



A Time to Celebrate

IT'S THIRTEEN YEARS SINCE SWEET LOUISE WAS ESTABLISHED. IN THIS NEWSLETTER WE WANT TO CELEBRATE THE NINE FOUNDING WOMEN WHO REMAIN ACTIVE MEMBERS OF SWEET LOUISE TODAY. SUSAN, ANNE, BARBARA, CATHERINE, MARY, SNEH, JENNY AND LISA HAVE BEEN MEMBERS FOR AROUND MORE THAN TEN YEARS - SOMETHING WE THINK IS A WONDERFUL MILESTONE.



Susan started yoga soon after she was diagnosed with breast cancer and hasn't stopped. She loves going to her yoga classes twice a week and says she benefits both physically and emotionally. She finds the

yoga community very supportive and enjoys the coffee afterwards, where she appreciates the like-mindedness and lack of judgment.

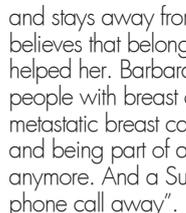


Anne says she is a very positive person and likes to keep herself occupied. She believes it is important to have young friends.

Anne loves her time with her family and says her six grandchildren and one great grandchild "keep her going". She 'loves Sweet Louise, as they have helped so much and are part of what keeps me well'.



Barbara believes her secret to living well is that she exercises regularly. She walks at least 3km a day and goes to a low impact aerobic class twice a week. She eats lots of fresh fruit and vegetables and stays away from processed foods. She also believes that belonging to Sweet Louise has helped her. Barbara comments "you meet a lot of people with breast cancer, but not that many with metastatic breast cancer. Seeing them regularly, and being part of a fun group, I never feel alone anymore. And a Support Coordinator is only a phone call away".



Catherine is well into her 80s and is well traveled around the world. Catherine belongs to a very large supportive family and believes her secret to living well, is having this wonderful family around her, who are always there to help. She keeps actively involved in the community, and is a board member of Auckland Rugby League, a sport she's been



involved with for over 60 years! Catherine has been awarded the Queens Service Medal for her work for Māori rugby, in addition to being awarded Life Membership of NZ Māori Rugby League, Auckland Rugby League and NZ Rugby League.



Mary says things that help her most are family and being involved with Sweet Louise and Aged Concern. Mary comments she 'loves being a member of Sweet Louise - they help look after me'. Mary used to go to member meetings but no longer feels up to this. She is grateful when a Support Coordinator visits and offers support.



Sneh lives a busy life working part time. She believes keeping busy helps her to not to think about her diagnosis. She is grateful also for her husband and daughter who are always by her side providing valuable moral support and care. Sneh appreciates her Sweet Louise vouchers which she uses for lawnmowing and gardening.



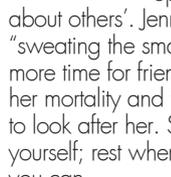
Jenny believes her decision to de-stress her life after receiving her diagnosis of advanced cancer was significant. She says 'I quit work and started to focus on what I wanted as opposed to always worrying about others'. Jenny says she tried to stop "sweating the small stuff" and started to take more time for friends and family. She accepted her mortality and trusted medical professionals to look after her. She says 'don't be hard on yourself; rest when you need to and party when you can.



Lisa says "my daughter was my strength in terms of wanting to fight cancer". She was only at intermediate school when her mother was diagnosed, and is now 28 years old. Lisa also has a great support system through her church, and attributes her faith as



helping her to live life well. Lisa loves to be creative, and although she can no longer work as an interior decorator, she has channeled her skills into her hobby of "Burlap Chic" and sewing Cabbage Patch dolls clothes, saying "it keeps me busy and happy". Lisa tries to keep a good frame of mind and finds going to Sweet Louise meetings a great opportunity to chat to ladies in the same situation. She also says that the Sweet Louise vouchers allow her to have her hair done, which really gives her a lift.



Our ninth founding member asked to be excused from telling her story - primarily because even after all this time, not everyone in her family and friend circle knows her diagnosis.



There is also a significant number of members who joined Sweet Louise soon after this group and who are still members today. These milestones affirm us in our mission to do as much as we can to help members live as well as they can for as long as they can - and always in the spirit of positivity embodied by Louise Perkins. It is timely to remember Louise, who herself lived a full and vibrant 10 years with advanced breast cancer, filling her life with reasons to live and tending to her mind, body and spirit.

Let Louise's Tips for Living be an inspiration to us all as we reflect on 2019 and consider what lies ahead in 2020.

- Go to the party
- Listen to the lyrics
- Read
- Dance till you drop
- Eat 5 fruit and veg
- Make a list
- Is there something sweet?
- Use sunscreen
- Touch
- I want to know the details
- Listen
- Love children
- Go to the gym, go for a walk
- Trust
- Tell me how you feel, not just the facts
- Love



Writing My Life Story

MEMBER RUTH SPELMAN HAS BEEN SPENDING TIME WRITING HER LIFE STORY; SHE WRITES ABOUT HER EXPERIENCE HERE.

Recently two of our sons asked me to write something that they could show one day to their children. They said they are interested in my influence in the lives of our grandchildren. I was a bit stumped wondering what I could write and how I could give them something that they valued. Then I remembered the offer from Mercy Hospice to have a volunteer help patients write their story. I followed up and a lovely woman Sylila Monteiro visited me at home and talked to me about the process of writing my story. She showed me another story and said she would come back when I was ready to start. In the meantime she suggested I make some notes and encouraged me, saying that there is no one place to start, that we

could start anywhere and she would help by asking some questions and by clarifying things. We could stop whenever I'd had enough. A week later I asked her to come and we got started. It was quite easy talking to someone else and afterwards Sylila typed up what I had said and sent it to me for comment. I have done two sessions so far. Sylila has suggested I look for about 12 photos to illustrate different parts of my life. This is proving to be an enjoyable project and I am grateful to Mercy Hospice for providing a volunteer who is trained in writing and communication and is a positive and friendly person.

If you are interested in recording your life story, your Sweet Louise Support Coordinator can give you contact details for some organisations and individuals. Another option is to contact your local hospice.

Breast Cancer Foundation's Pink Card

The Breast Cancer Foundation has a Pink Ribbon Card that can be used to pay for 'physio for recovery and lymphoedema therapy'. The 'small print around each service says;

Physio for recovery - if you're recovering from breast cancer surgery and going through treatment, this is for you. Each session is specifically designed to maximise your recovery and help you regain physical and emotional strength.

If you've had risk-reducing surgery for high risk

breast cancer gene mutations, you may also apply for funding.

Lymphoedema - If you've been diagnosed with lymphoedema following breast cancer surgery, or are at high risk, we can help fund lymphoedema treatment.

Some Sweet Louise Members will be eligible for this card. You need to apply for funding for each service separately.

To find out more and/or apply go to <https://www.breastcancerfoundation.org.nz/>

support/cancer-rehab/pink-ribbon-card or phone 0800 902 732



Season's Greetings & Meri Kirihimete from the Sweet Louise Team

Wishing you all joy and love with friends, family and whānau over the summer.

Member Survey Feedback

Thank you again to those of you who completed our member survey in August providing us with valuable feedback and statistics. A few key findings from the survey are noted below.

We asked respondents to rate the services we provide as very valuable, valuable, potentially valuable or not valuable. Very valuable or valuable was how more than 75% of respondents rated:

- The connection with Support Coordinators
- The value of member meetings
- The annual allocation to each member of \$500 of vouchers
- The newsletter (with member stories and member meeting details being the most useful aspects)

We have noted too the many suggestions for how we could do things differently and/or new services we could offer. We will address these in our strategic planning.

Examples include:

- Telling members more about advocacy activities Sweet Louise is involved in
- Increasing the range of Service Providers especially in rural New Zealand
- Assessing our cultural 'fit' especially to Māori & Pasifika
- Enhancing our Sweet Louise website with links to more resources

Overall it is wonderful to hear how you, our members, value the opportunity Sweet Louise provides to connect with others who understand how it is to live life with cancer. As one member said, 'I appreciate the kaupapa of Sweet Louise which give us something positive in our lives'. This will always be our goal.

Sweet Louise Jewellery

In the last newsletter we enclosed a flyer advertising a new Sweet Louise necklace and bracelet. We're delighted with the response and both pieces are still available to buy. These would make lovely Christmas presents. *

Sweet Louise necklace 45 cm (includes an adjustable chain)

- \$60 to Members (can use vouchers)
- \$69 to non-Members

Sweet Louise bracelet

- \$50 to Members (can use vouchers)
- \$59 to non-Members

Both the necklace and bracelet are available in gold & rose gold.

Jewellery is stainless steel with gold plate

To order phone 0800 11 22 77 or email fundraising@sweetlouise.co.nz

*Get in quick if you would like delivery before Christmas – further stock will be available in January.



If you're not already a member of our Closed Facebook group, we encourage you to join. We use the group as a live noticeboard, posting updates about member meetings and special events. It's also a place for members to share news and stories.

To join go to www.facebook.com/sweetlouiseNZ/
Find the Groups tab and click through to ask to join the group.
We'll action your request as soon as possible.

Sweet October and our e-Cookbook

October was a very busy month for Sweet Louise with the launch of our Sweet October e-Cookbook and other fundraising activities. Thanks to all our members who helped us promote the cookbook and/or bought copies themselves and/or encouraged

family and friends to do so.

We are continuing to sell the cookbook for \$31 – it is available from our website www.sweetlouise.co.nz

A great Christmas present idea for you to suggest to family & friends.



Service Providers NEW, UPDATES AND CHANGES

WAIKATO AND BAY OF PLENTY
ANGLESEA PHYSIOTHERAPY

is no longer offering services for Sweet Louise.

MID-CENTRAL

HANA STUDIO: MOVEMENT + WELLNESS

is no longer offering services for Sweet Louise.

WELLINGTON

HERE2HELP

is no longer offering services for Sweet Louise.

Dec 2019 & Jan/Feb 2020 Member Meetings

Details of all member meetings are posted on the Sweet Louise website,
www.sweetlouise.co.nz

If you have any questions about meetings, please contact your Support Coordinator, email members@sweetlouise.co.nz, or call 0800112277. Please note times for individual meetings. Morning tea is provided.

NORTH SHORE

Please RSVP to Jenny if you can come along on 027 371 8686, or call our free phone 0800 11 22 77 or email jenny.cade@sweetlouise.co.nz

📍 **North Shore: Wednesday Dec 4** @ 10.30am - 12.00pm, Walnut Cottage, 498 Hibiscus Coast Highway, Orewa, **Combined North Shore/Orewa/Warkworth Christmas meeting.**

📍 **North Shore: Thursday 23 Jan & Monday 17 Feb** @ 10am - 11.30am, Kings Plant Barn Café, 11-13 Porana Road, Wairau Valley.

AUCKLAND WEST, WARKWORTH & NORTHLAND

Please RSVP to Anna on 0211976638 or call our free phone 0800112277 or email anna.allan@sweetlouise.co.nz

📍 **North Shore: Wednesday Dec 4** @ 10.30am - 12.00pm, Walnut Cottage, 498 Hibiscus Coast Highway, Orewa, **Combined North Shore/Orewa/Warkworth Christmas meeting.**

📍 **Whangarei: Tuesday Dec 10** @ 10.30am - 12.00pm, Quail Café, Whangarei Quarry Gardens, 37A Russell Road, Kensington. **Christmas meeting.** **Tuesday 11 Feb** @ 10.30am - 12.00pm, Daffodil House, 73 Kamo Rd, Kensington, Whangarei.

📍 **Henderson: Tuesday Feb 4** @ 10am - 11.30am Kings Plant Barn, 224 Universal Dr, Henderson.

📍 **Silverdale/Orewa: Wednesday Feb 19** @ 10am - 11:30am, Kings Plant Barn, Cnr East Coast Bays Rd & State Highway 1, Silverdale.

📍 **Warkworth: Monday 10 Feb** @ 10.30am - 12.00pm, The Coffee Club, 4/67 Auckland Rd, Warkworth.

AUCKLAND CENTRAL, EAST & SOUTH

Please RSVP to Nadine on 0275251985 or call our free phone 0800112277 or email nadine.morton@sweetlouise.co.nz (Transport for Central meetings maybe available.)

📍 **Monday Dec 2** @ 1:30pm - 3:00pm Ranfurly Hall at St Georges Anglican Church, 19 Ranfurly Rd, Epsom, Auckland. **Christmas member meeting for Central, South, and East meetings.**

📍 **Auckland East: Tuesday Jan 21** @ 10.30am - 12.00pm, Homestead Café, 2 Bells Rd (Howick Historical Village), Lloyd Elsmore Park, Pakuranga.

📍 **Auckland South: Wednesday Jan 29 & Monday Feb 24** @ 10.30am - 12.00pm,

Café Miko, Manurewa Gardens, 100 Hill Rd, Manurewa.

📍 **Auckland Central: Wednesday Jan 22** @ 10.30am - 12.00pm, Kings Plant Barn, 228 Orakei Rd, Remuera. **Tuesday Feb 18** @ 10.30am - 12.00pm, Mercy Spirituality Centre, 104 The Drive, Epsom.

📍 **Pukekohe: Tuesday Jan 28** @ 10.30am - 12.00pm, Petals 'n' Pots Cafe, 25 Paerata Rd, Pukekohe.

WAIKATO & BAY OF PLENTY

Please RSVP to Angela on 0273288009 or call our free phone 0800112277 or email angela.jackson@sweetlouise.co.nz.

📍 **Taupo: Wednesday Dec 4** @ 11.00am - 12.30pm, Columbus Café Mitre 10 Mega, 99 Bella George Lane, Taupo, **Christmas meeting.**

📍 **Tauranga: Tuesday Dec 3 (Christmas Meeting) & Wednesday Jan 29** @ 10.30am - 12.00pm, The Raft, 65 Chapel Street, Tauranga.

Friday 28 Feb @ 10.30am - 12.00pm, Pacifica Café, 12 Tara Rd, Papamoa.

📍 **Rotorua: Wednesday Jan 19 & Friday Jan 24** @ 10.30am - 12.00pm, Urbano Bistro, 289 Fenton St, Glenholme, Rotorua.

📍 **Hamilton: Thursday Jan 23** @ 10:30am - 12:00pm, Hamilton Gardens Café, Hamilton Gardens, Hungerford Cres, **Thursday Feb 20** @ 10.30am - 12.00pm, Café Agora, Agora Building 13 Kent St, Frankton, Hamilton.

📍 **Rural Waikato: Thursday Feb 20** @ 10.30am - 12.00pm, Robert Harris Café, Broadway, Matamata.

📍 **Gisborne: Thursday Feb 13** @ 10.30am - 12.00pm, PBC Café, 38 Childers Road, Gisborne.

MID-CENTRAL

Please RSVP to Nicki Roy on 0273288008 or call our free phone 0800112277 or email nicola.roy@sweetlouise.co.nz.

📍 **Whanganui: Tuesday Dec 3 (Christmas meeting)** @ 10.30am - 12.00pm, Mud Ducks café, 31 Taupo Quay, Whanganui. **Wednesday Jan 29** @ 10.30am - 12.00pm, Springvale Garden Centre, 18 Devon Road, Springvale.

📍 **New Plymouth: Wednesday Dec 4 (Christmas meeting)** @ 10.30am - 12.00pm, Gusto Café, 198 Ocean View Parade, New Plymouth.

Thursday Feb 5 @ 10.30am - 12.00pm, Bach on Breakwater Café, Ocean View Parade, New Plymouth.

📍 **Palmerston North: Thursday Dec 5 (Christmas meeting)** @ 10.30am -

12.00pm, Design and Desire Boutique, 613 Fitzherbert East Rd, Aokautere, Palmerston North.

Thursday Jan 30 & Thursday Feb 20 @ 10.30am - 12.00pm, The Cooperage, 723 Main Street, Palmerston North.

📍 **Levin: Thursday Dec 12 (Christmas meeting)** @ 10.30am - 12.00pm, Focal Point café, 14-16 Salisbury St, Levin.

Thursday Jan 30 @ 2.30pm - 3.30pm, Focal Point Café, 14-16 Salisbury St, Levin.

📍 **Kapiti: Thursday Dec 12 (Christmas meeting)** @ 2.30pm - 3.30pm, No 6 Licensed Cafe, 6 Alexander Rd, Raumati. **Thursday Feb 13** @ 10.30am - 12.00pm, No 6 Licensed cafe, 6 Alexander Rd, Raumati Beach.

WELLINGTON, WAIRARAPA AND HAWKES BAY

Please RSVP to Tracy on 021328835 or our free phone 0800112277 or email tracy.smith@sweetlouise.co.nz

📍 **Combined Wellington/CBD/Hutt Valley: Tuesday Dec 3** @ 10.30am - 12.00pm, Martha's Pantry, 276 Cuba Street Te Aro **Christmas meeting.**

📍 **Hawkes Bay: Wednesday Feb 5** @ 10.30am to 12.00pm, Birdwoods Café, 298 Middle Rd, Havelock North

📍 **Hutt Valley: Friday Feb 14** @ 10.30am to 12.00pm, Botannix Cafe, Palmers Garden Centre, Victoria St Petone.

📍 **Wellington: Monday Feb 17** @ 10.30am - 12.00pm, Simmer Café, 103 Westchester Drive, Churton Park.

📍 **Wellington CBD: Monday Feb 10** @ 3.00pm - 4.00pm, 1815 Café, Wellesley Boutique Hotel, 2 Maginnity Street, Wellington City

📍 **Wairarapa: Tuesday Jan 28** @ 10.30am - 12.00pm, Clareville Bakery, SH 2 Carterton.

📍 **Hutt Valley: Friday Feb 14** @ 10.30am - 12.00pm, Botannix Cafe, Palmers Garden Centre, Victoria St Petone.

NELSON & MARLBOROUGH

Please RSVP to Tracy on 021328835 or our free phone 0800112277 or email tracy.smith@sweetlouise.co.nz

📍 **Combined Blenheim/Nelson: Wednesday Dec 4** @ 10.30am - 12.00pm, Melrose House Cafe, 1 Melrose Terrace, Nelson. **Nelson and Blenheim combined Christmas meeting.**

📍 **Blenheim: Tuesday Feb 18** @ 1.00pm - 2.30pm, The Wine Station, Sinclair St, Mayfield, Blenheim.

📍 **Nelson: Wednesday Feb 19** @ 10.30am - 12.00pm, Melrose House Cafe, 1 Melrose Terrace, Nelson.

CANTERBURY, WESTLAND, OTAGO & SOUTHLAND

Please RSVP to Lesley on 0273288003 or our free phone 0800112277 or email lesley.narayanan@sweetlouise.co.nz.

📍 **Christchurch: Tuesday Dec 10** @ 1.00pm - 2.30pm, Boardroom Southern Cross Hospital 131 Bealy Avenue, Christchurch. **Christmas meeting.**

📍 **Christchurch: Tuesday Jan 21 & Tuesday 18 Feb** @ 10.30am - 12.00pm, Untouched World Café, 155 Roydvale Ave, Burnside, Christchurch.