Thursday 25 May, 10.30am – 12.00pm, Bach café, Breakwater, Ocean Parade.
- 📍 **Palmerston North:** Thursday 11 May, & Thursday 8 June - 10.30am – 12.00pm, The Cooperage Café, 723 Main Street.
- 📍 **Wanganui:** Tuesday 20 June, 10.30am - 12.00pm, Cancer Society, 3 Koromiko Road.

## Wellington/Christchurch

**Meetings.** Please RSVP to Tracy on 021 328 835 or [tracy.smith@sweetlouise.co.nz](mailto:tracy.smith@sweetlouise.co.nz) so we can arrange catering and try to arrange transport for you if available.

- 📍 **Christchurch:** Wednesday 31 May, 10.30am - 12.00pm, Terra Viva Cafe, 196 Roydvale Ave, Burnside, Christchurch 8053.
- 📍 **Hutt Valley:** Friday 12 May, 10.30am – 12.00pm, Espresso Garden Café, Mitre 10 Mega, Bouverie St, Petone.
- 📍 **Hutt Valley:** Friday 9 June, 10.30-12pm, Espresso Garden Café, Mitre 10 Mega, Bouverie St, Petone.
- 📍 **Kapiti:** Friday 19 May, 10.30am – 12.00pm, Timeri Café, 340 Rosetta Road, Raumati Beach.
- 📍 **Wairarapa:** Tuesday 13 June, 10.30 - 12.00pm, Clareville Bakery, SH 2 Carterton.
- 📍 **Wellington:** Saturday 27 May, 10.30am – 12.00pm, Cancer Society, 52 Riddiford Street, Newtown (Look Good Feel Better).

*See you there!*