



A portrait series of strength

AUCKLAND PHOTOGRAPHER NICK MARSH HAS PRODUCED A BEAUTIFUL PORTRAIT SERIES OF SWEET LOUISE MEMBERS. BELOW ARE SOME OF THEIR INSIGHTS INTO LIVING LIFE WITH SECONDARY BREAST CANCER. THANK YOU TO NICK FOR HIS TIME, ENERGY AND COMPASSION IN CREATING THIS SERIES AND THANK YOU TO THE MEMBERS FOR SHARING THEIR STORIES.



Lyn

LYN WAS ONE STAGE AWAY FROM EARNING HER BLACK BELT IN KARATE WHEN SHE FOUND OUT SHE HAD PRIMARY BREAST CANCER.

"I was teaching a class and all of a sudden my chest area felt really sore. When one of my students came in to kick me, I felt a lump."

Lyn underwent treatment, and eventually adjusted to a 'new normal'. She had to swap karate and marathons for walking, but she was OK. However, seven years after her primary diagnosis everything changed again.

"One hot day in summer I was in my kitchen cutting watermelon. All of a sudden, I felt a surging pain run through my arm. I felt like I was having a seizure or stroke. I ran next door to my friend's

place, the butcher's knife still in my hand, watermelon juice running down my arm. When my friend came to the door, I opened my mouth to speak but lost all ability to talk. Next thing I know I'm in the ambulance and a few days later I've been told the breast cancer is back, it has metastasized and has spread to my brain."

Two years, a brain operation and 59 cycles of treatment later, Lyn takes every day as they come.

"Every day above ground is a bonus," she says.

"The Sweet Louise group is so warm and generous, I have loved making new friends and being with those in the same situation as me."

Raewyn

WHEN RAEWYN WAS DIAGNOSED WITH SECONDARY BREAST CANCER IN 2014 SHE STARTED TO MAKE A BUCKET LIST.

The first item on her list was a horseback safari in Africa, which, as a trained zoologist and animal lover, was a dream come true. A trip to Europe followed and last year Raewyn and her sister Kim went to Antarctica.

"I have worked in the Corrections Department as a kitchen team leader for 19 years. These trips are my way to break out of my routine, to reinvigorate my life, and make the most of it while I still can".

Back in her everyday life, Raewyn is dealing with the physical and mental exhaustion of cancer.

"Physically, I am tired and in often in pain. Mentally, I am always playing down how hard this illness is.

No one wants to see the gritty side of cancer. It is upsetting. So here I am, trying to juggle my real life with one people want to hear about".

"That's why Sweet Louise is an essential resource to people going through incurable breast cancer."

It means there is someone at the end of the phone, there is a group of people out there that know what you are going through, there is information to access, there are member meetings and there are vouchers to help with practical support."





Gaylene

IN 2014, SEVEN YEARS AFTER BATTLING PRIMARY BREAST CANCER, GAYLENE, WHO HAS BEEN A POSTIE IN AUCKLAND HER WHOLE WORKING LIFE, STARTED DROPPING THE MAIL ON HER MORNING POSTAL RUNS.

"I couldn't hold the mail properly and I noticed my arm started swelling. A pain developed in my shoulder, and I could feel it move across my back. It felt like a worm that was slowly but surely creeping across my body, trying to get into my organs".

Gaylene had a sinking feeling the cancer was back.

"I knew it had returned but I didn't know the extent of how bad it was and what having secondary breast cancer actually meant. In the beginning I just thought it would be treated like my primary breast cancer and I'd go back to my normal life eventually".

Now Gaylene lives the reality of her secondary diagnosis. Yet you will only ever see her putting on a brave face.

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"People have no idea that some of us have secondary breast cancer because we try and get back to the people we were before. We are strong fighters and often don't show how hard it is".
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Lynda

LYNDA LIVED IN THE UK FOR 12 YEARS UNTIL, IN 1989, SHE FELT LIKE HER BODY WAS TELLING HER TO COME HOME.

"My life was in the UK. My husband was there, my job, my friends. But I couldn't shake the feeling, so my husband and I packed our bags and made our way home".

That 'feeling' was stage three breast cancer. Lynda was diagnosed a few days after Christmas the first year she was back. She was 37 years old.

"I was totally shocked. At the time, my parents were away, the doctors were on holiday, and I wasn't yet 40. There was a lot less public knowledge about breast cancer at the time".

Fast forward 18 years, time in New Zealand, a move to Australia,

and her cancer returned. This time it was secondary.

"Eighteen years had passed since my first diagnosis. Apart from feeling tired a lot, I was doing OK. I couldn't believe it when the results came back. I went into a panic".

Lynda is now beating the odds. She has lived with her secondary breast cancer for ten years.

"With the help of Sweet Louise I have found a way to navigate this cancer and live with it as best I can. Of course it has taken a huge emotional and financial toll, but I am here, and I am coping."

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"The friendships I have created at Sweet Louise are invaluable. As members, we understand and support each other. We give each other hope".
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MBC Day

OCTOBER 13TH IS INTERNATIONAL METASTATIC BREAST CANCER DAY. WE HONOUR YOU ON THIS DAY – AND EVERY DAY – AND DO OUR BEST TO SUPPORT YOU SO THAT YOU CAN LIVE AS POSITIVELY AS POSSIBLE.

Thank you for all your insights, strength and smiles. We wish you every bit of hope and comfort, today and always on your metastatic journey.

Xx The Sweet Louise team



Hats for a Good Kaus

KAUS, A SWEET LOUISE SERVICE PROVIDER, OFFERS A BEAUTIFUL RANGE OF HATS TO THOSE WHO ARE GOING THROUGH CANCER TREATMENT.

Kerrin Osborne, owner and chief hat maker of Kaus, says she was originally inspired to start the business after her mum was diagnosed with stage two breast cancer in 2011.

"Mum lost all her hair going through chemotherapy. At the time, she wanted to disguise the side effects of her treatment and started looking for hats to wear. Unfortunately, the options were limited".

"Mum asked me, as I worked in the

fashion industry, if I could have a go at making her some. She wore the first hat I made for her to the oncology ward when she went in for treatment and by the end of it, she had a list of ladies who all wanted to buy some. And the rest is history!"

"I love being a Sweet Louise provider because I get to meet incredibly strong and inspirational women. To be able to give them something that makes them feel and look good while going through cancer treatment makes my job worthwhile".

If you would like to purchase a hat from Kaus you can do so with your Sweet Louise vouchers. Visit Kaus at www.kaus.co.nz or contact Kerrin at info@kaus.co.nz / 021 1002 302

Giveaway

Kaus is inviting one lucky member to choose up to **\$100 worth of hats!** Email your name and contact number to members@sweetlouise.co.nz to be in to win. Winner will be drawn November 1st and contacted soon after.



Birthdays

Julie A, Losana A, Lianne A, Andree A, Leanne A, Karen B, Mary B, Miriam B, Anna B, Valerie B, Christine B, Jennifer B, Roslyn B, Kelleigh B, Sheryll C, Fiona C-HL, Martelle C, Deborah C, Jenny C, Sue C, Donna C-A, Louise D, Leanne E, Tracey E, Fiona E, Marie F, Judi F, Maria F, Diane F, Kate G, Audrey G, John G, Jenyth G, Lorraine G, Margaret G, Marie G, Helen H, Virginia H, Ana H, Mereheeni H, Lucille H, Christine H, Jean I, Tavaloa J, Janet J, Marian K, Amelia K, Kathryn K, Karin L, Joyce L, Kari L-B, Jean L, Donna M, Kim M, Pamela M, Claire M, Sheryl M, Susan M-S, Melita M, Gayleen M, Tise M, Ngaire M, Andrea M, Elizabeth M, Wiki M, Chrysanthé M, Hannah (Ngahana) N, Marie P, Janet P, Sylvia P, Boramy P, Deborah P, Louise P, Marion P, Jane R, Tania R, Vicki R, Elane R, Diana R, Janice R, Raewyn S, Ekaterina S, Susan S, Jennifer S, Hazel S, Anna S, Patricia Ann S, Anna S, Stephnie S, Toa T, Lois T, Tessa T, Jessy T, Andrea T, Dawn T, Linda T, Jayne T, Gabriella T, Mailene T, Ana U, Elizabeth WW, Patrish WW, Stephanie WW, Adrienne WW, Dawn WW, Jennifer WW, Michele WW, Joy WW

Welcome Nadine!

IN AUGUST, WE WELCOMED NADINE TO SWEET LOUISE AS THE NEW SOUTH AND EAST AUCKLAND SUPPORT COORDINATOR.

Nadine is a qualified Occupational Therapist from South Africa, who worked and travelled overseas for a number of years, before settling in New Zealand with her family in 2003. She retrained as a

counsellor and worked for Mothers Helpers and as a college counsellor until the end of last year.

Nadine is a mum to two teenage girls. She has a strong interest in mindfulness and stress management as well as yoga, music, book club, walking her two dogs and spending time with



family and friends.

"I feel very fortunate to be part of an organisation that comes from a spirit of compassion and kindness. I am looking forward to being a part of the team and helping make a positive difference in our members' lives".

If you would like to get in contact with Nadine please email her at nadine.morton@sweetlouise.co.nz or call 027 525 1985.

SWEET October

BAKE FOR
INCURABLE
BREAST CANCER

We are aiming to raise \$20,000 to help fund our Support Coordinators.

They are the face of Sweet Louise, providing practical and emotional support to members. Please get behind them this Sweet October!

For more information, please visit our website, www.sweetlouisecoznz or contact Eva at eva.foreman@sweetlouisecoznz

This October bake for breast cancer! We are running a baking fundraiser, Sweet October, over the course of the month and would love your support.

All you have to do is follow these easy steps:

Step 1.

Register online at www.sweetlouisecoznz

Step 2.

Pick a date and tell your friends, family, and work

colleagues! You can find recipes and print out posters, invitations and bunting from our website to make your event special.

Step 3.

Bake! Bake and sell your creations at work or with friends and family.

Step 4.

Fundraise! Sell for a set price, or welcome a donation. You could get a group together and make it a bake sale.

Step 5.

Collect the money and send it through to Sweet Louise.

Service Providers

NATIONWIDE PROVIDERS FREEDOM DRIVERS (UPDATE) NEW FRANCHISEE

Howick: Daniel Whaitiri 09 532-8388, 021 929 911, howick@freedomdrivers.co.nz

AUCKLAND AND NORTH GRACE ACUPUNCTURE (UPDATE)

Location: 6 Ponderosa Drive, Oteha, Auckland
Services Provided: Acupuncture – 1st visit \$80; Acupuncture follow-up \$60.

Operating Hours: Monday to Friday
How to Book: grace.acu@gmail.com or 021 226 2625

WAIKATO & CENTRAL NORTH

Harmony Health is no longer offering services for Sweet Louise.

IKOI CLINIC (NEW PROVIDER)

Location: Mirror Image, Rangatira shopping Centre, 6 Mansell Road, Taupo
Services Provided: Relaxation massage (60 min) \$75/(90 min) \$95; Deep tissue massage (60 min) \$75/(90 min) \$95; Lymphatic Drainage massage (60 min) \$75/(90 min) \$95; Reiki (60 min) \$55; Theta/Inner Child/

Other (60 min) \$75; A.I.S. stretch (60 min) \$75/(90 min) \$95; Hot Stone massage (60 min) \$85; Chair massage (15 min) \$20.

Operating Hours: Monday – Friday 9am to 2.30pm. Monday and Friday evenings 6pm – 8pm. Other times by appointment

How to Book: Phone 021 158 3258; online <https://m.facebook.com/ikoiclinic/>
TEASE BOTANIX HAIR & BEAUTY ROOMS (NEW PROVIDER)

Location: 21 Graham Place, Bellevue, Tauranga 3110

Services Provided: Back, shoulder & neck massage \$40; Facials (various) from \$75 - \$155; Haircuts \$55 - \$80; Colours from \$95; Manicures from \$35; Pedicures from \$45; LED treatments \$60

Operating Hours: By appointment only (Flexible hours)

How to Book: Phone 07 570 0971 or 027 551 7011, email teena@teasebotanix.co.nz, website www.beautyrooms.co.nz

Cancellation Policy: 24-hour notice required to enable another client to fill vacated appointment. Cancellation due to illness, etc, flexibility and understanding prevails here.

WELLINGTON REGION

Life Choice Coaching is no longer offering services for Sweet Louise for the foreseeable future.

SOUTH ISLAND SOLE PURPOSE REFLEXOLOGY (NEW PROVIDER)

Location: 103 Dunns Avenue, Pines Beach, Kaiapoi, Christchurch

Services Provided: 1 hour Bliss Treatment \$40; 30 minutes x2 people \$50; Mother & Baby (30 minutes) \$25.

Operating Hours: Tuesday - Thursday: 5pm - 7pm; Saturday: 10am - 4pm. **How to Book:** Text: 021 246 6787 or Messenger via Facebook <https://www.facebook.com/103pinesbeach/>

BREATHE RELAX REFLEXOLOGY (NEW PROVIDER)

Location(s): 637a Springs Road, Prebbleton, Christchurch and The Herb Clinic, 223 Kilmore Street, Christchurch Central

Services Provided: Reflexology (60 min) \$60; Reiki & Reflexology (60 min) \$60; Ear, Hand, Leg & Foot reflexology (90 min) \$100; Zu Qigong (60 min) \$60; Reflexology taster (30 min) \$30; Home treatment (60 min) \$80 - Mobile service within 20 kms of city.

Operating Hours: Monday, Wednesday – Friday (Prebbleton clinic) 9am – 6pm; Tuesday & Saturday (The Herb Clinic) 9am - 6pm

How to Book: www.breatherelaxreflexology.co.nz; Phone 027 526 2243 (Bobbie) or 03-365 3011 (The Herb Centre)

Oct/Nov 2018 Member Meetings

DETAILS OF ALL MEMBER MEETINGS ARE ALSO POSTED AT SWEETLOUISE.CO.NZ

If you have any questions about Auckland and Northland meetings, please email your Auckland Support Coordinator or email members@sweetlouisecolnz.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: 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@sweetlouisecolnz.co.nz

- 📍 **Henderson:** Monday 5 November, 9.30am – 11.00am, Kings Plant Barn, 224 Universal Drive, Henderson.
- 📍 **North Shore:** Wednesday 17 October, 10.00am – 12pm, Northcote Bowling Club, 11 Council Terrace, Little Shoal Bay.
- 📍 **Silverdale/Orewa:** Thursday 8 November, 10.00am – 11.30am Kings Plant Barn, Corner of East Coast Bays Road & State Highway 1, Silverdale.
- 📍 **Warkworth/Matakana:** Tuesday 2 October, 10.30am - 12pm, Ringawera Café, 48 Tongue Farm Rd, Matakana.
- 📍 **Whangarei:** Tuesday 9 October & Tuesday 13 November, 10.30am - 12.00pm, Daffodil House, 73 Kamo Road, Kensington, Whangarei.

AUCKLAND: CENTRAL, EAST AND SOUTH

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@sweetlouisecolnz.co.nz (Transport for Epsom meetings available on request.)

- 📍 **Auckland Central:** Thursday 18 October, Can Bead workshop, 10.00am – 12pm, Mercy Centre, 104 The Drive, Epsom; Tuesday 20 November, 10.30am to 12pm, Kings Plant Barn Remuera, 228 Orakei Rd, Remuera.
- 📍 **Auckland South:** Tuesday 2 October, 10.30am to 12pm, Columbus Coffee Mitre 10, 61 Lambie Dr, Manukau.
- 📍 **Pukekohe:** Wednesday 17 October, 10.30am to 12pm, Petals 'n' Pots Cafe, 25 Paerata Rd, Pukekohe.

WAIKATO & BAY OF PLENTY

Please RSVP to Angela if you can come along on 027 3288009, or call our free phone 0800 11 22 77 or email angela.jackson@sweetlouisecolnz.co.nz.

- 📍 **Hamilton:** Member Well-Being day, Saturday 13 October, 10am - 3.30pm (refreshments served from 9.30am &

lunch provided), Bill Gallagher Events Room 1, Wintec, Anglesea Street, Hamilton (plenty of parking), Please RSVP to members@sweetlouisecolnz.co.nz by Friday 5th October.

Friday 19 October, 10.30am – 12.00pm & Friday 16 November, 10.30am – 12.00pm, Lion's Cancer Lodge, Cnr Lake Road & Tainui Street, Hamilton.

- 📍 **Rotorua:** Thursday 18 October, 9.30am – 12.00pm, Rotorua Cancer Society, 1235 Ranolf Street, Rotorua, Look Good Feel Better meeting; Thursday 15 November, 10.30 – 12.00pm, Pavillion Café in the Distinction Hotel, 390 Fenton Street, Rotorua.
- 📍 **Thames:** Thursday 1 November, 11am – 12.30pm. Aeroview Garden Centre, 382 Ngati Maru Highway RD 1 Thames
- 📍 **Tauranga:** Friday 26 October, 10.30am – 12.00pm, Nourish Café, 4 Te Puna Road, Te Puna.
- 📍 **Gisborne:** Wednesday 7 November, 10.30am – 12.00pm, Poverty Bay Club Café, 38 Childers Road, Gisborne

MID CENTRAL

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@sweetlouisecolnz.co.nz.

- 📍 **Hawkes Bay:** Wednesday 17 October, 10.30am – 12.00pm, Meerlo Creations Studio, 6 Ennor Place, Greenmeadows, Napier, Art with Cherie; Tuesday 13 November, 10.30am – 12.00pm, Club Hastings, 308 Victoria Street, Hastings, CanInspire Beading.
- 📍 **New Plymouth:** Thursday 29 November, 10.30am – 12.00pm. Bach Café on Breakwater, Ocean View Parade, New Plymouth.
- 📍 **Palmerston North:** Thursday 11 October & Thursday 8 November,

10.30am – 12.00pm, The Cooperage Café, 723 Main Street, Palmerston North.

- 📍 **Levin:** Thursday 11 October & Thursday 8 November, 2.00pm – 3.00pm, Whispers Café, 176 Oxford St, Horowhenua, Levin.
- 📍 **Whanganui:** Wednesday 10 October, 10.30am – 12.00pm, Springvale Garden Centre, 18 Devon Road, Springvale.

WELLINGTON, CHRISTCHURCH & MARLBOROUGH

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

- 📍 **Christchurch:** Tuesday 2nd October, 10.30am – 12.00pm, Untouched World Café, 155 Roydvale Ave, Burnside, Christchurch; Tuesday 27 November, 10.30am – 12.00pm, venue tbc.
- 📍 **Blenheim:** Tuesday 16 October, 1.30pm – 3pm, Revival Cafe, Springlands, Middle Renwick Road, Blenheim.
- 📍 **Nelson:** Wednesday 17 October, 10.30am – 12.00pm, Melrose House Cafe, 1 Melrose Terrace, Nelson.
- 📍 **Hutt Valley:** Friday 12 October, 10.30am - 12.00pm, Espresso Garden Cafe at Mitre 10 Mega, Petone; Friday 9 November, 10.30am – 12.00pm, venue tbc.
- 📍 **Kapiti:** Friday 23 November, 10.30am - 12.00pm, No. 6 Licensed Cafe, 6 Alexander Road, Raumati Beach.
- 📍 **Wairarapa:** Tuesday 9 October, 10.30am - 12.00pm, Clareville Bakery, SH 2 Carterton.
- 📍 **Wellington:** Tuesday 23 October & Monday 19th November, 10.30am – 12.00pm, Simmer Café, 103 Westchester Drive, Churton Park.

Contact us

EMAIL:

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