

SWEET *Louise*

SUPPORT FOR
INCURABLE
BREAST CANCER

SPRING ISSUE 2018



A portrait series of strength

AUCKLAND PHOTOGRAPHER NICK MARSH HAS PRODUCED A BEAUTIFUL PORTRAIT SERIES OF SWEET LOUISE MEMBERS. BELOW ARE SOME OF THEIR INSIGHTS INTO LIVING LIFE WITH INCURABLE BREAST CANCER. THANK YOU TO NICK FOR HIS TIME, ENERGY AND COMPASSION IN CREATING THIS SERIES. THANK YOU TO THE MEMBERS FOR SHARING THEIR STORIES AND THANK YOU, OUR SUPPORTERS, AS WE COULDN'T DO ANY OF THIS WITHOUT YOU.



Lyn

LYN WAS ONE STAGE AWAY FROM EARNING HER BLACK BELT IN KARATE WHEN SHE FOUND OUT SHE HAD PRIMARY BREAST CANCER.

"I was teaching a class and all of a sudden my chest area felt really sore. When one of my students came in to kick me, I felt a lump."

Lyn underwent treatment, and eventually adjusted to a 'new normal'. She had to swap karate and marathons for walking, but she was OK. However, seven years after her primary diagnosis everything changed again.

"One hot day in summer I was in my kitchen cutting watermelon. All of a sudden, I felt a surging pain run through my arm. I felt like I was having a seizure or stroke. I ran next door to my friend's

place, the butcher's knife still in my hand, watermelon juice running down my arm. When my friend came to the door, I opened my mouth to speak but lost all ability to talk. Next thing I know I'm in the ambulance and a few days later I've been told the breast cancer is back, it has metastasized and has spread to my brain."

Two years, a brain operation and 59 cycles of treatment later, Lyn takes every day as they come.

"Every day above ground is a bonus," she says.

"The Sweet Louise group is so warm and generous, I have loved making new friends and being with those in the same situation as me."

Raewyn

WHEN RAEWYN WAS DIAGNOSED WITH INCURABLE BREAST CANCER IN 2014 SHE STARTED TO MAKE A BUCKET LIST.

"I knew my diagnosis wasn't a death sentence, but I also knew I wouldn't be here for a long time".

The first item on her list was a horseback safari in Africa, which, as a trained zoologist and animal lover, was a dream come true. A trip to Europe followed and last year Raewyn and her sister Kim went to Antarctica.

"I have worked in the Corrections Department as a kitchen team leader for 19 years. These trips are my way to break out of my routine, to reinvigorate my life, and make the most of it while I still can".

Back in her everyday life, Raewyn is dealing with the physical and mental exhaustion of cancer.

"Physically, I am tired and in constant pain. Mentally, I am always playing down how hard this illness is.

No one wants to see the gritty side of cancer. It is upsetting. So here I am, trying to juggle my real life with one people want to hear about".

"That's why Sweet Louise is an essential resource to people going through incurable breast cancer.

It means there is someone at the end of the phone, there is a group of people out there that know what you are going through, there is information to access, there are member meetings and there are vouchers to help with practical support."





Gaylene

IN 2014, SEVEN YEARS AFTER BATTLING PRIMARY BREAST CANCER, GAYLENE, WHO HAS BEEN A POSTIE IN AUCKLAND HER WHOLE WORKING LIFE, STARTED DROPPING THE MAIL ON HER MORNING POSTAL RUNS.

"I couldn't hold the mail properly and I noticed my arm started swelling. A pain developed in my shoulder, and I could feel it move across my back. It felt like a worm that was slowly but surely creeping across my body, trying to get into my organs".

Gaylene had a sinking feeling the cancer was back.

"I knew it had returned but I didn't know the extent of how bad it was and what having secondary breast cancer actually meant. In the beginning I just thought it would be treated like my primary breast

cancer and I'd go back to my normal life eventually".

Now Gaylene lives the reality of her incurable diagnosis. She is often exhausted and in pain. Yet you will only ever see her putting on a brave face.

"People have no idea that some of us have incurable breast cancer because we try and get back to the people we were before. We are strong fighters and often don't show how hard it is".

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"The people who support Sweet Louise don't know how much they are helping us. It is amazing; they give their time and money so generously. Thank you all so very much. You give us the space to breathe and find strength".

Lynda

LYNDA LIVED IN THE UK FOR 12 YEARS UNTIL, IN 1989, SHE FELT LIKE HER BODY WAS TELLING HER TO COME HOME.

"My life was in the UK. My husband was there, my job, my friends. But I couldn't shake the feeling, so my husband and I packed our bags and made our way home".

That 'feeling' was stage three breast cancer. Lynda was diagnosed a few days after Christmas the first year she was back. She was 37 years old.

"I was totally shocked. At the time, my parents were away, the doctors were on holiday, and I wasn't yet 40. There was a lot less public knowledge about breast cancer at the time".

Fast forward 18 years, time in New Zealand, a move to Australia, and her cancer returned. This time it was incurable.

"Eighteen years had passed since my first diagnosis. Apart from feeling tired a lot, I was doing OK. I couldn't believe it when the results came back. I went into a panic".

Lynda is now beating the odds. She has lived with her incurable breast cancer for ten years.

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"With the help of Sweet Louise I have found a way to navigate this cancer and live with it as best I can. Of course it has taken a huge emotional and financial toll, but I am here, and I am coping."

"The friendships I have created at Sweet Louise are invaluable. As members, we understand and support each other. We give each other hope".



MBC Day

DID YOU KNOW THAT OCTOBER 13TH IS INTERNATIONAL METASTATIC BREAST CANCER DAY?

Metastatic breast cancer is also known as; incurable, terminal, advanced, secondary and stage 4 breast cancer.

Some people develop incurable breast cancer without a primary diagnosis first.

Sweet Louise is the only New Zealand charity that solely supports women and men living with MBC.

Up to 20% of those who have battled primary breast cancer will go on to develop incurable breast cancer at a later time in their life.

A diagnosis of MBC means the cancer that originally started in the breast area has spread to other parts of the body. These are typically the liver, bones, spine and brain.

Men have breast cancer too.

There is no cure for MBC. The average life expectancy is 2-3 years after diagnosis.



Thank you Southern Cross Health Trust

IN DECEMBER 2015, SWEET LOUISE WELCOMED A THREE-YEAR PARTNERSHIP WITH SOUTHERN CROSS HEALTH TRUST. THIS PARTNERSHIP HAS BEEN VITAL IN HELPING SWEET LOUISE PROMOTE THEIR SERVICES THROUGHOUT NEW ZEALAND AND EXPAND INTO THE SOUTH ISLAND.

Since the partnership began, Sweet Louise has been able to appoint a Support Coordinator who also works in the South Island and help hundreds of women living with incurable breast cancer via our services.

Terry Moore, Chief Executive of Southern Cross Health Trust, says the not-for-profit trust is proud of helping Sweet Louise extend their services.

“It’s heartening to see Sweet Louise’s services help more Kiwis in the South Island. The challenges of incurable breast cancer are not just physical – the emotional and financial hurdles can be completely overwhelming too. It is great to see a charity address this need and we’re very happy to support it.”

Philippa Reed, Sweet Louise CEO, says, “By being in the South Island as well we have been able to help so many more women. We want to expand further and have someone based in the South, and Southern Cross has given us the springboard to allow that to happen.”

A heartfelt thank you to Southern Cross Health Trust for all your support over the past three years!

- There are 32 Service Providers available in the South Island. They are providing much-needed items such as wigs, mastectomy underwear, meal delivery and home help to members
- As of February 2018 10.4% of our Members are based in the South Island This compares to just 0.5% in 2015, before Southern Cross partnered with Sweet Louise
- There are regular support meetings for members in Christchurch, Nelson & Blenheim

SWEET October

BAKE FOR
INCURABLE
BREAST CANCER

We are aiming to raise \$20,000 to help fund our Support Coordinators.

They are the face of Sweet Louise, providing practical and emotional support to members. Please get behind them this Sweet October!



For more information, please visit our website, www.sweetlouise.co.nz or contact Eva at eva.foreman@sweetlouise.co.nz

This October bake for incurable breast cancer! We are running a baking fundraiser, Sweet October, over the course of the month and would love your support.

All you have to do is follow these easy steps:

Step 1.

Register online at www.sweetlouise.co.nz

Step 2.

Pick a date and tell your friends, family, and work colleagues! You can find recipes and print out posters, invitations and bunting from our website to make your event special.

Step 3.

Bake! Bake and sell your creations at work or with friends and family.

Step 4.

Fundraise! Sell for a set price, or welcome a donation. You could get a group together and make it a bake sale.

Step 5.

Collect the money and send it through to Sweet Louise.



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

DONATION DETAILS I would like to donate:

- \$100 - to give a family a special day out
- \$50 - to help run a member meeting
- \$30 - to take care of a member's transport to the hospital
- Your choice:
- Tick here to receive information on how to become a regular giver.

PAYMENT DETAILS

I would like to pay by: Visa Mastercard Amex
 Card Number (3 digits on back of card)
 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



Bird on a Wire

SWEET LOUISE HAS RECENTLY BEEN CHOSEN AS A PARTNERING CHARITY FOR BIRD ON A WIRE. THE RESTAURANT FRANCHISE, WHICH SPECIALIZES IN ALL THINGS FREE-RANGE CHICKEN, HAS STORES IN PONSONBY CENTRAL, TAKAPUNA AND ORAKEI BAY VILLAGE.

To mark our partnership, for six weeks from October 1, Bird on a Wire will be supporting Sweet Louise in stores.

Kelly Bain, Director and General Manager, pictured above, says, "We first heard Sweet Louise's story in December last year at a Franchise Association breakfast.

Needless to say, it was quite an emotional morning!

When we took over the Bird on a Wire group in March this year we decided that we would like to partner with a smaller charity who can grow with us as we grow the Bird on a Wire network. We immediately thought of Sweet Louise.

I was personally moved by Louise's story and felt strongly that we could make a difference to the lives of those affected by incurable breast cancer."



For six weeks, the Bird on a Wire menu will feature a special 'Sweet Louise salad' and Sweet Louise cake with proceeds coming back to us. In their Ponsonby Central store, there will also be a display of the black and white portrait series as seen on this newsletter cover.

To top it off, they are kindly throwing our Auckland members a lunch during October. "We are happy to host a lunch for Sweet Louise members because we truly believe that nothing warms the heart and nourishes the body and soul quite like a meal shared with family and friends," says Kelly.

We are so grateful for Kelly and the team's amazing generosity. We hope to see you in stores supporting us over the next six weeks!

Tea Time

THIS WINTER SWEET LOUISE HELD HIGH TEAS FOR MEMBERS IN AUCKLAND, WELLINGTON & CHRISTCHURCH. A SPECIAL MORNING WITH BRUNCH, GOODIE BAGS AND A TIME TO CONNECT. A BIG THANK YOU TO SOVEREIGN, DAVID JONES AND BALLANYTNES FOR SPONSORING THE EVENTS!



WE THANK THESE SPONSORS WHO HAVE SO GENEROUSLY SUPPORTED US:

