



ILLAWARRA CANCER CARERS INC



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NEWSLETTER – OCTOBER 2024



NEXT OPEN MEETING OUR AGM

Our next Open Meeting, the AGM, is on Monday 18 November 2024 at 1 pm Upstairs Level 1, at Berkeley Sports Club, 5 Wilkinson Street, Berkeley.

The election of your Committee will also take place at this meeting. Should you wish to nominate the form is page 7. It will also be included in the November Newsletter so you have time to consider whether you wish to be on the Committee. The Agenda will be in the November Newsletter.

CANCER CARE CENTRE VOLUNTEERS

A COUPLE OF IMPORTANT REMINDERS

Please remember to wear closed-in shoes. Sandals and open toe shoes are not permitted.

Ladies PLEASE offer patients tea/coffee after lunch. The majority of them really appreciate it. Anyone helping In the Cancer Centre or C7 need to have their FLUVAX

Many thanks -- Leslie

BANQUET AT THE BEACH RAFFLE TICKETS

A big thank you to everyone who has supported this year's raffle, either by purchasing a book or by selling tickets to family and friends. Please make sure that tickets and payment are returned no later than 23 October. Kay's mobile is 0423 265 485 if you wish to contact her.



ILLAWARRA CANCER CARERS BANQUET AT THE BEACH FUNDRAISER DATE - SUNDAY 27 OCTOBER 2024

**At City Beach function Centre
Marine Drive Wollongong
Doors open 11.30 am
Theme – Come Fly with Us**

If you don't yet have a ticket, it is not too late to book at: Try Booking Site
Just press: ctrl and click

<https://www.trybooking.com/CRIGW>

Cost - \$160.50 that includes booking fee

LAST REMINDER to book your tickets for the Illawarra Cancer Carers Banquet at the Beach Fundraiser which is held at the City Beach Function Centre.

City Beach will be serving a delicious three-course meal plus a 4-hour beverage package which includes beer wine, cider and soft drinks as well a selection of mocktails for you to enjoy.

There will be light entertainment during the event and a chance for you to hear from the University of Wollongong Research Unit about their new break-through, that is funded by the Illawarra Cancer Carers. Price of a ticket starts at \$160 (Audrey did try to discount it for you last newsletter. Good try Audrey!)

Sonia Jennings is our contact if you need help with purchasing Banquet tickets.

You can contact her on: **0414 921 194**

Or go online at:

<https://www.trybooking.com/CRIGW>

It has been a great pleasure to work with such a fantastic team that has helped organise this event.

All the committee have taken time from their busy schedules to attend meetings, collect donations, contribute their ideas for a fun day as well as being willing to help on the day. If you would like to help on the day, please let us know.

Also, my special thanks to the many kind and generous members, friends and supporters of the Illawarra Cancer Carers who have made donations, to this major fundraiser. Without your support **Illawarra Cancer Carers** could not do the work we do.

Kay would not forgive me if I didn't mention that there are still raffle tickets. If you would like some to buy or sell. Kay can be reached on 0423 265 485

Look forward to seeing you at the Banquet!
Trish Hearn
Banquet Chairperson



GOOD NEWS RETURN TO WARD C7

At last - Good news! We can start visiting patients after 14 October. I will have information packs for each volunteer with the relevant information and guidelines for C7 to hand out at an orientation meeting on Monday 14 October (after school holidays). The staff are so happy and excited to have us return to the ward and I'm looking forward to meeting new and experienced volunteers. The visiting hours will be flexible and just chatting to patients is beneficial, you will be making a positive contribution to the care of cancer patients, so if you love chatting and have some time to spare please contact me.

Kerrie Metcalfe
Volunteer Coordinator C7
0418 258 638

k.metcalfe58@optusnet.com.au

**Orientation for
Volunteers in C7
Monday 14 OCTOBER**
Kerrie is waiting for confirmation of time
and venue so will contact each Volunteer
with final details

DAPTO CLASSIC CAR CLUB

Shave The President and bowls event
at Woonona Bowling Club: 10th November.

Classic car display from 10am

Various raffles during event

Barefoot bowls around 11.30 12.00

Shave the President around 1.30ish

A Cancer Carers Stall will also be held.



Ian Mitchell
President
Dapto Classic Car Club

DAPTO CLASSIC CAR CLUB Woonona Bowling Club: Sunday 10th November From 10.00 am

Classic Car Display 10 am

Barefoot bowls 11.30-12,00

Shave the President 1.30ish

Raffles

Craft Sales

The gentleman in the photo came into the Warilla shop looking for a jumper for Gypsy the 8 week old miniature Foxie. He purchased it and then returned with his wife and the nice warm puppy to show how beautiful she looked. More happy customers



SOME INTERESTING DAPTO SHOW DISPLAYS

Happy October Everyone. The ladies have been busy out at The Dapto Showground with the continued sorting of donations, sewing and just having a good get together every Friday. Once again, if you haven't been out to visit us, then please come along.

We have morning tea at 10 and please bring your mug if you wish to join us. You can also buy anything that you see and we are more than happy to venture up to our storage container for something you might want but can't see.



We had the Dapto Show on this past weekend and I'd like to thank Vera Rupa, Lorraine Davidson and Lynne Henson for their help on Friday in setting up and then on Saturday with manning the stall and the arduous task of packing up at the end of the day. I have attached some photos of our stall which we received quite a few compliments for. We did very well and raised \$826 and our best sellers of the day were knitted rugs and once again our kitchen towels were walking out the door with a total of 52 sold. Now, on to the show itself and the exhibits. Some of our ladies scooped the pool with their handiwork.



We had 1st Prizes, 2nd Prizes, Encouragement Awards and even Most Outstanding Exhibit in Craft. I have attached more photos, so you can all see how clever our ladies are. All up, we had 30 entries and walked away with 14 prizes. So, not a bad day at the office at all.



Our next stall will be out at Corrimal Park Mall (outside of Coles)

possibly on the 10th of October from 9 til 3. Please check out our Facebook Page and website for details. Narelle
Your President



NEXT MARKET STALL

Thursday, 10 October
at Corrimal Park Mall (outside of Coles)
From 9.00 am to 3.00 pm
If you missed getting something from one of our other Market Stalls we still have a great selection from which you can choose.

Why not select something for Christmas from one of our many useful items?

September Market Stalls

Corrimal Mall \$855.00
Warilla RSL \$466.00
Dapto Show \$826.00

Name Badges

If you would like to wear a badge while you are representing the Illawarra Cancer Carers in your volunteering role, then these can be purchased from Gala Trophies for \$12 each.

Gala Trophies have recently relocated and can now be found at 3 Ellen Street Wollongong and are open from 9.00am to 4.30pm during week days.

Vera Rupa

TRAINER FOR DRIVERS

Judy Mercer, is our Driver Trainer 0409 981 971.

Dates for your Diary

To all those creatives and helpers
Here are the dates for the next
Charity Art and Craft Show

Friday 29 November
From 5-7 pm
Saturday 30th November
9-12 noon

Thank you from the Illawarra
Cancer Carers and the Parkside
Arts & Craft Group

**Funds from the above are donated to
Illawarra Cancer Carers.**

LYMPHOEDEMA

Clinic dates for 2024:

October 4 18

November 1 15 29

Should anyone have a cough, flu or feel unwell please ring Jeanette to cancel your appointment and re-book.

Session Times 9.30: 10.30: 11.30: 12.30
If you need to book in for a time slot
Ring – The Clinic 0423 135 342

**Please Note: to ring Jeanette or the Clinic
the phone number is as shown above and
at the top of the next column.**

***The Clinic is closed during December and
January.***

Jeanette says that all is going well. There are with eleven new clients.

A new phone has been purchased for the Clinic (new number below),

Thanks Jeanette ---

Clinic 0423 135 342

lymph@illawarracancer-carers.org.au

BULLI PALLIATIVE CARE

Petrina said that they are still desperate for more volunteers as there are only 3 at present.

Volunteers can park their cars in the Bulli Showground and catch the free bus that leaves every fifteen minutes

CARERS URGENTLY NEEDED AT BULLI PALLIATIVE CARE

This is very rewarding for those who offer their services. The area and garden are up-to-date; and more importantly, patients are most appreciative of our volunteers. If you are unsure why not contact Petrina Chalker at 0438 659 059 or 4296 3061 who will arrange to meet you and show you the area as well as explain what is involved.

SCOOTERS AND WHEEL-CHAIRS



We have a healthy supply of equipment (Scooters, wheelchairs push and electric.

Walkers, shower chairs, toilet risers and some get out or sit up in bed helpers).

Keith said they held a sale day recently. To date close to \$40,000 has been made from the sales of equipment. **(That's amazing!)**

For any of the above

Please ring:

Keith 4297 4007 Mob 0412 466 017

or Bruce 0417 414 986

ACKNOWLEDGING NEW CARERS

New Carers who have their Police Checks confirmed - Welcome to: Don Hahn

GETTING TO KNOW YOU LUNCHEONS

Come and socialise with – old and new members. Always room for everyone.

12:00 midday at the Builders Club, Church Street, Wollongong

12:00 Midday Wednesday

Reasonably priced lunches available.

All Lunches are on the 2nd Wednesday of the even numbered months 2 4 6 8 10 12

Look forward to seeing you there. **If you could wear your shirt or badge it will help people find us.**

Cheers

Maria

The Next Getting to Know You Social lunch for 2024

Wednesday 9th October 12.00 midday at Builders Club, Church Street, Wollongong

INCOME AND EXPENDITURE FOR AUGUST

Income	
Donations	\$17,697
Memberships	\$40
Market Stalls Figtree	\$1,176
Patient Transport Contributions	\$1,535
Banquet Raffle Tickets (Keith)	\$9,650
Banquet Table Tickets	\$1,665
Bus Hire (net after fuel cost)	\$440
Scooter Sales & Hire	\$500
Transfer from G&G Account	\$15,000
Expenses	
Driving Honorariums (Net)	\$5,340
Stationery/computer supplies	\$75
Lymphoedema Clinic	\$368
Postage Vera	\$18
MYOB Monthly Fee	\$81
GST Paid (Gen only)	\$120
Chocolates (Hospital Patients)	\$65
Craft/scooter Fuel	\$65
PayPal & Bank Fees	\$40
Newsletter Postage	\$54
Scooter Cost	\$598
Banquet Advertising	\$427
Craft Account after GST	
Income	
Craft Sales	\$510
Banquet Tickets (not in Gen A/c)	\$963
Market Stalls – Warilla Grove shop	\$20,417
Expenses	
Craft Supplies	\$1,275
EFTPOS Machine	\$61
Banquet Purchases	\$195
Transfer to Cash on Hand	\$1,000

LATE BLOOMERS LUNCHEONS

**Collegians Illawarra Leagues Club
Church Street, opposite McCabe Park
11.30 am for 12 noon**

All current and past Carers are invited to this enjoyable luncheon on the first, Monday every second month in a relaxed atmosphere. It gives today's Carers a chance to keep in touch and to have the opportunity to meet with yesterday's Carers.

Late Bloomers is on Monday 4th November in the Illawarra Leagues Club, Church Street, 11.30 for 12 noon as usual. Leslie

If you know previous Carers invite them to come along. The following is the last for the year, so let's celebrate!

Monday 4 November

Haven't been before and want to know more
Ring Leslie Adie: 0407 899 783

RECENT BUS TRIPS

Western Sydney Airport was the destination for our Monthly trip.



The bus was full, thanks to a very late phone call to Audrey, who proved she can be ready in 20 minutes to be on the bus.

We have become regulars at "Tee to Green" (Bingara Gorge Café) for morning tea and are looked after with great service.

Leaving there we made our way to the Airport where we were well informed on its progress, including the new motorway (M12) and the new Metro Rail. History in the making.

Lunch was at Penrith Golf Club and then we were on our way home, stopping at Bulli Tops for ice cream.

A big day but smiles all round.

FLORIADE

Our long-anticipated trips to Floriade – Early morning start, with everyone looking forward to the day.



We were lucky with the weather – the rain held off although the wind persisted.



A ride on the Ferris wheel gave us a bird's eye view of the beautiful garden displays, and the many marquees offered souvenirs and memorabilia.

A great day was had by



all.



Cheers
Margaret &
Grahame

October BUS TRIP

Illawarra Cancer Carers
Bus Trip to Exeter Markets
Saturday 5 October
Morning Tea: Bowral
Lunch: Bundanoon Hotel
Bus Cost... \$20.00

Pick Up.
Wollongong Dan Murphys 8.00am
Ribbonwood Centre 8.30 am

Contacts: Grahame 0407 647 604
Margaret 0411 413 912

**SEWING GROUP
CONGRATULATIONS**

Well done to the Sewing Group's contribution at the Dapto Show and congratulations to the Winners and Encouragement Award recipients.

What will be your next objective? "The Royal Easter Show!"



APPLICANTS FOR MEMBERSHIP

Memberships are for a 3-year period and all members will be reminded that memberships are due before 1 July 2025. At that date you will pay for another 3 years.



Who is having a good holiday?

Good on you. Glad you are feeling refreshed in Basel and who wouldn't with what you have in your hand. We are just envious.

To anyone who is sick we send you our best wishes for a speedy recovery.

Cheers everyone

LATE NEWS: 1 October

FAREWELL TO A VERY SPECIAL CARER

Just prior to emailing this Newsletter earlier I received the sad news of Eleanor Symons passing this morning. Eleanor was one of the first persons to answer an Illawarra Mercury advertisement in November 1990 for volunteers to join the Cancer Carers. She was our second President who really got the Cancer Carers established as an official organisation by registering the Incorporation and the Charity status of the Cancer Carers. Eleanor planned the start of our caring in Ward 15 (Now C7); set up a roster initially for three mornings a week; insufficient numbers for five days. She and other early Carers were very involved in setting up Alkira Lodge, making accommodation suitable for those from afar whose spouse was in Wollongong hospital with cancer. After the first Picnic on the Manor (run by nurses), Eleanor was Chairperson of this sub-committee for several years. The Cork Collection fundraiser was properly established under her guidance; had the Sewing Group making bags for cork collection at so many outlets; delegated collectors; her husband Philip stored them until there were sufficient for free delivery of corks to Melbourne. Eleanor was a good organiser, a deep thinker and acknowledged volunteers' abilities for delegation and personal involvement. More recently she returned to the Sewing Group, something she participated in from its earliest days. Eleanor will be sadly missed by us all. RIP

Andray

**ILLAWARRA CANCER CARERS INC
EXECUTIVE COMMITTEE FOR 2024/2025
NOMINATION FORM**

*for ANNUAL GENERAL MEETING to be held on
Monday, 18 November 2024 at 1.00 pm*

Robert Jenkins Room, Berkeley Sports Club, 5 Wilkinson Street, Berkeley

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

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 am on Monday 11 November 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 NSW 2500 in time for it to be received no later than 9 am, Monday 11 November 2024

ABSENTEE (POSTAL) VOTE

I (Full Name—please print)

of Address)

Please note: This Postal Vote must cover an item on the Agenda for the AGM.

Item No

Your Vote: In Favour Yes/No

I, being a member of the Illawarra Cancer Carers Inc hereby forward my Absentee Vote to be **received by 9 am on Monday 11 November 2024** and addressed to:

The Returning Officer, Illawarra Cancer Carers Inc, PO Box 1659, Wollongong NSW 2500

Signed Dated

Banquet at the Beach 2024



City Beach Function Centre,
1 Marine Drive, Wollongong



Sunday, 27 October 2024 11:30am – 4pm



Doors open: 11.30am
Event concludes at 4pm



A pre-lunch drink at noon is followed by the first course



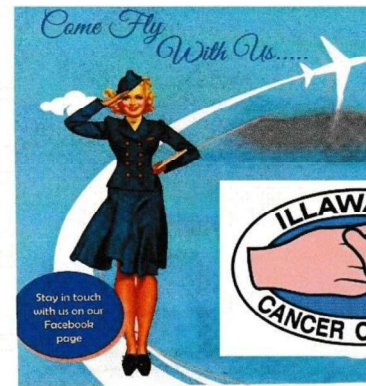
General seating \$160 +BF each
Corporate seating \$200 +BF each



Includes:
3 course meal + drinks package + entertainment
Corporate bookings include a special gift per guest
and logo exposure (for more info go to QR code)
Bookings for table of 10 available.
Event Theme: Come Fly With Us



Bookings are now open, use the QR Code above or
ring Dave (0409 126 091091) if you need
assistance buying the tickets



Stay in touch
with us on our
Facebook
page

you're
Invited

Illawarra Cancer Carers major fundraising event is Banquet at the Beach. Don't miss out on this great way to raise funds for a fantastic charity. Book a table for 10 and enjoy this year's theme, "Come Fly With Us".

Sunday, 27 October 2024 11:30 – 4 pm
City Beach Function Centre,
1 Marine Drive, Wollongong

Please note: BF means a Booking Fee of .50c per person