



ILLAWARRA CANCER CARERS^{INC}



**PO BOX 1659
WOLLONGONG NSW 2500**

**Patron: Prof P Clingan OAM
CHARITY No. CFN 11485
ABN 46 419 129 574**

**PRESIDENT
SECRETARY
TREASURER**

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NEWSLETTER – OCTOBER 2026

“SILLY SEASON” ALERT!!!!

The “silly season” is fast approaching, and we have oodles of stalls around the Illawarra over the next couple of months:

25 Oct – Bunnings Kembla Grange
28 Oct – Corrimal Plaza
29 Oct – Dapto Mall
31 Oct – Bunnings Kembla Grange
7 Nov – Bunnings Bellambi
18 Nov – Albion Park Shopping Village **
19 Nov – Wollongong Hospital
25 Nov – Corrimal Plaza
27 Nov – Warrigal Shell Cove
3 Dec – Illawarra Women’s Health Centre **
6 Dec – Shellharbour Stadium Christmas Market
9 Dec – Albion Park Shopping Village **
11 Dec – ICC Christmas Market Dapto
13 Dec – Bunnings Bellambi
14 Dec – Parkside Retirement Village Wollongong
17 Dec – Wollongong Hospital
20 Dec – Bunnings Kembla Grange

*(** as this goes to print confirmation is pending)*

The sewing ladies have been hard at work ensuring we have plenty of stock for these stalls. Not only do these ladies pump out the items every Friday morning, but many of them also take home “homework” each week, and then bring back the following Friday, which then goes straight to the pricing table, then packed in suitcases and then shipped off to our shipping containers for storage.

As well as our general items, we are now also seeing an influx of Christmas items, in readiness for the “silly season”. Thank you ladies!!

FOR THE LOVE OF GIFT WRAPPING

Tick wrapping off your to-do list and make a difference at the same time. For a gold coin contribution per gift, the Illawarra Cancer Carers will wrap your gifts – you will find us at Dapto Mall (16-24 December), Figtree Grove (18-24 December) and Warrawong Plaza (18-24 December).



Our resident “bow maker”, Liz King, has been extremely busy creating her beautiful bows. She aims to have 500 made, however, would like a few extras ready to go as they are so popular among the shoppers.

At each of these gift-wrapping stations we will also have a small selection of our handmade items for sale. How are your gift-wrapping skills – shifts are available from 10.00am to 1.00pm and 1.00pm to 4.00pm. If you would like to assist at Dapto or Warrawong, then give Narelle a call on 0414 280 127 and she can put your name on the roster. If Figtree is your liking, then give Sonia a call on 0414 921 149.

**Narelle Langridge
Your President**

STALLS HAVE RETURNED TO WOLLONGONG HOSPITAL

The long-awaited return to Wollongong Hospital finally occurred on Thursday 17 September, where we made \$849.80. We were welcomed with open arms and those that used to visit our stall prior to COVID were extremely happy to see us back. The only things that were missing were our beautiful jams, pickles and lemon butter, however, after further negotiations with the “powers to be”, we are now able to sell those as well.

At our very first stall we were given a selection of flower posies from Posy Daze to sell, which were snaffled up very quickly. Thank you, Mel, from Posy Daze – we really appreciate your support.



You will find us on the Ground Floor, near the Loftus Street entrance, right near the café every third Thursday of the month from 9.00am to 3.00pm.

OUR MAJOR ANNUAL FUNDRAISER

This year's major fundraiser was our Black & White High Tea, held on Sunday 30 August at The Fraternity Club.

What an amazing day we had!! With the support of our generous sponsors (Manildra Group, Crown Diamond Jewellers and H. Parsons Funeral Directors); our fabulous donors, volunteers and the community participants, we managed to raise over \$25,000.

Our major raffle had some amazing prizes, with the winners listed below:

1st Prize: 14 Carat White Gold & Diamond Ladies Ring and 9 Carat White Gold & Diamond Earrings (valued at \$2000) donated by Crown Diamond Jewellers – won by R Simpson (ticket number A0284)

2nd Prize: Large mixed media Artwork by S Blair – won by Anna B (ticket number A0623)

3rd Prize: Electrical package donated by Harvey Norman Warrawong – won by Cheryl P (ticket number A0557)

4th Prize: Timber Hall Table donated by SEL-f-LESS Furniture Outlet – won by Diane M (ticket number B0788)

5th Prize: King Size Cotton Sheet Set & Underlay by Forty Winks – won by R Staggard (ticket number C0120)

6th Prize: Skydive Australia voucher for a tandem skydive – won by Gail E (ticket number B0911)



What a beautiful selection of black and white outfits were worn on the day – no two were alike. I'm even led to believe that there was a zebra, who made an appearance at the event.



As the afternoon came to an end, people were already asking about what we were going to do next year, so guess what, plans are already underway and the theme has already been leaked “Christmas in ~~July~~ August”. So, dust off those Santa suits and get those elf ears ready!! We already have the Fraternity Club booked for Sunday 29 August 2027 (mark your diaries now!).

Lisa Smith
High Tea Co-Ordinator

THE SIMPLE GIFT OF A BAG

This local group is seeking donations of clean washed cotton sheets and doona covers, which can be transformed by their volunteers into personal drainage bags for patients to use during their post-op

recovery. For more details contact Sandra Williams on sly.sis@bigpond.com



TINY STAR BEADS PROGRAM

We have recently been approached by the Neonatal Unit at Wollongong Hospital with a request.

The Tiny Star Beads program offers a positive experience to babies, and their parents, who are admitted to Newborn Care Centres at birth. Parents are given a starter string that includes the child's name, a Little Star bead and a diagnosis bead. Throughout their journey they will undertake a multitude of procedures and events and will receive a bead on the completion of each one. The beads, when strung together, help to tell the story of each baby's personal medical journey. This string of beads will become a very special memento for the babies, and their families, and a symbol of pride and courage for all of the challenges that they have overcome.



As the beads are collected, they will be placed in a small special bag, and this is where our sewing ladies have stepped up and assisted. These bags have since been delivered and were very much appreciated.

GET WELL WISHES

Summer is just around the corner, so I am hoping you are all well. If you are aware of any members feeling a little “under the weather”, or may have undertaken some surgery, then please contact us so we can send a card and let them know their friends from ICC are wishing them all the best for a speedy recovery.



THANK YOU!!

As usual we have several very grateful people wishing to thank the ICC volunteers for various things:

“Thank you so much Lorraine for the amazing bibs. I think many Mums will love them too! Fabrics are lovely and the workmanship is beautiful! The quilted pocket is amazing – your finished product is excellent. I know the Mini Mouse one will be ‘Number 1’ favourite!”

“Thank you from the Keiraville Home Craft Group – we really appreciate the items you have given us. Wool disappears practically by the kilo, along with all the other bits and pieces you have given us. Everything has been recycled, except for the rolls of ribbon, which I’ll keep till Christmas time. It’s so great that our community can get together and share these items. To see the smile on an elderly Chinese lady, with no English, as she gathered some wool is lovely; to the Uni student from New Guinea whose wife has been able to knit beanies for her children and a little blanket for their baby. Thank you so much!!”

Wendy Bell contacted us as her Mum and Dad (Molly & Harry Allan) had previously volunteered for the Cancer Carers for 21 years. “Mum just celebrated her 90th Birthday, and instead of gifts she asked for donations to support the Cancer Carers. Keep doing a wonderful job.”



“Dear Carers – I just recently had surgery to have a lump removed and was lucky enough to be given one of your beautiful bags for my drain and a cushion for under my arm. I was quite overcome to discover folks such as yourselves, who, through your kindness and goodness, do this work and I wanted to say a very big THANK YOU – you are so very kind and I so appreciate the work that you do. Sincerely Theresa Huxtable”

OCTOBER IS BREAST CANCER AWARENESS MONTH: BE A FRIEND. TELL A FRIEND.

Be a friend and tell a friend about the importance of breast screening:

- For women aged 50-74 and Aboriginal women aged 40-74, a breast screen every two years is the best way to detect breast cancer early.
- A breast screen can find cancer before you notice a symptom.
- When breast cancer is caught early, there are more treatment options available, and there is a greater chance of survival.
- 9 out of 10 women diagnosed with breast cancer have no family history of the disease.
- A breast screen with BreastScreen NSW is free and only takes 20 minutes.
- Breast screening saves lives.

As part of Breast Cancer Awareness Month, Vera and Beth from the Sewing Group attended a Pink Ribbon High Tea, where we celebrated the survivors, stood beside the fighters and remembered our angels. It was very special being treated as VIP's along with the other cancer survivors; and listening to their stories, which were very moving, but very motivational.



LYMPHOEDEMA CLINIC

We welcome Suzanne, our newest volunteer at the clinic who is keen to make a cuppa and help our clients. Thank you to the volunteers and Lymphoedema Therapists who give up their Friday each fortnight, to support and care for the people of the Illawarra who have Lymphoedema.

The final Clinics at the Ribbonwood Centre for the year will be on 6 and 20 November.

The Lymphoedema Support Clinic closes during December and January and we return for 2027 on Friday 5 February for fortnightly clinics.

Dates for 2027:

Feb 5 & 19; Mar 5 & 19; Apr 2, 16 & 30; May 14 & 28; Jun 11 & 25; Jul 9 & 23; Aug 6 & 20; Sep 3 & 17; Oct 1, 15 & 29; Nov 12 & 26

Should you require further information then please contact Jeanette on 0423 135 342.

Jeanette Emmerich
Lymphoedema Support Clinic Co-Ordinator

NEWS FROM THE CANCER CARE CENTRE

Firstly, can I remind our volunteers that we start as close to 9.00am as possible; not just whenever.

Secondly, ladies please remember to offer tea or coffee to the patients either with their lunch, or after their lunch (many patients like a cuppa after their lunch).



Reports are getting back to me by some patients that they aren't being offered any and they would really appreciate one.

Last, but not least, earlier this year a reminder was given to our volunteers to ensure they check the patient's headboard prior to distributing any food or drinks to them (even if they say it's OK – please don't go against the directive on their headboard).

Leslie Adie
Cancer Centre Volunteer Co-Ordinator

ROLLER DERBY DAY

We were recently invited to attend the Wollongong Illawarra Roller Derby (WIRD) Breast Cancer Fundraising Day. We were able to set up a stall and watched all the action from a very good vantage point. None of the ladies in attendance had ever seen a live roller derby match, but we were fortunate to watch two full-contact flat-track roller derby bouts, along with an artistic skating display.



At the end of the day, they had raised \$4,248.23, which was donated to the National Breast Cancer Foundation.

We also came away with a nice tidy sum of \$724.50. Not only did we have our usual goodies to sell, but the sewing ladies had also made a selection of “bootie shorts”, which the skaters loved.

LATE BLOOMERS LUNCHEONS

Our Late Bloomers luncheons are held at the Collegians Illawarra Leagues Club in Church Street, Wollongong 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 current members. Why not come along, share your stories, enjoy good company and have a nice meal. Our last one for the year will be held on 2 November.

GETTING TO KNOW YOU SOCIAL LUNCHEONS

are held at the Builders Club in Church Street, Wollongong. It's a great opportunity to meet other members who are involved within other roles with the Illawarra Cancer Carers. There is no need to book, just come along and join us – you deserve a break! We look forward to seeing you there for an informal get together. Our last one for the year will be 9 December.



THANK YOU BRUNCH

The Division of Surgery at Wollongong Hospital recently invited us to an event to formally acknowledge and thank us for our extraordinary contribution to cancer care across the region, and in particular, our recent donation of state-of-the-art surgical equipment to support local breast cancer surgery.



“It was a pleasure to come together to acknowledge and celebrate the invaluable contribution you make to our patients, families and health service. We would also like to sincerely thank you once again for your generous donation of the Trophon probe and Scout probe to the Division of Surgery. This contribution will support our clinical teams in delivering high-quality care and is greatly appreciated. Thank you again for your generosity, partnership and continued commitment to supporting cancer services. We look forward to continuing to work together in the future.”

ART & CRAFT SALE

One of our sewing ladies, Lyn Stefen, along with two of her friends (Kay Woollard & Marilyn Clerke), all local artists, will be having a display of original paintings, crafts, cards, bric-a-brac and



garage sale items on 7 & 8 November from 9.00am to 4.00pm at 5 Coral Crescent, Unanderra (battleaxe block – please park on street). All items will be for sale and Eftpos will be available. For further details please contact Lyn on 0411 682 856.

UOW CELEBRATION OF COMMUNITY AND CONNECTION

Last month six of our Committee Members were invited to attend a special UOW luncheon. The event enabled the UOW to bring together valued friends, partners and supporters, to celebrate the collective impact of those who help UOW expand opportunity, advance research and make a lasting difference in our communities.



“We are so grateful for your support of cancer research here at UOW - many projects would simply not have gone ahead without you.”

“Thank you for joining us at the **Celebration of Connection and Community**, and for being part of the launch of the **UOW Futures Fund**.

It was a genuine privilege to gather with alumni, donors, partners, community leaders and members of our



University community to celebrate the generosity, vision and shared commitment that continue to shape the future of the University of Wollongong.

The launch of the UOW Futures Fund marks an important milestone for us. By creating a permanent source of support for students, research, innovation and community impact, the Fund will help ensure that the opportunities we create today continue to provide benefits for generations to come.

Thank you again for your support and advocacy for this University. We look forward to continuing this journey in partnership with you.”

NAME BADGES

Members are encouraged to wear a name badge while representing our group in their various roles (you can choose if you would like your whole name or just your first). Due to the WIN Television story earlier in the year and our current advertising campaign on the back of the Premier Buses, we have had 24 applicants apply this year to volunteer within our group.

Consequently, if you are new to the group and would like a name badge,

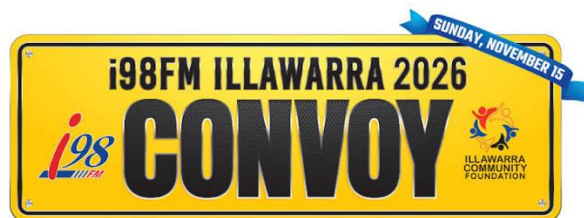


then these can be purchased from Gala Trophies (3 Ellen Street Wollongong) for \$12.50. Gala Trophies are a family run business and are open from 9.00am to 5.00pm during weekdays.

i98FM ILLAWARRA CONVOY 2026

Convoy for 2026 is fast approaching and the ICC have registered and will be taking our bus along for the ride.

We do have a few spare seats available, so if you would like to join us on Sunday 15 November, you will need to be at the Ribbonwood Centre at 6.00am, in readiness to head up to West Cliff Colliery Appin (we will also pick up at North Wollongong).



If you are interested, please give Narelle Langridge a call on 0414 280 127 to book your seat for a memorable morning.





100% Volunteers
100% Local

ILLAWARRA CANCER CARERS INC EXECUTIVE COMMITTEE FOR 2026/2027

NOMINATION FORM

for Annual General Meeting to be held on

Monday 16 November 2026 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 9 November 2026 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 9 November 2026.

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