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NEWSLETTER – JUNE 2025

Sewing & Craft Report

Well, nearly 6 months of the year has gone and at the moment we are right in the middle of our pop up shop out at Warilla Grove. This is the third year we have been at the Grove and so far, so good. We have all of our usual stall items such as heat



bags, kitchen towels, gloves, bed socks, aprons, kiddies knitted jumpers, knitted rugs, lemon butter, jam, pickles, all sorts of bags plus a whole shop more. We are trying to beat last year's sales record and don't have long to go now (we close at the end of May) so if you haven't been out to visit us, please do so as we would love to see you. We are just opposite the Post Office and are open Monday to Friday from 10.00am till 4.00pm and weekends from 10.00am till 1.00pm, and we take both cash and eftpos. (As this goes to print, we have hit \$14,000.)

Our sewing ladies, plus other helpers, have been manning the shop on a daily basis and we have received quite a few donations and have had some great conversations with members of the public. I'd like to also thank the members who have provided us with jams, pickles and lemon butter to sell. They are very popular, and all are usually gone within a few days. A lot more people in the

southern suburbs certainly know more about us and what we do for the people of the Illawarra.

We also had a lucky win, thanks to our Secretary, Vera Rupa, which was a Defib machine, courtesy of Wave FM and Bendigo Community Bank. They were giving 50 away and we received one. It will be kept at Dapto Showground in a lock up storeroom. Hopefully it'll never have to be used, but it's always handy to have something like that on hand. I have included a photo of some of the ladies, plus The Big Red Heart from Wave FM on the day it was presented to us at our shop.

I also hear the Mad Hatter's High Tea

is progressing well and all tickets are now sold. The Committee is looking for vouchers or anything to use as prizes, so if you are able to help in that way, please get in touch with me on 0414 280 127 as it will be very much appreciated.

That's it for me now, so see you at our shop or at the High Tea or Dapto Showground any Friday from 9.00am till 12.00pm.

*Narelle Langridge
Your President*



We Won a Defibrillator

As Narelle has already mentioned, our local radio station, Wave FM, were recently running a competition to win a Defib Machine, so they launched a life saving community initiative, giving local community groups and businesses the chance to score a FREE Heart180 Lifepak CR2 Life Saving Defibrillator.

As our sewing and craft ladies are no longer “Spring Chickens”, I thought this was a great opportunity for our group, to be prepared, in case anything ever happened, so I went ahead and registered our group, and we won one of them!

On 9 May the Wave Street Team called into our shop at Warilla Grove to present Narelle with our Defib Machine. Luckily Kerrie Lawler and Lynne Henson were also on hand for this very special presentation.

Thank you to the local Community Bank (Oak Flats & Gerringong) Bendigo Banks and Wave FM for supporting this initiative!

Mad Hatter's High Tea

TICKETS HAVE SOLD OUT for the Mad Hatter's High Tea in August. Tickets sold out quicker than expected, which is great. We now have a reserve list for those who missed out, so if this is you, let me know if you want your name added to the list.



We are still workshopping ideas for games and the raffle. A couple of ladies have been busy researching and shopping online for decorations. Who knew Temu had so many Mad Hatter's decorations?

Donations for the prizes are coming in, which is great; the community is so

supportive of the Illawarra Cancer Carers and the work that we do.

We still require some prizes for our raffle and games, so if you have something you would like to donate or a voucher you can obtain, then please let us know.

*Lisa Smith
Mad Hatter's High Tea Co-Ordinator*

Donation of Ultrasound Machine

We have recently donated an Ultrasound Machine to Wollongong Private Hospital, valued at over \$21,000. This was presented to Alex Rudnitskiy (Nurse Unit Manager for the Day Oncology Ward). There are now only two of these machines in the whole of the hospital and Alex was extremely overwhelmed with our donation and explained how beneficial it would be to the patients undergoing Chemotherapy and infusions.



Alex went on to say that “Chemotherapy treatment can impact the ease of inserting a cannula. Chemotherapy can sometimes make veins fragile or cause damage, making it harder to find suitable veins for insertion. Additionally, some Chemotherapy drugs can cause the veins to become more sensitive or painful, potentially making the insertion process more uncomfortable. This ultrasound machine will now enable us to hopefully make the patient’s treatment not as traumatic for them. We are extremely grateful for this donation and would like to thank each and every member of the Illawarra Cancer Carers.”

i98FM Illawarra Convoy

Last year's Convoy was once again very successful and after being contacted by their new Manager, Bill White, suggesting we lodge an application for funding, we are now extremely happy to confirm that we have been granted a massive sum of \$75,000. This money will be used to reimburse funds we have allocated to our Volunteer Drivers and associated costs.

Lymphoedema Report

Thank you to all our Volunteer Therapists and our morning tea, and appointment Volunteers who assist the clinic to run smoothly each fortnight.

Thank you to Patrick Gamble who has recently donated a special pump which is used at the clinic to help in the management of Lymphoedema.

Our next clinic dates are 30 May, 13 June and 27 June.

Jeanette Emmerich
Lymphoedema Clinic Co-Ordinator

Cancer Treatment Trial Update

The Illawarra Cancer Carers have been funding and supporting research into Deflexifol and have recently been advised by David Ranson (Executive Chairman – FivepHusion) that Part A of the Paediatric Ependymoma trial, for which the ICC funding was vital, has just been completed successfully with the last patient completing their treatment last month.

We're now eagerly awaiting the announcement of results from that trial, once all data has been collected and verified. The clinicians are planning a publication of the results at a leading US Paediatric Brain Cancer Conference towards the end of this year. FivepHusion is very grateful for the support that ICC have given them to reach this stage.

Heartfelt Thank Yous

Recently Leslie Adie took some more of our knitted and crocheted rugs into the Cancer Centre to distribute to the patients while undergoing their treatment. She has since received a lovely thank you card. "Just a note to thank you all for using your skills to crochet the knee rugs for Cancer patients. My husband and I were just so touched by your caring in making his beautiful rug. It certainly helps that people care when one is going through this."

A little further afield we have also received a thank you from the Wagga Rotary Sunrise group who presented some of our baby items (thanks to Jean Fleming and her daughter, Bernadette) to the Special Care Nursery staff at Wagga Wagga Base Hospital, which were very much appreciated and well received.

Open Meeting

Our next Open Meeting is scheduled for Monday 18 August 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. If you are unable to attend, however, would like something mentioned at the meeting, then please let me know as I am more than happy to present on your behalf.

Update on Audrey

Members are still asking me and are keen to know how Audrey is progressing. We all know what a determined and independent lady Audrey is, and even though she is still encountering quite a bit of pain, she is participating in her regular physio program every day (sometimes twice a day). She unfortunately had another fall while at hospital, a short time ago, which set her back a little bit, but is determined to be going home in the next couple of weeks. I know she is staying positive and motivated and has even purchased the last ticket for our Mad Hatter's High Tea, which I am sure she is very much looking forward to. As always, we are wishing her all the best in her recovery.

National Volunteer Week

This event is the largest annual celebration of volunteering and is held during the week of 19-25 May 2025.

As part of this celebration, Amanda Vickers (Nurse Unit Manager – Illawarra Cancer Care Centre) invited volunteers who work at the hospital to a breakfast on Wednesday 21 May to thank them and present them with a certificate to acknowledge their support, dedication and the vital work that they do for our patients. A number of our members were able to attend, including Leslie Adie, who said, “We all had a lovely time and were thanked for our volunteering, which made us feel very appreciated for what we all do.”



There were even a couple of special guest volunteers at the breakfast – a lady by the name of Julieanne and her companion dog, Jaxon, who come to the hospital regularly to visit patients. I'm sure they put a smile on people's faces and brighten their day.



Wollongong Volunteering Expo

As part of National Volunteer Week, Wollongong City Council hosted an Expo, which Narelle and I manned a table to promote our



group. Considering how wet it was outside and what was predicated for the rest of the day, we weren't sure how many people would attend, but we were pleasantly surprised.

We were beside the Wig Library, set up with our Application Forms, flyers and a small selection of what the sewing and craft ladies make. We spoke with



numerous people and let them know that volunteering their time is one of the most fulfilling things they can do, and that ICC have a variety of roles available.

It was a great opportunity for people to come along and have a chat with a wide range of not-for-profit organisations providing services in our community and to learn more about how they can get involved. This is the second year ICC have attended the Expo, and we were both amazed by the number of not-for-profit organisations in our area. It just goes to show when we are applying for grants, how many groups we are actually competing with. On that note, I have to say thank you to Geoff Failes, who applies for the bulk of our grants, and is often quite successful.

Cancer Care Centre Report

All is going well in the Cancer Care Centre with the patients being very appreciative of a cuppa or a chat, and particularly our constant supply of chocolates.

I know quite a few of the ladies would like more shifts, but fortunately or unfortunately, depending on who you are, that is not possible at the moment.

Please remember Carers, we cannot talk about the patients with our family and friends. Many thanks.

Leslie Adie
Cancer Care Centre Volunteer Co-Ordinator

Mother's Day Raffle

Once again, the sewing ladies organised a raffle for Mother's Day and produced two beautiful gift baskets and were able to raise \$640.

1st prize (Pink V74) – Scott Lindt

2nd prize (Blue L36) – Judy Mercer

Mother's Day Gift Wrapping at Figtree

This year the Figtree Grove Mother's Day gift wrapping was set up in front of Coles on Saturday 10 May. Unfortunately, we were not permitted to set up a stall but amazingly we still made \$149. It must have been due to the lovely bows Liz King created for the gifts and the very generous Figtree shoppers.



Thanks to Cil Hayes, Pat Howard and Liz King for volunteering their time on the day, and also thanks to Figtree Grove for providing an excellent position and

beautiful wrapping paper.

Sonia Jennings

Figtree Grove Gift Wrapping Co-Ordinator

Mother's Day Gift Wrapping at Dapto

The Dapto Mall Mother's Day gift wrapping was set up at the top of the travellator on Saturday 10 May. We were fortunate enough to be permitted to also sell items, so we took advantage of this making a total of \$599.10.

Thanks to Liz King for sharing her gorgeous bows with us and also to Judy Mercer, Christine McCallum and Vera Rupa – we had a great time chatting to the shoppers and wrapping a large selection of beautiful gifts for some very lucky Mums and “mother figures”.

Thanks also to Dapto Mall for providing a great position for our stall and the beautiful gift wrapping paper.

Narelle Langridge

Dapto Mall Gift Wrapping Co-Ordinator

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.

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|----------------|------------------|
| 11 June 2025 | 8 October 2025 |
| 13 August 2025 | 10 December 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.

| | |
|------------------|-----------------|
| 7 July 2025 | 3 November 2025 |
| 1 September 2025 | |

Request

We currently have at least six litres of freshly squeezed lemon juice tucked away in a couple of different freezers, waiting to be made into luscious Lemon Butter or lip-smacking Lemon Curd. Our only problem is we have depleted our supply of small screw



top jars, so if you have a secret stash, you are happy to part with, then please let us know.

Bus Report

May is a busy month for our bus, with five trips booked: Windang Seniors, The Laughter Club, Illawarra Orchid Society, Illawarra Rowing Club and of course our own monthly trip.



Because the elections were held on the first Saturday in May we moved the trip back a week.

On 10 May we set out on a perfect Autumn morning for an amazing trip along our beautiful coastline to Stanwell Park Kiosk for morning tea, but to our dismay the kiosk has closed, and the building is now up for lease. Onto Plan B - continue on to Sunrise Nursery at Helensburgh. For those who haven't been there, they have a lovely coffee shop and gift shop as well as their fantastic array of plants, trees and shrubs. Being the day before Mother's Day we were met with beautiful arrangements of flowers mainly Chrysanthemums, some of which found their way home with us.

We left the nursery and travelled over to the "Apple Shack" at Glenbernie Orchard, which was not on our itinerary, but we all like a surprise occasionally. They have a variety of apples, apple cider (some alcoholic, some not) a variety of jams and preserves; also, a coffee kiosk, so a bit more shopping was enjoyed by all. I noticed the apple slicer/corer was a big hit, so I bought one myself, and it works well.

After a relaxing morning, we set off to Helensburgh for a wander around town and through the park to Helensburgh Tradies for lunch and refreshments.

We drove home back down the coast road so the people on the other side of the bus had the water views.

Everyone had an enjoyable day and are looking forward to our next trip, which is on 31 May to the ANSTO Nuclear reactor in Lucas Heights.

If any members would like to attend one of our trips, which are held on the first Saturday of the month, then please contact Margaret on 0411 413 912. Our main concern is to raise money for ICC, and members are given priority to attend these trips, however, if we still have vacant seats, then they are offered to others. These non-members are aware of this arrangement and are happy to jump on board, if a seat is available. We would love to see more members take up this opportunity and join us for a great day out.

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

Membership Fees

Please don't forget to pay your membership fee of \$30, which will take you through until 30 June 2028. Quite a few 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 acquired the category of Life Member, then you are not required to pay any further fees as you have received a permanent member status, which you have duly earned.