



Community Cancer Link Inc.

April 2019 Newsletter

PO Box 7074 Gwynneville NSW 2500

Email: communitycancerlink@gmail.com

Meetings are held at 1.15pm on the 4th Wednesday of each month at the Fraternity Club, Fairy Meadow

Mission Statement

The Community Cancer Link aims to provide support within the Illawarra Region, for patients, their families, relevant health professionals and other related organisations

Coming Up

Street Stall 3 May

Ann Johnson's morning tea 7 May

CCL Morning Tea 15 May

Castagne Day 19 May

Details follow

COMMITTEE MEMBERS

President	Lynne Sadd	42721983	nordel@ozemail.com.au
Vice President	Ingrid Vanderburg	4228 1031	ivanderburg@bigpond.com
Secretary	Yvonne Whitesmith	4268 4802	ywhitesmith@gmail.com
Treasurer	Liz Gould	4225 1150	riclizg@bigpond.com.au
Committee	Joy Lever	4228 8853	joylever@bigpond.net.au
	Chris Munro	4284 9431	chrisandcol@bigpond.com
	Jean Seidemann	0407060842	jeananneseidemann@gmail.com

CORPORATE SPONSORS



Claiming the Date!

Christmas in July

Wednesday 24 July @ Murphys Bar and Grill

\$55 per head

"Pam's Program"

Pam Lynch 42855596

Keep up to date with Pam as she leads the sewing girls and organises the street stalls. We appreciate your dedicated effort Pam.

Tuesday 9 April Sewing.

Tuesday 30 April. Sewing.

Tuesday 7 May. Canceled.

Tuesday 28 May. Sewing.

Tuesday 18 June. Sewing.

Tuesday 16 July. Cutting out.

1 ~ Street Stall Friday 3 May

The first stall for this year will be held in the Wollongong mall outside Strand Bags. All assistance will be appreciated. Just in time for Mother's Day shopping.

2 ~ Castagne Day Sunday 19 May

Our wonderful stall will be set up at the Fraternity Club for their annual Castagne Day carnival. Helpers to be recruited at our next meeting or please let Pam know if you can assist.

Ann Johnson's Morning tea Woonona Surf Club Tuesday 7 May

Ann's annual memorial feast is the sweetest fundraising event each year. Donations for the morning tea are welcome. Come early to get a seat. \$5 entry for delicious food, fun and raffles. We have donated a beautiful quilt for this event and someone we know will be buying plenty of tickets to try to win another quilt :)

Membership

Membership stands at 63 with a potential increase to 66. Bring your friends to a meeting, a sewing day or any event to encourage new members.

"Ingrid's List"

Ingrid Vanderburg 0408660671

Our well organised member of CCL is running a 'book'!.! Please put your name (and money) down for any of the following events!

1 - Bus Trip with the Honeybees Saturday 6 April.

Cost, time and pick up points from Ingrid.

2 - Literary Morning Tea Murphys Bar & Grill Wednesday 15 May

You will have received an email with information about this literary morning tea where Cindy Davies Broadbent will speak about her books. Cost \$30 From 10-12noon. Come along to hear this interesting author and enjoy a delicious morning tea.

3 - Christmas in July Wednesday 24 July

We really appreciate that Murphys have held their price at \$55 per head for the third year in a row for our annual Christmas in July. This event is always popular so please put your names down in Ingrid's book as soon as possible. I'm sure the tables will be filled very quickly. The men seem to need a bigger table every year!

4 - BBQ at Bunnings Thursday 30 May

Put your apron on and come along when you can to assist in this tasty sausage sizzle. Its very disappointing when you come out of Bunnings and there is no aroma of fresh sausages and onion cooking. Plenty of customers and always a \$\$\$ winner.



ALKIRA LODGE

President Lynne has become the **super shopper** of CCL as we support the refurbishment of Alkira Lodge. We allocated funds to purchase many items and thanks to Lynne and her helpers it seems that we will only need part of that money. Purchases so far amount to around \$4000.00:

Mattress protectors
Bed comforter covers and pillowcase
Bedside table
TV unit
Wardrobe
Dining room tables and 12 chairs

This project is another example of CCL working in the community together with the Cancer Council and the cancer centre fulfilling our mission statement.

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PURCHASES

For those of us without medical backgrounds and as an explanation to interested friends and community the following explains the use of 'Syringe Drivers' which are always high on the 'Wish List'..

Use of Syringe Drivers in the Community Setting

On a single day in February the **Primary Health Nursing Service** completed 266 service events ranging in time from a few minutes to three hours spent with one palliative client. When faced with a terminal illness the caring is primarily done by family and friends with support, assessment and symptom management from the nurses. Those people who choose to die at home nearly always have their symptoms managed with a syringe driver as it becomes more difficult to take the oral medication. Last year there were approximately 200 deaths at home. Patients would start on a syringe driver at home then be transferred to hospital for end of life care.

A syringe driver is a small computerised device that will slowly infuse medication through a small cannula/ needle inserted just under the skin. We are able to include many different medications to manage common symptoms such as pain and nausea. The syringe driver will infuse these medications at a constant rate over a time period set on the device, usually 24 hours. This ensures that there is always a constant level of medication in the body so that the patient's symptoms are relieved and well controlled by the nurses. These devices are essential in keeping people at home.

We have recently had a change in policy, the syringe drivers used to be serviced and recalibrated annually. We have now been advised that they require servicing in between every patient. This will be difficult for us to achieve without significantly more syringe drivers available to us.

Families are so appreciative of the equipment we are able to provide for them through the Equipment Loan Pool at Port Kembla Hospital and the syringe drivers. Much of this has been donated by individuals and **Community Cancer Link**, one of our biggest support groups. The Primary Health Nurses are extremely grateful for the support provided by this group. Their financial support is often the difference between managing at home or hospitalisation.

Primary Health Nursing Service