

March/April 2020 Member Meetings

Details of all member meetings are also posted on the Sweet Louise website, www.sweetlouise.co.nz

If you have any questions about meetings, please contact your Support Coordinator, email members@sweetlouise.co.nz, or call 0800112277. Please note times for individual meetings. Morning tea is provided.

NORTH SHORE

Please RSVP to Jenny on 0273718686 or call our free phone 0800112277 or email jenny.cade@sweetlouise.co.nz

📍 **North Shore: Thursday 12 Mar & Tuesday 7 Apr** @ 10.00am - 11.30am, Kings Plant Barn Café, 11-13 Porana Rd, Wairau Valley.

AUCKLAND WEST, WARKWORTH & NORTHLAND

Please RSVP to Anna on 0211976638 or call our free phone 0800112277 or email anna.allan@sweetlouise.co.nz

📍 **Whangarei: Tuesday 10 Mar & Tuesday 14 Apr** @ 10.30am - 12.00pm, Daffodil House, 73 Kamo Rd, Kensington, Whangarei.

📍 **Henderson: Tuesday 3 Mar & Wednesday 8 Apr** @ 10am - 11.30am, Kings Plant Barn, 224 Universal Dr, Henderson.

📍 **Warkworth: Wednesday 14 Apr** @ 10.30am to 12.00pm, The Coffee Club, 4/67 Auckland Rd, Warkworth.

📍 **Silverdale/Orewa: Monday 20 Apr** @ 10am - 11.30am, Kings Plant Barn, Cnr East Coast Bays Rd & State Highway 1, Silverdale.

AUCKLAND CENTRAL, EAST & SOUTH

Please RSVP to Nadine on 0275251985 or call our free phone 0800112277 or email nadine.morton@sweetlouise.co.nz (Transport for Central meetings maybe available.)

📍 **Pukekohe: Monday 2 Mar & Tuesday 7 Apr** @ 10.30am - 12.00pm, Petals 'n' Pots Cafe, 25 Paerata Rd, Pukekohe.

📍 **Auckland Central: Tuesday 17 Mar & Wednesday 29 Apr** @ 10.30am - 12.00pm, Kings Plant Barn, 228 Orakei Rd, Remuera.

📍 **Auckland East: Wednesday 18 Mar & Tuesday 28 Apr** @ 10.30am - 12.00pm, Homestead Café, 2r Bells Rd (Howick Historical Village), Lloyd Elmore Park, Pakuranga.

📍 **Auckland South: Tuesday 24 Mar** @ 10.30am to 12.00pm, Café Miko, Manurewa Gardens, 100 Hill Rd, Manurewa.

WAIKATO & BAY OF PLENTY

Please RSVP to Angela on 0273288009 or call our free phone 0800112277 or email angela.jackson@sweetlouise.co.nz

📍 **Taupo: Thursday 5 Mar** @ 11.00am - 12.30pm, Columbus Café Mitre 10 Mega, 99 Bella George Lane, Taupo.

📍 **Rotorua: Wednesday 18 Mar** @ 10.30am - 12.00pm, Urbano Bistro, 289 Fenton St, Glenholme, Rotorua.

📍 **Thames: Wednesday 18 Mar** @ 3.00pm - 4.30pm, Bite Café, 601 Mackay St opposite Thames Hospital, Thames.

📍 **Hamilton: Thursday 19 Mar** @ 10.30am - 12.00pm, Café Agora, Agora Building 13 Kent St, Frankton, Hamilton.

📍 **Tauranga: Wednesday 25 Mar** @ 10.30am - 12.00pm, Nourish Café, Te Puna Rd & SH2, Te Puna.

MID-CENTRAL

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

📍 **Whanganui: Tuesday 17 Mar & Thursday 23 Apr** @ 10.30am - 12.00pm, Springvale Garden Centre Café, 18 Devon Rd, Springvale, Whanganui.

📍 **New Plymouth: Wednesday 18 Mar & Thursday 30 Apr** @ 10.30am - 12.00pm, Bach on Breakwater Café, Ocean View Parade, Port Taranaki, New Plymouth.

📍 **Palmerston North: Thursday 19 Mar & Friday 24 Apr** @ 10.30am - 12.00pm, Cooperage Cafe, 723 Main St, Palmerston North.

📍 **Kapiti: Thursday 26 Mar** @ 10.00am - 11.30am, Government House. Special Morning Tea

📍 **Levin: Friday 24 Apr** @ 10.30am - 12.00pm, Focal Point Cinema Café, 14-16 Salisbury Street, Levin.

WELLINGTON & WAIRARAPA AND HAWKES BAY

Please RSVP to Tracy on 021328835 or our free phone 0800112277 or email tracy.smith@sweetlouise.co.nz

📍 **Hawkes Bay: Thursday 5 Mar** @ 10.30am - 12.00pm, Zeppelin Café, 126 Main Road, Clive.
Tuesday 7 Apr @ 10.30am - 12.00pm, HiVis Room Club Hastings, 308 Victoria St, Hastings. (Can Bead workshop)

📍 **Hutt Valley: Friday 13 Mar** @ 10.30am - 12.00pm, Botannix Cafe, Palmers Garden Centre, Victoria St Petone.

📍 **Wellington CBD: Monday 9 Mar & Monday 20 Apr** @ 3pm - 4pm, 1815 Café, Wellesley Boutique Hotel, 2 Maginnity Street, Wellington City.

📍 **Wairarapa: Tuesday 24 Mar** @ 10.30am - 12.00pm, Clareville Bakery, SH 2 Carterton.

📍 **Wellington: Thursday 26 Mar** @ 10.00am - 11.30am, Government House. Special Morning Tea. **Monday 20 Apr** @ 10.30am to 12.00pm, Simmer Café, 103 Westchester Drive, Churton Park.

NELSON & MARLBOROUGH

Please RSVP to Tracy on 021328835 or our free phone 0800112277 or email tracy.smith@sweetlouise.co.nz

📍 **Blenheim: Tuesday 28 Apr** @ 1.00pm - 2.30pm, TBC, Blenheim.

📍 **Nelson: Wednesday 29 Apr** @ 10.30am - 12.00pm, Melrose House Cafe, 1 Melrose Terrace, Nelson.

CANTERBURY, OTAGO & SOUTHLAND

Please RSVP to Lesley on 0273288003 or our free phone 0800112277 or email lesley.narayanan@sweetlouise.co.nz

📍 **Christchurch: Tuesday 17 Mar & Tuesday 21 Apr** @ 10.30am - 12.00pm, Untouched World Café, 155 Roydvale Ave, Burnside, Christchurch.

📍 **Dunedin: Tuesday 3 Mar** @ 1.00pm - 2.30pm, Ironic Café, 9 Anzac Ave, Dunedin.

📍 **Invercargill: Tuesday 24 March** @ 10.30am - 12.00pm, Industry Café, 33 Arena Ave, Invercargill.



If you're not already a member of our Closed Facebook group, we encourage you to join. We use the group as a live noticeboard, posting updates about member meetings and special events. It's also a place for members to share news and stories.

To join go to www.facebook.com/sweetlouiseNZ/

Find the Groups tab and click through to ask to join the group.

We'll action your request as soon as possible.

Contact us

EMAIL:

- members@sweetlouise.co.nz for member related queries
- fundraising@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

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

SWEET *Louise*

**Member
Newsletter**
MARCH & APRIL 2020

Lizzie on living life well



Lizzie is a Police Officer, a basketballer, a netballer, a mum and a grandmother. And she is the inspiration behind a programme that assists victims of domestic violence. Lizzie has also been living with advanced breast cancer for eight years.

"I was first diagnosed with breast cancer in May 2010 when I was 42 years old. I found a small lump in my left breast and then I had a partial mastectomy, six weeks radiotherapy and was placed on Letrozole," Lizzy says. "I coped well, continued working and playing sport once I'd recovered from surgery. I got on with life."

Then in late 2011, Lizzie began experiencing excruciating pain in her right thigh. It was six months until she was diagnosed with secondary cancer to the bone.

"At the time I was unaware that this could happen," she says.

"I cannot count how many treatments I've had during my journey, but I've done them all - radiotherapy, chemotherapy, medication, scans and more. I've continued to work full time as a Police Officer, and am still continuing on this journey nearly eight years later."

Lizzie was born and raised in Horowhenua. She lives in Levin, working in the New Zealand Police's Tactical Crime Unit. It's a great job, and one she loves.



Lizzie in silver dress

She is 52 and has been married to her husband, Kane, since she was 19. They have three children and three gorgeous grandsons. "I sound so old but I feel young still," Lizzie says.

Both Lizzie and Kane played rep basketball and they still play socially today. "I love the game, and indoor netball, but my body is a lot slower than I want it to be and it's getting hard to keep it up," she says.

Last year Lizzie underwent six months of chemotherapy weekly for three weeks with one week off. "Earlier this year, I found out the chemo isn't working and have been put on to Triple M. I am still working full time through this treatment, and will continue to work as long as I am able."

"This is such an unpredictable disease and it sometimes frustrates me. You see, I am a planner and I like to plan things out weekly, monthly, and yearly. But cancer always mixes up my plans, hence the frustration. But I just replan my plans and continue my life," she says.

Four years ago Lizzie and a colleague developed Wahine Toa, a course for victims of domestic violence. The course aims to empower women by providing mental, physical and emotional challenges to build their confidence and trust in others, including the Police. Lizzie and her colleague were nominated for an Australasian Excellence in Policing Award for the Wahine Toa programme recently.

"We made it through to the finals and flew to Canberra for the awards. It was a very high honour to be nominated, let alone to be in the finals. While we didn't win, we had an amazing time, meeting some wonderful people and promoting our programme to the Aussies."

Lizzie's advice to others is just keep living. "YOU can't give up! YOU do your treatment, YOU take your medication, but YOU must remember TO LIVE YOUR LIFE AS WELL.

"You only live once! No, you only die once. You live every day."

Read all about Wahine Toa on page 2.

About Wahine Toa IN LIZZIE'S WORDS

“Wahine Toa is an inspirational course developed to empower victims of domestic violence. The course challenges them mentally, physically, and emotionally while also aiming to build their confidence and trust in others, including the Police.

The course is run over a weekend, in a bush camp setting out of Levin. The women are given limited information, but are reassured we will be with them the entire time and that they will be safe.

It's not until we arrive at the camp that they realise they are sleeping in tents and using a long drop. Each woman is given a diary to record their thoughts, goals, or anything they learn over the weekend.

We have two speakers on the Friday night, who tell their personal stories around a campfire beside the river. One of the speakers is an offender of domestic violence and the other is a victim of domestic violence. This is a very deep time for all, and is the only part of the course that really focuses on domestic violence.

The next day consists of high ropes, a flying fox, raft building, and a river crossing. After lunch we head off on a 15km walk in the Tararua Ranges.

Over this walk the women all keep hold of a long rope while navigating a steep hill walk. The rope keeps everyone together, as some may be faster than others and you're only as fast as the slowest person. About 6km into the walk, we start to include challenges; carrying a stretcher with sandbags, while still holding the rope and a large container full of water. This can be tough for

some of the women, and some begin to doubt themselves. Most are feeling tired and beginning to get angry, and disheartened. This is the stage where the leaders emerge. Ideas are put forward to help each other to get to the end.

It gets interesting seeing the different personalities. This is probably the hardest part of the course for them as it pushes them outside their comfort zone. The programme is about pushing boundaries, building confidence, finding their voice and proving to themselves that they CAN do it.

What they don't know is that a surprise eight-course dinner awaits them at our bush setting restaurant by the river. We usually have a theme, last time it was a Christmas theme with fairy lights, Christmas music and decorations. It's a magical evening for them.

We follow up with the women a month or so later for a pamper day. They get their hair, nails and makeup done and we take them out for dinner. Each woman gets to choose an outfit to wear that night and another to take home from clothing that has been donated.

I think this day is one of the most transforming days ever. They all look so amazing.”



Stretcher carry



Blindfolded walk

Total Mobility Scheme offers subsidised transport

In recent months Sweet Louise Support Coordinators have helped a few members access the Total Mobility Scheme. This is a joint programme between local and central government that has enabled some Sweet Louise members to access discounts of up to 50% on public transport and with specified taxi companies. A maximum subsidy applies in some situations.

The programme varies from region to region, reflecting local transport options.

To get a card, you need to complete an eligibility assessment. Typically an assessor comes to the individual's home to do the assessment. A fee is payable of approx. \$50.

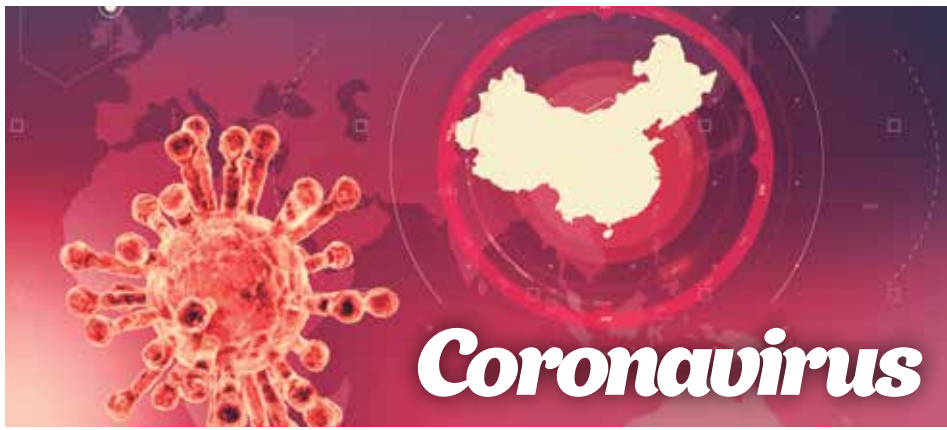
We've been able to help some of our members with brain mets who are no longer

allowed to drive access the scheme which we hope provides them with more independence to carry on with their everyday life.

More information about the Total Mobility Scheme is available here:

<https://www.transport.govt.nz/land/the-total-mobility-scheme/>

Or ask your Support Coordinator to advise you who to contact in your area.



We are in the grips of the coronavirus outbreak with the world-wide situation and the impact on New Zealand changing almost daily.

We know this will be of concern to our members and encourage you to contact your oncologist for specific advice.

Copied below is advice produced recently by the four Auckland region DHBs on general protection.

How do I protect myself and my family?

Everyone should protect themselves from the virus, as you would for the flu.

- Washing your hands regularly, or using hand sanitiser, is the best way to avoid this illness.
- As with other illnesses, do not go to work or school if you are sick.
- Cover coughs and sneezes with tissues

or clothing, and wash hands afterwards

- Avoid being close to people who are sick
- Wear a mask only if you are coughing and sneezing.
- Washing your hands often and covering coughs and sneezes will do more to protect you from the virus than a mask.
- If you are sharing food, use utensils to serve the food and keep your personal spoon, fork, or chopsticks separate to avoid transmission through saliva.

Another source of general information is the Ministry of Health website: <https://www.health.govt.nz/our-work/diseases-and-conditions/novel-coronavirus-2019-ncov>

Goodbye and thank you to CEO, Philippa Reed

After two years with Sweet Louise, Philippa is moving on, but says that the purpose and work of Sweet Louise will always remain dear to her heart.

"It has been an immense privilege to work with the dedicated team at Sweet Louise and to get to know many of the members and supporters. There is so much courage, honesty, humour and sheer grit that members show and support each other with – it is both humbling and inspiring every day. I also want to take this opportunity to thank the Sweet Louise team members here. Members know the amazing work of Support Coordinators – Jenny, Tracy, Nicki, Angela, Nadine, Anna and Lesley are individually and collectively amazing! And the work that others, including Karri and Christine and our volunteers do, might be more behind the scenes but it all goes to make that Sweet Louise magic a reality for all our members."

From all of us at Sweet Louise, thank you Philippa for your special contribution and we wish you well.

Sweet Louise Vouchers/Service Providers

We are further reviewing our voucher system and in the next couple of months we will be replacing the paper vouchers with an on-line system. As this has implications for members and service providers, while we do this, we are not taking on any new service providers. Once we have the new system up and running, we will look closely at the range of service providers available throughout New Zealand with a view to increasing the range of services offered in some areas. More details about the new voucher system will be sent directly to all members.

Service Providers

NEW, UPDATES AND CHANGES

AUCKLAND AND NORTH

Marie Richards Photography updated information (Update)

New address: Address is 9 Westland Rd, Tuakau

Services Provided: Family portrait sessions either at home or a location of your choice in wider Auckland and Waikato locations.

WAIKATO & CENTRAL NORTH

Tū Tonu Ltd (New Provider)

Location: 20 Karewa Place, Pukete, Hamilton 3200

Services Provided: Wash, cut & blow wave \$60; Treatments with a service \$30; Blow wave & styling \$40

Operating Hours: Monday & Thursday 9am – 8pm; Tuesday & Wednesday 9am – 5pm; Friday 8am – 4pm

How to Book: Phone 06 368 8801; Email louiseduncanhairdesign@gmail.com

NELSON

Maya Yoga (New Provider)

Location(s) & Services Provided: Activate Physiotherapy, Collingwood St., Nelson Monday Yin Yoga 12.30pm – 1.30pm, \$18 per class or \$120 for 8 weeks.

Natural Living Yoga Studio, Founders Heritage park, Nelson Monday Evening flow 5.45pm – 7.00pm; Thursday Gentle flow 9.45am – 11.00am, \$16 per class. Yoga Jai, 105 Rutherford St, Level 1, Nelson Wednesday Hatha flow 5.45pm – 7.00pm; Sunday 'Sun-downer' Yin 5.00pm – 6.15pm, \$16 per class. Public class prices are \$16 for casual drop-in. Class pass available: \$75 for 5 classes or \$140 for 10 classes, valid for 3 months. Private tuition, 1:1, or small group by appointment.

How to Book: Call or text 021 0293 1142 or email maya.k.lefebvre@gmail.com; www.facebook.com/yoga.nelson.nz

WELLINGTON REGION

Pro Brows by Nicole (New Provider)

Location: 188 Gordon St, Masterton, Wairarapa 5810

Services Provided: Professional Brow Company – Cosmetic Tattoo Eyebrow Tattooing (x2 sessions) \$600; Eyeliner Tattooing (x2 sessions) \$500

Operating Hours: Monday – Friday 9am – 3pm; Thursday 5pm – 8pm

How to Book: Website: www.probrowsbynicole.co.nz

Cancellation information: Please cancel via text 027 208 6143 if you are unable to keep your appointment.