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NEWSLETTER – OCTOBER 2025

VALE JENNIE DRANSFIELD

Jennie was a remarkable lady who was one of the founding members of the Illawarra Cancer Carers, 35 years ago. In 1990 Jennie was the Oncology Day Care Nursing Unit Manager at Wollongong Hospital and she was approached by Dawn Reed suggesting they have a luncheon, inviting doctors, dentists and chemists, as well as their friends to discuss fundraising for the Cancer Care Centre. Jennie spoke to the group of twenty-five, talking about the Centre and displayed the plans, as the Centre was not completed at that stage. Her parting words were that maybe a volunteer group could be formed and that is exactly what happened.



Above is a photo of the Illawarra Cancer Carers founding members Jennie Dransfield, Clare Salon, Catherine Sloane, Nancy Brenton, Anne Smith, Ann Mills, Anita Bale and Ann Smith with the President at the time, Ian Mackay, at the 25th Anniversary Dinner.

At the 30th Anniversary Luncheon, Jennie acknowledged the Cancer Carers and how proud she was of what we represent and what we had achieved. The fact that we recognised a need and had an idea to make the cancer patient

journey a more supportive, less fearful and exhausting one, and through us all, that goal has more than been achieved. Jennie felt very privileged to have had the opportunity to be involved in our inception all those years ago.



Sadly, Jennie passed away at Royal Prince Alfred Hospital on 23 September 2025 after having a stroke four days earlier, which she could never recover from. Jennie was surrounded by family and friends and on 1 October 2025 a celebration of life was held at North Ryde in her memory.

*RIP Jennie, your light continues to shine,
especially here in the Illawarra.*

A BIG THANK YOU

Below is a lovely letter received from one of our Lymphoedema clients:

Hello, my name is Jan Scott, and I would like to take this opportunity of thanking all of the Cancer Carers who look after us while on our cancer journeys.

My husband was diagnosed, initially with only a few months at the most, but he lasted 8 months, however, his journey was not a good one as he spent most of this time in his own bed very sick, but the beautiful Carers were wonderful with him and all the family. The love and support they gave us helped us through his journey. He died 5 months ago. A big thank you, for all the comfort and assistance, especially in his last nine days of his life and helping me with my grieving process – you were wonderful.

I, myself, am one of the lucky ones and have been in remission for the past three years. I was born with Primary Lymphoedema, which is hereditary, and was very lucky to find the clinic at the Ribbonwood Centre in Dapto to assist me.

I was lucky to attend when the Niagara Medical Therapy team came and showed us their products that we could use at home. It was very interesting to watch and listen to and see the results. However, when I got home it hit me like a ton of bricks; the main problem for me was that I love being able to chat with everybody over a cup of tea or coffee, as life can be very lonely. This interaction is something I look forward to very much. The touch of a warm human hand that is gentle and comforting, plus being taught how to do it myself is fantastic.

This made me realise that a machine might be great, but it can never replace a human being interacting with you and making you feel great.

A huge thank you, to all of you for being such beautiful, caring people giving your time to assist all who need it.

FATHER'S DAY GIFT WRAPPING

Unlike previous years at Figtree Grove, this year we only wrapped presents on the Saturday before Father's Day, and we were asked not to set up a stall. I was VERY surprised to find at the end of the day we had wrapped 27 presents compared to wrapping 9 in 2024.



One grandmother brought along her 3 grandchildren and they were very happy with Deb's wrapping skills when they left.

The public were very generous, as we had a total of \$120.50 in donations and for the last present wrapped on the day, the lady gave us \$100!!!

Total for the day was \$609.90 (which included



some sneaky kitchen towel sales).

A huge thanks goes to Deb Gillam and Cil

Hayes for their help on the day. Also, to Liz King, as our presents wouldn't be the same without her fantastic, beautiful handmade bows.

Thanks to one and all.

Sonia Jennings
Gift Wrapping Co-Ordinator

CHRISTMAS BOWS

Our very clever bow maker, Liz, is already busy making bows for our Christmas gift wrapping stalls, but would like to tizzy them up even more with some bling. If you have any old costume jewellery or decorative bits and pieces you no longer want, then please drop them off to Dapto Showground on a Friday morning or get in touch and we can collect.

ART & CRAFT CHARITY DAY

If you like art and craft, why not come along to the IRT Parkside Charity Day in October. This is the sixth year this event has been run and proceeds from the day go to the Illawarra Cancer Carers.



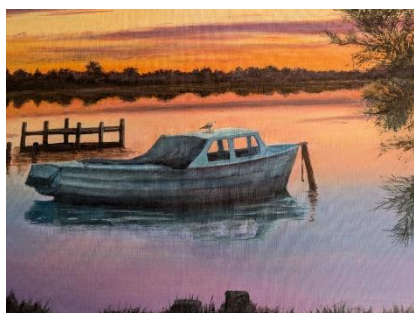
IRT Parkside, 6th Annual
**Art & Craft
Charity Day**
Cnr Stewart & Kembla sts
Fri 24th, 5-7pm
(wine, nibbles & preview)
**Sat 25th, Oct
9am-2pm**

- *Morning Tea
- *Cancer Carers
- *Raffles
- *Displays & sales
- *Lions Club

Cash preferred
Profits to Illawarra Cancer Carers

ART & CRAFT SALE

One of our very clever sewing ladies is also a very talented artist, and she along with another friend are having an art and craft sale on 8 & 9 November from 9.00am to 4.00pm.



The event is being held at 5 Coral Crescent, Unanderra (battleaxe block, so please park on the street). All welcome, so come along and have a browse.

Lyn Stefen and Kay Woollard will be displaying a selection of original paintings in oil, acrylic and pastel, including miniatures, cards, plants, bric-a-brac and craft items.

Eftpos will be available and if you have any questions, then give Lyn Stefen a call on 0411 682 856.



LYMPHOEDEMA CLINIC

Our Lymphoedema Clinic is always very busy, so unfortunately our massage tables need recovering from time to time. We recently had two of our tables completed and had some very happy therapists when they were returned. Thanks, Jeremy, for an excellent job.



We are now seeking additional Volunteer Lymphoedema Therapists, which are required to enable the clinic to keep supporting the people of the Illawarra into 2026 and beyond. Volunteer Therapists must have qualifications of previous medical, or massage therapy and further essential training will be given to successful applicants.

As we approach the end of 2025, my request also is for other volunteers to consider assisting with morning tea each clinic day from February 2026. No experience necessary, just able to make a nice cuppa and have a friendly chat.

Please contact me for more information on 0423 135 342.

Jeanette Emmerich
Lymphoedema Support Clinic Co-Ordinator

PALLIATIVE CARE

We are very keen to get some more volunteers to work at Bulli Hospital making cuppas and having a chat with the patients. If this interests you, then please contact me for more information on 0438 659 059.

Petrina Chalker
Palliative Care Volunteer Co-Ordinator

PRESIDENT'S REPORT

Hello again to you all.

As 2025 gets closer to being 2026 (and another year older), I wonder where the time has gone, and I guess many of you do also. It just seems like yesterday; it was Easter and now Christmas is less than 12 weeks away. I mentioned in the last Newsletter I had seen a few Christmas decorations in the shops, well, now there's more. Oh, and we still have Halloween (not that I celebrate it, but I am sure some of you do out there in Cancer Carer land).

On Friday 12 September, some of the Committee glammed up and off we went to the University of Wollongong's 50th Anniversary Awards. We were a finalist and nominated in the Council Award for Excellence category and we were up against Distinguished Professor Gerry Swiegers.



Sadly, we didn't win (but did come second) and managed to come away with a

beautiful glass engraved award and a framed certificate.



We even all had the opportunity to meet Professor G.Q. Max Lu AO who is the Vice-Chancellor and President of the University of Wollongong. The food was delicious, entertainment great and the big glass

chandeliers were just amazing. There was over 300 people there and just to be nominated was very humbling and I'd like to thank Molecular Horizons for the nomination. I've included some photos of the night, so you can see our lovely award we received.

We had some sad news recently that one of our founding members Jennie Dransfield had passed away. Vera (our Secretary) has included a lovely article about Jennie and without her, we wouldn't be here today carrying out the great work that she helped to start. Vale Jenny.

Our sewing group continues to flourish at Dapto Showground each Friday with up to 35 ladies coming in each week. We are getting new members regularly and it's amazing how much can get done between 9 and 12. Once again, everyone out there is most welcome to come in and see what our ladies are making and anything you see, is available to buy. We are about to trial some new hours which will be 9 to 2pm, so that will give you more time to come in.

As you may have heard, the Greyhounds at Dapto Showground have stopped. I've had a few people ask if we are also going to, and the answer is no. We have been told we are safe and there are no plans for us to find space elsewhere. Goodness knows where we'd go as we do have a lot of "baggage" but it's baggage we use all the time.

Our sewing group will stop for the year on Friday 28 November for a break and resume 6 February in 2026.

Our Christmas Market Stall Day will be on Friday 12 December from 10am til 2pm. Please mark that day in your diaries.

We will be gift wrapping again this year at Dapto Mall, Warrawong Plaza and Figtree Grove. Once the centres let us know their dates, we will be asking for helpers. It's great fun and you just never know what you will be asked to wrap up.

We had our fundraiser for the year on 31 August, our Mad Hatters High Tea. It was so well organised (thanks to Lisa Smith and her team) and we had 120 ladies and men at the Wollongong Golf Club all enjoying a Mimosa on arrival then scones, smoked salmon sandwiches and mini quiches (amongst other goodies) all followed by English Breakfast tea and more Mimosas. We had raffles, guessing competitions, our craft stall, a couple of photo booths and plenty of good times on the day.

It was very successful, and we came away with **\$20,581.30** with part of that being allocated to the Lymphoedema Clinic. Plans are already underway for a High Tea in 2026, so stay tuned for more details.

Please remember the sewing ladies are still taking donations, and everyone is more than welcome to pop into the Showground any Friday if you wish to purchase anything from us. We have plenty of everything and Christmas is just around the corner!!!!

Thank you all for your hard work during the year and I often get told we all do a great job, so I'm passing that onto each and every one of you.

Narelle Langridge
President

DAPTO SHOW

The annual Dapto Show was recently held and one of our sewing ladies, Gae England, entered her amazing work into the knitting and crochet



category and won Most Outstanding Exhibit Knitting and Crochet and also First Place in the Wool Article/Garment State Competition. Congratulations Gae!!!

We were also asked to have a stall, and once again jumped at the opportunity to sell our wares and get our name out there. This year we set up in a different area, which proved very successful and by the end of the day we had made \$905.

We even made a new friend – his name is Hephner.



ANNUAL GENERAL MEETING

Our next Open Meeting is our Annual General Meeting and will be held on Monday 17 November at 1.00pm at the Berkeley Sports Club.

On the last page of this newsletter, you will find the Nomination Form for positions on the Committee, together with details of when these need to be received by. Maybe you have some spare time and would like to commit to one of the positions and further support our group. We only meet once a month and our meetings are relatively short.

If you don't wish to take up a position, you are not under any pressure, so please don't let this deter you from attending our Annual General Meeting.

GETTING TO KNOW YOU SOCIAL LUNCH

Our last lunch for the year is on 10 December 2025 and will be held at the Builders Club in Church Street, Wollongong. 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.

LATE BLOOMERS LUNCHEONS

Our last lunch for the year is on 3 November 2025 and will be held at the Collegians Illawarra Leagues Club in Church Street, opposite McCabe Park. 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.

UPDATE ON AUDREY

Many of you are enquiring about Audrey. Unfortunately, she is still in hospital at Bulli, but is working very hard on her rehabilitation and trying to stay as positive as she can. On top of this, she is now also encountering some back issues, which aren't making her rehabilitation any easier. I'm sure you are all wishing her well and hoping she is able to return home soon.

SEEKING CONSUMER VOICE FOR A METASTASIS RESEARCH SYMPOSIUM

The upcoming **OzMRS (Australasian Metastasis Research Society) Symposium** is looking for a **consumer representative with lived experience of metastatic cancer, or a carer**, to join a **Q&A panel discussion on Wednesday 30 October**.

When: 29 – 30 October 2025

Where: Function Centre, Innovation Campus, Wollongong

Consumers can attend both days of the symposium (29 October is an evening function only, with canapés and drinks) or just the second day. You are welcome to stay for the full program or only for a few hours. Your voice and perspective are highly valued, and this is a great opportunity to help shape research conversations and connect with the cancer research community.

If you are interested or would like to know more, please contact:

Dr Ann-Katrin Piper, akpiper@uow.edu.au

UNIVERSITY OF WOLLONGONG RECEPTION & MORNING TEA

On 6 August the Perrow and Ranson Labs welcomed Narelle, Judy and Vera to a reception and morning tea to give us an update on what the various members of the research team were up to. Each and every one of them spoke so passionately about their work. The mission of the Targeted Cancer Therapeutics (TCT) Lab is to revolutionise treatment for cancer and neurological diseases by developing innovative, locally delivered drug therapies that overcome current limitations and improve patient outcomes. They are committed to translating cutting-edge research in biomaterials and pharmaceutical science into clinically impactful solutions through interdisciplinary collaboration, rigorous preclinical testing, and patient-focused innovation.

They then acknowledged that the Cancer Carers have donated money to support the salary of one of their superstar team members – Chelsea Penney. Chelsea is a Research Assistant that works across all of the projects in both research groups, and to have support to keep her employed is invaluable, and this was certainly appreciated and acknowledged.

We were then treated to a lovely morning tea and of course Chelsea Penney's delicious marble "thank you" cake.



Researchers that were due to attend the 2025 NSW Cancer Summit in Sydney the following week displayed their posters, and a lively and engaging discussion was had between everyone regarding the current projects that are running.

From left to right: Molly, Taylor, Sam, Ashna, Marie, Vera, Narelle, Chelsea, Gary, Ann Katrin, Kara, Judy, Aiden and Jess



All three of us found the session extremely informative and it was lovely to hear how thankful and appreciative our ongoing support is to this team.

Towards the back of this newsletter, you will find the latest Targeted Cancer Therapeutics (TCT) Lab newsletter, which provides further information and details about their team.

THANKS TO STORAGE KING NORTH WOLLONGONG

Storage King have been supporting our group for some time now and continue to do so by offering us a storage container, at no cost, to store documentation. We are very grateful for this generous gesture.

MAD HATTER'S HIGH TEA

Our High Tea was a massive success, with Barbara Dent very kindly being our MC for the occasion.



Thanks to the kindness and generosity of all our supporters, we are delighted to share that we raised **\$20,581.30**. These vital funds will enable us to continue providing comfort, care, and support to cancer patients and their families across the Illawarra.



Our Mad Hat Winners

Our Major Raffle winners were:

1st Prize: 14 Carat White Gold Natural Sapphire & Diamond Pendant with a White Gold Chain (valued at \$1500) and very kindly donated by Crown Diamond Jewellers was won by J. Adams (Ticket No A0073)

2nd Prize: Handmade Quilt donated by Wollongong Modern Quilters was won by C. Whitmore (Ticket No A0736)

3rd Prize: Linen Package donated by Forty Winks was won by C. Herbert (Ticket No B0507)

4th Prize: Outdoor Patio Set donated by SEL-f-LESS Furniture Outlet, plus a garden hose, tool kit and bag was won by P. McPhillips (Ticket No A0249)

5th Prize: Kids Activity Pack was won by I. Wallis (Ticket No B0156)

6th Prize: Large White Teddy Bear was won by S. Bugeja (Ticket No B0591)

Other lucky winners on the day included: Judy Mercer, who won our chocolate guessing competition,



Deb Gillam, who won the 100 Club, and Sam Kadwell, who very kindly

shared with Sandra McNally, after winning the Cup & Saucer game.

The Committee sincerely thanks our two main sponsors (Manildra Group and Crown Diamond Jewellers), along with the other wonderful donors for their amazing prizes, Wollongong Golf Club for their hospitality, the participants, and of course all our volunteers (even Lisa's Mum who is pictured below hard at work) who made this day such a fantastic success.

We are now already planning next year's High Tea with the theme being "Black & White". Lisa has commenced an expression of interest list for this event and already has over 100 names. If you

feel this event might interest you, then give Lisa a call on 0416 104 274. No commitment at this stage – we are just getting an idea on numbers, and this will then assist with choosing an appropriately sized venue.



Lisa Smith
Mad Natter's High Tea Co-Ordinator

FINALIST IN THE UNIVERSITY OF WOLLONGONG 50TH ANNIVERSARY COUNCIL AWARD

Wow! What a night! Dressed in their finery, five Illawarra Cancer Carers members, including President Narelle Langridge, rocked up to the University Hall at the University of Wollongong for its 50th Anniversary Dinner and Awards on September 12.



We were selected as a finalist from a total of nine nominees for the Council Award for Excellence.



The award went to Distinguished Professor Gerry Swiegers, a globally recognised electrochemical engineer, but we were declared runners up receiving a lovely glass trophy and lots of kudos for the dedicated voluntary work we do.

ICC for many years has continued an enduring partnership with UOW, which has significantly advanced cancer research, care and community engagement. In the past 18 years, we have contributed more than \$1.2 million to the UOW's cancer research programs, enabling breakthrough projects including development of the novel Chemotherapy drug, Deflexifol and Professor Kara Vine-Perrow's targeted drug delivery program.

Media personality, Lisa Wilkinson, did a great job as Master of Ceremonies with entertainment provided by former Australian Idol contestant William Le Brun and his Big Band.

Former Australian Test cricketer, Adam Gilchrist, also entertained in conversation with Lisa Wilkinson.



Many of the region's politicians as well as former Chancellors and Vice Chancellors joined the celebrations.



The ICC was praised for its equitable cancer care across the Illawarra supporting palliative units, oncology wards and regional patient services.



BUS REPORT

On our September bus trip, we were pleased to welcome Cancer Carers, Rita, Angela, Wendy and Rachael, along with our regular carers Jeanie and Pete, who got to experience the hospitality of the "Tea and Greens" café at Bingara Gorge for morning tea, which is always a great stop.

We were running a bit early for our booking at the Airport Experience Centre so; to fill in time, our driver took us for a surprise viewing of Warragamba Dam, not too far away from our destination. The dam was not full to capacity, so it was hard to believe, after the perfect weather we had, that it was spilling within a week with the onset of torrential rain.

We left the dam and continued to the new airport, this was our third visit over three years, and we have been lucky to follow the progression of the construction phases. Many on board had not been before and were amazed at the size and facilities that have been included. The work is running on time and budget (must be a first for the Government) and it is to open in late 2026.

We then moved on to Panthers Leagues Club for lunch, where there is a selection of eateries, so it was easy to find something for lunch. Luckily Panthers were playing Saints (not so lucky for Saints) and their fans had followed them to sunny Wollongong leaving plenty of room for dining at the club.

Note – if you go there on game day, wear a football jersey, any club's colours will do.



Another great day with great people, lots of laughs and experiences shared.

Our October outing was to Bowral to enjoy one of the last days of the Tulip Festival.



Some of our passengers opted to wander around the shops; some even ventured down to Dirty Janes Emporium (not a brothel).



Cancer Carers Sobhana Huque and Chris Adnum with supporters Brenda, Marion and Alida enjoying a break.

I think everyone took in the Bowral coffee experience available at the many cafes around. We left Bowral about 12.30pm, off to Mittagong RSL Club for a lovely lunch. They have a very extensive menu, so something for everyone, finished off with dessert and more coffee.

Our bus has been booked for 4 bus trips by four different groups this month. Thanks to Paul and John for helping out with them.

Our next bus trip will be on 1 November with morning tea at Bingara Gorge, then on to the Darrell Lea outlet with lunch at Bankstown Sports Club. Cost will be \$20, and we will be departing the Ribbonwood Centre at 8.30am and picking up at Dan Murphy's Wollongong at 9.00am. To book your seat or ask any questions, then contact 0407 647 604 (Grahame) or 0411 413 912 (Margaret).

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

Targeted Cancer Therapeutics Lab Newsletter

Read...



Read about our \$500k grant to get us closer to commercialisation [here](#)!

Hello from the Vine-Perrow Lab! This newsletter is intended to keep you, our valuable community members, up-to-date on the progress of our work here at the Targeted Cancer Therapeutics Lab at the University of Wollongong.

The Team

It's been a little while since our last community update – so an update on the team is required!



Watch...



Kara Vine-Perrow chats about our research to The Spot, by UOWTV. Watch [here](#)

Contact Us

Kara Vine-Perrow

Associate Professor &
Group Leader

e: kara@uow.edu.au

t: 02 4221 4256

(from left to right) Our team this year consists of our longtime postdoc Sam, honours students Molly and Aiden, our research assistants Chelsea and Taylor, and PhD superstar Elahe. Not pictured is our other superstar PhD student Ashna.

Research Update

As many of you may recall, our team works on developing and testing a drug eluting implant, primarily for pancreatic cancer – that is capable of delivering combinations of chemotherapy, immunotherapy, and gene therapies and more! We recently had a second patent around this work filed, and as a result, have 4 research papers that have been submitted for publication. One of which contains 5 years of work!

As usual, we have spent a lot of time this year writing submitting grants. We were thrilled to recently have been awarded a \$500,000 grant to further develop our implant, to get that one step closer to commercialisation. Sam is also looking to take this technology into the field of brain cancer and has been busy grant writing – stay tuned!

Sam and Kara recently attended the Pancare Par5 Sydney Golf event at the NSW Golf Club. Par 5 is all about generating sustainable funding for upper gastrointestinal cancer research, through business connection, collaboration and mutual value creation. Pancare have supported us significantly over the past 5 years, and it was fantastic to meet cancer survivors and advocates. Kara is also now an official ambassador.



From left to right: Kara, Keon (pancreatic cancer survivor) and Sam



Pancare Par5 team

Website

We have a website! So we can keep you updated, the Vine-Perrow lab has developed a website, so you can subscribe to see our research updates. Scan the QR code or visit <https://targetedcancertherapeutics.wordpress.com/>



From all of us in the lab - once again, *thank you* for your support and involvement in our research.

Vine-Perrow Research Team

Targeted Cancer Therapeutics Laboratory
University of Wollongong



100% Volunteers
100% Local

ILLAWARRA CANCER CARERS INC

EXECUTIVE COMMITTEE FOR 2025/2026

NOMINATION FORM

for Annual General Meeting to be held on
Monday 17 November 2025 at 1.00pm at Berkeley Sports Club, 5 Wilkinson Street, Berkeley

POSITION	NOMINEE	SIGNATURE	NOMINATED BY	SECONDED BY
President				
Vice President				
Vice President				
Secretary				
Treasurer				
Committee Member (1)				
Committee Member (2)				
Committee Member (3)				
Committee Member (4)				
Committee Member (5)				

A Member need be nominated only once for one of the above positions.

Nomination forms may be posted direct to the Returning Officer, Illawarra Cancer Carers, PO BOX 1659, WOLLONGONG, 2500 or may be handed to any member of the Committee, in a sealed envelope, in time for it to be posted and **received** by the Returning Officer by 9.00am on Monday 10 November 2025 at the latest. Nomination forms received after this date and time will not be accepted.

Note: A member is entitled to one absentee vote by postal ballot on any item on the Agenda that must be returned in a sealed envelope addressed to the Returning Officer, Illawarra Cancer Carers, PO Box 1659, WOLLONGONG, 2500 in time for it to be received no later than 9.00am on Monday 10 November 2025.

ABSENTEE (POSTAL) VOTE – This Postal Vote must cover an item on the Agenda for the AGM.

I, (please print full name)
of (please print full address)

AGM Agenda Item Number

In favour – YES / NO (please circle your selection)

I, being a member of the Illawarra Cancer Carers Inc hereby forward my Absentee Vote to be lodged at the AGM.

Signed

Dated