

SWEET Louise

Member Newsletter OCTOBER & NOVEMBER 2019

Talofa lava from Tau



Sweet Louise member Tau, who describes herself as a 46-year-old chick from Samoa, uses her creativity to turn darker days into brighter ones and help herself live a full and worthwhile life.

Tau lives in Greenlane, Auckland with her husband Stephen and two of her three children. She is mother to Julius 21, Jamie 20 and Sophia-Maria 11. Jamie and Sophia-Maria live at home while Julius now lives with Tau's mother after Tau's father passed away a few months after her diagnosis.

Her drive to stay alive for her children and especially to be able to see her 'baby girl' grow and achieve in life, provides Tau with daily inspiration and strength to cope with cancer.

Tau's journey began in May 2017 with a sore lower back which initially she didn't think much of until the pain meant she couldn't get out of bed. Living what she describes as a healthy active life, and with no history of cancer in her family, Tau says never in a million years did she think it would be cancer. A trip to her

GP followed by a mammogram led to a diagnosis of metastatic breast cancer in her spine with fractures at T8 and T10 and spinal cord compression. Tau was given months to live and as she says, 'my world came crashing down thinking of my kids, especially my baby girl and how she would cope in life without her mummy'.

Always a busy, creative person, Tau had set up a café and cupcake business after her daughter was born. When she received her cancer diagnosis, she gave it up to focus on doing everything she could to be around for her family. She wasn't prepared for the psychological and emotional impact of her diagnosis and found this hard. Counselling helped her accept her situation and overcome depression.

Like many other Sweet Louise members, Tau's treatment plan included radiation,

chemotherapy and surgery – two operations to stabilise her spine. While she was busy in a new way, she missed being creative, so between treatments, she started painting Polynesian designs on fabrics and turning these into cushions. Friends and family bought her cushions and the hobby grew into a business. Tau now has a supplier who makes her cushions which she sells from her website www.themepolynesia.co.nz. Tau has also recently started designing earrings and these too are available from her website. Tau says designing the cushions and running the business help keep her mind busy and give her a feeling of being worthwhile, something she struggled with on top of the illness.

Tau is grateful to Sweet Louise which she credits as helping her accept her cancer and deal with it in the best possible way. She gains motivation and inspiration from all the wonderful women in Sweet Louise;

'catching up at member meetings I relate to them and we talk openly about our journeys. Sharing experiences of different treatments, dealing with side effects and how to advocate for yourself is empowering. I've come to accept it is what it is and the best thing to do is to learn to live with it.'

Tau encourages others and especially Pacific women to go to Sweet Louise member meetings so they too can benefit from the support. As they say in Samoan, "Manuia Tofa".

Tau is kindly donating \$1 from anything she sells on her website to Sweet Louise. Fa'afetai tele lava (thank you so much) Tau. www.themepolynesia.co.nz.

SWEET October



New Zealand is Sweet Louise's launch of The Sweet October e-Cookbook, a collection of 31 recipes for 31 days.

Featuring sweet and savoury concoctions from well-known Kiwis, Sweet Louise members and supporters. The Sweet October Cookbook has something for everyone - no matter what your cooking ability.

Watch out for a selection of delicious recipes to be released on our Facebook and Instagram during October and follow #sweetoctober #31recipes31days #sweetlouisenz.

The Sweet October e-Cookbook can be downloaded from the Sweet Louise website www.sweetlouisze.co.nz for \$31 from Wednesday 1 October, 2019.

Please get behind Sweet October by sharing what we are doing with your friends and family to enable all our wonderful Sweet Louise members to receive the ongoing support they need.



October is Breast Cancer Awareness month and we are aiming to raise \$100,000 to support New Zealanders living with metastatic breast cancer.

A highlight of our main fundraising month and building on last year's successful culinary events at various locations around



Since April 2019, twenty Sweet Louise members have spent one or two mornings each week at the University of Auckland's Health & Rehabilitation Clinic participating in the METS programme.

METs, (Meet, Talk, Exercise & Socialise) is an exercise programme developed specifically for men and women with Stage 4 breast cancer. Each participant is matched with an exercise physiology student from the Department of Exercise Sciences at Auckland University. At the start, the students reviewed each Sweet Louise member's medical history and assessed their fitness level. Using this information they developed an individual exercise programme specifically for that person; the aim being to improve their cardio-respiratory fitness and muscle strength and ultimately, over time,

to improve stamina and reduce fatigue symptoms.

At each session, each person undertakes a range of exercises. These include aerobic training e.g. on a cycle, treadmill, stepper, cross trainer and/or rower; muscle strength & power training using their own body weight, machine weights and/or free weights; plus exercises designed to maintain and improve balance and flexibility. The student who designed their programme works with them each time they attend, monitoring their activity and encouraging them along the way.

Feedback from Sweet Louise members who have been fortunate to be part of the METs programme has been overwhelmingly positive. They really enjoy the one-on-one coaching, they feel 'better' and they also enjoy the social interaction. Post-exercise morning teas have become a regular addition to the programme.

Dr Stacey Reading, Academic Program Director for Clinical Exercise Physiology is delighted with the results of the programme. "We developed the METs Group in hope that it might address a need for guided exercise programming for patients with advanced breast cancer while also providing the students in our program with valuable experience learning how to develop exercise programming for people with complex medical conditions. The results extend well beyond improved fitness or academic learning. The caring, sharing, and personal connections made between the students and participants is wonderful to see."

Sweet Louise and Dr Reading would love to see the programme continue and better still expand into other communities so that more Sweet Louise members can benefit from supervised exercise. As the saying goes, exercise is medicine and these women truly believe that!



Support Coordinator Team

Our team of seven gathered together in Auckland in late August for training and support. It was also an opportunity to welcome our two new Support Coordinators - Anna and Lesley.

L to R we are Anna Allan, Nadine Morton, Angela Jackson, Nicki Roy, Tracy Smith, Jenny Cade & Lesley Narayanan.

Service Providers

NEW, UPDATES AND CHANGES

AUCKLAND AND NORTH

Whangarei Foot Clinic Ltd (New Provider)

Location: 319 Western Hill Dr, Avenues, Whangarei 0110

Services Provided: Footcare – nails, callouses, corns treated, diabetic footcare, foot pain treated. \$62 (30 minutes). \$56 (30 minutes) for beneficiaries/children/students/over 65.

Operating Hours: Monday – Friday 9am - 5pm

How to Book: Phone 09 438 0294 or 027 281 3506; email macrury.mi@xtra.co.nz; website www.whangareifootclinic.co.nz

WAIKATO & CENTRAL NORTH

Just Relax Reflexology (New Provider)

Location: 73 Insoil Avenue, Enderley, Hamilton and Mobile services available (boundary of Hamilton city only)

Services Provided: First reflexology consultation and treatment \$60; Reflexology treatment \$60; Reflexology & Indian Head Massage \$100; Indian Head Massage \$50; 6 Reflexology sessions \$300; Mobile service (Hamilton City only) extra cost

Operating Hours: Monday to Friday 9am to 5pm

How to Book: Call or text 021 366 670;

email justrelaxreflexology@gmail.com

Cancellation policy: Please provide 24-hour notice, failure to do so will incur full charge

Debod Body Therapies (New Provider)

Location: 12 Louvain Street, Whakatane 3120

Services Provided: Neuromuscular Therapy Massage - \$85, Relaxation Massage - \$85, Remedial Massage - \$85, Lymphatic Drainage Massage - \$85, Aromatherapy Facial - \$95, Derma Enzyme Facial - \$75, Derma Defence Facial - \$190, Derma Anti Age Facial - \$190, Derma Express Facial - \$65, Derma Revital Eyes - \$60, Derma Clear Facial - \$145, Derma White Facial - \$140, Derma Calm, Nourish & Medi Facial - \$145, Derma Clear Dry Facial - \$145

Operating Hours: 9am – 6pm (Mon – Fri and/or weekends)

How to Book: Online via website www.debod.net.nz or call 07 308 7721

Cancellation Information: Call 07 308 7721 to cancel (anytime)

PALMERSTON NORTH & MID-CENTRAL

Omahanui Home Care Ltd (New Provider)

Location: 22 Waiwaka Tce, Strandon, New Plymouth

Services Provided: Cleaning \$35/hr, Meal preparation \$35/hr, Personal cares \$35/hr, Shopping \$35/hr

Operating Hours: Monday to Friday 8.30am - 4.30pm

How to Book: Phone 06 759 7031 or email homecare@omahanui.co.nz

WELLINGTON REGION

Wairarapa Holistic is no longer offering services for Sweet Louise.

The Screening Room (New Provider)

Location: 435 Queen Street, Kuripuni, Masterton 5842

Services Provided: A lovely restaurant with 2 boutique cinemas.

Movie ticket Adult \$16; Movie ticket Senior (65+) \$13; Meals/coffee/cake \$variable

Operating Hours: 10am – 10pm 7 days a week

How to Book: Online

www.thescreeningroom.co.nz; phone 06 378 6191 or 021 445 739; in person

Newtown Acupuncture Centre (New Provider)

Location: 82 Riddiford Street, Newtown, Wellington 6021

Services Provided: Acupuncture (multi-bed) \$65, Acupuncture (multi-bed) \$50 community service card, Massage (50mins) \$80, Massage (30mins) \$50, Infra-red Sauna \$35, Yoga & Martial Arts \$30

Operating Hours: Monday, Wednesday, Friday 9.30am - 6pm; Tuesday, Thursday 9.30am - 7pm

How to Book: Phone 04 974 6541, Email contact@newtownacupuncture.co.nz, Online booking www.newtownacupuncture.co.nz

Cancellation Policy: Please call, text, or email to cancel

Member Survey - Thank You

A big thank you to those members who completed our 2019 Member Survey. The overall response rate is close to 50%. As an average we are rapt with this result.

The information we get from the survey is very important to us - we use the statistics and your comments frequently when applying for grants as evidence of how you, our members, value the work we do. Thank you again for your responses.



SOUTH ISLAND

The Healing Dimension (New Provider)

Location: 10 Sunhaven Place, Huntsbury, Christchurch 8022

Services Provided: Massage/Oncology Massage – 1 hour \$85, ½ hour \$55; Reflexology - 1 hour \$85, ½ hour \$55; Reiki/Spiritual Healing - 1 hour \$85, ½ hour \$55; Manual Lymphatic Drainage - 1 hour \$85, ½ hour \$55; Scar tissue Release - 1 hour \$85, ½ hour \$55; Variable cost 3,5, +10 trip discounts available.

Operating Hours: Monday – Saturday

11:30am – 5:30pm but flexible

How to Book:

Online www.thehealingdimension.co.nz, phone 021 1831066 or email donna.roy63@gmail.com.

Cancellation Information: 24 hours please

Activate Physiotherapy & Rehabilitation/Wigs by Haircreations Nelson (New Provider)

Location: The Collingwood Centre, Level 2, 105 Collingwood Street, Nelson 7010

Services Provided: Physiotherapy (30 minutes) \$79, Massage (30 minutes) \$79, Exercise advice/prescription (30 minutes) \$79, Pilates classes 10x 1 hour sessions \$135, PINC and Steel Rehabilitation initial \$120 (\$110 funder, \$10 client), PINC and Steel follow-up \$79 (\$69 funder, \$10 client), Next Steps Pilates class 1 hour per week for 10 weeks \$287 Wig Consulting and fitting from \$45 up to \$400 (all prices variable depending on products and services)

Operating Hours: Monday to Friday 8.30am - 5pm

How to Book: Phone 03 548 2622 or 021 073 5013, Email reception@activatephysiotherapy.co.nz, Website www.activatephysiotherapy.co.nz

A Woman's Touch Canterbury Ltd (New Provider)

Location: Christchurch

Services Provided: Residential Cleaning – minimum charge \$100 +GST

Operating Hours: Monday – Friday 8am - 4.30pm

How to Book: Email chch@awomanstouch.co.nz; website www.awomanstouch.co.nz

Cancellation Policy: Please email chch@awomanstouch.co.nz or call 03 356 1387

October/November 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 members@sweetlouise.co.nz. Please note times for individual meetings. Morning tea is provided.

NORTH SHORE MEETINGS

Please RSVP to Jenny on 027 371 8686 or call our free phone 0800 112 277 or email jenny.cade@sweetlouise.co.nz

- North Shore: Tuesday Oct 1 & Monday Nov 4 @ 10am to 11.30am, Kings Plant Barn Cafe, 11-13 Porana Rd, Wairau Valley. Save the date Wednesday Dec 4 @ 10.30am to 12.00pm, Walnut Cottage, 498 Hibiscus Coast Highway, Orewa, Combined North Shore/Orewa Christmas meeting.

AUCKLAND WEST / WARKWORTH/NORTHLAND

Please RSVP to Anna on 021 197 6638 or call our free phone 0800 112 277 or email anna.allan@sweetlouise.co.nz

- Whangarei: Tuesday Oct 8 & Tuesday Nov 12 @ 10.30am to 12pm, Daffodil House, 73 Kamo Rd, Kensington, Whangarei. Save the date Tuesday Dec 10 @ 10.30am to 12.00pm, Milk & Honey Café, 533 Kamo Rd, Whangarei.
- Silverdale/Orewa: Thursday Nov 7 @ 10am to 11.30am, Kings Plant Barn, Cnr East Coast Bays Rd & State Highway 1, Silverdale.
- Warkworth: Monday Oct 7 @ 10.30am to 12pm, The Coffee Club, 4/67 Auckland Rd, Warkworth. Save the date Wednesday Dec 4 @ 10.30am to 12.00pm, Walnut Cottage, 498 Hibiscus Coast Highway, Orewa, Combined North Shore/Orewa/Warkworth Christmas meeting.
- Henderson: Wednesday Oct 2 & Tuesday Nov 5 @ 10am to 11.30am Kings Plant Barn, 224 Universal Dr, Henderson. Save the date Monday Dec 2 @ 10.30am to 12.00pm, Combined Auckland Christmas meeting. Venue TBC.

AUCKLAND CENTRAL/EAST/ SOUTH MEETINGS

Please RSVP to Nadine on 027 525 1985 or call our free phone 0800 112 277 or email nadine.morton@sweetlouise.co.nz (Transport for Central meetings maybe available.)

- Auckland South: Tuesday Oct 15 & Monday Nov 11 @ 10.30am to 12pm, Café Miko, Manurewa Gardens, 100 Hill Rd, Manurewa.
- Auckland Central: Wednesday Oct 16 @ 10.30am to 12.00pm, Mercy Spirituality Centre, 104 The Drive, Epsom. Tuesday Nov 12 @ 10.30am to 12.00pm, Kings Plant Barn, 228 Orakei Rd, Remuera.
- Pukekohe: Monday Nov 4 @ 10.30am to 12pm, Petals 'n' Pots Cafe, 25 Paerata Rd, Pukekohe. Save the date Monday Dec 2 @ 10.30am to 12.00pm, Combined Auckland Christmas meeting. Venue TBC.

WAIKATO & BOP MEETINGS

Please RSVP to Angela on 027 328 8009 or call our free phone 0800 112 277 or email angela.jackson@sweetlouise.co.nz.

- Tauranga: Thursday Oct 31 @ 10.30am to 12pm, Bird on a Wire, Upstairs

level at The Crossing shopping mall, 2 Taurikura Dr, Tauriko, Tauranga. Sweet October meeting.

- Save the date Thursday Dec 5 @ 10.30am to 12.00pm, Nourish Cafe.
- Eastern Bay of Plenty: Tuesday Nov 5 @ 10.30am to 12pm, Julians Berry Farm and Cafe, 12 Huna Rd, Coastlands, Whakatane.
- Rural Waikato: Thursday Nov 7 @ 10.30am to 12.00pm, Robert Harris Café, Broadway, Matamata.
- Rotorua: Wednesday Oct 23 @ 10.30am to 12pm, Arts Village Café, 1240 Hinemaru St, The Cottage, Rotorua; Wednesday Nov 20 @ 10.30am to 12pm, Arts Village Café, 1240 Hinemaru St, The Cottage, Rotorua. Christmas meeting.
- Hamilton: Thursday Oct 24 @ 10.30am to 12.00pm, Café Agora, Agora Building 13 Kent St, Frankton, Hamilton. Thursday Nov 21 @ 10.30am to 12.00pm, Café Agora, Agora Building 13 Kent St, Frankton, Hamilton. Christmas meeting.
- Taupo: Tuesday Oct 15 @ 11.00am to 12.30pm, Columbus Café Mitre 10 Mega, 99 Bella George Lane, Taupo. Save the date Tuesday Dec 10 @ 11.00am to 12.30pm, Café 99, 99 Tongariro St, Taupo. Christmas meeting.

MID-CENTRAL MEETINGS

Please RSVP to Nicki Roy on 027 328 8008 or call our free phone 0800 112 277 or email nicola.roy@sweetlouise.co.nz.

- Whanganui: Wednesday Oct 16 @ 10.30am to 12.00pm, Caroline's Boatshed Eatery, 181 Somme Parade, Aramoho; Tuesday Nov 12 @ 10.30am to 12.00pm, Springvale Garden Centre, 18 Devon Rd, Springvale. Save the date Tuesday Dec 3 @ 10.30am to 12.00pm, Caroline's Boatshed Eatery, 181 Somme Parade, Aramoho. Christmas meeting.
- Palmerston North: Thursday Oct 17 & Thursday Nov 14 @ 10.30am to 12.00pm, The Cooperage Café, 723 Main St, Palmerston North. Save the date Thursday Dec 5 @ 10.30am to 12.00pm, Design and Desire Boutique, 613 Fitzherbert East Rd, Aokautere, Palmerston North. Christmas meeting.
- Levin: Thursday Oct 17 @ 2.30pm to 3.30pm, Focal Point Cinema Cafe, 14 Salisbury St, Levin. Save the date Monday Dec 16 @ 10.30am to 12.00pm, Whispers Café, 176 Oxford St, Levin. Christmas meeting.
- Kapiti: Thursday Oct 30 & Thursday Nov 28 @ 10.30am to 12.00pm, No. 6 licensed Cafe, 6 Alexander Rd, Raumati Beach. Save the date Monday Dec 16 @ 2.30pm to 3.30pm, No. 6 licensed Cafe, 6 Alexander Rd, Raumati Beach. Christmas meeting.
- New Plymouth: Wednesday Nov 13 @ 10.30am to 12.00pm, Bach on Breakwater Café, Ocean View Parade, Port Taranaki, New Plymouth. Save the date Wednesday Dec 4 @ 10.30am to 12.00pm, Bach on Breakwater Café, Ocean View Parade, Port Taranaki, New Plymouth.

WELLINGTON AREA AND HAWKES BAY MEETINGS

Please RSVP to Tracy on 021 328 835 or our free phone 0800112277 or email tracy.smith@sweetlouise.co.nz

- Hawkes Bay: Wednesday Oct 9 @ 10.30am to 12pm, Zeppelin Café, 126 Main Rd, Clive. Thursday Nov 21 @ 10.30am to 12pm, Zeppelin Café, 126 Main Rd, Clive. Christmas meeting.
- Hutt Valley: Friday Oct 18 & Friday Nov 8 @ 10.30am to 12.00pm, Botannix Cafe, Palmers Garden Centre, Victoria St Petone.
- Wellington: Monday Oct 21 & Monday Nov 18 @ 10.30am to 12.00pm, Simmer Café, 103 Westchester Drive, Churton Park.
- Wellington CBD: Monday Oct 21 & Monday Nov 18 @ 3pm to 4pm, 1815 Café, Wellesley Boutique Hotel, 2 Maginnity Street, Wellington City.
- Wairarapa: Tuesday Nov 12 @ 10.30am to 12.00pm, Clareville Bakery, SH 2 Carterton. Christmas meeting. Save the date Tuesday Dec 3, Combined Wellington/CBD/Hutt Valley Christmas meeting.

SOUTH ISLAND - NELSON & MARLBOROUGH MEETINGS

Please RSVP to Tracy on 021 328 835 or our free phone 0800 112 277 or email tracy.smith@sweetlouise.co.nz

- Blenheim: Tuesday Oct 15 @ 1.30pm to 3pm, The Wine Station, Sinclair St, Mayfield, Blenheim.
- Nelson: Wednesday Oct 16 @ 10.30am to 12.00pm, Melrose House Cafe, 1 Melrose Terrace, Nelson. Save the date Wednesday Dec 4, Nelson and Blenheim combined Christmas meeting.

SOUTH ISLAND - CANTERBURY, WESTLAND, OTAGO & SOUTHLAND MEETINGS

Please RSVP to Lesley on 027 328 8003 or our free phone 0800 112277 or email lesley.narayanan@sweetlouise.co.nz.

- Christchurch: Tuesday Oct 22 @ 10.00am to 12.00pm, Joe's Garage, 7 Leslie Street, Upper Riccarton, Christchurch, CanBead Workshop with Janeen Richardson; Tuesday Nov 19 @ 10.30am to 12.00pm, Untouched World Café, 155 Roydvale Ave, Burnside, Christchurch. Save the date Tuesday Dec 10, Christmas meeting. Venue TBC.

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