



ILLAWARRA CANCER CARERS^{INC}



**PO BOX 1659
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CHARITY NO CFN 11485

ABN 46 419 129 574

NEWSLETTER – DECEMBER/JANUARY 2024/5



**A VERY MERRY
CHRISTMAS
EVERYONE**



**WE HOPE 2025 WILL BE A
GOOD ONE FOR YOU ALL
KEEP WELL AND KEEP SAFE**

**Have you noticed? We have now
been Volunteering for 34 years
And we have already passed the \$M5
mark in our donations.**

CANCER CENTRE

Ladies from 2nd December until 24th December we may wear Christmas tee-shirts Or Christmas themed clothing.
Happy Christmas
Leslie



WARD C7 NEWS

If you have some spare time and would like to help on ward C7 please contact me
[Kerrie Metcalfe](mailto:Kerrie.Metcalf@optusnet.com.au)
0418 258 638
K.metcalf58@optusnet.com.au

DECEMBER 2024

SEWING AND CHRISTMAS STALL!

Well, another year nearly over and done with and as 2025 is just around the corner, it's time to get ready for the arrival of Santa and holidays for some.

The sewing ladies have been very busy all year with donations and the shop and sewing and it all comes to a conclusion on Friday 13th December when we have our big

and A



Christmas Stall out at Dapto Showground from 10am to 2pm. We will have all of our handmade items, plus Christmas edibles and our famous raffles. If you are yet to visit us, then this is the day you need to come along. We take over the whole pavilion for the day and there is so much to see and buy and you can get plenty of bargains on the day.

Our gift wrapping rosters are also underway. This year, we have 3 shopping centres covered. Warrawong Plaza, Figtree Grove and Dapto Mall. If you would like to help out gift wrapping, please give Sonia Jennings a call on 0414921149 who is looking after Figtree, or myself on 0414280127, as I have the rosters for Warrawong and Dapto but will be handing the roster over to Lorraine Davidson closer to the dates we start.

We did a Fundraiser a few weeks out with the President, Ian Mitchell, from The **Dapto Classic Car Club** who shaved his head and beard that he had been growing since May, with over \$2000 raised which he kindly donated to us. I have included some photos, so you can see the before, during and after.



Steps 1 2 3
Another good day enjoyed by everyone who came along.

So, that's it for 2024. Please have a lovely Christmas and New Year and see you in 2025.

Narelle Langridge
President

A Big Thank You

The sewing ladies are very busy preparing for our Christmas Market Day sewing and making items and are also putting together a fabulous

selection of gift baskets. This year we will also have a couple of unusual items for sale, and I would like to thank the following people:

We have two "Gardener's Baskets", which I was hoping to

finish off with a small to medium plant. I

approached **Bunnings at Kembla Grange and**

Peta Paramore (Activities Organiser) was more than happy to assist with a couple of donations. However, when I arrived to collect them, already loaded in the trolley were two magnificent live Christmas trees (in excess of \$300).

Consequently, these will be a little too big for our gift baskets, but they will be available for sale (with decorations) on our Christmas Market Day.



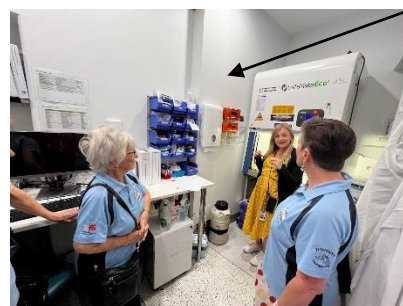
Another beautiful item is a brand new dolls' house (fully furnished), that has very kindly been donated by **Rhonda Quarmby**. I am sure this is going to make a little girl or boy very happy on

Christmas morning. Due to its size (1.5x 1.3m), my husband has offered to deliver it to the lucky purchaser.

Vera Rupa

VISIT TO THE BIOBANK

On Thursday, 31 October at 2.00pm, several Carers went to the hospital to see the Biobank the Carers bought in November 2022.



First we visited this room that is where patients' blood phials are taken for initial analysis by Ashleigh Splitt. It is in the CCC, Level 2.

We then proceeded downstairs to the basement where the all samples are securely stored (as you can see). The vapour phase liquid nitrogen (LN2) tank holds 6000 cryovials (samples) in total. There are six racks in full.



These samples are stored in 100 place cyroboxes, with each rack (as pictured) holding 10 boxes. These samples can be stored for many years in The LN2 tank without loss of cell viability and therefore can be used for research many years after they were collected.



domestic violence etc.



Each year they collect bags that have been very kindly filled with shampoo, conditioner, toothbrush, toothpaste, body wash or soap, deodorant and sanitary wear.

You then had the option of also adding “luxury items” if you wanted to, and our ladies did not disappoint. They very kindly donated; hand creams; lip balms; brushes; combs; umbrellas; perfume; candles; slippers; makeup; body lotion; notebooks and pens; hair accessories etc; etc.



(See letter of thanks, Page 10 from Ashleigh Splitt, Oncology Biobank Manager, Cancer Services Division, Wollongong Hospital)

Share the Dignity

This year the sewing ladies stepped a little left field of what we usually do and decided to support a group called “Share the Dignity”, who support women living in crisis, either through homelessness or



Each bag also contained a Christmas card with a special message, which was personally signed by all the ladies.

These bags will then be given to women throughout the Illawarra on Christmas morning, which I hope will brighten their day a little. It was a fabulous effort with 22 bags being delivered to Bunnings, which was the drop off point. Illawarra Cancer Carers is all about helping our community and I’m proud to say, we have definitely achieved this through this “little exercise”. Thank you ladies, to each and every one of you who donated so many wonderful items for these bags.

ALKIRA LODGE ACCOMMODATION

Families, of patients who are hospitalised in Palliative Care, are able to stay at Alkira Lodge if they live out of the Wollongong Area or, when it is necessary, they need to be close at hand. For more information: Ring 4222 5484 Monday to Friday between 8.00am -4.30pm

RECENT MARKET STALLS

The last Thursday in October at Dapto Mall \$283
 Fitness Gym Fundraiser \$650
 Lorraine Davidson

CONVOY 2024

This year, yet again, we joined the huge line of trucks and motor bikes and made our way down Mt Ousley as part of Convoy.



There was a sea of bright yellow t-shirts that met us at Westcliff Colliery as this year was 20 years since it began and the first Convoy had the same colour t-shirts.



We had a bus full of happy campers and once we landed at Westcliff, we made our way around to check out the hundreds of bikes that were going to be the 'first cabs out of the rank' that morning. Once the bikes had gone, we followed the big buses and

then it was us. There were plenty of people at the start point on Appin Road and our waving and horn tooting began there and didn't really stop at all. Where there was a space for a car to pull up, there were people standing and waving. Heaps of BBQ's on the side of the road and plenty more yellow t-shirts and flags and dogs and kids and waving, waving and waving.

We made our way to Shellharbour Airport and then did a 360 and came back the way we went checking out all the many trucks that came down the mountain after us. It was a good day out and I am sure everyone on the bus had a great time. Thanks to John Bye for being our driver this year and I understand Convoy was a success again this year with over \$2.8 million raised. So, here's to 2025 and more waving.

Narelle



Name Badges

If you would like to wear a badge while you are representing the Illawarra Cancer Carers in your volunteering role, then these can be purchased from Gala Trophies for \$12 each.

Gala Trophies have recently relocated and can now be found at 3 Ellen Street Wollongong and are open from 9.00am to 4.30pm during week days.

Vera Rupa

TRAINER FOR DRIVERS

Please note the telephone number for Judy Mercer, our Driver Trainer is 0409 781 971.

IRT PARKSIDE 5th ANNUAL ART & CRAFT CHARITY DAY

This was held on Saturday 30 November and whilst monies are still coming in from the event we can only give you an estimate at this stage of the total made. The breakdown will be in the February Newsletter.

To date from the Market Stall; Morning tea; Raffles; Two Charity Boxes; Donations and a percentage of sales from the Residents' Art/Craft Sales we have \$2,905.

It was unfortunate that the weather was so bad that the B'bque had to be cancelled.

Would you believe it? We were all so busy that no one remembered to take a photograph.

Our sincere thanks to the Residents of Parkside Art and Craft Group who worked very hard on Saturday, as well as Residents who are keen to help and to those in both Howard Court and Parkside for their purchases. Everyone is so enthusiastic to help us and always very keen to know how much we have made for the Cancer Carers.

LYMPHOEDEMA

Clinic dates for 2025:

February 14,28	March 14, 28
April 11,	May 2, 16, 30
June 13, 27	July 11, 25
August 8, 22	September 5, 19
October 3, 17, 31	November 14, 28

Should anyone have a cough, flu or feel unwell please ring Jeanette to cancel your appointment and re-book.

Session Times 9.30: 10.30: 11.30: 12.30
If you need to book in for a time slot
Ring – The Clinic 0423 135 342

I wish all the volunteers at the clinic and Cancer Carers a relaxing and happy Christmas break.

In my AGM minutes I forgot to mention Gail, one of our volunteers, our chief cook, and I thank her along with all the clinic volunteers for their efforts each fortnight.

Thanks and Cheers, Jeanette
Clinic phone 0423 135 342
lymph@illawarracancer.org.au

OUR VOLUNTEER DRIVERS

Jill and Margaret want to thank our very dedicated and often unnoticed volunteers who are so reliable, and at times willingly drop what they are doing to respond to an emergency. Your dedication certainly helps the patients who know they can rely on you to get them to their appointments on time and are so grateful. It also makes our job and that of the doctors so much easier.

Thank you one and all for your very important volunteering,
We wish you all a very Happy Christmas and every good wish for 2025,
Jill and Margaret

SCOOTERS AND WHEEL-CHAIRS



We have a healthy supply of equipment (Scooters, wheelchairs push and electric.

Walkers, shower chairs, toilet risers and some get out or sit up in bed helpers).

For any of the above equipment

Please ring:

Keith 4297 4007 Mob 0412 466 017

or Bruce 0417 414 986

**GETTING TO KNOW YOU
LUNCHEONS 2024/5
ILLAWARRA CANCER CARERS
Getting to know you Social lunches**

We thought it may be a good idea for old and new Cancer Carers to get together as many of our Carers don't know each other as they volunteer in different areas.

New and old volunteers will be able to get know other volunteers. So, join in for a fun social lunch, no need to book come if you can.

There is no special Christmas menu for our December lunch.

The Last Getting to Know You Social lunch for 2024

*Wednesday 11 December, 12.00 midday
at Builders Club, Church Street,
Wollongong*

All are always at the Builders Club, Church Street, Wollongong

Lunches are on the 2nd Wednesday of even number months eg., 2,4,6,8,10,12, and always at 12 Midday

The First Getting to Know You Social lunch for 2025

*Wednesday 12 February, 12.00 midday at
Builders Club, Church Street, Wollongong*

12th February 2025	9th April 2025
11th June 2025	13th August 2025
8th October 2025	10th December 2025

The builders Club has massive renovations with no buffet, now reasonably priced lunches. Look forward to seeing you there, if you could wear your shirt or badge it will help people find us. Cheers Maria Wilson
Ph. 42964007 or 0412466017

NOVEMBER BUS TRIP

Our November bus trip took us back to Bundeena where we had morning tea. Once again, the weather was very kind to us, not too hot and no wind, which made it comfortable for the ferry trip on the Tom Thumb across to Sutherland



for lunch at Gynea Bowling club.



Everyone had a great time.
Our next trip is up to Darrell Lea chocolate outlet and then lunch at Bankstown Workers, which is always a big hit with everyone.

Grahame and I would like to wish all our fellow volunteers a very Happy and Safe Christmas.
Thanks to everyone for supporting our monthly bus trips, hope to continue the fun next year.



Cheers
Margaret & Graham

DECEMBER BUS TRIP

Saturday – 7th December
Morning tea Baringa Gorge
Darrell Lea Chocolate Outlet
Lunch. Bankstown Sports Club.

Pickup Ribbonwood 8.30am
Wollongong Dan Murphys 9.00am

Contacts: Grahame 0407 647 604

JANUARY 2025 BUS TRIP

Saturday 11th (second Saturday of January)
so everyone can recover from New Year celebrations.

Trip to Sutton Forest
Morning tea Bowral
Lunch Sutton Forest Inn

Pick up: Ribbonwood 8.30 am
Dan Murphy's 9.00 am

Contacts Graham 0407 647 604
Margaret 0411 413 912

INCOME/EXPENDITURE OCTOBER 2024

Income	
Donations	\$716
Memberships	\$20
Patient Transport Contributions	\$1,030
Banquet Tickets/Raffle/Auction	\$36,066
Bus Hire (net after fuel cost)	\$2,197
Scooter Hire	\$40
Scooter Sales	\$200
Transfer from Craft Account	\$20,000
Expenses	
Driving Honorariums (Net)	\$2,906
Donations P/L Deflexifol	\$50,000
Newsletter Postage	\$49
Craft/Scooter/Van Insurance	\$1,164
Scooter Cost	\$29
W'gon Hosp Equip Tracheoscope	\$12,747
Bulli Hospital Bladder Scanner	\$15,412
Bank Fees	\$32
MYOB Monthly Fee	\$74
GST Paid (Gen only)	\$2,841
Chocolates (Hospital Patients)	\$59
Computer Supplies	\$66
PayPal & Bank Fees	\$10
Craft Account after GST	
Income	
Trans from Craft A/c – Cash on Hand	\$1,500
Banquet Raffle/Tickets/Auctions	\$11,766
Market Stalls Incl sales at Banquet	\$3,584
Expenses	
Craft Supplies - Cash Purchases - COH	\$450
EFTPOS Machine	\$38
Banquet Function – Centre Hire	\$19,300
Banquet Cost-Lighting/Speaker/General	\$1,653
Transfer Gen A/c	\$20,000
Transfer to Saver	\$1,500

LATE BLOOMERS LUNCHEONS 2025

Collegians Illawarra Leagues Club
Church Street, opposite McCabe Park
11.30 am for 12 noon

All current and past Carers are invited to this enjoyable luncheon on the first, Monday every second month in a relaxed atmosphere. It gives today's Carers a chance to keep in touch and to have the opportunity to meet with yesterday's Carers.

Dates for Late Bloomers 2025

Monday January 6	Monday March 3
Monday May 5	Monday July 7
Monday September 1	Monday November 3

If you know previous Carers invite them to come along.

Haven't been before and want to know more
Ring Leslie Adie: 0407 899 783

Present wrapping at Figtree, Dapto and Warrawong is on again this year.

Volunteers are needed Wednesday 18 to Tuesday, 24th December. If you can assist for a few hours please contact Sonia 0414921149



APPLICANTS FOR MEMBERSHIP

Memberships are for a 3-year period and all members will be reminded that memberships are due before 1 July 2025. At that date you will pay for another 3 years.

RETIREMENT

Many Carers past and present volunteers at the Cancer Care Centre and those who were involved with Alkira Lodge will know Dulcie who has just retired.



We wish you a well-deserved long and happy retirement, Dulcie

Welcome to new Carers:
Sharon Smith; Kylie Pettit and Rachel Scremin.

Enjoy your break and come back refreshed, ready for another busy and rewarding 2025.

To anyone who is sick we send you our best wishes for a speedy recovery.

Andrey

Cheers everyone

ILLAWARRA CANCER CARERS INC

All meetings will be held at
Berkeley Sports Club
5 Wilkinson Street, Berkeley
(Upstairs on Level 1)

Confirmed Dates for 2025 Meetings

Mondays at 1.00pm

Date	Meeting	Times
Monday 17 February	Open Meeting	1.00pm
	Committee	Follows Open Meeting
Monday 17 March	Committee	1.00pm
Monday 21 April	Committee	1.00pm
Monday 19 May	Open Meeting	1.00pm
	Committee	Follows Open Meeting
Monday 16 June	Committee	1.00pm
Monday 21 July	Committee	1.00pm
Monday 18 August	Open Meeting	1.00pm
	Committee	Follows Open Meeting
Monday 15 September	Committee	1.00pm
Monday 20 October	Committee	1.00pm
Monday 17 November	AGM	1.00pm
	Committee	Follows Open Meeting
Monday 15 December	Committee	1.00pm

OUR PRESIDENT'S ANNUAL REPORT

Hello All

As we come to the end of another year, it's that time again -- to thank each and everyone one of you for being, once again, simply great volunteers. Your dedication, passion and tireless efforts have made an impact on the lives of so many here in the Illawarra.

To all of our hardworking volunteers, your contributions are very much appreciated. Without you all, so many would have been left without the support they desperately need -- sometimes even life-saving. Your commitment to help others really is amazing and I am truly grateful to be your President.

There's been a lot going on but just a few things come to mind.....

This year, one of the highlights was the return of our "Banquet at the Beach". After a long break due to Covid, we came together and raised over \$55,000 which was just an amazing effort. A heartfelt thank you goes out to Patricia Hearn and her hardworking Committee. I spoke to a few people on the day and it was clear that everyone enjoyed themselves immensely - myself included.

We were also asked to be a part of Convoy again this year. It was an early start but well worth it. The sight of so many smiling faces and vibrant yellow T-Shirts celebrating 20 years of Convoy was truly eye opening. We'll be back in 2025!!

Our shop out at Warilla Grove was another great success with over \$20,000 raised. That's right, \$20,000 which is a lot of hand towels, rugs, bed socks, beanies and heat packs.

As we close the chapter on 2024, I sincerely hope it's been a wonderful year for you all but sad also as we lost some of our Carers along the way.

I hope you all enjoy the Christmas season and I look forward to what 2025 may bring for us all who are part of The Illawarra Cancer Carers.

Narelle Langridge
President

Illawarra Shoalhaven Local Health District



31/10/24

Illawarra Cancer Carers
president@illawarracancercarers.org.au
0414 028 0127
Wollongong
NSW

Dear Illawarra Cancer Carers,

I am writing to thank you for your recent donation of \$30,000 to Illawarra Shoalhaven Cancer Biobank at Wollongong Hospital.

Your kind donation was put towards the purchase of a vapour phase liquid nitrogen tank and related equipment, to improve the delivery of services and enhance research capacity in Illawarra Cancer Care Centre.

The generosity and support of the local community assists our highly skilled and dedicated staff working in the unit to continue providing quality medical care to our patients.

Should you have any queries please do not hesitate to contact the Program Coordinator – Fundraising and Donations for our Local Health District at ISLHD-Fundraising@health.nsw.gov.au.

Once again, thank you for your kind donation and support of our Biobank.

Yours sincerely

Ashleigh Splitt
Oncology Biobank Manager, Cancer Services Division
Wollongong Hospital
Illawarra Shoalhaven Local Health District

Illawarra Shoalhaven Local Health District
ABN 13 567 011 035
PO Box 239, Port Kembla NSW 2505
Level 2, 67-71 King Street, Warrawong NSW 2502
Tel (02) 4221 6859 Fax (02) 4221 6868



ILLAWARRA CANCER CARERS

CHRISTMAS MARKET STALL

- *Friday 13 December at
Dapto Showground (in the Pavilion)**
- *Enter by Mulda Street off Byamee Street**
- *10.00am to 2.00pm***
- *Christmas decorations, crafts & baked goods**
- *All our regular handmade items at reasonable prices**
 - *Bargain table**
 - *Christmas hamper raffles (drawn on the day)**
 - *We accept cash and card**
 - *100% volunteers**
- *All money raised remains in the Illawarra**



Enquiries: Narelle 0414 280 127

**ILLAWARRA CANCER CARERS
AGM ON MONDAY
18 November 2024**

NOMINATIONS FOR 204/25 COMMITTEE

John Erickson took the Chair to accept nominations but as there were no more nominations the following Committee was elected unopposed.

Position	Nominee	Nominated by	Seconded by
President	Narelle Langridge	Vera Rupa	Lorraine Davidson
First Vice-President	Judy Mercer	Narelle Langridge	Lorraine Davidson
Second Vice-President			
Treasurer	Robert Lupton	Kerrie Metcalfe	John Erickson
Secretary	Vera Rupa	Narelle Langridge	Lorraine Davidson
Committee	Audrey Walsh	Rita Glossop	Rob Lupton
Committee	Jeanette Emmerich	Geoff Failes	Audrey Walsh
Committee	Geoff Failes	Dave Berry	John Erickson
Committee	Rita Glossop	Geoff Failes	Audrey Walsh
Committee	Dave Berry	Audrey Walsh	Rob Lupton

John then wished the new Committee all the best for their negotiations and for the New Year.