



ILLAWARRA CANCER CARERS^{INC}

PO BOX 1659
WOLLONGONG 2500

ABN 46 419 129 574

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www.illawarracancer.org.au

NEWSLETTER - AUGUST 2017

BANQUET AT THE BEACH

This Sunday the 30th of July is the date for our annual Banquet at the Beach.

There are still a few tickets left!

Some of the awesome auction items at this year's Banquet at the Beach:

- A Landscape by TAFE NSW students
- A day of water skiing and wakeboarding for 8 people,
- \$2000 worth of Illawarra mercury advertising,
- Farm Pack of a steer, a lamb and some chickens prepared by Grant's Meats or delivered ready to eat your lawn,
- Holidays from Nelson's Bay to Byron Bay,
- A family day of tennis at Aces Tennis centre including \$350 worth of Chickos and \$350 from Crown West Cellars,
- An amazing weekend at Escape 778 in Calderwood for 6 adults valued at \$1800,
- A fabulous fine dining package,
- 5-night accommodation in Perisher.

Banquet at the Beach Date
Sunday 30th July 2017 (11am)

☎ Craig Conway 0418 303 999

BANQUET SET UP- Now 7am!

A slew of helpers is required to set up on the morning of Sunday the 30th of July at 7am. (YES- you can enjoy an extra hour of sleep!).

Please contact Craig Conway if you can assist.

Banquet at the Beach set up details
Sunday 30th July 2017
7am
City Beach Function Centre

☎ Craig Conway 0418 303 999

WELCOME

We welcome the following who have recently joined the Cancer Carers.

Anna Read
Claudia Bartsch
Janelle Waterson
Taylah Brennen
Christine Adnum
Glenice Wilson
Heather Cunningham

CRAFT STALLS FOR AUGUST

The following are the dates for the July Illawarra Cancer Carer's craft stalls.

AUGUST

Hospital Stall- Wednesday 9th August

Thank you to all who have donated items for our stalls.

Help is always appreciated, especially during set up and pack up periods.

☎ Lynne Henson 4284 7399

CRAFT STALLS AT WOLLONGONG HOSPITAL

The next hospital market stall will be held on Wednesday 9th August

Locations: Level 2 (Reception) of the Cancer Care Centre & the Loftus Street entrance.

If anyone has any cooking could you, please bring it to Level 2 at the Cancer Care Centre.

Goods for the hospital stall should be dropped at the Centre by Tuesday 8th August, at the latest. Should you have problems getting these to the Centre or questions about the Market Stalls please call.

Hospital Market Stall Date
Wednesday 9th August

☎ Lynne Henson 4284 7399

RAFFLE TICKET STORAGE

This applies to anyone who will be in charge of a raffle for the Cancer Carers. After the raffle is drawn, please staple the winner's tickets on the outside of the envelope and include the date it was drawn. Leave it in the Cancer Carers office and we will store it for three months after which time we will destroy it in a secure bin.

SEWING AND CRAFT DAYS

SEWers...WE NEED YOU! Do you want to reconnect with your community and other Illawarra Cancer carers in the area? Would you like to spend a few hours crafting or sewing in great company?

Come and join our sewing and craft afternoons...

The sewing ladies hold sewing days every Friday in the month; a stall also takes place on the last Friday of the month.

So please come along! Our sewing times are 8.30am to 1.30pm (stall is open 10am- 1pm).

There is plenty of parking, however, anybody coming into the showground should use the back gate entrance (the one off Byamee Street) as the front gates are now kept locked.

If you would like to take part in our Craft and Sewing days at the Dapto Show Ground location the details are as follows....

Time: 8.30am- 1.30pm

Location: Dapto Show Grounds

Please bring your own lunch and something for morning tea. Coffee and tea is free.

August Sewing Dates

Friday 4th August 2017
Friday 11th August 2017
Friday 18th August 2017
Friday 25th August 2017(Stall)

☎ Narelle Langridge 4261 4130

narelle.langridge@bigpond.com



Picture: Some of the Carers at the Port Kembla Gold Day (Photo: Judy Baker)



Picture: Port Kembla Golf Day (Photo: Judy King)

MARKET STALL TAKINGS

Hi all,
Recently the following amounts were banked...

- \$227.00 Corrimal Mall
- \$818.95 Killalea Stall
- \$221.50 Dapto Bowling Club Stall
- \$232.00 Dapto Mall Stall

Lorraine Davidson

INCOME AND EXPENDITURE

Income and Expenditure for June 2017

Income	
Donations	\$10581
Patient Transport Contributions	\$1280
Art/ Craft Sales	\$1565
Market Day Stalls	\$2151
Golf Day	\$2118
Laser Sale	\$440
Bus Hire Income	\$716
Expenditure	
Biscuits	\$105
Craft Supplies	\$597
Driving Patients (net)	\$3446
Insurances	\$2415
Craft Van	\$172
General	\$920

WARD AND CENTRE NEWS

Carers, a gentle reminder.... please do **NOT** interrupt when a patient is being attended by a staff member, whether it be a NURSE, DOCTOR, DIETICIAN or PSYCHOLOGIST (or any other staff member).

Please ASK permission when going into rooms and when going behind the desk before getting turbans for patients

Reminders....

Please wash your hands between attending to EACH PATIENT.

We can make use of the BLANKET WARMER in ODC. If you give one to a patient- please replace it.

Check the “use by” dates on the milk- if it is out of date- please THROW it out!!!

Don't forget to check on patients in radiation- they might just enjoy a short chat while waiting.

If TEA- COFFEE- SUGAR etc. on level 2 is empty or nearly empty, please top them up. Supplies are in the locked cupboard on level 1 in the beverage bay.

Leslie Adie

SHINGLES INJECTION

Please be aware that if you have had the Shingles injection you will not be able to come into the Cancer Care Centre; the Oncology Ward or drive patients for at least two weeks afterwards. The reason being that the Shingles injection is a live virus and you must keep away from anyone who has a low immune system. This also means keeping away from newborn infants and anyone who is pregnant.

ELECTRIC WHEEL CHAIRS AND WALKERS FOR LONG TERM LOAN

The Illawarra Cancer Carers have a few electric wheel chairs and walkers available for long term loan. If you are aware of any needy patients who may find these items useful, please contact Keith Wilson for further details.

☎ Keith Wilson 4296 4007 (Home) or
☎ Keith Wilson 0412466017

CARERS' DOB

We have had a couple of occasions recently when it was necessary to know our members date of birth. We have now included that on all future application forms. However, this does not overcome the problem of our having a record of current members dob. Please give your d.o.b to one of our Committee members or email it to Audrey at jawalsh1@optusnet.com.au and she will include it in our database along with your other details.

LUNCHEON DATES

These Late Bloomers Luncheons will be held at **Wollongong Golf Club** at **11.30 am** on each of the 2017 following dates:

Monday 11 September
Monday 4 December

These are for any Cancer Carer who wishes to come but especially for older Carers and any past Carer you may know who would like to meet up with others they have worked with.

So, if you know a past Carer, please tell them of the dates and venue. We would love to see them come to these friendly lunches

You don't need to book, just roll up and enjoy the friendship of other members.

March Late Bloomers Lunch Date
Monday 11th September

DRIVER INFORMATION

If drivers on our driving roster list would like to be removed from the roster please email carerstransport@gmail.com

Jill Wilson

WOLLONGONG HOSPITAL PARKING

Please be aware when you park your car at Level 0 of the Cancer Centre car park that you do not park too close to the door but leave space for a wheelchair to pass into the centre.



DRIVER PHONE LIST

For more information on patient driving please contact the Driver Co-ordinators and if phone call is unanswered **PLEASE** leave a message!

☎ Carers Mobile 0438 864 289
☎ Jill Wilson 0418 692 961
Relief Co-ordinator
☎ Margaret Gobert 0407 921 352

Alternatively you can email to
carerstransport@gmail.com

Our **trainer for new drivers** will now be:
Reina French
☎ 0450 940 474

PRIVATE HOSPITAL PARKING



Please take a ticket as you enter the car park and park on B1. Upon leaving the building please ask Reception to call Security regarding your parking ticket. The parking ticket will then be validated by security which will enable our drivers to exit the building. **No payment required.**

Also, please ensure that you notify Reception and Security that you are from the Illawarra Cancer Carers.

Karen Evans

Vaccination Record Card for Health Care Workers and Students NSW Health

Personal Details (please print) *Please refer to instructions overleaf*

Surname: WASH Given name: Jessie Audrey
 Address: _____ Date of Birth: 23/05/1974
 Email: _____ Staff/Student ID No: _____
 Contact numbers (mobile) (home) (work): _____

Vaccines Date: _____ Batch No: _____ Official Certifications by Vaccination Provider (for professional carers, full names and telephone)

Adult formulation diphtheria, tetanus, acellular pertussis (whooping cough) vaccine (adult dose of 0.5ml vaccine)

Dose 1: 23/05/17 AC 378025 LOT CHEST CLINIC WOLLONGONG
 Booster 10 years after previous dose

Hepatitis B vaccine (see appropriate course of vaccinations AND hepatitis B surface CHEST CLINIC WOLLONGONG)

Dose 1: 23/05/17 PRO 408 HE 1 CHEST CLINIC WOLLONGONG
 Dose 2: 23/05/17 PRO 408 HE 2 CHEST CLINIC WOLLONGONG
 Dose 3: 23/05/17 PRO 408 HE 3 CHEST CLINIC WOLLONGONG

AND

Serology anti-HBs: 23/05/17 Result: >1000 units/ml CHEST CLINIC WOLLONGONG
 Result: negative

Measles, Mumps and Rubella (MMR) vaccine (2 doses MMR vaccine at least 1 month apart OR positive serology for measles, mumps and rubella OR birth date before 1980)

Dose 1: _____
 Dose 2: _____

OR

Serology Measles: 23/05/17 Result: POSITIVE CHEST CLINIC WOLLONGONG
 Serology Mumps: 23/05/17 Result: POSITIVE CHEST CLINIC WOLLONGONG
 Serology Rubella: 23/05/17 Result: POSITIVE CHEST CLINIC WOLLONGONG

Varicella vaccine (see appropriate course of vaccinations OR positive antibody OR history of chicken pox/herpes)

Dose 1: _____
 Dose 2: _____

OR (either test) History of chicken pox OR (either test) Date: 1990 CHEST CLINIC WOLLONGONG

OR Serology varicella: _____ (VZV Ab) Result: _____

19. Contraception Date: _____ Given by/used by: _____ CHEST CLINIC WOLLONGONG
 Assessed by: _____

20. Tuberculin Skin Test (Mantoux) YES (no) (never done) Assessed by: _____ CHEST CLINIC WOLLONGONG

Skin Test Reading: _____ Induration: _____ mm
 Skin Test Reading: _____ Induration: _____ mm
 Skin Test Reading: _____ Induration: _____ mm

Other TB investigations (including chest X-ray)

Revised January 2014

Picture: This is the vaccination form that should be taken to Lisa Cook.

VACCINATIONS

Diphtheria	Tetanus	Pertussis
Hepatitis B	Measles	Mumps
Rubella	Chicken Pox	TB Screening

The Chest Clinic is situated on Level 1 of the Hospital. At the Crown Street entrance, there are a set of 3 lifts. Go around the left corner of these to the lifts behind. Follow the corridor that runs parallel to Crown Street until you come to a Clinic on the right - walk through that Clinic to the one directly through the next set of doors that opens into the Chest Clinic.

Let the girl at the counter know that you are a CanceExpenditurer Carer and have come to check up on your BiscuitsVaccinations.

Some Carers may be up to date but you need to confirm that at the Clinic and get the form as below.

When you visit the Clinic and all of your vaccinations are in order you will need to take a form that the Clinic will give you (similar to the one below), to Lisa Cook, Nursing Unit Manager, Cancer Care Centre who will take a photocopy of your document, and list you as being vaccinated so you can work with cancer patients.



THANKS

Dear Lorraine and the Illawarra Cancer Carers Volunteers Thank you so much for all your hard work knitting the beautiful beanies and booties for our babies. They are **much** appreciated!

Kindest regards

The Neonatal Unit Staff at Wollongong Hospital

BUS TRIPS

July's bus trip was only a small affair with seven of us in total finding ourselves in Kangaroo Valley for a look around the village, crossing the Hampden Bridge and then onto Bomaderry RSL for lunch.

BERRIMA AND MITTAGONG BUS TRIP

Next month, we are going on Tuesday 22nd August to Berrima and Mittagong RSL for lunch.

Pick up times will be 8.15am at Wollongong Cancer Carer Carpark and then 8.35am at Dapto Ribbonwood Centre.

Berrima and Mittagong Bus Trip

Tuesday 22nd August 2017

☎ Narelle Langridge 4261 4130
☎ Narelle Langridge 0414 280 127 (Mobile)
narelle.langridge@bigpond.com

TO BOOK THE CANCER CARER'S BUS

Please contact: Peter Brown
☎ Peter Brown
4274 1859



Picture: Narelle at the Apple Shack from the June bus trip (Photo: Peter Brown)



Picture: The Shellharbour Laughter Group who made use of our bus in July. (Photo: Peter Brown)

BUS TRIP PICK UPS

Bus “pick up” reminder... Carers who are going on bus trips will be picked up on the **footpath outside the Cancer Care Centre Car Park**. There is shelter on Level 0 till the bus arrives.



LYMPHOEDEMA SUPPORT CLINIC

The Lymphoedema clinic will be running during August, details are as follows...

Appointments 9.30 to 12.30.

There are no charges, but please note:

The clinic does not treat intensively. Patients needing initial or complex physical therapy are referred to their doctors and hospital or private lymphoedema practitioners of their own choice.

If you would like to attend and have not done so before, please feel free to call in on clinic days or ring Jenny beforehand. Appointments do need to be booked, though.

Jenny Armstrong, Lymphoedema Support Co-ordinator

☎ 42 565 019 (Home)

August Clinic Dates

Friday 11th August
Friday 25th August

For appointments or information, please feel free to contact me on:

☎ 0423 135 342 (mobile)

☎ 4256 5019 or

jlagha2@live.com.au. (e-mail)

Jenny Armstrong Co-ordinator

EMAIL ADDRESSES

If you are not receiving the Newsletter by email, it would be appreciated that you inform Audrey when you change your email address so that she can inform you of anything that is not in the Newsletter.

Should you be receiving the newsletter by email, then you are requested to inform Kelly Mathein of your new address.

PUBLICITY ON BEHALF OF CANCER CARERS

It is important that any member who is asked to visit a Group to speak about the Cancer Carers must inform the Committee beforehand. If you have been asked at short notice, still inform one of the Committee Members. The Committee member will be able to give you help with additional information about the Cancer Carers.



Our sincere sympathy to those Carers who have lost a dear one recently.

We send our warm wishes to any member who is or has been sick and also to those Carers who have family members who are not well at the moment. We wish you all a speedy recovery back to good health