

# SWEET Louise Reach Out

MEMBER'S NEWSLETTER - JUNE 2017



## Z Station Good in The Hood

IN MAY SWEET LOUISE WAS LUCKY ENOUGH TO BE SELECTED FOR Z STATION'S GOOD IN THE HOOD COMMUNITY FUNDRAISING INITIATIVE! GOOD IN THE HOOD RAN FOR THE MONTH OF MAY IN ALL Z SERVICE STATIONS.

Each station chooses 4 charities to support and when you fill your car up or make a purchase you are given a token. With this token you vote for your favourite charity.

Sweet Louise was chosen to be in 13 stations across the country and we will receive an allocation of \$4000 per station!

To convince the public to cast their votes over our way, Sweet Louise staff, members and volunteers took to the stations washing car windows, talking to customers, handing out lollies and dressing up to add some colour and fun! It was fantastic to be on the shop floor, connecting with the public and sharing information about what Sweet Louise does and who we support.

A huge thank you to all those who got out there and helped. And of course, we couldn't have done it without the wonderful staff at Z – thanks for being so friendly and welcoming to us all!



### Members survey

IT IS TIME FOR YOU TO TELL US ABOUT YOUR EXPERIENCE WITH SWEET LOUISE. PLEASE TAKE THE TIME TO COMPLETE THE ENCLOSED SURVEY. IT IS REALLY IMPORTANT TO US THAT WE GET WHAT WE DO RIGHT AND YOU CAN HELP US BY TELLING US.

Be as truthful as you can, if there is something you think could be done better now is your time to let us know!! Also, if you think that we do some things awesomely, we also want to know!!!

You can even win a prize! We will pick a completed survey (with our eyes closed of course!) and the winner will get a surprise prize!! Yippee!!





## Welcome... NEW TEAM LEADER SUPPORT CO-ORDINATOR

We at Sweet Louise welcome Joanna Harris to our team. Joanna has been working for the past few years within Totara Hospice South Auckland and Hospice North Shore as a Counsellor and Arts Therapist. As well as supporting the Support Coordinator team, Joanna will also have a caseload of members. "I look forward to getting out and about to meet some of our members over the next while. Sweet Louise is a fabulous organisation who does such a wonderful job. It is an honour to be part of the team."



## Introducing... THE SWEET LOUISE LIBRARY!

We have books! Please take a look online at what books we have available for loan. You can either fill out the form online, ask your support coordinator, or call the 0800 number to request a book. We can either drop off the book on a visit or send it to you via post with a postage-paid return envelope. We ask that you return the book in 6 weeks since we do have a limited number of each book. Please let us know if you would like more time.

If you have any books that you enjoyed and would like to donate to us, we would greatly appreciate it so we can expand our library.

# Participate and fundraise



THE AUCKLAND MARATHON (SUNDAY 29TH OCTOBER) IS BACK FOR ANOTHER YEAR, AND SO WE ARE SEEKING OUT WONDERFUL PEOPLE WHO WANT TO FUNDRAISE FOR OUR MEMBERS WHILE THEY RUN THE CITY.

Do you have any fit and/or enthusiastic partners, daughters, sons or friends who want to get involved? Or are you the go getter in the family and want to do it yourself?! We welcome one, we welcome all! You don't just have to run, walking is a popular option and you can choose between the marathon, half marathon, 12km traverse or 5km challenge.

We'll be there to support those

participating along the way, paying the entry fee, providing a Sweet Louise t-shirt, offering fundraising advice, and plying all with sugary treats to counter those energy lows!

If you would like to sign up, sign someone else up, or simply have any questions, don't hesitate to contact:

Eva at [eva.foreman@sweetlouise.co.nz](mailto:eva.foreman@sweetlouise.co.nz) or 027 5399 774.

## Mindful Meditation Course

ONE OF OUR SERVICE PROVIDERS, LOUISE FROM MIND YOUR BODY, IS RUNNING AN 8 WEEK PILOT MINDFULNESS BASED STILLNESS MEDITATION COURSE.

Practicing mindfulness can have a variety of benefits including experiencing more calm and peacefulness in your daily life and developing effective resources for facing fear, sadness, anger and grief. This course will be run in Takapuna Auckland, starting in late July at a reduced rate of \$150 (usually \$300). Members can use their vouchers if they wish to enrol.

Contact Louise at [louise@mindyourbody.co.nz](mailto:louise@mindyourbody.co.nz) for details.



## Clinical Trial info

If you are considering applying to be part of a medical trial please refer to the Breast Cancer Aotearoa Coalition (BCAC) website.

They have a comprehensive and up to date list of the various trials in New Zealand currently offered. They also have up to date national and international research information - visit:

[www.breastcancer.org.nz/AboutBC/Clinical-trials](http://www.breastcancer.org.nz/AboutBC/Clinical-trials)

# SERVICE PROVIDERS

## NEW, UPDATES AND CHANGES

### NATIONWIDE PROVIDERS

#### FREEDOM DRIVERS (UPDATES AND NEW FRANCHISEES)

**Northern East Coast Bays:** Leanne White 09 413 9293, 021 355 126

**Hibiscus Coast:** Nadine Broomhead 09 216 5916, 021 0872 2760

**One Tree Hill:** Pascoal Fernandes 09 622 0333, 021 121 0773

#### DRIVING MISS DAISY CAMBRIDGE HAS CHANGED OWNERSHIP -

New owners Karen Bailey & Karen Holten; phone 021 503 800 or email [cambridge@drivingmissdaisy.co.nz](mailto:cambridge@drivingmissdaisy.co.nz)

### AUCKLAND AND NORTHLAND

**LUCY'S LARDER** will no longer be able to provide baking for Sweet Louise.

### WAIKATO & NORTH CENTRAL

#### FLOAT AWAY (UPDATE)

New pricing: 60 min relaxation massage - \$50; 30 min relaxation massage - \$30; 30 min Indian Head massage - \$30  
[www.floatawaygjsborne.co.nz](http://www.floatawaygjsborne.co.nz)

### PALMERSTON NORTH AND MID-CENTRAL

#### HANA STUDIO: MOVEMENT & WELLNESS

(Update)

The cost of the 5 session package was listed incorrectly: The cost should be \$365.

### WELLINGTON

#### TRALEE CLARK THERAPY (Update, missing from Service Directory)

At 3 Locations: Ahead with Organics, 30 Knights Rd, Lower Hutt; Te Aro Physio, Level 2, 99 Courtenay Place, Wellington; Bella Beauty, 136 Main Road, Wainuiomata.  
[www.traleeclarktherapy.com](http://www.traleeclarktherapy.com) or 027 644 4652

Relaxation and therapeutic massage: 30 min - \$40; 45 min - \$60; 60 min - \$80; 90 min - \$110

#### SOLAS REFLEXOLOGY (Update, missing from Service Directory)

Location: 63 Ottawa Rd, Ngaio, Wellington; Phone Nicola on 021508275, email [nicola@ngaiohealth.co.nz](mailto:nicola@ngaiohealth.co.nz) or [www.ezybook.co.nz](http://www.ezybook.co.nz)

Initial Consultation – clinic \$75 / follow up \$60; Initial Consultation – home / hospital \$90 / follow up \$75.



AS THE DAYS GET COLDER IT'S TIME FOR WARM FOOD! GET THAT SLOW COOKER OUT OF THE CUPBOARD AND TRY THIS YUMMY SOUP RECIPE.

## Ingredients

- 2-3 chicken leg and thigh portions, skin removed
- 2 onions, peeled and finely diced
- 2 large carrots, peeled and finely diced
- 3 stalks celery, trimmed and finely diced
- 1 waxy potato, peeled and finely diced, optional
- ½ cup split green peas or yellow peas
- ½ cup pearl barley
- 1 tablespoon chicken stock powder
- 1 bouquet garni, optional
- 10 cups water
- 1 cup frozen peas and corn mix
- 1 cup loosely packed, chopped fresh parsley

## Method

1. Turn the slow cooker on to low to pre-warm while gathering and preparing the ingredients.
2. Place the chicken into the pre-warmed slow cooker. Add the onions, carrots, celery, potato if using, split peas, barley, chicken stock powder and bouquet garni if using.
3. Pour in the water - there should be sufficient water to just cover the chicken and vegetables. Cover with the lid.
4. Cook on low for 5-6 hours or on high for 3-4 hours, or until the chicken is cooked.
5. Carefully remove the chicken pieces and, when cool enough to handle, pull the meat off the bones, tear into bite-sized pieces and return to the soup.
6. Add the frozen peas and corn to the soup, cover with the lid and cook on high for a further 30 minutes to cook the frozen vegetables and ensure the soup is hot.
7. Stir in the parsley and season with salt and pepper. Remove the bouquet garni before serving.

In the slow cooker: low 5-6 hours, high 3-4 hours, plus extra 30 minutes

## Cook's Tips

Variations: - Add 1 cup minced or finely diced ham with the peas and corn. - Replace the potato, split peas, barley and stock powder with a purchased packet of soup pre-mix. They come pre-flavoured for minestrone, pea and ham, chicken and corn and more. Look for them in the supermarket, near where packet soups are sold. - Replace the parsley with ¼ cup chopped fresh thyme. - Mix 2 tablespoons of cornflour with 1 cup cream until smooth and stir into the soup with the frozen peas and corn for a cream-style version. Cover and cook on high for 30 minutes before serving.





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ON FACEBOOK  
facebook.com  
sweetlouiseNZ

**Sweet Louise**  
May 26 at 2:56pm · 🌐

We need bras! We would love any of your old bras, any size, any colour - mail them to us or drop off to our Auckland office. We promise we'll treat them with love x



**Sweet Louise** added 3 new photos.  
May 26 at 3:15pm · 🌐

It's Dog Day! Jo, our new Team Leader for the Support Coordinators, has two beautiful dogs who came to join Vixen, standard office dog. We love our dogs...we'd love to see photos of yours. We just can't help ourselves...it's Friday.



**Sweet Louise** shared BBC News's video.  
May 19 at 12:19pm · 🌐

Go Lisa! Sharing her story while showing such strength and bravery. 🍷



Having fun.

1,390,251 Views

## 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 June and July

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 [karri.reading@sweetlouise.co.nz](mailto:karri.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

- 📍 **Henderson:** Monday 3 July, 9.30am - 11.00am, KPB Henderson, 224 Universal Drive Henderson.
- 📍 **Matakana:** Tuesday 11 July, 10.00am - 11.30am, The Pottery Café, Matakana, 48 Tongue 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.
- 📍 **Silverdale:** Tuesday 4 July, 9.30am - 11.00am, KPB Silverdale, Cnr East Coast Bays Rd & State Highway 1.
- 📍 **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

- 📍 **Auckland:** Thursday 22 June, 10.30am - 12.00pm, Mercy Centre, 104 The Drive, Epsom.
- 📍 **Pukekohe:** Wednesday 14 June & Wednesday 26 July, 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 Drive, Manukau.
- 📍 **South Auckland:** Wednesday 5 July, 10.30 - 12.00pm, Cafe Miko, Manurewa Gardens, 100 Hill Road, Manurewa.

## 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 meantime, if you wish to speak to a Support Coordinator 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:** Wednesday 14 June, 10.30am - 12.00pm, Port O Call Cafe Shop 2, Nelson Quay, Ahuriri, Napier. Thursday 20 July, 10.30am - 12.00pm, Birdwoods Café, 298 Middle Road, Havelock North.
- 📍 **New Plymouth:** Thursday 25 May, 10.30am - 12.00pm, Bach café, Breakwater, Ocean Parade.
- 📍 **Palmerston North:** Thursday 8 June & Thursday 13 July, 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.

- 📍 **Christchurch:** Wednesday 31 May, 10.30am - 12.00pm, Terra Viva Cafe, 196 Roydvale Ave, Burnside, Christchurch 8053. Tuesday 25 July, 10.00am-12.30pm, The Papanui Club, 302-310 Sawyers Arms Road, Bishopdale (Look Good Feel Better).
- 📍 **Hutt Valley:** Friday 9 June, 10.30am-12.00pm, Espresso Garden Café, Mitre 10 Mega, Bouverie St, Petone. Friday 14 July, 10.30am-12.00pm, place to be confirmed.
- 📍 **Kapiti:** Friday 21 July, 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). Monday 26 June, 10.30am-12.00pm, Simmer Cafe, 103 Westchester Drive, Churton Park. Monday 31 July, 10.30am-12.00pm, place to be confirmed.

*See you there!*