



**PO BOX 1659  
WOLLONGONG NSW 2500**

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

**PRESIDENT** Narelle Langridge  
**SECRETARY** Vera Rupa  
**TREASURER** Robert Lupton

Phone 0414 280 127

Phone 0413 548 983

Phone 0411 123 453

secretary@illawarracancer carers.org.au

www.illawarracancer carers.org.au

## NEWSLETTER – APRIL 2025

### **Celebrating a Milestone: \$5 Million Raised by the Illawarra Cancer Carers**

We have reached a significant milestone and are overjoyed to announce that through our incredible volunteers and supporters, we have raised an outstanding amount of **\$5,000,000** to assist those affected by cancer in our community. Our current member total is around 200, so that is a mammoth effort for all concerned and this achievement would not have been possible without the tireless efforts of our dedicated volunteers, past and present; our generous supporters, and the strength of those who have shared their stories and experiences. We are a 100% volunteer organisation and aim to keep all monies raised, here in the Illawarra. Our aim is to ensure cancer patients in the Illawarra have access to the same, or better, treatment and facilities as patients in capital cities.

### **A Heartfelt Thank You to Our Volunteers**

Our volunteers are the heart of everything we do. They've poured their time, energy, and passion into making sure that the Illawarra Cancer Carers continues to grow and provide support to those who need it most. From organising fundraising events to providing hands-on support, their commitment has made an immeasurable difference in the lives of so many. We are so proud of everything they have achieved.

### **To Our Supporters – You Made This Possible**

This accomplishment is also a testament to the unwavering support we receive from our community. Whether you've donated money or goods, purchased raffle tickets, bequeathed monies, attended an event, purchased items from our market stalls, shared our cause with others, or offered encouragement, your involvement has played a vital role in helping us reach this incredible goal.

Every dollar raised helps us provide essential support services to individuals and families impacted by cancer, and we are deeply grateful for each and every contribution. Your support is very much appreciated, and you should also be very proud knowing you are part of the team helping Illawarra cancer patients. Thank you for your ongoing support.



## Flowers for the Cancer Centre

Unfortunately, the Cancer Centre can no longer fund the beautiful flowers seen at the various reception desks. So, when Leslie Adie heard about this dilemma, she was very quick to present it to the Committee to see what we could do. Everyone agreed that the flowers certainly brighten up the place and put a smile on the faces of the staff and the patients.



Above is one of the beautiful arrangements currently on display in the Cancer Centre, which will be replaced each month.

As I placed a plaque in front of each of the four different vases and introduced myself to staff and told them that the Illawarra Cancer Carers were now going to sponsor the floral arrangements, you should have seen the smile on each and every one of their faces.



Flowers sponsored by the Illawarra Cancer Carers and supplied by Floral Image.

## The Illawarra Wig Library Inc

Our Office is open Monday, Tuesday and Wednesdays from 10.00am to 1.00pm. We have a roster of 14 ladies with most spending one to two shifts a month with us. We are always pleased to increase our numbers, so if anyone would like to join, please don't hesitate to contact Petrina Chalker on 0438 659 059 or Yvonne White on 0402 298 397 to arrange a meeting or drop into the office during our open hours for a chat.

Towards the end of last year, the hospital arranged for a kitchen company to come and change some of the shelving into large drawers to house more of our wigs, as we currently have approximately 400 wigs consisting of many different styles and colours.



Our President, Petrina, has recently had knee and leg surgery, and is recuperating at home, so we are wishing her a speedy recovery.

*Yvonne White*

## Our Next Big Fundraiser

This year we have plans underway to hold a High Tea with the theme, “Mad Hatter’s Tea Party” on Sunday 31 August 2025 at 1.30pm at Wollongong Golf Club, which will also include a guest speaker and some light entertainment.



We don’t want the men to miss out, and they are more than welcome to come along, however, if a high tea isn’t your “cup of tea” then what about a putting competition, a sausage sizzle and a beer afterwards?

This event is not going to be as big as our Banquet at the Beach, but we hope just as successful. One of our newer members, Lisa Smith, has offered to be Co-Ordinator for this event and we thank her for stepping up and taking on this role. Lisa can be contacted on 0416 104 274. The Committee has already put the groundwork in place, so let’s ramp it up. We will obviously require some prizes for our raffle and our games, so if you have something you would like to donate or a voucher you can obtain, then please let us know.

Of course, the sewing ladies will be there with a magnificent array of items for you to purchase. What would a “Mad Hatter’s Tea Party” be without a selection of tea pots and matching tea cosies for sale?



## Further Life Members Acknowledged

On 17 February 2025, our President, Narelle Langridge, presented Maria Wilson, Nora Flanagan and Marie Davidson with their “Life Member” badges and certificates. These three ladies have been very dedicated and active members of the Illawarra Cancer Carers for well and truly over 30 years and Narelle thanked them for their distinguished and voluntary service to the Illawarra Cancer Carers.



These three volunteers are the essence of what the Illawarra Cancer Carers are all about. They’ve devoted so much of their time, energy, and passion over many, many years into so many different activities, and without this type of ongoing support and commitment, we would not be able to achieve what we have. We are so proud of them and extremely grateful for their dedication to our organisation.

Recipients of this award must have over 30 active years of service and we look forward to making future presentations each year at our Annual General Meetings to those members who qualify.

## Recent Bus Trips

February was quite busy for the bus. We started with our monthly trip, which was down to Ulladulla, stopping at Berry for morning tea and much to our delight it wasn't raining, and then after much needed refreshments we were on our way to Ulladulla. We lunched at the Bowlo and afterwards some went browsing around the shops while others just kicked back and relaxed at the club. A big day out, but very enjoyable.



Grahame and I left 2 days later for our caravanning trip along the Murray and down through Victoria.

Paul Griffith picked up the next 3 trips; including a trip to Berrima on 15 February, then Windang Seniors went down to Ulladulla on 24 February, and the Dapto Garden Club went to Sutton Forest on 27 February. We now have acquired a few regulars for their bus trips, which is great. A big thanks to Paul for his help, very much appreciated.



Our March monthly trip was to Sussex Inlet; thanks to John Bye for driving, which was also very much appreciated.

We had The Illawarra Rowing Club on 8 March, who indicated that they would like to utilise the bus again and gave us a \$60 donation, as well as the \$440 agreed charge for the bus.

*Margaret & Grahame James*

## Ward C7 News

Melanie Sellers is the NUM for Ward C7 and she has had a busy time moving the ward backwards and forwards while maintenance work was being undertaken. While this was going on, Melanie also put in a request to us for some new over bed tables, specialised IV poles and some new patient lounge chairs, which we were more than happy to assist with. Our Volunteer Co-Ordinator for Ward C7, Judy Mercer, went to work and found the best buy for the lounge chairs from a local supplier, Country Care Group at Warrarong, which have now been delivered and very much appreciated.



Judy is also on the lookout for some more volunteers for C7 as the ward has now returned to its original space and will be increasing by another three extra beds in the near future. Some of the patients in Ward C7 have travelled quite some distance and therefore don't have a lot of visitors, so if you have some spare time to make someone a cuppa or even just sit down and have a chat, then please contact Judy Mercer on 0409 781 971 and she can let you know what the procedures are. You don't even have to commit to being there every week as Judy and Melanie are very flexible with whatever time you can offer – you can come and go between 9.30am and 4.30pm, so please consider offering some time to Ward C7.

*Judy Mercer*

## Open Meeting

Our next Open Meeting is scheduled for Monday 19 May at 1.00pm at the Berkeley Sports Club. If you would like to suggest a Guest Speaker for the meeting, then please let me know and I will see what I can organise.

## Driver's Report

A lovely patient said to me that our drivers "are like a box of chocolates – you don't know who you will get until the phone call." They have also mentioned that all the drivers are friendly, good drivers and they are so grateful for our service.

I would like to remind all drivers that they can make tea or coffee in the kitchen on Level 1 and please use the milk that has already been opened. The sandwiches in the fridge are for the patients and can only be taken after 3.00pm if there are leftovers.

Also, a lot of our patients are elderly or frail, so please make yourself available to help them into your vehicle if required. Not only am I the Volunteer Co-Ordinator for Ward C7, I am also our Trainer for Drivers, so if you know of someone who might be interested in driving, then get them to give me a call on 0409 781 971.

*Judy Mercer*

## Getting to Know You Social Lunch

These lunches are always held at the Builders Club in Church Street, Wollongong on the second Wednesday of even months at 12 noon. This is a great opportunity to meet other members who are involved in other roles within the Illawarra Cancer Carers, that you may not necessarily come across. No need to book, so just come along and join us – you deserve a break! We look forward to seeing you there for an informal get together and a lovely meal and a chat.

9 April 2025	8 October 2025
11 June 2025	10 December 2025
13 August 2025	

## Return & Earn Recycling



Many of you may not know that Kerrie Lawler, one of our sewing ladies, and a few of her non-ICC friends save their

bottles and cans so that Kerrie can cash them in to purchase items for our Christmas hampers and gift baskets each year. This allows Kerrie to pick up bargain buys when items are on half price specials, which ensures those vouchers go even further. We are therefore wondering if you would like to save your cans and bottles and bring them into the showground any Friday for Kerrie, who will then put them through the Return & Earn machine. If this is not possible, then we may be able to come to some other arrangement to collect them from you.

Alternatively, we are now also registered on the Return and Earn app as an eligible charity, so anyone in NSW can select our group and support our cause.

## Membership Fees

We have held our membership fees at \$25 for 3 years for quite some time now, however, due to increases in costs, the Committee has agreed on a small increase. As of 1 July 2025, renewal fees will be due and these will increase to \$30, which will take you through until 30 June 2028. As from 1 May 2025 you can renew your membership by paying your fees via PayPal, direct deposit to our General Account, at the sewing group each Friday morning, to Leslie Adie at the Cancer Centre or Jeanette Emmerich at the Lymphoedema Clinic or by placing your monies in an envelope in the driver's payment box on the ground floor in the foyer at the hospital. Please remember to include your name in the reference details should you make a direct deposit, or if leaving cash in the driver's box. If a receipt is required, then please also mention this at the time of payment, which can then be emailed to you, if one is not available at that time.

## Sewing Ladies Report

Hello once again everyone. April is already here and another visit from the Easter Bunny is imminent I feel. Seeing the chocolate bunnies and eggs have been out in the shops for months, I think it makes the year go faster, but, we all know it's the money the shops are interested in.

I am sure you have all heard by now that Audrey is in hospital due to a fall. I hope she will be up and about and back to her usual busy self sooner, rather than later, and look after yourself Audrey please, as I know you'll be reading this.

The sewing group is still as busy as ever and our stalls for the year are progressing well. We now have a new stall for 2025 which is out at Shell Cove. We have been there twice now and have done quite well with over \$1500 taken in just two visits (look at the array of goodies for sale in the photo below).



The dates of our stalls are always put up on our Facebook page, whether they be in Dapto Mall, Shell Cove or Corrimal Park Mall. But, also remember, you can visit us any Friday at Dapto Showground between 9.00am and 11.30am if you wish to purchase any of our goodies or just to see what our hard working sewing ladies are doing on the day. We always accept both cash and eftpos at the showground and at any of our stalls.

I'd like to thank our ladies for helping on our stalls as well. Setting up, selling, talking to people about what we do and then packing up at the end of the day makes for a different sort of day, but well worth it in the end. If you'd like to help on our stalls, please give me a call.

Once again, we are intending to have our shop back a Warilla Grove in May. I shall keep you posted with dates etc once it's all been confirmed.



In the past few weeks, I have been asked to give a talk to a couple of clubs here in the Illawarra about the Cancer Carers and what we do. There have been between 40 to 60 people at each venue, and it's been very rewarding talking about The Carers. There are now a lot more people in the area who are aware of what we do and as the front of our leaflet says, 'WE ARE HERE TO HELP' and that's what we do. So, on that helpful note, enjoy your Easter everyone and take care.

*Your President  
Narelle Langridge*

## Thanks Tooshies & GAIA Natural Baby

You may have noticed on our stalls our beautiful baby bundles.



We are very happy to announce that Tooshies have come on board to support us by supplying their organic bamboo nappies, and GAIA Natural Baby have supplied their wipes and baby moisturiser, which is included in these lovely bundles and sold at very reasonable prices and make beautiful gifts.

## Lymphoedema Clinic

Welcome to Jacqueline, who is our newest Volunteer Therapist who is looking forward to helping with the Clinics:

11 April 2025	16 May 2025
2 May 2025	30 May 2025

Below are some of the photos from the Wollongong Ladies Golf Day held on 27



February 2025, where each year the ladies play some golf and then enjoy a lovely lunch and play some games, with proceeds from the day (\$4,074) being donated to our clinic this year.

Below is a photo of the winner, Christine Hansen holding the Gloria Swift trophy, presented by Amanda Poidevin. For those of you who don't already know, this golf trophy has special significance, as Gloria Swift initiated the Breast Cancer Support Group in the 1990's and unfortunately has since passed away.



This recent funding has allowed us to purchase a new massage table, which our therapists are very happy with. Consequently, I have the old table, so if you would like it, or know of someone who can use it, then please contact me.

*Jeanette Emmerich*

## Late Bloomers Luncheons

These lunches are held at the Collegians Illawarra Leagues Club in Church Street, opposite McCabe Park on the first Monday every second month at 12 noon. This is a great opportunity to meet “yesterdays” carers, who are now not necessarily active members, but love to keep in touch with the current members. So why not come along, share your stories, listen to others and enjoy a nice meal.

5 May 2025	1 September 2025
7 July 2025	3 November 2025

## While Audrey Recuperates

By now you've probably noticed that the Newsletter looks a little different than usual, as I am trying to help while Audrey is recuperating, and I have “big shoes to fill” and hope to not let her down. My wisdom and knowledge regarding the Illawarra Cancer Carers are not as advanced as Audreys, so luckily, thanks to modern technology, I can stay in touch and “bug” Audrey via phone messages. I'll try not overdo it, as I want her to rest and be back up and fighting fit, as do the rest of the members, I'm quite sure.

Consequently, while Audrey is out of action, I will continue to do the Newsletters (please keep sending those articles and photos). I will also try and answer any queries from current members and new people wishing to sign up, along with having the Police Checks processed. At the same time, if you know of a member who is not well or has lost a loved one, then let me know and I will arrange for a card to be sent out.

## Easter

The Easter Bunny is almost here, so enjoy this special time with your family and friends and, if possible, take a well-earned break from your ICC caring roles and duties.

