

SWEET Louise Reach Out

MEMBER'S NEWSLETTER - AUGUST 2017



New Ambassador for Sweet Louise

BRODIE KANE, WHO IS CURRENTLY A SPORTS REPORTER FOR BREAKFAST TV, HAS JUMPED ON BOARD TO BE AN AMBASSADOR FOR SWEET LOUISE.

Now living in Auckland, Brodie grew up in Canterbury, has been a journalist for the likes of Radiolive and Newstalk ZB, and has presented on Fair Go.

Brodie has also spent 4 years in the New Zealand Army as well as being a Surf Life Saver for most of her life. Passionate for promoting and supporting

causes she believes in, Brodie is excited to spread laughter and joy with our members and get to know those who support Sweet Louise.

We're thrilled to have Brodie representing Sweet Louise and look forward to working together.



There is something beautiful in everyday. You just have to find it...! Look for the positive.

New Support Coordinator

WAIKATO, BAY OF PLENTY & LAKES

Angela Jackson

Angela grew up in Rotorua, has lived in Hamilton and Wellington and now calls the Eastern Bay of Plenty home.

Angela worked as a Radiation Therapist in Wellington and Waikato Hospitals, more recently she has worked in the community linking people with services and support with a focus on mental wellbeing and health.

In her spare time Angela likes spending time with family, drinking coffee, baking and making the most of the local beaches and bush walks.

"I am excited to work with such a caring vibrant organisation and being part of the Sweet Louise team, I am looking forward to meeting the Sweet Louise members in my area"



Your chance to share your story

SOMETIMES IT CAN FEEL A LITTLE ISOLATING HAVING SECONDARY BREAST CANCER.

Not all members can or want to attend meetings so reading about members who are going through similar physical and emotional journeys can feel like a relief – Phew it's not just me going through this!!!!

If you would like to feature in our newsletter by sharing your story please contact your Support Coordinator or Joanna Harris on jo.harris@sweetlouise.co.nz. We will interview you either face to face or over the phone.



The Sweet Louise Library

CHECK OUT OUR WEBSITE TO SEE WHAT BOOKS WE HAVE IN OUR SWEET LOUISE LIBRARY. IT IS AN EASY PROCESS TO BORROW A BOOK.

Choose a book (or two!) that you like the look of and either fill out the online form, ask your support coordinator, or call the 0800 number to request the book. We will get the book to you on a visit or send it to you with a postage-paid return envelope. Send it back in 6 weeks or contact us for an extension if you need more time.

PS. If you have any books lying about that you have found helpful and don't read anymore, we accept donations so we can expand our library.

SERVICE PROVIDERS

NEW, UPDATES AND CHANGES

AUCKLAND AND NORTHLAND

TOP NOTCH MASSAGE

(NEW PROVIDER)

Location: 97 Don Buck Rd, Massey
295 Hobsonville Rd, Hobsonville

Services Provided:

Oncology Massage – 45 minutes: \$65

Oncology Massage – 60 minutes: \$85

Operating Hours: Mon – Fri: 9am – 9pm;

Sat – Sun: 9am – 2:15pm

How to Book: Phone 021 181 8380

www.topnotchmassage.co.nz

MIKA STYLES (NEW PROVIDER)

Location: Level 2, Metropolis Hotel, 42 High Street, Auckland CBD 1010

Services Provided: Women's Haircut: from

\$60; Men's Haircut: from \$45; INOA

Colour: from \$110; Foot reflexology – 60

minutes (includes foot soak, reflexology, and

tea): \$60; Reiki session – 60 minutes: \$70

Operating Hours: Monday – Saturday:

11am – 6pm

How to Book: Phone: 09 302 0700 or

021 063 0767

Email: mikastylesld@gmail.com.

www.mikastyles.co.nz;

RETURN TO FORM (Update)

Services Provided: • Acupuncture

(with acupuncturist) - 1 hour: \$85.00;

Acupuncture (with Physio) - 1 hours:

\$120.00; • Breathing with specialised

Physio - 60 mins \$120.00; Relaxation

technique with specialised Physio -

\$120.00; • Massage/Oncology Massage

- 1 hour - \$100.00; • Personal training - 1

hour: \$85; • Nutrition Support - 75 minute

Session \$150.00; • Yoga &/or Pilates -

Class \$15.00; • Physiotherapy: for injuries,

strains, joint pain - 1 hour \$120.00;

Also PINC and Steel cancer rehab

accredited, <http://www.pincandsteel.com/>

so members can apply for funding

directly through PINC and Steel and pay

the \$10 surcharge for 1:1 sessions with

an accredited physio with Sweet Louise

vouchers. Also available is PINC NEXT

steps programme which is a Free 10 week

exercise programme fully funded by PINC &

Steel Trust. [http://www.pincandsteel.com/](http://www.pincandsteel.com/programs/our-programs/next-steps/)

[programs/our-programs/next-steps/](http://www.pincandsteel.com/programs/our-programs/next-steps/)

CLARE BROKENSHERE (Update)

Location: 83 Wood Bay Road, Titirangi.

Additional Location: Seven Senses, 100

West End Rd, Westmere, Auckland on

Tuesdays

Booking Info: Mobile 027 3510449, Email

clare.brokenshere@gmail.com

Service Provided: Lymphatic Massage Initial

Assessment 1.5 hours \$100.00; Lymphatic

Massage 1 hour \$80.00; Home/Hospital

Visits 1 hour \$110.00; Lymphatic Massage

Caregiver Instruction 1 hour \$80.00;

oncology Massage \$80.00; Therapeutic/

Relaxation Massage 1 hour \$80.00.

Operating hours: Monday - Friday 8am

- 6pm at Wood Bay location; Tuesday at

Seven Senses.

LAURA FERGUSSON TRUST (Update)

Initial Assessment \$40/ \$12 per Class/

\$110 concession card for 10 classes.

Bookings Required.

AARAN CHURCH (Update)

Aaran has moved from the greater Auckland

area and is now a Sweet Louise service

provider in Northland. He is located at

Health 2000, 80 Kerikeri Road, Kerikeri,

Northland and is available there on

Saturday mornings. He is also offering

mobile services.

Contact: Phone Aaran on 021 229 7489

or email at aaranipp@gmail.com.

INTERACTIVE HEALING (Update)

New address: Level 1, 60 Parnell Rd,

Parnell. Phone: 09 302 0002

WAIKATO & CENTRAL NORTH

CLASSIC NAILS (NEW PROVIDER)

85 Firth Street, Matamata

Services Provided:

Pedicure - \$70; Shellac manicure - \$50;

Acrylic nails - \$80; Shellac add-on - \$10

Operating Hours: Tues – Fri: 10am – 5pm

How to Book: Phone 027 541 4641

PALMERSTON NORTH

& MID-CENTRAL

HERBAL TOUCH (NEW PROVIDER)

213 Great North Rd, RD 1, Whanganui

Services Provided: Reiki only (30 minutes)

- \$30; Reiki only (60 minutes) - \$55;

Massage/Reiki (30 minutes) - \$35;

Massage/Reiki (60 minutes) - \$60;

Massage/Reiki (70 minutes) - \$65

Operating Hours: Mon-Fri: 9am – 6pm

How to Book: Phone: 06 348 2044 or

Mobile: 07 930 7003

BREAST CARE SPECIALISTS TARANAKI

(NEW PROVIDER)

Level 2, 10 Devon Street East, New

Plymouth

Services Provided: Post-surgical fittings for

prosthesis & bras, swimwear & sportswear.

Mastectomy swimsuits: \$140 - \$280;

Mastectomy bras: \$66 - \$130; Mastectomy

camisoles: \$110; Mastectomy sports tops:

\$100 - \$115; Mastectomy prosthesis:

\$285 - \$500+

Operating Hours: Mon – Fri: 9am –

2:30pm; Saturday mornings by arrangement

How to Book: Phone 06 757 5522 or 021

465 965

Email info@breastcaretaranaki.co.nz

WELLINGTON REGION

DEVOIR WAXING CLINIC, BEAUTY &

MASSAGE (NEW PROVIDER)

Location: Shop 13B, Kapiiti Lights Complex,

11 Amphia St., Paraparaumu 5032

Services Provided: Our focus is on providing

beauty and massage treatments of the

highest quality and standard. We pride

ourselves on our hygiene, professionalism,

customer service and giving wonderful

results. • Massage: \$48 (30 minutes); \$64

(45 minutes); \$75 (1 hour) • Facial: \$67

(30 minutes); \$107 (1 hour) • Manicure:

from \$49 • Pedicure: from \$69 • Waxing,

Threading, and Tinting from \$11

Operating Hours: Mon: 9am-1:30pm;

Tues & Thurs: 9am-7pm; Wed & Fri:

9am-5pm; Sat: 9am-3pm

How to Book: Phone: 04 297 0318 or

027 22 790 oe Email: devoir@xtra.co.nz

or online at www.devoirwaxingclinic.co.nz

BACK IN ACTION (NEW PROVIDER)

Back in Action Carterton: 55 High Street, Carterton 5713

Back in Action Masterton: 9 King Street, Masterton 5810

Services Provided: Massage – 60 minutes: \$80; Massage – 45 minutes: \$60; Massage – 30 minutes: \$40; Physiotherapy – Private: \$63; Physiotherapy – ACC: \$30; Pilates 1:1 – 60 minutes: \$55; Pilates class (4-5 people max) - 5 – 10 sessions: \$125 - \$250

Operating Hours: Hours vary but generally Monday – Friday: 8:30am - 7pm

How to Book: Online at www.getbackinaction.nz/bookings. Cancellation policy: 2 hour notice required or fee charged

LIGHT HOUSE CINEMA (NEW PROVIDER)

Location(s): Light House Petone: 52 Beach St, Petone, Lower Hutt

Light House Cuba: 29 Wigan St, Te Aro, Wellington

Light House Pauatahanui: 3 Paekakariki Hill Rd, Pauatahanui, Porirua

Services Provided: 2D and 3D. For further details please visit our website in regards to pricing and scheduling.

Operating Hours:

Light House Petone: Open 9am-9pm 7 days.

Light House Cuba: Open 10am - 10pm 7 days.

Light House Pauatahanui: Opens 30 minutes before first screening.

How to Book:

Light House Petone: Ph: 04 939 2061

Light House Cuba: Ph: 04 385 3337

Light House Pauatahanui: Ph: 04 234 6770

or online at www.lighthousecinema.co.nz

Please note that Sweet Louise vouchers can only be used in-store. Online ordering is excluded

SOUTH ISLAND

BODYCENTRAL CLINICAL MASSAGE

(NEW PROVIDER)

Location: 304 Fitzgerald Ave, City Centre, Christchurch

Oncology massage, gentle, safe massage therapy for women with cancer.

Services Provided: Oncology massage at clinic: \$80; Oncology massage mobile: \$90

Hours of Operation: Mon - Fri 8am - 7pm; Sat 9am - 2pm

How to Book: Phone 0220 440 939; Email info@bodycentral.nz

or online www.bodycentral.nz

Cancellation Information: Please give notice

BODYWORKS MASSAGE THERAPY

(NEW PROVIDER)

Location: 24 Nairn Street, Spreydon, Christchurch

Services Provided: Oncology massage provided by therapist qualified in oncology massage.

Oncology massage (1 hour) - \$80

Operating Hours: Sunday – Thursday: Variable hours between 10:30am - 7pm

How to Book: Online: www.bodyworksmassage.co.nz

Cancellation Policy: Please provide at least 24 hour notice. Charges apply at service provider's discretion.

LORAL FORD BEAUTY SPECIALIST

(NEW PROVIDER)

Location: 110 Pegasus Blvd, Pegasus, North Canterbury

Services Provided: Range of Facials: \$60 – 150; Express Manicure: \$35; Manicure: \$50; Express Pedicure: \$45; Pedicure: \$65; Gel Polish: \$45 - 50

Operating Hours: Monday – Saturday by Appointment, flexible hours

How to Book: Phone or Text: 021 079 4480; Email: loral@lfbauty.co.nz



THIS MONTH WE ARE HEADING BACK TO SOME SUMPTUOUS WARM HEARTY WINTER FOOD USING A CHEAPER CUT OF BEEF. THIS WOULD BE A GOOD DISH TO COOK AND FREEZE SMALL PORTIONS. GREAT COMFORT FOOD FOR COLD STORMY DAYS!

Serves 4-6

Prep Time 15 minutes

Cook Time 8 hours on low or 4-5 on high

Dinner's sorted with this amazing slow cooker recipe! The beef cheeks become so tender and topped with potato and parsnip mash, this is a real show-stopper! The secret ingredient is Wattie's Condensed Tomato Soup.

Ingredients

- 750g beef cheeks, trimmed
- 2 Tbsp flour, seasoned with salt and pepper
- 2 Tbsp olive oil
- 2 onions, cut into wedges
- 6 cloves garlic, peeled and cut in half
- 3 sticks celery, chopped
- 2 carrots, peeled and roughly chopped
- 400g can Wattie's Condensed Tomato Soup
- 1 cup beef stock
- 2 Tbsp balsamic vinegar (optional)
- 2 bay leaves
- 2-3 sprigs fresh thyme

Method

1. Toss the beef cheeks in the seasoned flour. Heat oil in a frying pan and brown the beef over a medium high heat. Transfer beef to a slow cooker.
2. Add onions, garlic, celery and carrots to the slow cooker.
3. Mix together Wattie's Condensed Tomato Soup, beef stock and balsamic vinegar (optional) and add to the slow cooker. Add bay leaves and thyme sprigs. Cover and cook on low for 7-8 hours until the meat is tender. Thicken sauce with 1-2 tsp of cornflour mixed to a paste with cold water. (Alternatively remove the meat from the cooker and set aside, keeping warm. Pour the remaining sauce and vegetables into a saucepan and remove the herbs. Bring to the boil and boil until it reduces by half to make the jus).

Serve

Serve beef cheeks and vegetables over mashed potatoes and parsnip. Accompany with seasonal green vegetables

Tips

- If wished the slow cooked beef cheeks can be cooked in the oven. Prepare as for the slow cooker and transfer to an oven proof casserole dish. Cook at 160°C for 3 ½- 4 hours.
- To make the creamy mashed potato and parsnip – boil 500g peeled potatoes with 250g peeled parsnip in lightly salted boiling water. Drain and mash adding a knob of butter and a dash of milk.
- If you can't find Beef Cheeks this recipe is also great with Gravy Beef, Shin Beef or Lamb Shoulder Chops.

Look up www.foodinaminute.co.nz/Recipes for more fab and easy recipes.

Happy Birthday August Babies!

THIS MONTH THESE MEMBERS ARE CELEBRATING THEIR BIRTHDAYS:

Helen A; Tracey B; Vanessa B; Greta C; Rebekah C; Gwenda C; Debbi C; Barbara C; Andrea C; Dairene D; Cherie D; Nicola-Jane D; Stacie D; Christine F; Claire F; Nicola G; Deborah G; Jean H; Dianne H; Marlene J; Annie J; Emma J; Ernestine K; Sonya K; Fran K; Clara L; Rochelle L; Susana L; Barbara M; Caroline M; Harriet M; Bo N; Kaori O; Jody O; Sylvia O; Joanne P; Lynda P; Carolyne P; Annette P; Elizabeth R; Paula R; Christine R; Vanessa R; Jocelyn S; Anne S; Maree S; Jennifer S; Serra T; Elizabeth T; Maria V; Sandra W; Patricia W; Anne W; Lesley W; Barbara W; Matekairoa W.

We hope you all have a special and fabulous day with those you love!



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Sweet Louise added 27 new photos from July 25 to the album: Member's High Tea 2017 — with Grandiflora Flowers and Rapid Relief Team NZ at Auckland Deaf Society.
July 25 · 📍 · 📷

A morning for our Auckland member's to get together and enjoy tea and treats, a visit from Brodie Kane and goodie bags to take home. Thank you all for coming - we hope you had a great time!



Contact us

We love hearing from our friends, Members, supporters and anyone interested in learning more about secondary breast cancer.

EMAIL:

- members@sweetlouise.co.nz for member related queries
- fundraising@sweetlouise.co.nz for donation, event or fundraising queries
- accounts@sweetlouise.co.nz for any accounting queries
- info@sweetlouise.co.nz for anything else.

TELEPHONE: 0800 11 22 77

VISIT US AT: Sweet Louise, Ground Floor, 23 Union Street, Auckland Central, Auckland 1010

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

Members Meetings August, September & October

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

If you have any questions about Auckland and Northland meetings, please email your Auckland Support Coordinator or email kari.reading@sweetlouise.co.nz to see if transport is available. Please note times for individual meetings. Morning tea is provided.

AUCKLAND: West, North Shore, Warkworth & Northland.

Sarah on sarah.thomson@sweetlouise.co.nz
027 371 8686 or 0800 11 22 77

- 📍 **Henderson:** Monday 4 September, 9.30am - 11.00am, KPB Henderson, 224 Universal Drive Henderson.
- 📍 **Matakana:** Tuesday 12 September, 10.00am - 11.30am, The Pottery Café, Matakana, 48 Tongue Farm Road.
- 📍 **North Shore:** Tuesday 8 August, Tuesday 10 October, 10.00am - 11.30am, The Snug Knightsbridge Village, 21 Graham Collins Drive, Mairangi Bay.
- 📍 **North Shore:** Thursday 10 August, 10.00am - 11.30am, Sovereign House, Smales Farm, 74 Taharoto Road, Takapuna, (Look Good Feel Better).
- 📍 **Orewa:** Wednesday 2 August, Wednesday 4 October, 9.30am - 11.00am, Walnut Cottage, 498 Hibiscus Coast Highway Orewa.
- 📍 **Silverdale:** Tuesday 5 September, 9.30am - 11.00am, KPB Silverdale, Cnr East Coast Bays Rd & State Highway 1.
- 📍 **Whangarei:** Tuesday 1 August, Tuesday 3 October, 10.30am - 12pm, Daffodil House, 73 Kamo Rd, Kensington.

AUCKLAND: Central, East & South.

Nicky on nicola.roy@sweetlouise.co.nz
027 328 8008 or 0800 11 22 77

- 📍 **Auckland:** Wednesday 23 August, Monday 130 September, 10.30am - 12.00pm, Mercy Centre, 104 The Drive, Epsom. Friday 20 October, Greenfingers Cafe at Palmers Gardenworld, 176 Shore Road, Remuera.
- 📍 **Pukekohe:** Thursday 7 September, Tuesday 17 October, 10.30am - 12.00pm, Petals 'n' Pots Café, 25 Paerata Rd.
- 📍 **South Auckland:** Tuesday 8 August, 10.30am - 12.00pm, Columbus Coffee Mitre 10, 61 Lambie Drive, Manukau.
- 📍 **South Auckland:** Wednesday 6 September, 10.30 - 12.00pm, Cafe Miko, Manurewa Gardens, 100 Hill Road, Manurewa.
- 📍 **South Auckland:** Thursday 3 October, 10.30am - 12.00pm, Columbus Coffee Mitre 10, 61 Lambie Drive, Manukau.

WAIKATO Meetings.

We have recruited a new Waikato Support Coordinator! Hooray!!

Meetings will be up and running very soon.

Remember to check the website or call our free phone line 0800 11 22 77 for further information .

Mid Central Meetings.

Please RSVP to Geraldine if you can come along on 021 328 838, call our free phone 0800 11 22 77 or email geraldine.carswell@sweetlouise.co.nz.

- 📍 **Hawkes Bay:** Thursday 17 August 10.30am - 12.00pm, Maggie Hanlon's: 2 Neeve Place, Taradale, Napier.
- 📍 **Hawkes Bay:** Tuesday 19 September, 10.30am - 12.00pm, Birdwoods Café, 298 Middle Road, Havelock North.
- 📍 **Hawkes Bay:** Thursday 19 October, 10.30am - 12.00pm, location in Napier to be confirmed.
- 📍 **New Plymouth:** Wednesday 23 August, 10.30am - 12.00pm, Bach café, Breakwater, Ocean Parade.
- 📍 **Palmerston North:** Thursday 10 August, Thursday 14 September, Thursday 12 October, 10.30am - 12.00pm, The Cooperage Café, 723 Main Street.
- 📍 **Wanganui:** Tuesday 15 August, Springvale Garden Centre, 18 Devon Road, Springvale Wednesday 11 October, 10.30am - 12.00pm, Cancer Society, 3 Koromiko Road.

Wellington/Christchurch Meetings.

Please RSVP to Tracy on 021 328 835 or tracy.smith@sweetlouise.co.nz so we can arrange catering and try to arrange transport for you.

- 📍 **Christchurch:** Wednesday 20 September, 10.00am - 12.30pm, Blackcurrant at Berryfields Café, 161 Gardiners Road, Harewood.
- 📍 **Hutt Valley:** Friday 11 August, 10.30am - 12.00pm, Alfred Coles House Cafe, 83-85 Hutt Road, Petone. Friday 8 September, Friday 13 October, locations to be confirmed.
- 📍 **Kapiti:** Friday 15 September, 10.30am - 12.00pm, Timeri Café, 340 Rosetta Road, Raumati Beach.
- 📍 **Wairarapa:** Tuesday 8 August, Tuesday 10 October, 10.30 - 12.00pm, Clareville Bakery, SH 2 Carterton.
- 📍 **Wellington:** Monday 28 August, Monday 25 September, Tuesday 24 October, 10.30am - 12.00pm, locations to be confirmed.

See you there!