



# ILLAWARRA CANCER CARERS INC



**PO BOX 1659  
WOLLONGONG 2500**

**Patron – Professor Clingan OAM  
CHARITY NO CFN 11485  
ABN 46 419 129 574**

**PRESIDENT**

Narelle Langridge

Phone 0414 280 127

**SECRETARY**

Vera Rupa

Phone 0413 548 983

**TREASURER**

Rob Lupton

Phone 0411 123 453

**Newsletter Editor – Audrey Walsh email: [walshaudrey00@gmail.com](mailto:walshaudrey00@gmail.com) [www.illawarracancercarers.org.au](http://www.illawarracancercarers.org.au)**

## NEWSLETTER – FEBRUARY 2025



### NEXT OPEN MEETING

**1 pm on  
Monday, 17 February  
At Berkeley Sports  
Club  
5 Wilkinson Street, Berkeley  
(Upstairs Level 1)**

### Agenda at end of Newsletter P 8

Hello everyone and welcome to 2025

With Christmas, New Year and Australia Day all behind us, we are now approaching another year as Carers and I'm sure we will all continue to make a difference in people's lives. Whether that be driving someone to their appointment; to making a cup of tea in the Cancer Care Centre in Wollongong Hospital or helping out at a craft stall, we are all here for one reason and that's to help.

Being an Illawarra Cancer Carer can be hard work but I have found it to be satisfying and the people I have met along the way and the friends I have made since joining has opened my eyes to a different world well and truly and I am sure I am not alone.

This year will bring more work to us all no doubt, but in the long run, it's the thanks we get from those we help that keep us all going.

I look forward to seeing what 2025 brings us all and to everyone out there who wears a

blue shirt with The Illawarra Cancer Carers logo on it, here's to another year.

Narelle Langridge  
Your President

### WARD C7 NEWS

Kerrie Metcalfe  
0418 258 638  
[K.metcalfe58@optusnet.com.au](mailto:K.metcalfe58@optusnet.com.au)

### DECEMBER 2024

### Christmas Wrapping

In total, across 3 centres we made \$9,639.65  
WOW!

### Figtree

Figtree Groves' grand total for present wrapping (with no stall set up allowed



this year) was \$2,260.75. A big thank you to our present wrapping volunteers who helped us make this amazing tally. An extra thank you to Liz King, who every year makes my life as coordinator, sooo much easier and she creates the most amazing bows for the presents.

A few special moments from Figtree.....a very special man called Steve (see pic Page 2) was riding his bike mobility scooter and after a chat donated \$200



and another gentleman donated \$100 after asking if we had an upper limit for donations as he didn't have a

present to wrap but wanted to support ICC as we have supported his family.

Also, a large Islander family's annual trek to get their Kris Kringle present wrapped also came again this year.

Sonia Jennings

**SEWING AND CHRISTMAS STALL!**

Our Christmas Stall on 13<sup>th</sup> December was very successful. We raised \$5070.05 on the Stall and \$2198.00 on Raffle for a total of \$7268.05.

Raffle winners were

- 1<sup>st</sup> Brenda Powell - Apricot U28
- 2<sup>nd</sup> John White – Orange Y3
- 3<sup>rd</sup> Linda – Blue K29
- 4<sup>th</sup> Dawn – Yellow M97

Lorraine

Right into the spirit of Christmas Eve Gift Wrapping at Warrawong - Liz, and Kelly (left), Liz and Lorraine (right).



**SEWING GROUP NEWS**

Hello from the Sewing Ladies

Another year is about to begin for us out at Dapto Showground and it will great to get back there each Friday

Over the Christmas season, a big thank you goes to Lorraine Davidson who had been busy with her spreadsheets and the sales figures from last year. So, here is all the news you have been waiting for...

Our big Christmas Stall at Dapto Showground raised \$5070.05 with the raffle raising \$2198.00  
TOTAL \$7268.05

Our gift wrapping last year totalled \$10,059.45. This is a combined total from Warrawong Plaza, Figtree Grove and Dapto Mall.



I think it's the best year yet and thank you to everyone who came along and helped out.

I was at Dapto and we had some unusual things to wrap.

Everything from easy things such as a calendar to an elephant.



As far as our stalls and Friday sales are concerned,

our total this year was \$83,224.64. As part of that, our main seller was and continues to be our kitchen towels. Last year we purchased 1,676 for a profit of \$7,888.66. The 1,676 we purchased doesn't include all the ones that were donated.

Our stalls will continue this year and I am looking to see if we can set up out at Shell Cove. Our shop will also open again at Warilla Grove, this time in May for a month. Corrimal Plaza and Dapto Mall will also continue and of course

Friday at Dapto Showground from 9 til 12 where you can purchase any of our items that our ladies make.

If you are unsure of when and where our stalls are going to be on, I usually will put them on the Illawarra Cancer Carers page on Facebook plus on the local pages of the area we are going to eg Dapto Stall is on the Dapto Community Pages on Facebook.

Thank you  
Narelle Langridge  
Sewing Co-Coordinator

Fay Davidson 80th birthday "cake" at the Sewing Group January lunch.



General photos of a very successful and enjoyable lunch at Coniston Hotel with 30 attendees.



**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

**PLEASE SAVE YOUR CANS & BOTTLES**

As you know, the sewing and craft ladies put on a magnificent Christmas Market at the end of each year and have a wonderful selection of handmade goods and various gifts, including our bargain table. We also put together a lovely selection of gift baskets and last year there were 42 baskets of goodies to choose from – something for everyone!! These gift baskets are very popular and are made up of our handmade items and very kind donations from our members.



One very clever lady (we'll call her Kerrie), along with a couple of her friends, has been collecting cans and bottles, which she then cashes in at the 'Return & Earn' to receive Woolworths credit vouchers.

At the end of each year Kerrie then goes shopping and looks for the best bargains to fill our gift baskets, which makes those vouchers go as far as possible. This year we would like to help her shopping go even further, so if you have any cans or bottles you would like to drop off to

the sewing and craft group at the Dapto Showground Pavilion (any Friday morning between 8.30am and 11.30am), then that would be very much appreciated. Alternatively, you could cash the cans and bottles in yourself and then pass the vouchers along. Or, if either of these arrangements are not convenient and you would like someone to collect them from you, then please give me a call on 0413 548 983. There are so many different ways you can support the Illawarra Cancer Carers and this is one small way.

*The photo on the below left is a small selection of the baskets "under construction".*

*Vera Rupa*

**A REMINDER - 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 5<sup>th</sup> ANNUAL ART & CRAFT CHARITY DAY**

This was held on Saturday 30 November but the results were not available in time for the December Newsletter when we advised we would let you know in February:

	2023	2024
Cancer Carers' Stall & 2 Collection boxes	\$883.50	\$1,147.00
Morning Tea	\$730.60	\$456.00
Donation by Art/Craft Group from Sales	\$950.00	\$860.00
Raffle Tickets	\$478.00	\$344.00
Trash and Treasure Stall	\$342.50	\$411.50
Utopia Donation from B'bque	\$600.00	- - -
Sale of Baguettes	\$130.00	\$60.00
Donations	\$93.50	\$409.00
<b>TOTAL</b>	<b>\$4,208.10</b>	<b>\$3,687.50</b>

In 2023 we held the Market Stall over two days and had good weather for the barbeque. In 2024 the Market Day was held for one day only when it was too wet for a barbeque.

## 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**

We hope all clinic volunteers had a relaxing Christmas break and re now refreshed, ready for 2025.

Thanks and Cheers, Jeanette  
Clinic phone 0423 135 342

[lymph@illawarracancer.org.au](mailto:lymph@illawarracancer.org.au)

## 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 2025 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.

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	13h 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

## FIRST 2025 BUS TRIP

Our first bus trip for 2025 took us to Bowral for morning tea and although the weather was quite cool, and a little wet, we still had a wander through the arcades and had some retail therapy.

By the time we arrived at Sutton Forest Inn for an enjoyable lunch, the weather had cleared.



Everyone had a great time and are looking forward to our February trip down to Ulladulla

Cheers  
Grahame and Margaret

## FEBRUARY BUS TRIP

Saturday 1 February 2025

Morning tea Berry  
Lunch Ulladulla Bowling Club  
Bus Cost \$20

Pick-up times:  
Dan Murphys – Wollongong 8.30 am  
Ribbonwood Centre Dapto – 9 am

Contacts Graham 0407 647 604  
Margaret 0411 413 912

## 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 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

## 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.

Welcome to new Carers:  
Diana Reid; Pamela Hatfield

**We hope everyone had a Merry Christmas and were able to catch up with family and/or friends. We wish you all the very best for 2025.**

**Our essential Caring by those volunteering in the Centre, the Ward, the Mobility Scooters and Driving patients continued throughout the holiday period. Some of our sewing ladies were unofficially working from home but those of us who took time out, we hope you feel rested and are ready to commence another busy and important year of volunteering.**

**To anyone who has lost a family member or close friend we send you our sincere condolences.**

**To those who are sick we send you our best wishes for a speedy recovery.**

**Cheers everyone**

*Andray*

## 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
<b>Monday 17 February</b>	<b>Open Meeting</b>	<b>1.00pm</b>
	Committee	Follows Open Meeting
Monday 17 March	Committee	1.00pm
Monday 21 April	Committee	1.00pm
<b>Monday 19 May</b>	<b>Open Meeting</b>	<b>1.00pm</b>
	Committee	Follows Open Meeting
Monday 16 June	Committee	1.00pm
Monday 21 July	Committee	1.00pm
<b>Monday 18 August</b>	<b>Open Meeting</b>	<b>1.00pm</b>
	Committee	Follows Open Meeting
Monday 15 September	Committee	1.00pm
Monday 20 October	Committee	1.00pm
<b>Monday 17 November</b>	<b>AGM</b>	<b>1.00pm</b>
	Committee	Follows Open Meeting
Monday 15 December	Committee	1.00pm

**ILLAWARRA CANCER CARERS INC  
OPEN MEETING**

**Monday 17 February 2025 at 1.00pm**

**Held at Berkeley Sports Club, 5 Wilkinson Street Berkeley**

**AGENDA**

**Minutes of Previous Meeting:**

Approval

Business Arising

**Correspondence:**

Circulated

Business Arising

**Treasurer's Report:**

Financial Year – 1 July 2024 to 31 January 2025

Business Arising

**Other Reports:**

Lymphoedema Clinic

Wig Library

Palliative Care

C7 Ward

Drivers

Bus

Wheelchairs/Scooters

Sewing Group

Cancer Centre Volunteers

**General Business:**

1. To Banquet or not to Banquet.....that is the question?? – Narelle Langridge
2. City of Wollongong Awards Presentation – Narelle Langridge
3. Notification of monies paid to FivepHusion – Rob Lupton
4. Donation received from Alastair Gilchrist and team – Rob Lupton & Narelle Langridge
5. Increase in fees from \$20 to \$50 from 1/1/25 for hire of equipment – Rob Lupton
6. Life Membership recognised after 30 years of active service – Narelle Langridge

**Any Other Business:**

**Next Meeting:**

Open Meeting – Monday 19 May 2025 at 1.00pm at Berkeley Sports Club