

SWEET *Louise*

Member Newsletter
APRIL & MAY 2019

From Kent to Kerikeri: John's 97 year Journey



JOHN IS A UNIQUE MEMBER OF THE SWEET LOUISE CLUB. HE HOLDS NOT ONE BUT TWO SWEET LOUISE TITLES UNDER HIS BELT. FIRSTLY, HE IS THE ONLY CURRENT MALE MEMBER OF SWEET LOUISE (THAT'S ONE OUT OF 672). HE IS ALSO THE OLDEST, STANDING STRONG, AT 97 YEARS.

At 97, John is a gentleman. His daughter Sally says her dad "has a great attitude to life, helped by his boyish enthusiasm for anything new, his love of people and adventure, and his ability to look forward, not back at the past or what might have been. My sister and I treasure our times with him and it is wonderful to be part of a family that spans so many years."

Below he shares a few words on growing up, growing old and what keeps him going:

"My twin brother and I were born in Kent, just outside of London, in 1921. I grew up in the area and especially remember being fascinated with all things chemistry and physics related at school.

From 1939-41 I served in the London fire service as a dispatch rider during the Battle of Britain campaign in the Second World War. In 1941, I volunteered for the Royal Air Force, serving in both the UK and Central Africa as an engine fitter.

After the war, I lived and worked in both the UK and Africa as an accountant. I moved to New Zealand from Cape Town some 16 years ago and live in Kerikeri on my daughter Sally's farm.

I live there in a little cottage I named "Cowpat Cottage". I thoroughly enjoyed helping renovate it from the old 'smoko' barn it was to the cosy little abode it is for me today.

I was first diagnosed with breast cancer and had a mastectomy ten years ago. In March last year it returned and I was diagnosed with secondary breast cancer. Both times, it was because I discovered a lump in my breast.

I do my best to stay as positively minded as I can with my diagnosis. My family is my cornerstone. They are what motivates me every day. I have two wonderful daughters, five grandsons and eight great grand children (with another one

on the way this year). Being surrounded by so many family members means I am always surrounded by love and care.

When asked, what advice would I give others on living life to the fullest, what do I say? Definitely keep on top of technology, don't smoke (I gave up 40 years ago) and don't forget to take your medication! I have lived by putting others first and always telling the truth."





Amazing Advocates

During March, a group of determined and insightful women living with advanced breast cancer took part in a Health Select Committee hearing in response to a petition that was created last year. The petition, and following written and then verbal submissions, asks that the House of Representatives urge the Minister of Health and Pharmac to fund Kadcykla and Palbociclib – two life prolonging drugs for women with advanced breast cancer.

A huge applause, hats off and hoorah for all Metavivors and Sweet Louise members who have advocated for this. We think you are all truly amazing. Kia kaha wahine toa!



SWEET LOUISE IS THRILLED TO ANNOUNCE WE HAVE APPOINTED A NEW SUPPORT COORDINATOR FOR THE SOUTH ISLAND. FRANKIE ROAKE, WHO IS BASED IN CHRISTCHURCH, WILL BE REPRESENTING SWEET LOUISE IN THE LOWER HALF OF THE ISLAND, NAMELY CANTERBURY, OTAGO, SOUTHLAND & WESTLAND.

With a background in Haematology and Oncology nursing, Frankie joins Sweet Louise after nine years as the Cancer Society's Groups Coordinator.

"I feel privileged and excited to be joining this vibrant team and working within an organisation that embodies my philosophy of practical supportive care. I look forward to helping in ways that enable those we

serve to face challenges while encouraging hope."

Sweet Louise is excited about this new step in the organisation, moving further down country, extending our services so no one has to face secondary breast cancer alone.

If you are in the region and would like to contact Frankie please do at frankie.roake@sweetlouise.co.nz



Relax with a Magazine

Sweet Louise vouchers can now be used for a magazine subscription! There are loads of magazines to subscribe to such as Next, The Listener, Nadia and Good Health. Magazines can be found online at www.magshop.co.nz/sweetlouise

If you would like a subscription, please advise your Support Coordinator who will place an order for you using your vouchers and then let you know the numbers of the vouchers used. The magazine subscription will then be sent to your address, just in time for coffee.

SWEET Louise
PRESENTS
Members' day



SAT 18TH MAY • ELLERSLIE EVENT CENTRE • 9.15AM - 4.30PM

A day to honour YOU! Come together with fellow Sweet Louise members for a day of practical sessions on wellbeing and self-care. Delicious morning tea, lunch and mocktails provided.

We are very excited to let you know about our upcoming Members' Day, taking place in Auckland on Saturday 18th May. The day will be full of practical sessions such as tai chi, aromatherapy, reiki, reflexology sessions, plus talks on self-compassion and mindfulness. The day is also a fantastic way to get together and connect with other members.

We have secured 10 domestic flights to Members' Day, gifted by Air New Zealand. There will be a ballot drawn at the end of April.

More details on the event and an RSVP link will be sent to you in an email soon – watch this space!

Going the Extra Mile

ON FEBRUARY 16TH, TWO BEST FRIENDS, JOSHUA LEWTHWAITE AND OLLIE SUCH, WALKED 100KM NON-STOP AND WITH NO TRAINING AROUND THE AUCKLAND REGION. THEY DID THIS CRAZY FEAT ALL IN THE NAME OF PUSHING BOUNDARIES AND GIVING BACK TO TWO CHARITIES THEY BELIEVE IN, GIFT FOR KIDS AND SWEET LOUISE. FOR JOSHUA, SWEET LOUISE WAS A PERSONAL CHOICE AS HIS MUM IS A MEMBER.

Josh says, "Ollie and I are quick to confess our love of building our mindset through challenging activities. We actively set goals and push ourselves to achieve them.

The 100km walk came about via a phone call chatting about what we could achieve next."

"Linking the walk to two charities we are personally connected to was a no brainer. We wanted to use the opportunity to enable the charities close to us make a greater impact in the community."

Joshua and Ollie managed to reach their walking goal in 23 hours and 40 minutes, all while raising over \$6k in donations.

A heartfelt thank you to both of you and all your supporters. We are in admiration of your courage, kindness and the sheer determination you had to get to that finish line!



Service Providers

NEW, UPDATES AND CHANGES

NORTHLAND

BLUEROOM AT BREASTFIT (NEW)

Services Provided: Breastfit stocks Silima, Amoena, Anita and Trulife breast prosthesis and have a large range of pocketed bras. Also stocks wirefree and underwire bras from Triumph, Berlei and Playtex. Pre-pocketed swimsuits and pre-pocketed camisoles are also available. Breast prosthesis from \$285, pocketed bras from \$80, wirefree/underwire bras from \$30, pre-pocketed swimsuits from \$100, pre-pocketed camisoles \$125.

Location: Shop 3, 26 Davies Street, Kensington, Whangarei 0112

Operating Hours:

Tuesday and Wednesday, 9am to 3pm

How to Book: Ph: 09 438 2643, Txt: 021 438 171, Em: sue.woyle40@gmail.com

AUCKLAND

ELIZABETH CURREY

Is no longer a service provider.

MIND YOUR BODY

at 24 Bristol Road, Whenuapai is no longer a service provider.

CAROLINE LAWRENCE AT CHANGE 4 LIFETIME

is a **mobile-only service provider** for Papakura area. Please contact Caroline at carolinereflex.wix.com/change4lifetime or 021 0818 2611 or 09 282 6769 or carolinesreflex@gmail.com

DENISE'S BREAST CARE (NEW)

Services Provided: Fitting ladies with bras, prostheses, swim wear, sports bras to make them look and feel good. Free home fittings, free consultation. Bras from \$80, prostheses from \$190, swimwear from \$180, sports bras from \$90.00

Location: 15 Gilgit Rd, Epsom. 131 Lincoln Rd, West Auckland & 131 Shakespeare Rd, Milford. Also mobile service.

Operating Hours: 9am - 5pm Monday to Friday. Weekends and after hours on request.

How to Book: Ph: 09 814 88 22 or 022 102 8873, Em: denise@denisesbreastcare.co.nz, Web: denisesbreastcare.co.nz

WAIKATO

SIMPLY WIGS AND HAT TRICKS (NEW)

Services Provided: Wigs - variable, headwear - variable, wig care products

and accessories - variable, brow products (DivaDerme Brow extender) - \$52, false eyebrow kits including pair of eyebrows, adhesive, pre-cleaner and adhesive remover - \$160, extra false eyebrows per pair - \$75
Location: HealthPro Building, 32 Cherrywood Drive, Tauranga, 3110, PO Box 8352, Cherrywood, Tauranga, 3145

Operating Hours: Weekdays 9am - 5pm by appointment. Weekends and after hours by arrangement.

How to Book: Ph: 07 392 5720 or 0211 825 464; Em: cheryl@simplywigs.co.nz or sales@hattricks.co.nz; Web: simplywigs.co.nz, hattricks.co.nz

MID-CENTRAL

PURE BREAST CARE NZ (NEW)

Services Provided: Breast prosthesis fitting \$160, bra pocketed fitting \$40 - \$60, swimwear \$99, Activeflow/Swimform \$75, compression/lymphedema garments \$100 subsidised.

Location: 8 Weld Street, Feilding and mobile in-home service

Operating Hours: Weekdays 8am - 5.30pm Shop/fitting room

How to Book: Em: liz@purebreastcare.com, Web: purebreastcare.com, Ph or txt: 021 848 646 or 0800 259 061, Letter: 8 Weld St, Feilding 4702. Cancellations are free - please contact by phone.

April/May 2019 Member Meetings

Details of all member meetings are also posted on the Sweet Louise website.

If you have any questions about meetings, please email your Support Coordinator or email members@sweetlouise.co.nz. Transport is available for some meetings, please check with your support coordinator. Please note times for individual meetings. Morning tea is provided.

AUCKLAND WEST, NORTH SHORE, WARKWORTH & NORTHLAND

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

- 📍 **Henderson: Tuesday 2 April** @ 9:30am - 11:00am Kings Plant Barn, 224 Universal Drive, Henderson.
- 📍 **Silverdale/Orewa: Wednesday 3 April** @ 10:00am - 11:30am, Kings Plant Barn Café, Crn East Coast Bays Rd and SH1, Silverdale
- 📍 **Warkworth: Monday 8 April** @ 10.30am - 12pm, The Coffee Club, 4/67 Auckland Rd, Warkworth
- 📍 **Whangarei: Tuesday 9 April & Tuesday 14 May** @ 10.30am - 12.00pm, Daffodil House, 73 Kamo Road, Kensington, Whangarei.
- 📍 **North Shore: Tuesday 16 April** @ 10.00am - 11.30am, Kings Plant Barn Cafe, 11-13 Porana Road, Wairau Valley.

AUCKLAND CENTRAL, EAST & SOUTH MEETINGS

Please RSVP to Nadine if you can come along on 027 525 1985 or call our free phone 0800 11 22 77, or email nadine.morton@sweetlouise.co.nz (Transport for Epsom meetings available on request.)

- 📍 **Auckland South: Tuesday 16 April** @ 10.30am - 12pm, Café Miko, Manurewa Gardens, 100 Hill Rd, Manurewa
- 📍 **Auckland Central: Tuesday 30 April** @ 10.30am - 12.00pm, Mercy Centre, 104 The Drive, Epsom. Guest: Tony Ashcroft Physiotherapist (breathing and mindfulness techniques).
- 📍 **Pukekohe: Tuesday 7 May** @ 10.30am - 12pm, Petals 'n' Pots Cafe, 25 Paerata Rd, Pukekohe.

WAIKATO & BAY OF PLENTY MEETINGS

Please RSVP to Angela if you can come along on 027 328 8009, or call our free phone 0800 11 22 77 or email angela.jackson@sweetlouise.co.nz.

- 📍 **Gisborne: Wednesday 3 April** @ 10:30am - 12:00pm, PBC Café, 38 Childers Rd, Gisborne.
- 📍 **Rotorua: Wednesday 10 April** @ 10.00am - 11.30pm, Coffin Club, 5 Ti Street, Rotorua & 11.30am - 12.30pm, Urbano Café, 289 Fenton Street, Glenholme, Rotorua. Cuppa at the Coffin club (member request) at 10.00am for members who are keen to go followed by member meeting at Urbano Bistro at 11.30am.
- 📍 **Hamilton: TBC**
- 📍 **Tauranga: Thursday 2 May** @ 10.30am - 12pm, Pacifica Café, 12 Tara Rd, Papamoa Beach, Papamoa.
- 📍 **Eastern Bay of Plenty: Wednesday 8 May** @ 10.30am - 12pm, The Whitehouse Café, 8b Thornton Rd, Tauranga Turn off, Whakatane.
- 📍 **Rural Waikato: Thursday 9 May** @ 10.30am - 12pm, Cabbage Tree Café, 38 Main Rd, Tirau

TARANAKI, MANAWATU & KAPITI

Please RSVP to Nicki Roy if you can come along on 027 328 8008, call our free phone 0800 11 22 77 or email nicola.roy@sweetlouise.co.nz.

- 📍 **New Plymouth: Monday 1 April** @ 10.30am - 12.00pm, The Kitchen Table, 30 Hori Street, Vogeltown, New Plymouth.
- 📍 **Whanganui: Tuesday 23 April** @ 10.30am - 12.00pm, Springvale Garden Centre, 18 Devon Road, Springval
- 📍 **Palmerston North: Wednesday 24 April** @ 10.30am - 12.00pm, The Cooperage Café, 723 Main Street, Palmerston North, CanBead Workshop

- 📍 **Palmerston North: Thursday 30 May** @ 10.30am - 12.00pm, The Cooperage Café, 723 Main Street, Palmerston North
- 📍 **Levin: Wednesday Apr 24** @ 2.30pm - 3.30pm, Whispers Café, 176 Oxford St, Horowhenua, Levin.
- 📍 **Kapiti: Friday May 24** @ 10.30am - 12.00pm, No. 6 Licensed Cafe, 6 Alexander Road, Raumati Beach.

HAWKES BAY, WELLINGTON AREA, NELSON & MARLBOROUGH

Please RSVP to Tracy on 021 328 835 or call our free phone 0800 11 22 77 or email tracy.smith@sweetlouise.co.nz.

- 📍 **Hawkes Bay: Thursday 4 April** @ 10.30am - 12.00pm, Zepplin Café, 126 Main Rd, Clive; **Tuesday 7 May** @ 10.30am - 12pm, Club Hastings VC rooms, 308 Victoria Street, Hastings.
- 📍 **Hutt Valley: Friday 12 April & Friday 10 May** @ 10.30am - 12.00pm, Café Botannix, Palmers Garden Centre, 15 Victoria St, Petone, Lower Hutt.
- 📍 **Wellington: Monday 29 April & Monday 20 May** @ 10.30am - 12.00pm, Simmer Café, 103 Westchester Drive, Churton Park.
- 📍 **Wairarapa: Tuesday 28 May** @ 10.30am - 12.00pm, Clareville Bakery, SH 2 Carterton.
- 📍 **Blenheim: Tuesday 9 April** @ 1.30pm - 3pm, TBC, Blenheim.
- 📍 **Nelson: Wednesday 10 April** @ 10.30am - 12.00pm, Melrose House Cafe, 1 Melrose Terrace, Nelson.

CANTERBURY, WESTLAND, OTAGO & SOUTHLAND

Please RSVP to Frankie if you can come along on 027 328 8003, or call our free phone 0800 11 22 77 or email frankie.roake@sweetlouise.co.nz.

- 📍 **Christchurch: Tuesday 30 April & Tuesday 28 May** @ 10.30am - 12.00pm, Untouched World Café, 155 Roydvale Ave, Burnside, Christchurch.

Support Coordinator Regions Update!

Our Support Coordinators are doing some shifting around in regards to their regional boundaries with the appointment of a new Coordinator for the South Island. Effective from April 1st Tracy Smith and Nicki Roy will look after the following areas:

Tracy: Nelson, Blenheim, Wellington, Wairarapa & Hawkes Bay
Nicki: Taranaki, Manawatu & Kapiti

These changes allow Sweet Louise to best support you. If however, you are a member in these regions and are unsure who to contact while we do a handover process, please call our Sweet Louise 0800 number or phone either Tracy and Nicki and they will work out between them who can do what for you.

Contact us

EMAIL:

- members@sweetlouise.co.nz for member related queries
- eva.foreman@sweetlouise.co.nz for donation or fundraising queries
- christine.healy@sweetlouise.co.nz for any accounting queries

TELEPHONE: 0800 11 22 77

VISIT US AT: Sweet Louise, level 1, 1 Prosford Street, Ponsonby, Auckland, 1011.

WRITE TO US: Sweet Louise, PO Box 137 343, Parnell, Auckland 1151