

# SWEET Louise Reach Out

MEMBER'S NEWSLETTER - NOVEMBER 2016



## So what's the...

### October Wrap-up

AS OCTOBER COMES TO A CLOSE, WE WANT TO THANK ALL THE MEMBERS WHO SHARED THEIR STORIES SO WILLINGLY.

It was our aim to get Sweet Louise stories out into the wider public and we achieved that, with some great coverage. We very much appreciate our members' honesty and commitment to talking about living life with incurable breast cancer and hopefully helping others in similar situations.

### Sorry!

WE ARE REALLY SORRY FOR HOW LATE THE NEWSLETTER WAS LAST MONTH – WE ARE A SMALL TEAM AND THINGS JUST GOT BEHIND. Going forward, we will make sure we include the upcoming meetings for the next two months – so please hold on to them for a little while.

### ...MOST ANNOYING QUESTION YOU GET ASKED ABOUT CANCER?

KELLEIGH, AN AUCKLAND MEMBER, SHARED HER STORY IN 12 QUESTIONS (NZ HERALD) AND BELOW WAS ONE OF THE QUESTIONS ASKED OF HER.

**"How are you?"** If I want to talk about it I will. I know that sounds quite selfish but you have to be. Otherwise you can just talk about it all bloody day and it's only going to get people down.

I'd much rather people asked, "What have you been up to lately?"

The only time I think about cancer is when I'm doing my treatment. The rest of the time I just want to be a normal mum, running round after my

three active girls and cleaning my messy house.

I've accepted that I will die from cancer but I don't want to spend any more energy worrying about what I can't change.

The only thing I can change is how I live

my life on a daily basis. I have my shitty days and sleepless nights like everybody else but in general I feel grateful to be alive.

**The only thing I can change is how I live my life on a daily basis.**



## Join the Meals for Mum Facebook group

THIS IS A NEW GROUP SET UP BY TWO FRIENDS IN AUCKLAND AND WELLINGTON AND ALREADY HAS ALMOST 5,000 MEMBERS. The aim is to help out other mums (and

dads) with cooked meals and baking. All you need to do is join and ask (or offer) – amazing kindness. Meike, one of the two founders, says “The group is there to help everyone and

anyone. I don’t want people to think they have to have a really awful story because everyone’s struggles are valid.” To join, search Meals for Mum on Facebook and request to join the group.

## 10th Anniversary Art Auction



THANKS TO THE AMAZING GENEROSITY OF GALLERISTS, ARTISTS, DONORS AND BUYERS, WE RAISED \$100K FOR SWEET LOUISE AT OUR 10<sup>TH</sup> ANNIVERSARY ART AUCTION.

At the same time Nigel Swinn also exhibited his beautiful photos of 10 Members.

A couple of other galleries (one in Wellington and another in Auckland) have expressed interest in exhibiting Nigel’s photos in 2017 – we’ll keep you posted.






# Follow us...

[www.facebook.com/sweetlouiseNZ](http://www.facebook.com/sweetlouiseNZ)

Follow the latest stories on Facebook, from newspaper articles, podcasts, informative videos, seminars, words from our sponsors and so much more.

**Sweet Louise**  
October 21 at 10:55am · 🌐

This is why we love working at Sweet Louise. Our Members are awesome...and they have great dogs too!



Tracey's living life to the full - Bay of Plenty Times - Bay of Plenty News  
Why wait? - Bay of Plenty Times  
NZHERALD.CO.NZ

**Sweet Louise**  
October 16 at 3:49pm · 🌐


This morning Wallace Chapman at RNZ spoke with Paula, a member who has been living with incurable breast cancer for six years. Along with Fiona, our CEO, she talks about what it's like living with the uncertainty of her diagnosis.



podcast.radionz.co.nz  
PODCAST.RADIONZ.CO.NZ

**Sweet Louise**  
October 13 at 9:30am · 🌐

Today is dedicated to our Members. October 13 is Metastatic Breast Cancer Day, a day not only to raise awareness but to honour our Members. Here's a story featuring two of our Christchurch Members that absolutely reflects what Sweet Louise aims to do...and the amazing attitudes that our Members have.



"I want to live as long as I can"  
A charity that supports women with incurable breast cancer has extended its services to Canterbury.  
STUFF.CO.NZ

**Sweet Louise**  
October 9 at 7:42pm · 🌐

Janet is a Sweet Louise trustee, sister of Louise Perkins and a lovely, insightful person to have as a guiding force for Sweet Louise ...



Janet Mikkelsen on life as a funeral director and cancer charity trustee - Lifestyle - NZ Herald News  
I don't remember making specific promises to Louise during her illness. I was always honest with her and she would ask for my opinion on medical things. I know she...  
NZHERALD.CO.NZ

# Members Meetings

MEMBER MEETINGS - DETAILS OF ALL MEMBER MEETINGS ARE ALSO POSTED ON THE SWEET LOUISE WEBSITE

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.

*See you there!*

## 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 7 November, 9:30-11am Kings Plant Barn, 224 Universal Drive.
- 📍 **North Shore:** Monday 12 December, 10:30-12pm The Snug Knightsbridge Village, 21 Graham Collins drive, Mairangi Bay. Christmas Morning Tea.
- 📍 **Silverdale:** Monday 5 December 9:30 - 11am, Kings Plant Barn, East Coast Road & Hibiscus Highway
- 📍 **Warkworth:** Monday 21 November, 10:00-11:30am The Honey Centre, 7 Perry Road
- 📍 **Whangarei:** Tuesday 6 December 10:30-12pm Daffodil House, 73 Kamo Road. Christmas Morning Tea

## 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

- 📍 **Central Auckland:** Thursday 8 December 10.30-12pm, The Mercy Centre, 104 The Drive, Epsom. Christmas Morning Tea
- 📍 **Central Auckland:** Monday 14 November 10:30-12pm The Mercy Centre, 104 The Drive, Epsom. Speaker: Ciska on Lymphoedema Therapy.
- 📍 **Pukekohe:** Tuesday 8 November 10:30-12pm Petals n Pots Café, 25 Paerata Road.

## WAIKATO Meetings.

Please RSVP to Lyn if you plan to attend and let her know if you require help with transport. [lyn.little@sweetlouise.co.nz](mailto:lyn.little@sweetlouise.co.nz) or phone 0800 11 22 77.

- 📍 **Hamilton:** Friday 25 November, 10.30-12pm Lion's Cancer Lodge, Cnr Lake Rd & Tainui St. Christmas Morning Tea
- 📍 **Matamata:** Friday 9 December 2pm-3.30pm Robert Harris Café, 47/49 Broadway.
- 📍 **Rotorua:** Thursday 10 November 10:30-12pm Columbus Café in Mitre 10, 1542 Amohau Street

## WAIKATO Meetings cont...

📍 **Tokoroa:** Thursday 10 November 2-3.30pm Sweet Rose Café, 47 Bridge Street.

## 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).

- 📍 **New Plymouth:** Thursday 1 December 10:30-12pm The Bach Café, Ocean Parade
- 📍 **Hawkes Bay:** Thursday 17 November 10:30-12pm Port O Call, Shop 2, Nelson Quay, Ahuriri, Napier
- 📍 **Hawkes Bay:** Tuesday 13 December 10:30-12pm Birdwood Café, 298 Middle Road, Havelock North.
- 📍 **P/North:** Thursday 10 November, 10.30-12pm, The Cooperage Café. 723 Main St.
- 📍 **P/North** Thursday 15 December 10.30-12pm, The Cooperage Café. 723 Main St. Christmas Morning Tea
- 📍 **Wanganui:** Tuesday 29 November 10:30- 12pm, Cancer Society, 3 Koromiko Road. Christmas Morning Tea

## 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:** Tuesday 8 November, 10.30-12pm. Cancer Society, 97 Fitzgerald Ave. Speaker Nicola from Breast Care Products
- 📍 **Hutt Valley:** Friday 11 November, 10.30-12pm Blue Orange Café, California Home & Garden, 316 Waiwhetu Road, Fairfield.
- 📍 **Kapiti:** Friday 9 December, 10.30-12pm. One Day Café, 340 Rosetta Road, Raumati Beach, Kapiti.
- 📍 **Wellington:** Tuesday 29 November 10.30-12pm, Gear Café, 1 Okowai Road, Aotea, Christmas Morning Tea
- 📍 **Wairarapa:** Tuesday 22 November, 10.30-12pm, Clareville Bakery, 3340 SH 2, Clareville, Carterton.