



May Seager, above left, and physiotherapist, Kiran Harding, at the Strength and Soul studio in Whangarei. Kiran completed an assessment of May at their first session and since then has been doing lymphatic massage and running through Pilates core-strengthening exercises to prepare May for the NEXT STEPS sessions, due to start in October.



Pinc & Steel

WE'RE EXCITED TO ANNOUNCE PINC & STEEL AS A NEW SWEET LOUISE SERVICE PROVIDER. PINC & STEEL ARE PHYSIOTHERAPISTS SPECIALLY TRAINED IN CANCER REHABILITATION, THEY PROVIDE INDIVIDUAL AND GROUP PROGRAMMES DESIGNED TO IMPROVE THE STRENGTH, QUALITY OF LIFE AND SENSE OF WELLBEING FOR WOMEN AND MEN DIAGNOSED WITH CANCER.

We hope having Pinc & Steel as a Sweet Louise service provider will improve access to these programmes for you.

Sweet Louise member from Northland, May Seagar has taken the plunge and is working with Kiran from Pinc & Steel Whangarei. We asked May to tell us why she's making time in her busy life to be active.

What motivated you to get back into exercise?

When I was diagnosed with metastatic breast cancer in 2017 I knew that I would have to make a real effort to improve my health. I tried to be active as a way of coping with my cancer, which I found really helpful. After that I was keen to try an exercise programme that was structured and which would provide me with good technique.

What are your goals for being active?

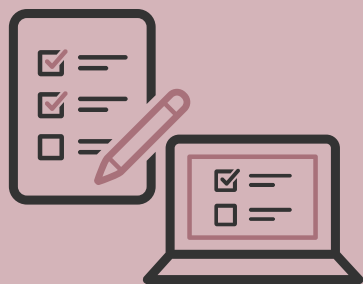
I want to be fit enough to be able to go about my daily life without any strain and to strengthen all parts of my body.

What's your programme for a typical week?

I aim to exercise at least 30 minutes every day. That involves alternate days of Pilates exercises and walking. At the moment, I am averaging at least 3 days of exercise per week but I hope to get up to 7 days a week.

How do you feel after an active session?

I feel really happy for having completed a session because I have a sense of achievement. Physically, it is not too taxing and emotionally, I feel really positive.



MEMBER SURVEY

We need your help!

We want to deliver the best quality of services and levels of support to our members and families. To do this we need to hear what you, our valued member, think about our service. Getting your feedback is important to us and will assist us to make improvements to what we do.

Every year we ask for your time and thoughts to complete a survey. Included with this newsletter is a paper copy of the survey and a self-addressed envelope. There are also online and telephone options to complete the survey this time and instructions on how to use these options are on the survey front page.

Please complete by the 30th August 2018

We will be making follow up phone calls with you to ensure we get as many responses as possible.

On board

IN MAY, PHILIPPA REED AND JOANNA HARRIS JOINED THE COMMITTEE OF BCAC (BREAST CANCER AOTEAROA COALITION).

Sweet Louise was always a member of the Coalition, but being on the committee we can provide a stronger voice for our members.

Welcome back Nicki

WE AT SWEET LOUISE WOULD LIKE TO WELCOME NICKI ROY AS OUR NEW PERMANENT SUPPORT COORDINATOR FOR THE PALMERSTON NORTH AND MID CENTRAL REGION.

Nicki has worked with Sweet Louise as a Support Coordinator for over 2 years and has recently relocated from Auckland. Nicki will be running regular member meetings in Palmerston North, Whanganui, New Plymouth and Hawkes Bay. As well as supporting members at meetings, over the phone and face to face, Nicki will also be liaising with health care professionals and service providers in these areas.

Please contact Nicki with any questions, on nicola.roy@sweetlouise.co.nz or phone 0800 11 22 77.



Free Holiday accommodation with Time Out

DO YOU NEED A BREAK AWAY? IS A LACK OF FINANCES ABILITY HOLDING YOU BACK? WOULD YOU LIKE TO STAY IN A HOLIDAY HOME AT NO COST TO YOU? WE HAVE GREAT NEWS FOR YOU THEN!



Time Out, a New Zealand charity, is partnering with Sweet Louise to offer this opportunity to our members and their families. This is an ongoing offer made possible by generous holiday home owners who have donated time at their homes via the Time Out team. Time Out's role is to act as the matchmaker between you and the holiday home owner.

If you would like to take up this amazing offer to get away, relax and build memories with your family then the first step is to register with Time Out on www.timeoutnz.org/book-your-timeout

On the form where it says to provide evidence of your illness, all you need to do is state that you are a Sweet Louise member. The Time Out team will contact us and we will confirm that you are eligible.

You are
AMAZING.

You are
IMPORTANT.

You are
SPECIAL.

You are
UNIQUE.

You are
KIND.

You are
PRECIOUS.

You are
LOVED.



HAPPIEST OF
BIRTHDAY
WISHES
★ TO YOU! ★

SWEET LOUISE MEMBERS CELEBRATING BIRTHDAYS IN AUGUST & SEPTEMBER ARE:

Jennifer A, Helen A, Mary A, Sheryl A, Joan B, Tracy B-S, Tracey B, Judith B, Vanessa B, Carolyn B, Grace B, MaryEllen B, Trista B, Ceris B, Greta C, Christine C, Sarah C, Patricia C, Gerardine C-L, Barbara C, Sharon C, Varian C, Fiona C, Janet D, Dairene D, Susan D, Yvonne D, Gloria E, Christine F, Claire F, Nicola G, Lorina G, Susie G, Deborah G, Roni H, Margaret H, Jose H, Sandy H, Tracey H, Thi H, Emily I, Emma J, Michelle K, Colleen K, Tracey K, Daphne K, Aileen K, Anita K, Sonya K, Jane K, Victoria L, Louise L, Rochelle L, Barbara M, Caroline M, Catherine M, Anne M, Jay M, Rae M, Susan M, Deborah M, Rosalina M, Lynne N, Kaori O, Valerie P, Joanne P, Robyn P, Suzanne P, Lynda P, Rohutu P, Carolyn P, Gayel P, Nicola P, Brenda P, Rawinia P, Annette P, Paula R, Brenda R, Claire R, Elizabeth R, Kate R, Helen R, Carolyn R, Christine R, Lee R, Vanessa R, Jocelyn S-R, Anne S, Maree S, Faalua S, Pauline S, Serra T, Shelly T, Olga T, Lynn T, Elizabeth T, Maria V, Sandra W, Patricia W, Naleecia W, Anne W, Lesley W, Matekairoa W, Brenda Y, Elizabeth Y, Lynne vanD

Be in to win...



Win an amazing gift pack from Maraetai Day Spa.

PAULINE, OWNER OF MARAETAI DAY SPA, HAS GENEROUSLY GIFTED A VARIETY OF BEAUTIFUL SKIN CARE PRODUCTS WORTH ALMOST \$150 TO SWEET LOUISE.

To enter send an email to: Members@sweetlouise.co.nz with the subject "Maraetai Day Spa Gift Pack" and your name. For more information about Maraetai Day Spa check out their website: www.maraetaidayspa.co.nz



Walk, swim, or run for Sweet Louise!

HAVE YOU THOUGHT ABOUT MOVING MORE? WHAT ABOUT GETTING FIT AND SUPPORTING SWEET LOUISE AT THE SAME TIME?

How about walking, swimming, or running in a community fundraising event? Getting involved in a sporting event such as a fun walk or run, swim series or walkathon is a fantastic way to support us and do something gratifying for yourself. Here are a few events that make great fundraisers:

- **The Auckland Marathon** and shorter run and walk courses, held on October 28th 2018, Auckland city.
- **The St Clair Vineyard half marathon**, held May 2019, Marlborough.
- **The New Zealand Ocean Swim Series**, held between January – April 2019, in Northland, Auckland, Tauranga, Rotorua, Wellington & Nelson.
- **Cigna round the Bays**, held in February 2019, **Wellington AND Ports of Auckland Round the Bays**, held in March 2019, Auckland.

If you would like to know more, or if you are already participating in something and would like some Sweet Louise support, contact Eva today: eva.foreman@sweetlouise.co.nz / 027 5399 774.



'BIRD SEED' CRACKERS

INGREDIENTS:

- 1/2 cup whole grain oats - jumbo oats are fine
- 1 3/4 cups flour
- 1 tsp baking powder
- 1/2 cup sesame seeds
- 1/2 cup linseed
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1/4 tsp salt
- 1/2 cup olive oil
- 1 cup water

METHOD

Mix all the ingredients. This makes quite a wet mix.

Divide equally onto three baking trays lined with baking paper.

Roll out thinly as you can with a rolling pin with another sheet of baking paper on top. I use the flat of my hand. Remove top sheet of baking paper doing the same on the other two trays.

Mark where you will later break it into pieces.

Bake 200c for 18-35 minutes.

Cooking times will vary according to the power of your oven, but check after about 18 minutes. They may take 35-40 minutes to get nicely browned and you may need to rotate trays during the cooking to get an even colour. Don't let them get too dark as I have found they get a little more colour after bringing them out of the oven.

These are delicious crackers and so full of goodness. The tricky thing is getting them thin enough (as thin as you can manage) as they taste best nicely browned.

OPTIONAL INGREDIENTS ADD IF YOU DESIRE.

- tspn curry
- tspn paprika
- tspn turmeric
- 1/4 cup parmesan cheese
- 1/2 cup grated tasty cheese
- 1/2 cup walnuts
- generous tsp celery seeds

And the winner is...

THE WINNERS OF THE EVERYDAY STRENGTH BOOKS ARE BRONWYN M & VICTORIA L. CONGRATULATIONS!

Your books are on their way!



August/September Member Meetings

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

If you have any questions about Auckland and Northland meetings, please email your Auckland Support Coordinator or email karri.reading@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 Meetings

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** Monday 3rd September, 9.30am – 11.00am, Kings Plant Barn, 224 Universal Drive, Henderson.

📍 **North Shore** Thursday 30th August, 10.00am – 11.30am, Kings Plant Barn Cafe, 11-13 Porana Road, Wairau Valley.

📍 **Silverdale/Orewa** Thursday 13th September, 10.00am – 11.30am Kings Plant Barn, Corner of East Coast Bays Road & State Highway 1, Silverdale.

📍 **Matakana/Warkworth** Tuesday 7th August, 10.30am – 12pm, Tui Hospice, 47 Morrison Drive, Warkworth, Art Experience with Jo.

📍 **Whangarei** Tuesday 14th August & Tuesday 11th September, 10.30am – 12.00pm, Daffodil House, 73 Kamo Road, Kensington, Whangarei.

Auckland Central/East/South Meetings

Please RSVP to Jo if you can come along on 027 328 8003 or call our free phone 0800 11 22 77, or email

joanna.harris@sweetlouise.co.nz (Transport for Epsom meetings available on request.)

📍 **Central Auckland** Wednesday 22nd August, 10.30am – 12.00pm, Kings Plant Barn Remuera, 228 Orakei Rd, Remuera. Friday 21st September, 10.30am to 12pm, Mercy Centre, 104 The Drive, Epsom.

📍 **Auckland South** Wednesday 8th August, 10.30am to 12pm, Cafe Miko Manurewa Gardens, 100 Hill Rd, Manurewa.

📍 **Pukekohe** Monday 13th August, 10.30am to 12pm, Petals 'n' Pots Cafe, 25 Paerata Rd, Pukekohe.

Waikato & BOP Meetings

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@sweetlouise.co.nz.

📍 **Hamilton** Tuesday 14th August, 10.30am – 12.00pm, Lion's Cancer Lodge, Cnr Lake Road & Tainui Street, Hamilton – Please note change of day. Friday 21st September, 10.30am – 12.00pm, Café Agora, Agora Building 13 Kent Street, Frankton.

📍 **Matamata** Wednesday 5th September, 10.30am – 12.00pm. Robert Harris Café, 47 Broadway, Matamata.

📍 **Rotorua** Thursday 16th August & Thursday 20th September, 10.30 – 12.00pm, Pavillion Cafe, 390 Fenton Street, Rotorua.

📍 **Tauranga** Friday 3rd August, 10.30am – 12.00pm, Nourish Café, 4 Te Puna Road, Te Puna.

📍 **Taupo** Tuesday 25th September, 10.30am – 12.30pm. Café 99, 99 Tongariro St, Taupo.

Mid-Central Meetings

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.

📍 **Hawkes Bay** Thursday 16th August & Tuesday 18th September, 10.30am – 12.00pm, Zepplin Cafe, 126 Main Street, Clive.

📍 **New Plymouth** Wednesday 5th September, 10.30am – 12.00pm. Bach Café on Breakwater, Ocean View Parade, New Plymouth.

📍 **Palmerston North** Thursday 8th August & Thursday 13th September, 10.30am – 12.00pm, The Cooperage Café, 723 Main Street, Palmerston North.

📍 **Whanganui** Wednesday 8th August, 10.30am – 12.00pm, Springvale Garden Centre, 18 Devon Road, Springvale.

Wellington

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 if available.

📍 **Hutt Valley** Friday 10th August & Friday 14th September, 10.30am – 12.00pm, Espresso Garden Cafe at Mitre 10 Mega, Petone.

📍 **Kapiti** Friday 28th September, 10.30am – 12.00pm, No. 6 licensed Cafe, 6 Alexander Road, Raumati Beach.

📍 **Wairarapa** Tuesday 7th August, 10.30am – 12.00pm, Clareville Bakery, SH 2 Carterton.

📍 **Wellington** Monday 20th August & Monday 24th September, 10.30am – 12.00pm, Simmer Café, 103 Westchester Drive, Churton Park.

South Island

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

📍 **Blenheim** Tuesday 14th August, 1.30pm – 3pm, Revival Cafe, Springlands, Middle Renwick Road, Blenheim.

📍 **Nelson** Wednesday 15th August, 10.30am – 12.00pm, Melrose House Cafe, 1 Melrose Terrace, Nelson.

NEW SERVICE PROVIDER INFO:

NATIONWIDE PROVIDERS

PINC & Steel Cancer Rehabilitation

Services Provided: Certified Physiotherapists are located throughout NZ from Kaitia to Invercargill. Register for the PINC Program on the website www.pincandsteel.com for the clinic nearest to you. You will receive an email with all the contact information for that clinic and how to make an appointment.

Operating Hours: Dependent upon individual clinics. Please check with the individual clinic in your area. Monday to Friday, some clinics work Saturdays

How to Book: www.pincandsteel.com

(NEW SERVICE PROVIDER)

AUCKLAND AND NORTH WARKWORTH ACUPUNCTURE

Location: Kowhai Health and Medical Centre, 3/5 Alnwick Street, Warkworth

Services Provided: Acupuncture, Massage, Shiatsu, Osteopathy – Initial consultation and treatment (1 hour) \$80; Follow-up treatment (for Sweet Louise) (1 hour) \$50 (usually concession \$250 for 5 sessions paid in advance)

Operating Hours: Monday – Thursday: 9am – 5pm; Tuesday and Thursday early and late by appointment

How to Book: Phone: 021 557 272 or email: contact@warkworthacupuncture.nz

LINDA SHAW BODYTALK

Location: Kowhai Health and Medical Centre, 3/5 Alnwick Street, Warkworth

Services Provided: BodyTalk First session (90 minutes) \$100; BodyTalk Follow-up sessions (1 hour) \$75; BodyTalk ACCESS session (30 minutes – 5 set techniques) \$35

Operating Hours: Wednesday 12noon – evening; Thursday 8am – 12noon; BodyTalk home services (at client's own home) available on request

How to Book: Phone: 0220 546 320 or email linda@lindashaw.co.nz

KAREN WILLIAMSON PHOTOGRAPHY

Location: Photography shoots on location in natural light. Warkworth and surrounds south to Puhai, North to Te Hana, West to SH16 and east to Leigh

Services Provided: Portrait photo shoot per 1 hour \$75; Printing A3 archival inks per print \$35; Printing A4 archival inks per print \$25; Photo file sharing via Google Docs/Drive Free; Associated travel costs 0.72/km

Operating Hours: Mon to Sat 9am – 6pm (flexible)

How to Book: Phone: 027 636 5610 or www.karenwilliamson.co.nz

FOOTLOOSE REFLEXOLOGY

Location: Soul Centre, 18 Huia Road, Titirangi, Auckland

Services Provided: Reflexology, Massage, Reiki – 1 hour \$80; 45 minutes \$65; 30 minutes \$45

Operating Hours: Mon – Fri 8am – 11am; other times by arrangement

How to Book: Phone: 021 025 32785 or email: kerry@footloosereflexology.co.nz

ELITE FEET PODIATRY

Various locations: 9a Falls Street Warkworth, Wellsford – Coast to Coast Medical, Snells Beach – Coast to Coast Medical

Services Provided: General Podiatry Care \$65; General Podiatry Care home visit \$75; General Podiatry Care follow-up (in clinic only) \$55

Operating Hours: Mon-Fri 8am – 5pm; Wellsford – Thursday; Snells Beach – Wednesday morning

How to Book: Mobile 021 036 3702; email: info@elitefeet.co.nz

WARKWORTH MEDISPA

Location: 45 Whittaker Road, Warkworth

Services Provided: Beauty treatments that will have you totally relaxed and revitalized. You can experience the very best in modern beauty and cosmetic treatments.

Operating Hours: Mon-Fri 8:30-5pm; Sat 8:30-2pm

How to Book: Business Phone 09 425 7720; Business Mobile 0212694219; Email Address info@warkworthmedispa.com

Cancellation Policy: Please provide 24 hour notice

PALMERSTON NORTH & MID-CENTRAL BAY FEET

Location: 7 Pembroke Street, Taradale, Napier 4112

Services Provided: Home visits - \$60 | Clinic visits - \$50. Includes nail care, management of ingrown toe nails, fungal/thickened nails, calluses/corns/cracked heels, ulcer management, pressure relief. Simple insoles and/or pressure relief pads \$85 - \$110; Gel pads \$10 - \$30

Operating Hours: Tuesday – Friday 10am – 3pm; Saturday by appointment

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, Level 1, 1 Prosford Street, Ponsonby, Auckland 1011

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