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NEWSLETTER – AUGUST 2025

MESSAGE FROM AUDREY

“Please pass my sincere thanks to those Carers who sent messages wishing me well after my fall. It is amazing how one accidental fall can change a person's life overnight. However, within time, care and exercise I hope to be able to get back to normality before too long, but at my age it takes longer for the bones to mend.

I would like to take this opportunity to thank those Carers who have taken over my duties, especially Vera who has shouldered many additional tasks. My sincere thanks to you all and keep up the good work!”

Audrey Walsh

THANK YOU

Message received from one very grateful patient for the services we offer:

“I am very thankful to your organisation for the transport services you provide and your drivers who supported me over four weeks through my cancer radiation program. I cannot thank them enough. They are the most enjoyable company to be with and helped me along during my journey. I very much appreciated the service. With kindest regards from Carl Ellefsen.”

HOSPITAL VOLUNTEERS

ALL CARERS who work with patients in the hospital are reminded that it is a requirement that we all have the FLU shot. This is available at the hospital in the Respiratory Clinic on Level 1 at no charge.

Leslie Adie

Cancer Care Centre Volunteer Co-Ordinator

DONATION OF A NEBULISER



Earlier on this year we were approached by a Physio working in the Community Palliative Care Team seeking our support for any funding opportunities through the Illawarra Cancer

Carers to assist a very ill patient.

Unfortunately, this gentleman was not in a financial position to purchase a nebuliser machine, so this is where we stepped in. After receiving details of the exact piece of equipment that was required, I went on a shopping trip to obtain one. This gentleman was not in a good way and needed our help sooner, rather than later. I then met up with James and Ash, who were taking the nebuliser directly to their patient.

Shortly after, they contacted me again to let me know the trial had gone well and they would have a good indication of how it's helping after a week of consistent use, but at this point it was looking very promising. James passed on the patient's gratitude and went on to say, “thank you again from our team as well, it's amazing to have your group to support our community in such a wonderful way.”

DOGGY JUMPERS

You may not be aware, but we have a couple of very talented ladies who make our doggy jumpers, giving you the option of knitted or a padded sewn one in a variety of sizes. These doggy jumpers literally run out the door and are a very popular item, particularly at this time of the year.

Modelling some of our designer doggy jumpers are our “ICC doggy mascots”, Violet, Molly and Tank.



We even had another another couple of puppies, who purchased their jumpers while at Bunnings and didn't want to take them off.



Recently another one of our talented sewing ladies has commenced making trolley mats for those fur babies, when you make that trip to Bunnings (don't want their paws to go through or for them to get cold bottoms).

VISIT FROM H. PARSONS FUNERAL DIRECTORS

On an extremely wet Friday back in May, Sascha and Andrea from H. Parsons Funeral Directors braved the elements to call in and meet the Sewing Ladies, introduce themselves and share in some morning tea,



which they had provided.

Not only did they share details about Parsons Funerals, but it also gave us an opportunity to explain what the Illawarra Cancer Carers do.

Both these ladies had no

idea about the services we offer and the fundraising we do to achieve our goals.

They were extremely impressed and went away taking this new knowledge with them. They are now in a position to explain the difference between the Cancer Council and us, which they were not previously aware of.

They have already indicated they would like to develop an ongoing working partnership with us; initially by explaining to families about our group and how we assist Illawarra cancer patients; their families and carers.

Last week the ladies returned once more as they had “passed the hat around” to their work colleagues and collected \$245 between them and indicated they were more than happy to do this again.

PRESIDENT'S REPORT

Hello one and all – over 6 months of the year gone already and I can hear the taxman's calculators getting ready once again for their yearly workout. I hope you all receive huuuge tax refunds this year.

As Winter is now upon us, there have been a lot of colds and flu going around (myself included) and I know what it's like being stuck at home and not really feeling like doing anything or going anywhere. If you are one of the sick ones, keep taking your cough medicine and sucking on those Butter Menthols, as they work wonders and get well soon!!!!

Our sewing ladies had a craft stall at Bunnings a couple of weeks ago and raised over \$1600 which was just amazing. We

sold a lot of beanies and quite a few rugs as well, so there are definitely some warm ears and knees



out there this Winter. I have included some photos, so you can see the display. Our next one is on Sunday 24 August at Bunnings Kembla Grange, so if you are in the area, pop in and say hello and grab a bargain or two.



Our freshly baked goodies also prove very popular, so if

you're early enough you might score something nice for morning tea, or if you're feeling inclined, you are more than welcome to drop off some baked goods, jams or pickles as well.

Our fundraiser for 2025, The Mad Hatter's High Tea is coming along nicely. We now have our major raffle organised and tickets are available. There will be more information inside this newsletter about where you can get your raffle tickets.

That's it from me for this newsletter. Take care everyone and see you out there somewhere.

Narelle Langridge
Your (full of the Flu) President

MAD HATTER'S HIGH TEA

As you are aware our major fundraiser for this year is our Mad Hatter's High Tea, which is being held at the Wollongong Golf Club on Sunday 31 August 2025 and the High Tea Committee have been extremely busy requesting and collecting donations, working on decorations and planning some games and activities.

Our major raffle tickets have now been finalised and we have a magnificent array of prizes up for grabs:

1st Prize: 14 Carat White Gold Natural Sapphire & Diamond Pendant with a White Gold Chain (valued at \$1500) donated by Crown Diamond Jewellers

2nd Prize: Handmade Quilt donated by Wollongong Modern Quilters

3rd Prize: Linen Package donated by Forty Winks

4th Prize: Outdoor Patio Set donated by SEL-f-LESS Furniture Outlet, plus a garden hose, tool kit and bag

5th Prize: Kids Activity Pack

6th Prize: Large White Teddy Bear

Tickets are \$5 each or a book of tickets (10) is \$50 and these will be drawn on the day. If you would like to purchase any tickets or are in a position to sell any tickets, then please call into Dapto Showground any Friday morning. Or, alternatively, give Lisa a call on 0416 104 274 and she will be able to make an arrangement to get some to you. As always, thanks for all your support.

Lisa Smith
Mad Hatter's High Tea Co-Ordinator

WARILLA SHOP

As you know our shop at Warilla Grove back in May was a wonderful success, and with most great achievements, Narelle is inclined to acknowledge them with a poem:

WARILLA SHOP 2025

We ventured out to Warilla on the 3rd of May
but something just wasn't okay
Our bus and van were filled to the brim - but
unloading? Our chances were slim
The shop was locked and the chairs were out
.... 'What's going on' I heard myself shout
"What is the meaning of this charade? OMG,
it's a bloody fashion parade"
So, we went home and came back the next
day and lucky for us that we could
And we set up the shop like good volunteer
Cancer Carers would
Jumpers in the middle, bags on the side,
plenty of space underneath for spares to
hide
Kitchen towels out the front, the best place
to be, hundreds of them for everyone to see
"So much jewellery" I said with a sigh, but
those who bought it, got such a good buy
Baby Corner was at the back with many little
things, bibs, bootees and a cradle that sings
We had lots of stuffed toys, pillows and even
a gorilla from downtown Warilla
Aprons and umbrella bags were out on
display and I think I sold one last Friday
Sadly, we didn't have an Omar, or a Brad Pitt,
but we did have a visitor daily for a little bit
She'd ask how much things were and then
asked for a phone
She told Gae she was pretty and then she
went home
We had slow days, busy ones and lots of rain
but that leak in the roof was such a pain
Dripping non-stop it really was a concern,
but at least I managed to refill the urn!!!!
Lemon butter, pickles, relish and jam hit the
floor and was gone quickly out the door
The folks down Warilla way all deserve a star,
especially donating for my new car (ha ha)
Thanks once again to you all for getting your
'shop fix', shall I see you in 2026?

And lastly, our shop is over, and we've locked
that big fence but... what did we make?
A mere....\$18,149 and 80 cents.

BLOOMING WITH APPRECIATION

On 20 June the Sewing ladies were very pleasantly surprised with a visit from Shaun (Vocational Leisure and Skills Co-Ordinator from Greenacres) along with Chloe and Tahlia (participants from Greenacres), who presented each and every lady with a beautiful posy of flowers, which was very much appreciated by everyone.

Shaun explained that the Blooming with Appreciation program brings together community generosity, environmental sustainability, and social inclusion. This program collects donated flowers, repurposes them into beautiful bouquets, and distributes them to community organisations such as aged care facilities, hospitals, community mental health services, women's shelters and not for profit organisations and anyone that supports the community.

The benefit to participants, in participating in this program empowers people with a disability through meaningful, therapeutic tasks involving cutting, arranging, and assembling the flowers. All of which support meaningful engagement, fine motor skills and cognitive growth.



Blooming with Appreciation is a creative, inclusive program that meets multiple community needs; such as reducing waste, lifting people's spirits and celebrating what a

fantastic job people do to support the wider community.

2025 PETER NEWELL OAM MEMORIAL RACE DAY

The Steelers and St George Illawarra Dragons organised the 2025 Peter Newell OAM Memorial Race Day, which was held on Saturday, 26 July 2025, at Kembla Grange Racecourse and a number of our members attended and we were permitted to sell our High Tea raffle tickets on the day.

Judy Newell and her family have requested that proceeds from the event be donated to the Illawarra Cancer Carers, similar to last year's Charity Golf Day.

This is the second year a special event has been organised and is a celebration and tribute to the life, achievements, and remarkable contributions of Peter Newell OAM, while raising vital funds in support of



the Illawarra Cancer Carers.

We donned our blue shirts (unfortunately our fancy blue fascinators didn't arrive in time) and mingled with the crowds selling 478

tickets = \$2390, and also received a further \$570 in donations. To top it off it was announced that we would be receiving a grand total of \$15,000 from the proceeds of the day.

Not only was the whole day devoted to the Illawarra Cancer Carers, but the



last race of the day was also dedicated to us, which then permitted us to have photos

with the winning horse, "Bev's Nine" and the owners.



What an amazing experience for the ten ladies who attended and represented our group.

OPEN MEETING

Our next Open Meeting is being held on Monday 18 August at 1.00pm at the Berkeley Sports Club. Our Guest Speaker for the meeting will be Bill White who is the Manager of the i98FM Illawarra Convoy & Illawarra Community Foundation. As you know this organisation has been very supportive of our group over the years and Bill has offered to come along and give us an update since he has recently taken on this new role.

We will also have our Mad Hatter's High Tea raffle tickets to purchase after the meeting, if this is a more convenient option for you.

LYMPHOEDEMA REPORT

Last week we had a lovely catch up with some former Clinic Volunteers; Sue, Joan, May and Jenny, which brought back many happy memories.

With Winter upon us, I would like to remind you to be mindful of other volunteers and clients who come to the clinic and please do not attend if you are unwell.

The clinic number is 0423 135 342, so please don't hesitate to contact me if you have any questions.

Our next clinic dates are:

8 August 2025	22 August 2025
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Jeanette Emmerich
Lymphoedema Clinic Co-Ordinator

ANOTHER PERSONAL ACHIEVEMENT

Recently, another one of our long-standing members has reached a significant milestone. Jean Fleming and her husband, Pete, have just celebrated their 90th birthdays and they honoured the occasions with a number of celebrations with family, friends and some members of the Illawarra Cancer Carers.



What would an achievement like this be without a poem from Narelle?

JEAN TURNED 90

Jean turned 90, just the other day and she's had some adventures along the way, Sailing out from England but not with Pete, it was with her family, or was it on the First Fleet?

Arriving with a suitcase, it was mid-summer, I think? It was so hot, Jean just couldn't think.

"WHAT HAVE WE COME TO" Jean's mother tiredly said, her voice filled with dread.

All settled in and another Summers day, Jean decided to swim her cares away, The water was so cool, ah this is the life...til Jean heard "he's drowning", someone was in strife.

Swimming out to save him was Jean and a mate, OMG Jean hoped she wasn't too late. Luckily for him, Jean saved his day and the rescue made the news, even in Bristol so far away.

Jean met sailor Pete and married at 21, so much in love and so very young, Living in Wollongong was all it was cracked up to be, then along came the kids 1, 2 and 3.

The years went by and Jean and Pete heard about this group, who were all blue shirt wearers, Yes folks that would be us, THE ILLAWARRA CANCER CARERS.

From Banquets at the Manor, Picnics in the Valley, these people were right up Jean's alley.

Banquet at the Beach, they were lots of fun, Jean was amongst it all, cos she's our number one.

We even had a little visit from Dame Edna one year, "hello possums" rang out very clear.

Every Friday between 9 and 12 if Jean can't be found, she will be here at Dapto Showground.

Cutting, sewing and sorting, our Jean has done it all, why she's even worked on a stall (or two).

Always ready with advice, a question or chat, you'd agree Jean has worn many a hat.

So, sit back and enjoy your day with your friends, they are allowed to stay til the very end.

Jean turned 90 just the other day and yes, she has had some adventures along the way.



HAPPY 90TH BIRTHDAY JEAN!!!

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.

13 August 2025	10 December 2025
8 October 2025	

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.

1 September 2025	3 November 2025
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Both the “Getting to Know You Social Lunch” and the “Late Bloomers Luncheons” seem to have the same regulars each time, and several people have commented how it would be lovely to see some new faces, so why don’t you come along and join in?

BUS REPORT

Our July bus trip was to Symbio in Helensburgh, and we were fortunate to have a lovely calm day after the wild weather in the lead up week.



Everyone was amazed how the zoo has evolved over the years, with fabulous access

to the enclosures, making it easy to see the animals. Meercats were the hit of the day, although all the koalas were awake and munching on eucalyptus, with one of them having a baby on her back.

Our next trip is on 2 August, and we are off to Berry, then lunch at Bomaderry Bowlo.

Other bus trips during July also included The Doll Club members going to Wentworth, Windang Seniors having a Christmas in July, and the Shellharbour Probus group going to Penrith.

If you are interested in attending one of the bus trips, have a suggestion of where to go on a trip, or are maybe even involved in another group who may wish to utilise our bus, then give us a call on 0407 647 604 (Grahame) or 0411 413 912 (Margaret).

*Margaret & Grahame James
Bus Trip Co-Ordinator & Driver*

OUTSTANDING MEMBERSHIP FEES

Please don’t forget to pay your membership fee of \$30, which will take you through until 30 June 2028. The majority of members have already paid their fees, however, if you haven’t done so at this stage, you have several options; either via PayPal, direct deposit to our General Account (BSB 062-624, Account 1004 8672), 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 money 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.

If you have decided not to renew your membership, can you please make contact with me and let me know so that I can adjust your records accordingly. Please note that if you are not a financial member, then you are not covered by our insurance – thank you.