



## *Leaving a gift of compassion*

A gift in your Will can help care for New Zealanders  
with incurable breast cancer.

SWEET  
*Louise*

SUPPORT FOR  
INCURABLE  
BREAST CANCER



# *Specialised care and support*

**Sweet Louise is the only charity in New Zealand dedicated to supporting women and men with incurable breast cancer. We receive no government funding and rely on the generosity of friends like you to provide our vital support.**

Sweet Louise provides unique, specialised and personalised support, including:

- Practical, emotional and financial support to some of the most vulnerable in our community;
- A dedicated Support Coordinator providing individualised care through face-to-face meetings as well as via the phone and online;
- Peer-to-peer support meetings that offer the opportunity to meet others with incurable breast cancer. This provides a safe place to find comfort, inspiration and hope;
- Vouchers to use for practical needs like ready-made meals, cleaning and gardening services, as well as the opportunity for uplifting experiences – from complementary therapies to outings with their families;
- Emergency support for when the hidden costs of cancer become too much. This may include support for petrol costs to make it to hospital visits, to pay for GP visits, or to buy food for the family.

Leaving a gift in your Will can help

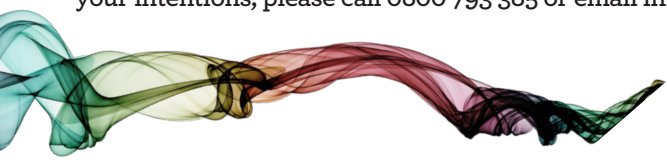


ensure that every New Zealander living with incurable breast cancer can live as positively as possible, for as long as possible.

In recognition of your incredible commitment and support we will record your details in our special Tribute Book and you will become a member of a very special group of people and recognised as a 'Friend of Sweet Louise'.

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If you have any questions about leaving a gift in your Will or would like to discuss your intentions, please call 0800 793 385 or email [info@sweetlouise.co.nz](mailto:info@sweetlouise.co.nz)





## ***My daughter needs me***

**A gift in your Will can help to support women like Cheryl and her daughter Grace.**

Cheryl was diagnosed with breast cancer when she was just 36.

Four years later, she was given the devastating news that her cancer had spread to her spine.

Life is a daily battle for Cheryl and her young daughter Grace.

Cheryl says: “The pain is excruciating. I can’t sit or stand for too long. I can’t walk for too long. And the pain gets worse in the cold weather. But my daughter needs me and so my aim is to live.

“Having incurable stage 4 breast cancer is hard enough, but add in the financial strain and it’s sometimes too much.

Sweet Louise have helped me put food on the table for my daughter and myself when times are tough.

“And I have my Sweet Louise Support Coordinator at the end of the phone organising everything for me, I am so grateful for this.”

*“I am so glad I have Sweet Louise. I now have people at the end of the phone line who know how to help me and who care. They can help me when I need it most.”*

## **Your greatest gift**

We all have financial commitments, which means we can’t always do as much as we would like to help others. A gift in your Will is an opportunity to give more than you might have been able to give in your lifetime, providing comfort, care and compassion for New Zealanders with incurable breast cancer long into the future.





*“Leaving a gift in my Will is my way of giving back.”*

## ***Sweet remembrance***

**Stella Wall has left a gift in her Will to help Sweet Louise continue our vital work. Her daughter, Donna, was one of the first women to join Sweet Louise.**

Donna was only 29 when she was diagnosed with breast cancer. After treatment, Donna went into remission but Stella recalls the day they found out the cancer was back: “When Donna came to visit me, she looked so grey and tired. She had just been to the doctor and was told that her breast cancer was back. It was terrible.”

“Donna got so much from Sweet Louise. She was very grateful for all the help they gave her. The vouchers provided practical assistance and opportunities

for self-compassion experiences like massages.

“Leaving a gift in my Will is my way of giving back. I have looked after my family, my sister, my sons and grandchildren. But I feel that Donna would be happy to know that we are making life a bit easier for women struggling with advanced breast cancer. Especially the young mums – they need all the help they can get. I just want to lighten their load.”

## ***Your legacy, with love***

*A gift to Sweet Louise will bring care and support to New Zealanders with incurable breast cancer – your legacy of care and support, when it’s needed most.*



# Now I know I'm not alone

**Fresh from her first body-building competition and training six days a week, Karen Daniels was stronger than she had ever been – cancer came completely out of the blue.**

The Auckland mother of two was first diagnosed with breast cancer aged 41. In less than three years, it was terminal. Karen was fit and healthy, a gym-regular: “I couldn’t understand how this was happening to me.”

*“I couldn’t stop crying. I cried for myself – but also for my kids and my family. Will my kids be left without a mum? Who will look after my parents?”*

Shortly after receiving her diagnosis of incurable stage 4 cancer, she was forced to give up her job in health and safety. Karen, now 47, tried to go back to part-time work last year, but it was physically too challenging to continue.

“There are times I can’t walk and times I cannot even stand up to cook.”

“I remember the first time my Sweet Louise Support Coordinator visited me at home. They offered the kind of support no one else can.



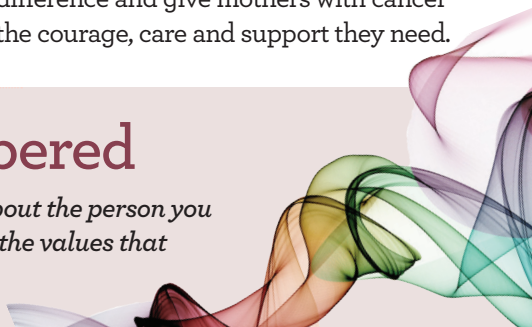
*“At a time in my life when my world turned upside down, the support of Sweet Louise has been so crucial.*

“Having Sweet Louise meals relieves the pressure and stress of providing for my family. Sweet Louise are there for me when I need to talk. At any time, I can reach out to Sweet Louise and know I am not alone.”

No one can change a diagnosis of incurable cancer. But you can make a difference and give mothers with cancer the courage, care and support they need.

## How you're remembered

*Your Will tells the people you leave behind about the person you are. It also helps pass on your principles and the values that matter to you.*





## *Writing your Will*

**Before you start, consider the family, friends and charities you would like to remember in your Will. Most people want to care for their loved ones first and foremost to make sure they are doing what they can to support them into the future.**

If you decide you would like to remember Sweet Louise, first of all we would like to say thank you. Including a gift in your Will is a simple process.

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### *What details should I use for Sweet Louise?*

Please ask your solicitor to use the following name and details to ensure the gift reaches Sweet Louise.

Please use our legal charity name:

The Louise Perkins Foundation.

Charities Commission

Number: CC31706.

Postal Address:

PO Box 137-343, Parnell, Auckland 1151,  
New Zealand.

### *Decide what type of gift you want to give*

There are many different ways to leave a gift in your Will, including a specified

cash gift, a percentage of your estate, or a residual gift donating the remainder of your estate after your family is provided for.


Many people prefer to give a residuary gift because it keeps in line with inflation and doesn't lose value over time. Anything you can leave would have a huge impact.

### *Choose your executors and guardians*

Decide who you would like to act as your executors. Your executors will be responsible for making sure your wishes are fulfilled, and are named in your Will.

You can appoint whoever you like to





be your executor. Be sure to ask them first, as it can take up a lot of time. You can also appoint a professional, like a solicitor or accountant, but your estate will need to pay their fees.

### ***Visit your solicitor***

At this point, it is time to visit a solicitor to have your Will drawn up or to change your Will. Your solicitor will keep a copy of your Will, but you might like to keep a copy of your own as well. Keep it somewhere safe and tell someone close to you where it is.

### ***If you've decided to remember Sweet Louise, please consider telling us***

Your Will is personal and it is entirely up to you if you wish to share this information. If you do choose to tell us, we would love to be able to thank you appropriately and let you know how your gift will make a difference.

### ***How often should I update my Will?***

It is a good idea to review your Will every five years, even if there have been no big changes in your life. You might have changed your mind about something, or you may wish to check if there have been any changes to the law which might affect your Will.

### ***If you already have a Will***

If you already have a Will, you may be able to update or amend it with a codicil. You will need to revisit your Will if you:

- get married
- get a divorce
- have children or any other new relatives (like nieces, nephews or grandchildren) who you wish to include
- buy a house or obtain any other valuable assets.



A gift in your Will to Sweet Louise can help make sure we are always there for New Zealanders with incurable breast cancer, providing the loving care and support they need to live as well as possible, for as long as possible. Thank you for your support.

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Sweet Louise is registered with the New Zealand Charities Commission CC31706